

Mountaineer

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July 25, 2003

59th Quartermaster Company, 10th CSH ...

Soldiers return home

by Spc. Jon Wiley
Mountaineer staff

Soldiers from the 59th Quartermaster Company returned to Fort Carson early Monday morning after providing fuel and logistical support for Operation Iraqi Freedom.

Hundreds of cheering family members greeted the returning troops who rolled up to Butts Army Airfield in buses around 2:30 a.m. Among them was Antonio Valdez, an El Paso, Texas, resident who drove 11 hours to see his returning son, Staff Sgt. Ricardo Valdez.

Decked out in a "We Support Our Troops" T-shirt and waving the national colors, Antonio said the most important thing a soldier can have right now is family support, and he wanted to make sure his son knew it was there.

"We're very proud of what Ricardo did. He had a job to do, he completed it and if he has to do it again, I'm sure he will," Antonio said.

Valdez is one of 150 soldiers from the 59th QM who deployed to the Central Command's area of operations in February. The group was among the first group of soldiers to deploy there from Fort Carson.

Also returning to the Mountain Post, the soldiers of the 10th Combat Support Hospital, 43rd Area



Photo by Spc. Jon Wiley

Staff Sgt. Ricardo Valdez, 59th Quartermaster Company, reunites with his wife Mandy and son Gabriel, 1, early Monday morning at Butts Army Airfield. Valdez and about 150 soldiers returned from a five-month deployment to Iraq.

See Home, Page 4

3rd ACR resumes cavalry role

by Sgt. 1st Class Gary L. Qualls Jr.
3rd Armored Cavalry Regiment
Public Affairs

AL ANBAR PROVINCE, Iraq — The 3rd Armored Cavalry Regiment returned to its typical armored cavalry role this week, carrying out zone reconnaissance, maneuvering forces on the ground and clearing the land of enemy forces in the latest adjustment to the ever-changing tactics of anti-coalition forces in this war.

The 3rd ACR squadrons focused on finding enemy forces and engaging the

enemy there during the current phase of combat operations — Operation Iron Grip.

"It's nice to go back to more of a cavalry-type mission," said Capt. Mike Davis, regimental battle captain.

The regiment's troopers have filled a military police or infantry role since they arrived in Iraq in early May, reluctantly leaving the lifeblood of their armored vehicles to execute raids, man traffic-control points, run presence patrols and make security check runs.

The 3rd ACR was the first unit to

execute a counter battery mission when it fired a retaliatory artillery strike in answer to a mortar attack after the official cessation of combat operations, Davis said. The attack occurred at Rifles Base in Ar Ramadi earlier this month.

Returning to its conventional armored cavalry role has paid some dividends, Davis said, at least at Rifles Base, as there have been no attacks in the past five or six days.

The rest of the Al Anbar province — the 3rd ACR area of responsibility —

See 3rd ACR, Page 4

Returning home ...

Soldiers began returning to Fort Carson July 12. About 950 soldiers have returned to Fort Carson so far:

More than 600 with units
More than 300 individually
About 11,000 soldiers have yet to return.

If you have had trouble readjusting to life after deployment, call 526-5279 for help.

INSIDE THE MOUNTAINEER

Opinion/Editorial
Rebuilding Iraq. Page 2

Military
Active-duty soldier takes over reserve battalion. Page 5

Community
Is vasectomy an option for you? Page 11

Sports
Youth baseball ends. Page 21

Feature



Fort Carson youth enjoy what the Youth Center has to offer.

See Pages 18 and 19.

Happenings



Lots of wildflowers bloom alongside the hiking trail at Aiken Canyon Preserve, near post.

See Page 27.

Pikes Peak or Bust Rodeo

The annual rodeo is Aug. 6 to 10 at the Colorado Springs World Arena. Fort Carson night is Aug. 6. Tickets are on sale at Information, Tickets and Registration.

Post Weather hotline:
526-0096

Recruits take first step toward rebuilding Iraq

by Lt. Col. Donald G. Fryc
Army News Service

MOSUL, Iraq — About six weeks ago, the 101st Airborne Division formed the Joint Iraqi Security Company with a vision — to recruit, train, resource and equip volunteers from across northern Iraq who would play an important role in the country's future.

Upon being charged by the division leadership to undertake this task, the 2nd Battalion, 44th Air Defense Artillery "Strike Fear" rapidly planned, prepared and executed a rigorous training cycle to prepare JISC candidates for their future of securing and preserving the peace in a new and free Iraq.

The recruits were primarily from northern Iraq and came from several different ethnic backgrounds, including Kurdish and Arabic soldiers from Peshmerga Forces, New Iraqi Security Forces and former Iraqi Freedom Fighters. When they volunteered to join up, none of the soldiers had any idea what the future held — only that the concepts and ideals of the future held far better promise than those of the past.

Although roughly half of the soldiers had previous military experience, the terrain and weather conditions truly tested the depths of their character. Candidates trained six days a week in temperatures that routinely exceeded 110 degrees Fahrenheit. They

spent countless hours on physical training, weapons handling, first aid, drill and ceremonies and small unit infantry tactics.

Training cadre consisted of Capt. Brian DeLeon, 1st Lt. Daniel Donovan and 1st Sgt. Gary James. Along with assistance from both division and battalion staff elements, they quickly recognized the historical significance of their mission and poured all their energy and effort into making the JISC vision a reality.

The biggest challenge was "the language barrier," DeLeon said. Throughout the training cycle he used multiple interpreters to explain over and over the tasks, conditions and standards for each training event.

James, the senior noncommissioned officer involved in the project, pointed out, "they don't really have an NCO Corps, so everything they do is centralized through the officers."

Notwithstanding these challenges in training, the Strike Fear cadre "led by example" and personally demonstrated each and every task the soldiers needed to acquire.

As the training progressed, they quickly learned the invaluable lesson of working together as a team. Ultimately, all soldiers embraced the common goal to "cooperate and graduate."

On graduation day, a bold visual impression of

the company's commitment to teamwork and loyalty to one another was found fluttering in the desert wind on its company guidon. On the 2-by-3 foot flag was the symbol of two hands clasped together. However, this symbol of a handshake signified much more than just an agreement. It was an unequivocal statement that they would all look forward, not backwards, and strive toward a loftier pursuit — a free and democratic Iraq unchained from its oppressive past.

Unmistakably, the graduation ceremony marked a historic first step forward for the Joint Iraqi Security Company that is already assisting coalition forces secure and preserve the peace in northern Iraq. Witnessed by numerous civilian leaders from the city of Mosul and the surrounding four provinces, the overarching feeling at the ceremony was one of optimism and hope. Optimism because of the remarkable progress that is being made all over northern Iraq in stabilizing the peace, and hope that the brave soldiers of the first Joint Iraqi Security Company will light the path toward a brighter Iraqi future — a future of hope and promise being written every day.

Editor's note: Fryc is currently serving as the commander of 2nd Battalion, 44th Air Defense Artillery Regiment, 101st Airborne Division (Air Assault) in northern Iraq.

Letter to the editor:

To the families of the men and women in Iraq (and other dangerous places),

I just want you to know that there are many people who think of you and your spouses (fathers and mothers) and appreciate the sacrifices you make here at home and overseas.

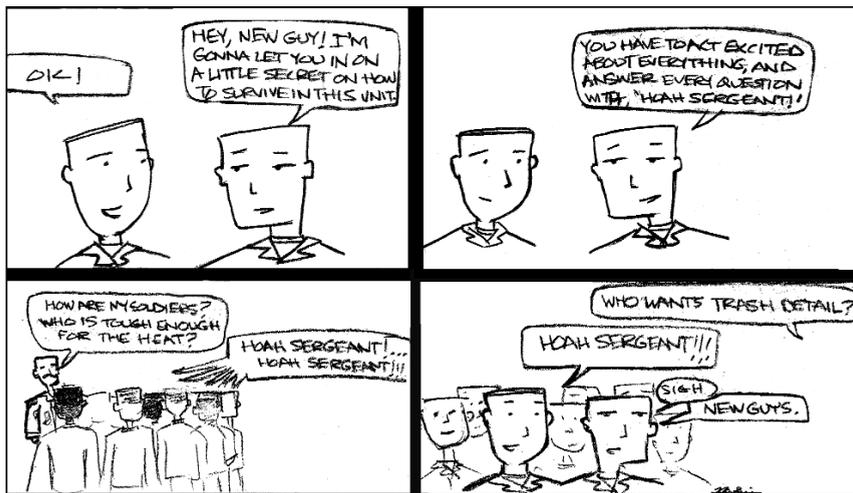
I made a yellow ribbon to pin on my collar when my son-in-law was in Iraq for the first war. I have been wearing it every day since this one started and will continue to wear it until everyone is home safely. I feel it helps me think of you every morning when I put it on, every time I look in the mirror and every night when I take it off.

Although it is difficult, I also read the entire memorial on the soldiers who gave their lives for us as printed in the Gazette which you probably know has pledged to include them all. I feel it is the least I can do to know a little about those who gave so much for us.

May all the rest come home safely!

I feel especially close to Fort Carson soldiers since we moved here one and half years ago.

Thinking of you,
Margie Maloney



Pfc. Marie Scott

Scott's Spot

LETTERS TO THE EDITOR

The Mountaineer invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

Commanding General:

Major Gen. Robert Wilson

Public Affairs Officer:

Lt. Col. Thomas Budzyna

Chief, Command Communications:

Douglas M. Rule

Editor: Sgt. Alicia Stewart

Staff Writers: Spc. Jon Wiley

Pvt. Aimee J. Felix

Happenings: Neil Lampe

Sports Writer: Bill Scharton

Layout/graphics: Cindy Tiberi

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News

Lynch released from hospital, receives awards

Special to American Forces Press Service

WASHINGTON, July 22, 2003 - Army Pfc. Jessica Lynch, the first of the rescued prisoners of war from Operation Iraqi Freedom, was discharged from Walter Reed Army Medical Center July 22, her 102nd day of care at the largest medical facility in the Department of Defense.

Lynch boarded a helicopter that lifted off at 10:31 a.m. for Elizabeth, W. Va., near her hometown of Palestine.

"I want to thank the whole medical team for taking care of me these past few months," Lynch said in a statement from Walter Reed. "I also thank all the well-wishers for all their cards, letters, banners and posters. These really raised my spirits and kept me going."

In the same statement, the Lynch family thanked Walter Reed's doctors, nurses and other health care providers for their daughter's treatment. "If it wasn't for them, Jessi wouldn't be where she is today. We're very grateful for all the top quality care they gave her."

The family also praised the Fisher House Foundation "for their hospitality and generosity in providing beautifully decorated rooms so we could be close to our daughter while she was treated in the medical center." The non-profit foundation provides free lodging for families of service members and veterans

receiving care at military and VA medical facilities around the world.

Lynch, a 20-year-old Army supply clerk, was injured and captured March 23 after her unit, the 507th Ordnance Maintenance Company, was ambushed in the Iraqi city of Nasiriyah. She was rescued from a hospital in that city by U.S. forces several days later, reportedly after a tip from an Iraqi lawyer. She arrived at Walter Reed April 12 after receiving care at Landstuhl Regional Medical Center in Germany.

On July 21 the Army awarded Lynch the Bronze Star, Purple Heart and POW medals. Lt. Gen. James B. Peake, Army surgeon general, presented the awards and spoke briefly to Lynch's family and members of the assembled "families" of Walter Reed, the Army Medical Department and others before presenting the awards.

He said the Purple Heart, "a special award and not one you choose to get," is awarded to a person who's given more to their country than just service - "They have given of themselves by going into harm's way." He said other awards have to do with the quality of one's service.

"The Bronze Star is given for meritorious service in combat, and the POW medal is one that very few



Brett McMillan

Pfc. Jessica Lynch receives the Purple Heart from Lt. Gen. James B. Peake, U.S. Army surgeon general, during a ceremony at Walter Reed Army Medical Center July 21. Lynch also received the Bronze Star and the Prisoner of War Medal.

See Lynch, Page 13

3rd ACR

From Page 1

occurred at Rifles Base in Ar Ramadi earlier this month.

Returning to its conventional armored cavalry role has paid some dividends, Davis said, at least at Rifles Base, where there have been no attacks in the past five or six days.

The rest of the Al Anbar province — the 3rd ACR area of responsibility — continues to be a murky, frustrating challenge, though. Attacks are a daily occurrence and anti-coalition forces are changing their tactics, using command-detonated explosive devices in attacks rather than a direct-fire confrontation.

“They’re changing tactics because they can’t win in a direct fire fight with

Soldiers at work

According to 3rd ACR roll up reports, the regiment has had 186 patrols, netted 56 detainees and found thousands of munitions since Operation Iron Grip began July 12.

us,” Davis said, citing a recent firefight that resulted in two anti-coalition attackers being killed.

On the civil affairs front, efforts to improve the country’s infrastructure routinely get thwarted by anti-coalition forces.

“It’s hard doing stabilization and security operations while combat operations are going on,” said Maj. Edward McFadden, the direct support detachment commander for the 490th Civil Affairs Battalion (Abilene, Texas). “We never had to do that in Bosnia.”

Winning public opinion is also difficult because the Iraqi people have never experienced freedom so they don’t know what they’re missing. Moreover, they are impatient with the pace of improvements in the country’s infrastructure, such as consistent electrical power, running water, paying jobs and medical care.

“An Iraqi citizen recently complained ‘If this were America, these improvements would happen right away,’” said Capt. Edward Palacios, a civil affairs officer in 490th CA Bn. “Another one of our civil affairs officers reminded the gentle-

men that it took the United States more than 200 years to get to that point.”

McFadden and Palacios agreed that the majority of Iraqi citizens don’t have anything against the United States, but simply want their lives to return to normal.

Normalcy, however, is a tricky quality to come by when opposition forces are continually sabotaging the occupying forces hard-fought efforts. For example, the mayor of Haditha, Nyal, and his son, Akchmed, were murdered July 16. While it’s not clear whether the assassination was a statement against coalition forces or due to tribal disputes, such incidents make it harder for Iraqi citizens to step forward and actively participate in building a democracy.

Despite such roadblocks to progress and an average daily temperature of 110 degrees with occasional upward climbs to the mid-120s, the regiment continues to

show signs of progress and effectiveness, Davis pointed out.

The 2nd Battalion, 5th Field Artillery, which is attached to the regiment during this deployment, has found nearly a thousand missiles so far in a weapons cache spanning 16 square kilometers. The weapons find includes 260 Roland missiles, 40 Milan missiles, 660 shoulder-held, surface-to-air missiles, and numerous other munitions so far.

The 122nd Engineer Battalion has done yeoman’s work repairing area schools, building playgrounds and soccer fields for children, repairing roadways and making numerous base improvements at Rifles Base in Ar Ramadi.

According to 3rd ACR roll up reports, the regiment has had 186 patrols, netted 56 detainees and found thousands of munitions since Operation Iron Grip began July 12.

“They’re changing tactics because they can’t win in a direct fire fight with us.”

Capt. Mike Davis
3rd ACR Regimental
battle captain

Military

Oklahoma National Guard:

Unit welcomes active-duty commander

by **2nd Lt. Geoff Legler**
45th Infantry Brigade
Public Affairs Office

OKLAHOMA CITY — An Army Infantry unit is only as good as its supply battalion, and the 45th Infantry Brigade of the 7th Infantry Division has one of the best in the 700th Support Battalion.

For more than three decades, the 700th has kept the men and women of the 45th Inf. Brigade clothed, fed and healthy. In a ceremony June 13, on the Oklahoma State Capitol steps, the 700th made history when Lt. Col. Mark A. Ferris, an active-duty officer, took command of the battalion from Lt. Col. Darrell Jones who commanded the 700th Support Battalion since Jan. 7, 2001.

Prior to assuming command of the 700th, which is headquartered in the 23rd Street Armory in Oklahoma City, Ferris was the deputy J-4 for the

Joint Task Force-North in Turkey, providing logistical support to U.S. Forces operating in northern Iraq as part of Operation Iraqi Freedom. Ferris is a native of Charleston, W. Va., where he graduated from Nitro High School. After high school, Ferris attended Marshall University and received his commission in 1985 through the ROTC program. Ferris then entered the Regular Army as a Quartermaster Corps Officer.

Over the past 18 years, Ferris has held many command positions within the U.S. Army, including: Platoon Leader, 249th Quartermaster Company; Executive Officer, 600th Quartermaster Company; Operations Officer, 507th Transportation Group; Operations Officer, Headquarters Company Commander, 341st Area Support Group; ARCENT Training &



Photo by 2nd Lt. Geoff Legler, 45th Inf. Bde. Public Affairs Office

Lt. Col. Mark A. Ferris accepts the 700th Support Battalion's colors from Brig. Gen. Thomas P. Mancino, commander of the 45th Infantry Brigade, during a Change of Command ceremony at the State Capital June 13.

See National Guard, Page 6

Military Briefs

Hours of operation

Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk have been combined in an effort to better serve customers. Hours of operation are Tuesday through Saturday, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Monday through Friday from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their "travelopes" and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an e-ticket.

Please call 576-5188 to confirm

receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an e-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Legal Assistance hours — Hours at Legal Assistance are back to normal. Walk-ins to see attorneys are Mondays and Fridays only; sign in is at 12:30 p.m. on a first-come, first-served basis. Powers of Attorney and notaries are done on a walk-in basis 9 a.m. to 4 p.m., Mondays, Tuesdays, Wednesdays and Fridays and Thursdays from 1 to 3 p.m.

New CIF Hours

Effective immediately, individuals may conduct their business at Central Issue Facility (draw, turn-in, direct exchange) during the following times:

Building 330: Mondays, Tuesdays, Wednesdays, Thursdays and Fridays from noon to 3 p.m.; Tuesdays 8 to 11 a.m.; Wednesdays 8 to 11 a.m.

Building 309 (desert items): Mondays, Tuesdays, Wednesdays, Thursdays and Fridays, 8 to 11 a.m. and noon to 3 p.m. There may be an occasional change to the hours if there is a large unit mobilizing or demobilizing. The change will be put out through e-mail, mobilization meetings, command sergeant major channels and

receipt of faxed orders.

Turn-in of complete TA-50 (End of Time in Service, Permanent Change of Station) is by appointment; call 526-5512.

Bulk issue or turn-in of items by supply sergeants must still be done by appointment. Appointments should be made with Connie Thompson, CIF, at 524-2006.

Briefings

eArmyU — eArmyU Program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9:30 and 11:30 a.m. and Wednesdays at 11:30 a.m.

Special Forces briefings

Special Forces recruiting briefings are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at the Grant Library for males in the pay grades E-3 to E-7 with a general test score of 100 or higher and who are U.S. citizens.

ETS/Transition briefing schedule — In order for soldiers to receive their End of Time in Service orders, soldiers must attend an End of Term of Service briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317.

For more information, call the Transition Center at 526-2240 or 526-4298.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Laundry Service

Post Laundry Service — The Post Laundry service provides free laundry and dry cleaning service to soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the Post Laundry prior to turn in. Soldiers are reminded to allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. The turn around for the service is 72 hours. No appointment is necessary. The Post Laundry will not clean personal items like BDUs, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

National Guard

From Page 5

Security Company, Company Commander; Company Commander, Bravo Forward Support Command, 528th Special Operations Support Battalion (Airborne); and, Executive Officer, 528th Special Operations Support Battalion (Airborne). During his time as Commander, Ferris hopes to further the military education and development of the battalion's staff officers and to continue to provide seamless logistic support to the 45th Inf. Brigade anytime and anywhere. Ferris holds a Bachelor of Science Degree in Political Science from Marshall University and a Master of Military Arts and Sciences from the Army Command and General Staff College. He and his wife, Mindy, reside in Edmond with their daughter, Brittny, age 11. Ferris is the first active-duty officer to command an Oklahoma Army National Guard battalion since

World War II.

The program responsible for Lt. Col. Ferris' assignment is known as the Active Component/ Reserve Component Staff Integration Program and was initiated in October 2000 by the Chief of Staff of the Army.

The program offers active Army, Army Reserve and Army National Guard officers the opportunity to experience the day-to-day operations of their sister components by placing active-duty officers in command of reserve component units and reserve component officers in command of active-duty units.

Throughout the course of Jones' command, he led the 700th through numerous challenging times, including a rotation through the Joint Readiness Training Center in June of 2002 and the deployment of hundreds of his soldiers in support of Operations Noble Eagle and Enduring Freedom. Jones received his commission through the

Oklahoma State Officer Candidate School in 1980. Over the past 23 years, he has held many command positions within the Oklahoma Army National Guard, including: commander, 700th Support Battalion; commander, Co. A 1/279 Infantry; assistant S-3, assistant S-3 Air and Headquarters Company commander, 45th Infantry Brigade; Operations and Training officer and chief of Training, Headquarters State Area Command, Oklahoma Army National Guard.

Jones, a native of Claremore where his parents Pierce and Betty Jones still reside, lives in Guthrie with his wife, Sharon, and their two children, Jodi and Anthony. Jones has an Associate's Degree from Vincennes University.

With the knowledge gained by officers who have participated on the AC/RCSIP, the "One Army" concept of active and reserve components fighting side by side can be strengthened.

Week of July 19 to July 25

Weekday Dining Facilities

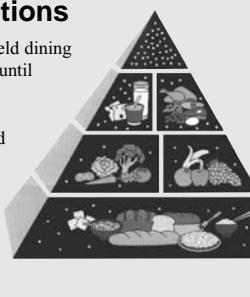
43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
3rd ACR Patton House (building 2161)
10th SFG (A) (building 7481)

Weekday Meal Hours

Breakfast 6 to 9 a.m. (All facilities)
6:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Exceptions

- Butts Army Airfield dining facility is closed until further notice.
- 3rd BCT is closed indefinitely.
- Cheyenne Mtn. Inn is reopened.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR Cav. House. (building 2461)
43rd ASG (building 1040)
3rd ACR Patton House (building 2161)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.
3 to 5 p.m. (Cheyenne Mtn. Inn)

Update on 68th CSB, 43rd ASG soldiers

Courtesy 43rd Area Support Group

Soldiers from the first platoon (Heavy) of the 60th Ordnance Company, 68th Corps Support Battalion and 43rd Area Support Group were sent to Camp Arifjan, Kuwait to support Operation Enduring Freedom.

The mission of the Ordnance Platoon was to operate and maintain the Theater Storage Area. The TSA conducts bulk issues, shipments, and container storage of ammunition in support of coalition forces.

The platoon was responsible for more than 3,000 containers of ammunition, including the M16A2 rifle's 5.56-millimeter bullets, 155 millimeter artillery rounds, the Apache helicopter's tank-killing Hellfire missile, and the surface to air Patriot Missile. Ammunition stored at the TSA was valued at more than \$2.5 billion.

In late December, the 60th was called upon to

load 56 Patriot Missiles (valued at \$1.3 million each) into containers to be shipped in the defense of Israel. This was the first time that many of the soldiers from the 60th Ordnance had ever seen or handled the Patriot Missile. It only took a few days and the Patriot Missiles were on their way to protect the country of Israel from the threat of an Iraqi attack. Soon afterwards, 60th was called upon to ship Patriot Missiles to Saudi Arabia.

Early one morning just weeks before the war commenced, the platoon received a phone call from the Group headquarters, stating ammunition for an entire division had to be issued out in just under four days. The platoon teamed with a platoon from the 63rd Ordnance Company to issue 5,000 short tons of ammunition before the early deadline.

Soldiers from the 60th Ordnance worked shifts of 12 to 16 hours a day, 7 days a week to ensure the war fighters had all the necessary ordnance to

accomplish their missions.

One of the most critical missions was emergency resupply of ammunition. The platoon knew lives were on the line if the ammunition didn't arrive on time to troops operating in Iraq. Consequently, the platoon worked without complaint and loaded Chinook helicopters with much needed ammunition at a moment's notice. In addition to loading helicopters for soldiers in Iraq, the unit loaded more than 100 Air Force cargo planes in support of Special Operations Forces in Afghanistan and Jordan.

During its seven-month deployment, the 60th shipped more than 22,700 short tons of munitions in support of Operation Iraqi Freedom, gaining experience at handling every type of ordnance. In addition, the unit gained the satisfaction and pride of providing the best customers in the world a very necessary item of life support.

eMILPO replaces SIDPERS3 to improve service

Army News Service

WASHINGTON — The Army's new electronic military personnel office, eMILPO, will improve basic personnel actions and save soldiers' time, officials said, when it goes online Aug. 1.

The system is the next major step for Army personnel transformation, according to officials at the U.S. Army Personnel Command in Alexandria, Va.

First there were morning reports prepared by first sergeants. Soldiers in line to get paid were common practice in the Army in the 1980s.

Then came several versions of the Standard Installation Division Personnel System, known as SIDPERS. Permanent change-of-station departure and arrival transactions are examples how SIDPERS "tracks" soldiers today.

The new eMILPO is a Web-based

system and will require little training, PeopleSoft8, a pure Internet commercial-off-the-shelf software.

The eMILPO system, however, is an interim step toward a much larger, multi-service, integrated personnel and pay management system called DIMHRS, officials said. They said the Defense Integrated Military Human Resources System will be driven primarily by



Col. Stan Heath, U.S. Army Personnel Command public affairs officer.

Editor's note:

Information provided by Lt.

New feature

New myPay users can get PIN online

Courtesy 1st Lt. Theodore Stutz
4th Finance Battalion

ARLINGTON, Va. — Army personnel can now obtain their myPay personal identification numbers by using a new online feature called ePIN. myPay is an online finance system operated by Defense Finance and Accounting Service. ePIN is available to active, reserve, guard, civilians and military retirees with Army Knowledge Online accounts.

“We are constantly looking for ways to make myPay even more user friendly,” said Pat Shine, director of DFAS Military and Civilian Pay Services. “ePIN will make this valuable pay management tool more accessible to our Army customers.”

ePIN greatly simplifies the process of gaining access to myPay. Personnel can visit the myPay Web site, <https://myPay.dfas.mil>, and click on the “New PIN” button. The system will verify the identity of the user through their Social Security Number. The user can elect delivery of the PIN by e-mail or regular mail. E-mail delivery takes place within 48 hours.



As always, myPay can be used to perform the following pay-related actions:

- View, print and save leave and earning statements
- Select electronic leave and earning statement
- View and print retiree account statement
- View and print tax statements
 - Change federal and state tax withholdings
- Update bank account and electronic funds transfer information
- Manage allotments (civilian/retiree)
- Edit address information
- Manage Savings Bonds (civilian/retiree)
 - Control Thrift Savings
- Plan enrollment (military only)
- View and print travel vouchers (civilian/military)

New guidelines for government travel cards and travel vouchers

This information is for the unit commanders and S-1 sections to enforce upon their soldiers (not civilians) effective immediately:

1. Soldiers who have government travel cards

are highly encouraged to use them when traveling temporary duty unless the TDY is in conjunction with a permanent change of station move or a deployment (per Maj. Gen. Robert Wilson's Policy dated April 29).

2. Upon filing travel vouchers, soldiers must check split disbursement in block 1 of the DD 1351-2.

3. Soldiers should enter an amount that approximates, as closely as possible, the charges they put on the card (normally, lodging and rental car).

4. When company commanders sign block 20c on the voucher, they must ensure the split disbursement block was checked, and that an appropriate amount was entered.

In checking the split disbursement box, the government will automatically apply the amount owed to the credit card company, and soldiers don't have to worry about sending in a check to the travel card company. Soldiers will get the difference for meal per diem through direct deposit. The goal is to minimize delinquent travel card payments and get the soldier their money in the most timely fashion. It's a win-win situation for all.

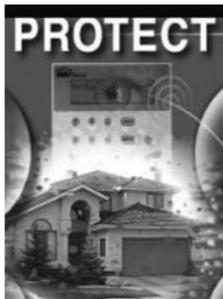
Military police blotter ...

Keeping an eye out for trouble

Commentary courtesy of Provost Marshal Office

The largest deployment from Fort Carson in more than a decade left a lot of Mountain Post families with only one parent in the household. This can cause a huge strain on the one person now responsible for everything — cooking, cleaning, balancing the budget and in some cases, the only source of discipline in the family.

After a couple of months, the military police are seeing a few common denominators to some problems that have been occurring around



post: children left unattended, both at home and in vehicles; spouses expanding their social contacts and spouses spending extra money to relieve the discomfort of their loved ones not being around.

Keep your servicemember informed while he or she is away. When they can help, even a little, it makes the miles seem less and the family closer.

Be watchful around your quarters and your neighborhood. Don't talk about your spouse being deployed in public. Be careful about displaying signs like "We miss you Dad/Mom, hope you come home soon!" on your house or vehicle. If someone you do not know comes to your door, ask

for identification. If he or she doesn't cooperate, call the Military Police at 526-2333. Off-post, call the Colorado Springs Police Department at 444-7000 or El Paso County Sheriff's Office at 390-5555 and in an emergency, call 911.

Whether downtown in Colorado Springs or here on Fort Carson, always keep Homeland Security in the forefront of your thoughts, and be aware of your surroundings. The Mountain Post team is just that, a team dedicated to caring and committed to the well-being of their soldiers and families.

Changing hours

To accommodate the upcoming new duty hours, the Provost Marshal Office will be changing its customer

Traffic Roll Up

In the past week, there were 68 total citations:

- 21 for speeding
- 0 for failure to use seatbelts
- 47 for other violations (e.g.:

malfunctioning equipment, lack of insurance or registration, expired plates and improper vehicle operation)

service hours effective Aug. 1 to 9:30 a.m. to 4 p.m. Monday through Thursday, closed noon to 1 p.m. and closed Fridays. Also, the Vehicle Registration Office will have new hours effective Aug. 1 to 8:30 to 4:30 p.m., Monday through Friday.

Domestic abuse can kill an Army career

by Maj. Diana Mancía
Office of the Staff Judge Advocate
Legal Assistance Division

Domestic disputes are serious matters. Women are more likely to be injured by their husband or boyfriend than by a stranger.

Domestic disputes can be chaotic and dangerous, even for police officers. Domestic disputes are the second leading cause of injuries to police officers.

The scenario is common. The police arrive. They hear yelling and see the broken pieces of a telephone on the front steps. They enter the house to calm down the situation. It seems the Smiths have been arguing

over the phone bill. Mrs. Smith ran up more than \$200 in long distance phone bills last month, calling her mother and sister in Texas. Staff Sgt. Smith came home tonight, saw Mrs. Smith on the phone again and yanked the phone cord out of the wall. Then he yanked the phone out of her hand and threw it out the front door. Mrs. Smith called 911 on her cell phone.

The police wrote Staff Sgt. Smith a citation for simple assault. He agreed to go sleep at the barracks that night so everyone could cool off. Later, in court, Staff Sgt. Smith pled guilty to third degree misdemeanor assault. He agreed to complete an Anger Management Program. The terms of his guilty plea state if he completes the classes and has no further problems, the charge would be dismissed.

Staff Sgt. Smith is now Mr. Smith. He's not retired;

he didn't even reach his end of time in service — he was kicked out of the military because he can no longer carry a weapon. His military career ended the night he yanked the phone out of his wife's hand. Federal law prohibits anyone "who has been convicted in any court of a misdemeanor crime of domestic violence" from possessing any firearm or ammunition, including a military-issued weapon.

The 1998 Gun Control Act was amended by Sen. Frank Lautenberg of New Jersey to include a prohibition on the possession of firearms by people convicted of misdemeanor domestic disputes. The "Lautenberg Amendment" would prevent Staff Sgt. Smith from possess-

Did you know?
If you cannot use a weapon, you cannot serve in the military. The only military specialty that does not require the use of a firearm is the chaplain. Even chaplains assistants must carry a firearm in order to protect the chaplain.

ing a military firearm, even though his assault charge may ultimately be dismissed after his completion of the Anger Management Class: the conviction counts as a "Lautenberg Conviction" until the charge is dismissed.

Soldiers need to be able to possess, train and use firearms to stay qualified. The only military occupational specialty that does not require the use of a firearm is the chaplain's. Even chaplains assistants must carry a firearm in order to protect the chaplain. There are no military specialties that do not require the possession, training and use of a firearm. Bottom line: If you cannot use a weapon, you cannot serve in the military.

Civilian prosecutors often don't appreciate the seriousness of a domestic violence conviction to the soldier. A third degree misdemeanor is not a big deal in the civilian world, a step above jaywalking or littering.

Deferred prosecution is a good deal for a civilian. Take classes, two years of good behavior, case dismissed. No big deal for a civilian, but it is a big deal for a soldier.

The chain of command cannot ignore a domestic violence conviction. A deferred prosecution still qualifies as a "Lautenberg Conviction" during the 24 months of deferral. Even a general officer does not outrank a judge. It is a felony for a commander to allow a soldier convicted of domestic violence to be issued a weapon.

When Mrs. Smith realized her husband could lose his job, she recanted. She went to the prosecutor's office with him and changed her story. He never touched her. The phone fell. She even stated she would refuse to testify.

Domestic abuse victims often change the story or refuse to testify. A victim with a black eye, cracked jaw or broken arm will later try to say that it was an accident. The prosecutor said the state would go forward with the charges anyway. They had Mrs. Smith's 911 telephone call, her statement to the police, the police report, the photographs of the scene, even the broken pieces of the smashed phone. Staff Sgt. Smith entered the guilty plea and was later separated from the Army.

Before a soldier enters into a guilty plea to any crime in civilian court, he or she should go to Legal Assistance to speak with an attorney about their options and the military consequences of those options. A commander who has a soldier with a domestic violence conviction should contact the Administrative Law Section to discuss his or her options and legal responsibilities. Victims of domestic abuse can contact Victim's Advocates at Army Community Service at 526-4590.

Community

Birth control

Vasectomy — a low-cost, effective contraceptive

by Spc. Matt Millham
14th Public Affairs Detachment

For many couples who consider their nest full, permanent contraception is an attractive alternative to other birth control techniques. The easiest and least expensive among these procedures is the vasectomy or male sterilization.

In technical terms, a vasectomy is a surgical procedure that produces infertility by blocking the transport of sperm from the epididymis to the urethra via the vas deferens. Simply put, a vasectomy cuts the tubes that bring semen from the testicles to the penis.

There are two primary vasectomy techniques used in the world today. All vasectomy techniques stop the flow of semen in the vas deferens. The differences in the techniques reside in the methods used to stop the flow.

In traditional vasectomies, the vas deferens are cut somewhere in the middle, using a scalpel, and the ends are tied and sometimes cauterized or burned closed. In so-called “no-scalpel” vasectomies, a portion of the vas deferens is removed using a tool that simultaneously severs and cauterizes the tube. About a centimeter of each vas deferens is taken out to reduce the risk of the severed ends rejoining after surgery. Both the scalpel and no-scalpel procedures take from 20 to 30 minutes to complete under local anesthetic.

About 20 vasectomies are performed each month at Evans Army Community Hospital, said Air Force Tech. Sgt. Kevin Dulin, noncommissioned officer in charge of the urology clinic. According to Planned Parenthood Federation of America, Inc., an advocacy group for reproductive rights, roughly 500,000 vasectomies are performed each year worldwide.

A vasectomy is, in essence, a permanent form of male birth control. Not including abstinence, it is the single most effective method of birth control

— even more so than the female sterilization procedure known as tubal ligation, often referred to as “getting your tubes tied,” according to Planned Parenthood.

According to www.Vasectomy.com, a vasectomy information Web site, “vasectomy offers a permanent, safe and worry-free choice in birth control,” but warns, “there are some general ground rules to consider first, as well as emotional and family concerns to discuss with your partner and physician ...

While the law may not require you have the consent of your wife or partner, vasectomy or any contraceptive choice is best discussed and decided as a couple.”

Though the procedure is reversible in some cases, it should be considered permanent and irreversible, according to Planned Parenthood. Planned Parenthood suggests men and couples not consider vasectomy if they may want to have a child in the future, if they are being pressured to get the operation, if there are marriage or sexual problems, short-term mental or physical illnesses, financial worries, if possible changes such as divorce, remarriage or the death of children would cause a change of mind or if it has not been discussed fully between a couple.

“Men under the age of 25, those who divorce young and remarry or those who have the procedure immediately after the birth of a child, can come to regret the decision made too early in their lives,” states [Vasectomy.com](http://www.Vasectomy.com). “Regardless of the man’s age, if the female partner is under the age of 25, couples may become dissatisfied with the decision.”

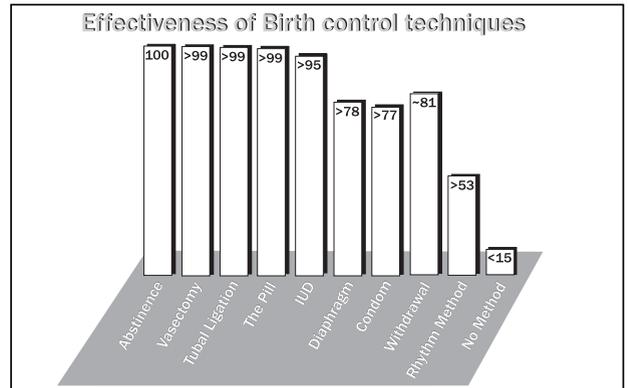
[Vasectomy.com](http://www.Vasectomy.com) states good candidates for the surgery should fit most or all of the following criteria:

- Men and their partners over the age of 25, who are seriously committed

What is a vasectomy?

Simply put, a vasectomy cuts the tubes that bring semen from the testicles to the penis.

In technical terms, a vasectomy is a surgical procedure that produces infertility by blocking the transport of sperm from the epididymis to the urethra via the vas deferens.



infographic by Spc. Matt Millham

to not having more children now, or in the future.

- Men for whom other forms of contraception are not safe alternatives for themselves or their spouse.
- Men who want to enjoy sex without the fear of unwanted pregnancy.
- Men who do not feel forced into this decision by others or financial circumstances.
- Men who want to take the responsibility of contraception.
- Men who are concerned about passing on a genetic disease or hereditary disability.

[Vasectomy.com](http://www.Vasectomy.com) also states, “Before making a decision, discuss these and all related issues with your spouse, and seek the advice of your physician.”

In most cases, the urology clinic at EACH requires a man seeking the operation to have at least two children before getting the surgery, said Dulin. All vasectomy candidates are required to go through a short class on the procedure, given by the head nurse of the urology clinic, during which they learn everything they need to know about the surgery, said Dulin.

Though it is considered a low-risk and simple procedure, vasectomy is not entirely without risk. According to [Vasectomy.com](http://www.Vasectomy.com), some risks to consider are the development of antibodies to sperm, which can make vasectomy reversal impossible; bleeding, generally

painless, which may occur following vasectomy and collect under the skin, so that the penis and scrotum appear bruised or swollen; and a dull ache in the testicles that is thought to be caused by the congestion of the epididymis (sperm storage organs attached to the testicles) with dead sperm and fluid.

“Prostate Cancer Studies looking at the association of prostate cancer with vasectomy have demonstrated conflicting results in the past,” according to [Vasectomy.com](http://www.Vasectomy.com). A study involving more than 2,000 men reported in the Journal of the American Medical Association (JAMA 2002; 287:3110-3115) concluded, “there is no increased risk of prostate cancer with vasectomy,” according to the National Institute of Health Web site.

There is some discomfort following the operation, according to Planned Parenthood, but the level of discomfort varies from person to person. “Most men say the pain is ‘slight’ or ‘moderate’ as opposed to ‘excessive,’” states Planned Parenthood’s Web site.

While some men develop sexual problems after vasectomy, [Vasectomy.com](http://www.Vasectomy.com) reports these problems almost always have an emotional basis and are usually easily remedied through counseling.

The cost of the procedure is markedly less than the cost of female sterilization — about one-fourth the cost of tubal ligation according to both [Vasectomy.com](http://www.Vasectomy.com) and Planned Parenthood — and the time required for recovery is substantially shorter. The vasectomy is an outpatient procedure which, in the case of NSV, requires no stitches.

The cost of the procedure is covered under TRICARE, said Dulin, but because many of the doctors in the urology clinic are deployed, only active duty soldiers are eligible for the surgery at this time.

Potential candidates for vasectomy

[Vasectomy.com](http://www.Vasectomy.com) states good candidates for the surgery should fit most or all of the following criteria:

- Men and their partners over the age of 25, who are seriously committed to not having more children now, or in the future.
- Men for whom other forms of contraception are not safe alternatives for themselves or their spouse.

- Men who want to enjoy sex without the fear of unwanted pregnancy.
- Men who do not feel forced into this decision by others or financial circumstances.
- Men who want to take the responsibility of contraception.
- Men who are concerned about passing on a genetic disease or hereditary disability.

Community Events

Miscellaneous

Central Issue Facility hours of operation

Regular business hours

Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to noon and 12:30 p.m. to 4 p.m. and Thursdays from 7:30 a.m. to noon

Initial/partial issues

Mondays, Tuesdays, Wednesdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Fridays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Fridays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Fridays. Call 524-2006 or 526-2729.

Effective immediately:

Replacement will be scheduled Mondays, Thursdays and Friday mornings.

Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing

Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect soldiers DX items, schedule a CIF appointment. A CIF employee will work one-on-one with supply sergeant vs. having bus loads of soldiers arrive at CIF to exchange one or two items.

Active-duty units — PCS/ETS/chapters/retirees will make an initial out processing appointment (Mondays, Tuesdays, Wednesdays and Fridays) for turn-ins. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — By appointment only

Note: Due to redeployment or demobilization unit requirements this schedule is subject to change. Changes will be put out through e-mail, mobilization meetings, command sergeants major channels and posted signs at the CIF. Appointments can be made with Connie Thompson at 526-4057 or 524-2006. POC for this information is Mark A. Rudd Sr., CIF supervisor at 526-6477.

Claims Division new hours — Effective Aug. 4, the Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m., and the office is closed on Friday.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352 to see if warrants an appointment.

2003 Guam Liberation — This will be a potluck event; please call to sign up for your special dish or donation.

Potluck menu includes, but not restricted, to:

Red rice, tortillas, bread rolls, golai apan aga chicken, ribs, seafood, pancit, shrimp patties, lumpiafinadene, kadon shrimp, kadon pika, vegetable/potato/pasta salads chicken/fish/shrimp/steak kelaugens and tamales.

Desserts: laticya, cakes, cookies, fruit salads, pies etc.

We encourage all to bring drinks, lawn chairs and games.

POC: Ron Reyes at 382-5778; Larry Nangauta at 382-0502; Ted San Luis at 392-859.

Calling all civilian employees — Make that change from being a couch potato watching sports to being on the team. Join the Civilian Wellness Program. Get ready to play those sports, take that hike, bike or pursue a new sport.

Get off the sofa and out of the house and enjoy the

beautiful weather and the breathtaking sites of Colorado. Take the challenge and join the Civilian Wellness Program for Department of Defense employees. Join the team at the Mountain Post Wellness Center for this unique opportunity.

The Civilian Wellness Program allows three hours each week of duty time to work out at the Wellness Center (approval from supervisor required). The program starts with an assessment and baseline testing. Individuals set goals and the Wellness Center team sets up a physical exercise program and provides educational opportunities to increase your total health.

This is the opportunity to start a holistic program for a lifetime of good health. Take that first step to a healthier lifestyle and come to the Mountain Post Wellness Center. Then step up that mountain and enjoy the view. Call 525-3887 for information or come to building 1526 (beside the commissary) to get information and the enrollment packet. Join the Civilian Wellness Program for Department of Defense civilians. Next session starts in early September. This is the last session and chance to get in shape before the holidays.

Fort Carson's instructional walking program — The Fort Carson Well Walkers walk Tuesdays and Thursdays at 8 a.m. for the duration of the summer. Pre-registration is required and is ongoing so you can start anytime. Call the Mountain Post Wellness Center at 526-3887 for information and to receive your registration packet.

Enlisted Spouses Charitable Organization — The Enlisted Spouses' Charitable Organization will meet July 16 at 6:30 p.m. at the Elkhorn Conference Center. Membership in ESCO is open to all spouses of enlisted or warrant officer soldiers, whether active duty, Reserve, Guard or retired, and all are invited to attend. Children are always welcome to attend with a parent. If you are interested in joining, please attend a meeting, e-mail us at CarsonESCO@hotmail.com or call our office at the Family Connection 524-1115.

ACAP job openings — Army Career and Alumni Program currently has the following jobs listings for interested personnel. For more information about the jobs, call 526-1002.

What: Graphics Artist at Schriever Air Force Base
Who: Anyone with audio visual experience and a high school diploma

What: Satellite communications technician in Colorado Springs
Who: Anyone with space operations/GPS experience required and a high school diploma

What: Systems engineer at Schriever Air Force Base
What: Systems Engineer in Omaha, Neb., Who: anyone with satellite ground systems experience
BSEE Degree Required

What: Information Systems OSR Engineer in Sunnyville, Calif.

Who: Anyone with ATM technology experience

What: Materials planning in Colorado Springs.
Who: Anyone with logistics background; BA with two years experience

Red Cross — The American Red Cross is seeking volunteers for the following positions: management/leadership, Previous Red Cross leadership experience required; Web-page design and maintenance, proficiency in FrontPage software required; social service casework and emergency communications; hospital administrative services (various departments) at Evans Army Community Hospital.

Applications may be picked up at the Red Cross office in the Family Readiness Center, building 1526, room 272 between 8:30 a.m. and 4 p.m. For more information, call 526-7144 or 526-2311.

Calling all civilian employees — Make that change from being a couch potato watching sports to being on the team. Join the Civilian Wellness Program. Get ready to play those sports, take that hike, bike or pursue a new sport. Join the team at the Mountain Post Wellness Center for this unique opportunity. The Civilian Wellness Program allows three hours each week of duty time to work out at the Wellness Center (approval from supervisor required). The program starts with an assessment and



**Army Community Service
Family Readiness Center**
526-4590

The Fort Carson Installation Volunteer Program supports the Army's Mission by continuously seeking innovative ideas and processes to improve the Quality of Life at Fort Carson through the use of volunteer agencies.

All Fort Carson volunteers must be registered with the Volunteer Program. All volunteers receive a job description describing the duties and responsibilities of their volunteer job. Volunteer work experience is an excellent way for an individual to develop job skills and accumulate work experience.

Many of our volunteers use their experience to find paying jobs. Every year the installation celebrates the outstanding contributions of its volunteers at the annual Volunteer Picnic & Awards Ceremony.



baseline testing. Individuals set goals and the Wellness Center team sets up a physical exercise program and provides educational opportunities to increase your total health. This is the opportunity to start a holistic program for a lifetime of good health. Take that first step to a healthier lifestyle and come to the Mountain Post Wellness Center. Then step up that mountain and enjoy the view. Call 525-3887 for information or come to Bldg. 1526 (beside the commissary) to get information and the enrollment packet. Join the Civilian Wellness Program for DOD civilians. Next session starts in early September.

The Mountain Post Wellness Center will be extending its operational hours starting July 14. The new hours will be Mondays through Thursdays 6 a.m. to 5 p.m. and Fridays 6 a.m. to 4 p.m.

Youth Army Family Action Plan conference — Fort Carson Child and Youth Services will host a Youth AFAP Conference, Aug. 1, at the Youth Center. The half-day conference is intended to identify challenging issues facing Army youth, both locally and globally, and to assist the Army leadership in identifying and prioritizing family quality of life issues. The top issues from the Youth AFAP Conference will be presented at the installation AFAP Conference, in November 2003.

The youth conference will have four workgroups: middle school students, high school students, parents and CYS Sports Program Parents. Work groups will identify and prioritize youth and family quality of life issues. Each group will select three issues to present the entire group. The large group will then prioritize five issues, which will become working material for the installation AFAP in November. These issues will be highlighted at the major command and the Northeast Region.

If you are a teen or parent interested in shaping the future for families and young people at Fort Carson, please consider being part of the Youth AFAP Conference. Please contact Vanessa Tranel, 526-2301 or Loren Morris, 526-1236 for more information. The conference is from 11:00 a.m. to 3:30 p.m. Lunch is provided.

Seek God — you could find eternal gratitude

**Commentary by Chap. (Maj.) William Fox Jr.
Soldiers' Memorial Chapel**

Summer is upon us, and things around us are bright and beautiful.

Daily the warmth of the sun is upon us which brings to mind the warmth of God's love for his creation. God's love is unending, and it warms our soul like only he can do.

There is a brightness that flows over us when we allow God to engulf us with his love. It is warmer than the warmest summer day. It brings peace and joy into our hearts and makes all our problems seem minor. In fact, when his love covers us we usually forget about those problems because he is an all-consuming God. When we allow him to have his way with us, we are swept up into his marvelous loving arms and nothing else matters.

This is why we need to spend quality time with him on a daily basis. That allows God to truly minister to us. We need to set aside time every day where we can be alone with him and just listen to him as he releases his marvelous love on us. The key is we must lay aside everything else and focus on him and him alone. The one thing he demands is our undivided attention. When we don't give our heavenly Father our



undivided attention we just cannot get through to him.

It is quite alarming the way a lot of Christians treat God. They don't come to him with reverence or humility. If they come at all it is usually when they are in a hurry. God says be still and know that I am God. When we are still and quiet, it is then that God begins to speak to us. God is holy and majestic and deserves all our attention. When we come to him it should be in total humility. We should honor and respect him more than anyone on this earth. You see, he created it.

If you were called by the president of the United States to come to the White House to talk to him about the state of the Army you would prepare, prepare and prepare. You would be there way before your appointment and you would enter the oval office with great humility and you would show the president the utmost honor and respect. After all, he is the president of the United States of America.

So when we come to church why is it that we don't prepare ourselves to be in the presence of our creator? Why is it that we don't show our Father in heaven that same respect, honor and reverence that is due him! After all, he is the creator of the world and through his son Jesus he has made it possible for us to be in intimate fellowship with him now and for eternity. I would call that absolutely incredible.

So during these warm summer days take some time out to get alone with God. It is what he desires. And because he desires your fellowship so much, when you do come to him, he will release his awesome love on you. You will be forever changed by your experience. You will desire to be with him all the time because his mercies are new every morning. He

Chapel

Wicca group meets at Fort Carson — There are many traditions within Wicca and the tenets, practices and politics vary as they do in many religious groups. The goal for the Fort Carson Open Circle is to allow people of all traditions to come together and learn from each other. They are openly eclectic in that their members are not all of the same faith group but of many different faiths and traditions. They are here to teach each other and to learn from one another. They invite those who have years of experience in their tradition and those who are still seeking their path to come together. The group meets Tuesdays at 6:30 p.m., at the Family University Building, next to McKibben Physical Fitness Center, corner Ellis and Barkely, on Fort Carson. If you have any questions, call 229-8948 or 634-7243, or e-mail ftcarsonopencircle@hotmail.com.

Youth of the Chapel — Activities for Protestant and Catholic Middle School and High School Youth take place each Tuesday evenings at 6 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible studies Sundays at 9:30 a.m. and Tuesdays at 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays at Soldiers' Memorial Chapel.

is an incredible God who loves his children with a love that cannot be explained but only experienced. Seek him out this summer and experience the creator of the universe. You will be forever grateful.

Home

From Page 1

Support Group began redeploying here July 17.

When they left late March, the spouses were told not to expect them back for six to nine months, said Michelle Settle. Her husband Spc. Jonathan Settle returned early Saturday morning.

"I'm excited he came back early because he's just in time for the new baby to be born," she said.

The Settles' baby boy, whom they have named Parker, is due in three weeks.

While all the spouses were excited to have their soldiers home, many of them said their thoughts are still with the soldiers who are in Iraq.

Lynch

From Page 13

people receive," Peake said.

After receiving her awards, Lynch thanked the Walter Reed staff for the care she received at the medical center during the last three months.

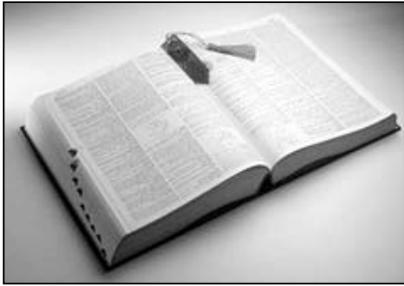
Peake then recognized the Walter Reed staff for the care they've provided Lynch and other soldiers returning from Operation Iraqi Freedom.

"We're proud of them and they're proud of you," Peake said to Lynch.

Walter Reed has treated approximately 655 patients from Operation Iraqi Freedom since the war began, 170 of them battle casualties. Of those, 125 have been treated as inpatients and 45 as outpatients. All but 26 have received discharges.

Other members of Lynch's unit who were injured and held captive following the March 23 ambush also received medals during an Independence Day ceremony at Fort Bliss, Texas.

Editor's note: Based on Walter Reed press releases.



Chapel

Fort Carson AWANA Club — Making the Gospel fun. AWANA shapes children's lives with a combination of good clean fun, Bible memory and spiritual teaching. AWANA is an international non-denominational organization dedicated to sharing the gospel of Jesus Christ with young people. The group is similar to scouting and participants wear uniforms, earn badges and are motivated through awards. Meetings are Thursdays from 5:15 to 7 p.m. Spaces are available for adults who want to be ministry leaders. Leadership training is free. For information, call Susan Webb at 538-9306. Meetings are held Thursdays from 5:15 to 7 p.m. Spaces are available for adults who want to be ministry leaders. The leadership training is free. For information, contact Susan Webb at 538-9306.

Native American Sweatlodge — Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, family members and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Call Michael Dunning at 382-5331 or (c) 330-9537 for ceremonial information and directions.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
ROMAN CATHOLIC					
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-4206
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Schreck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Fox/524-1166
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8990
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Schreck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Tuesday	6:30 p.m.		Family University	Bldg. 1161	Ms. Costantino-Mead
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Prussman	Chap. Jones/526-4416
For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.					

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 51 & 2 Kings 23-25

Saturday — Psalms 52 & 1 Chronicles 1-5

Sunday — Psalms 53 & 1 Chronicles 6-10

Monday — Psalms 54 & 1 Chronicles 11-15

Tuesday — Psalms 55 & 1 Chronicles 16-20

Wednesday — Psalms 56 & 1 Chronicles 21-25

Thursday — Deuteronomy 32:1-4 & 1 Chronicles 26-29

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following Unit: For the chaplains, chaplain assistants and DA civilians who serve their branch at the Office of the Chief of Chaplains at the Pentagon.

Army: For all the servant leaders, past and present, from the Army Chaplain Corps. For the new Chief of Chaplains Maj. Gen. David Hicks and Deputy Chief Brig. Gen. Jerome Haberek as they provide vision and leadership to the Army Chaplain Corps.

State: For all soldiers and families from the state of South Carolina. Pray also for Gov. Mark Sanford, the state legislators and municipal officials of the Palmetto State.

Nation: Give thanks for the freedom of religion. May we always treasure this most sacred freedom.

Religious: For the 228th anniversary of the Army Chaplain Corps, founded July 29, 1775. Pro Deo et Patria! For God and Country! For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

ACS celebrates its birthday today

38 years of taking care of soldiers and their families

Courtesy Army Community Service Marketing and Advertising

Army Community Service celebrates its 38th birthday today. Prior to ACS being established as an Army agency in 1965, no other group of individuals did more in support of the social service needs of Army families than did our Army spouses.

Their hard work and volunteer efforts helped pave the way for ACS and the development of the outstanding programs and services offered. As we become used to the many benefits that are provided by the Army for families, we sometimes forget that many of the programs we take for granted started out in ACS, such as: youth sports programs and

child-care programs.

The new millennium has brought upon us a modern ACS that has evolved, and continues to evolve, to meet our ever-changing soldier and family readiness needs. Our ACS program here at Fort Carson has embarked upon the concept of an academy setting.

Tune in for the upcoming ACS Family Readiness Academy, where classes are structured to that of a university setting. All classes (i.e. financial education, Family Readiness Group/FRG training, job information and referral, Cooperative Parenting and much more) are designed to meet the unique lifestyle of soldiers and their families, as well as Department of Army employees. ACS has many partner agencies on Fort Carson and within the local Colorado Springs community that provide extended services to the many families who live off post.

This birthday will not only celebrate 38 years of ACS service, but will show our appreciation of our valued community support programs.



Faithfully serving ...

Lone Army female rabbi called to duty

by Jon R. Anderson
Stars and Stripes

HEIDELBERG, Germany —

The rabbi warmly welcomes each member of the Jewish military community as the small congregation fills a side room in the Heidelberg chapel for the Friday Sabbath.

Offering the traditional holy day greeting — Shabbat shalom — as the faithful filter in, the rabbi is among only 84 Jewish chaplains serving in uniform among the active and Reserve forces.

But this rabbi is unique even among that select few.

Chap. (Lt. Col.) Bonnie Koppell is the only female Jewish chaplain in the Army and one of only two military-wide.

A reservist from Chandler, Ariz., where she leads Temple Beth Shalom in civilian life, Koppell is the latest member to join the U.S. Army Europe command team as an Individual Mobilization Augmentee. Instead of drilling two weeks a year and one weekend a month, IMAs fulfill all or most of their annual Reserve commitment all at once.

That means for the next month, Koppell is filling in here, the Army's top headquarters in Europe.

Part of those duties include offering the "thought for the day" during Gen. B.B. Bell's three-times-a-week staff meetings.

"It's like a mini-sermon," she says. On Friday morning, for example, she asked the USAREUR brass to ponder what made a perfect soldier.

A perfect chaplain, she says, for example, "would be constantly out visiting the sick and counseling soldiers, yet always in the office when you need her."

Her point: "I can't do it all, but I can die trying."

Quoting the Jewish writings from the Pirke Avot, or Ethics of the Fathers, Koppell points out "it is not your job to complete the task, but neither are you free to desist from it."

It's like the two-minute sit-up section of the Army's physical fitness test, she says. "They tell you that as long as you are still attempting to do the sit-up you can keep trying. It's a good thought for life: No one is perfect but just keep trying."

The idea of perseverance and pushing through difficulties is something that has been resonating within Koppell since arriving in Germany last week.

"It was very traumatic to come here," she says. "I was wearing my

BDUs when I got off the plane," she continues, pointing to the Star of David insignia for Jewish chaplains on her collar.

"To think that so many Jews here were forced to wear this star and what happened to them, well, it's very emotional."

Shortly after arriving, she says, she couldn't help but recall the verse that described God's anger with Cain for slaying Abel: "Your brother's blood cries out to me from the ground."

"The word for blood is actually in the plural," says Koppell, "and most commentators suggest that's because it's not just Abel's blood but also those from future generations that would have come from him."

To her congregation in Arizona, she says she wrote: "I, too, feel the blood of those generations (from the Holocaust) crying to me from this land."

Koppell grew up near the then-home to the Army chaplain's school in Brooklyn, N.Y. She says military service has interested her almost as long as she can remember.

"I was always very curious about what went on there," she says.

"I also knew I wanted to be a rabbi from a very young age. It was a call-

ing. I love Judaism. Being a rabbi gives me a way to study and teach something that I love."

Those two interests came together in 1978 when, in rabbinical school, she saw a recruiting poster advertising the chaplain candidate program.

Some 25 years later, she says, she "still loves it" although like many reservists, she finds balancing military duty with civilian life can be a challenge.

Of being called to active duty for the Gulf War in 1991 and then again for a year as part of Operation Noble Eagle after the Sept. 11, 2001, attacks, Koppell says, "I could not do this without the support of the congregation back home. They appreciate the work I am doing."

Still, she adds, "It's hard. There was just a death in the congregation and not to be there for the funeral yesterday was very difficult."

But as the casualties continue to mount in Iraq, with many of the wounded coming to Germany for treatment, Koppell says she is standing by to minister to anyone who needs her help.

Editor's note: This article was taken from Army News Service

AFTB driven by volunteers, run by heart

by Spc. Chris Smith

14th Public Affairs Detachment

In the wake of Desert Storm, the Army saw the need for an organization to help families left behind take care of themselves.

When soldiers were deployed to war, many spouses were left behind not knowing how to read a leave and earning statement, what their benefits were and where to go for help. In response, the Army created the Army Family Team Building program.

"They found out spouses weren't prepared to be self-sufficient," said Nancy Montville, Fort Carson AFTB program director. "They really didn't know where to go for community resources."

Fort Carson took to the frontlines by being the first installation to have an accredited AFTB program. According to Montville, the first program offered is the Level I training which is more of an Army 101. After Level I training, Levels II and III are offered which are geared more toward spouses who have been in the Army for more than five years.

Spouses who take the training tend to be happier, Montville said.

"(The Department of the Army) did a study that found soldiers whose families had gone through training

have higher retention rates," said Montville. "Happy spouses make happier soldiers."

But more than the level-based training, AFTB offers block course that can be given at Family Readiness Group meetings.

One of the block courses offered is protocol and etiquette, teaching spouses how to go through a receiving line at balls and how to act properly.

"The average soldier is 19," said Marla Schroeder, AFTB master trainer. "Their spouse is about the same age and unless they were taught (proper etiquette) growing up, they don't know what to do."

The classes are constantly evolving to meet military life, said

Montville. Classes are now available in different languages online and new courses are being offered and developed in areas such as schooling and homeland defense.

What's learned in the course is immensely important, according to Montville.

In a recent Level II training course held on Fort Carson, students who attended were asked to role-play in a FRG scenario that taught them how to identify different types of personalities and how to deal with them. They also learned management skills, problem-



Photo by Spc. Chris Smith

Brenda Keller, Army Family Team Building master trainer, discusses management with a Level II class at the Army Community Service building Wednesday morning.

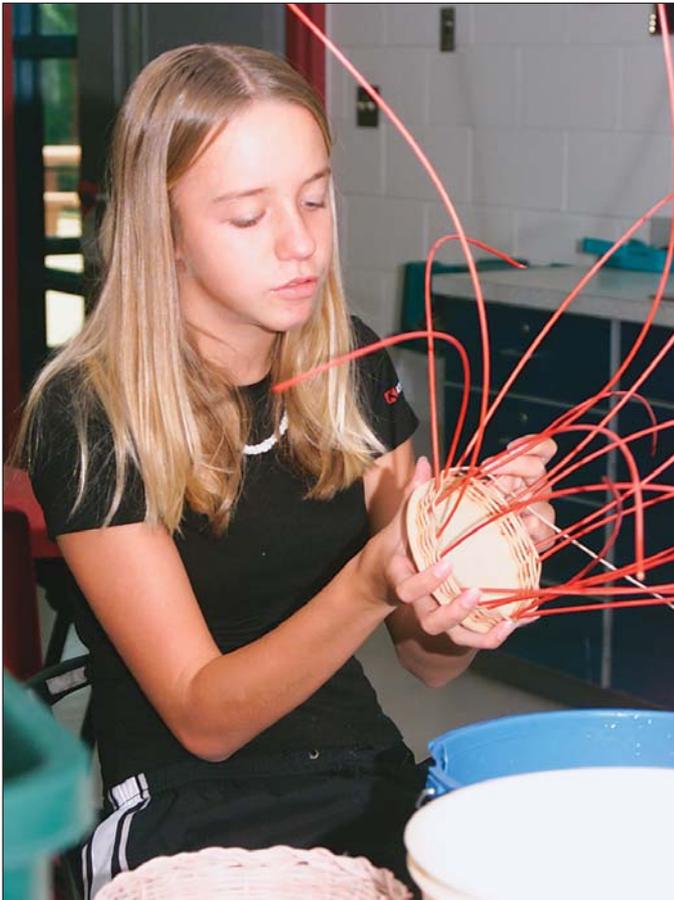
solving techniques, networking, military grade and command structure, and traditions, customs, courtesies and protocol.

Spouses are encouraged to attend the course with their military spouse. According to Montville, those with 40 hours of classes will soon be able to obtain promotion points for their training.

"At the end of one class, I had a

young girl write on her evaluation form, 'I never knew my job as a spouse was so important,'" said Montville.

More information can be acquired by calling Montville at 526-4590 or by going online to Fort Carson's AFTB site http://158.4.254.14/ACS/programs_AFTB.html and the official AFTB site at <http://www.armyfamilyteambuilding.org/>.



Shilo Austin, 13, participates in the craft of the day, basketweaving. The arts and crafts room provides an artistic environment for students.



The Youth Center provides not only an interactive and educational environment, but a social one. MaChere Moore, 13, Krystina Richardson, 13, and Jasmine King, 13, converse during a card game.

Fort Carson's Youth Venturing into variety

by Pvt. Aimee J. Felix
Mountaineer staff

Fort Carson's youth is a spectrum of personality. Exposure to all types of activities aids them in self-discovery while in the gap between childhood and adulthood.

The Youth Services Center here, part of 4-H Club, a program of the U.S. Department of Agriculture and Boys and Girls Clubs of America, provides an entertaining and educational environment with programs designed with the diversity of youth in mind. It caters, year-round, to students grade six through 12 with a summer transition program for those about to enter the sixth grade.

During the summer, aside from a \$15 registration fee (applicable to those not already registered with Child and Youth Services), the center is available, free of charge, from noon to 8 p.m. with meals provided. There is also a morning-activities program, from 6 a.m. to noon. For that, families are charged according to their income. The center is a state-of-the-art facility equipped with a gym, computer lab, fitness room, kitchen and

an arts and crafts room.

"Many people don't realize all we have to offer," said Loren Morris, Youth Center director. She has an open-door policy for the students and holds "meet the director" sessions. In these sessions, the students share gripes and suggestions with Morris, which are taken into serious consideration.

Students have a variety of entertainment options including intramural sports and more than a dozen clubs ranging from a photography club, in which students learn photography and digital techniques, to a computer technology club, in which they learn how to develop calendars, newsletters, Web pages and find their way around the Internet.

For those students interested in fitness, the center also provides a weight-training program under a trainer who comes in five days a week. Kathie Rawson, the certified personal trainer at the center, follows up on the progress of each student involved. They each have their own progress and exercise instruction charts. Mondays, Wednesdays and Fridays, Rawson works on weight training. Thursdays she conducts a Tae Bo class

after which they make fruit smoothies. Tuesdays involve a full-body exercise program.

During the school year, a comprehensive homework help and tutoring program is offered; and, for teenagers, there is a career exploration and mentoring program available called "CareerLaunch."

An outgrowth of the SMART Moves program, the youth center administers a SMART Girls program for girls ages 10 through 15. Covering health, fitness and self-esteem issues, the program is designed to encourage healthy attitudes and lifestyles that will enable girls to develop to their fullest potential.

It is the center's goal that all programs support and teach the following core areas: life skills, leadership and citizenship; sports, fitness and health; arts, leisure and recreation; and academic support through mentoring and instruction.

"With so much going on and so much to choose from, there is no reason any of these students would ever get bored," said Morris. For more information or to register, call 526-1100 or 526-1101.



Students have the opportunity to start a weight-training regiment guided by a personal trainer who comes in Monday through Friday. Ravyn Ray, 13, has been improving her upper-body strength.



During open recreation time, Sebastian Hicks, 13, and Randall Henry, 12, play video games in an area designated for magazines, comic books and video games.



Students at the Youth Services Center have their own network of 13 computers, which they can use for Internet access, games or school work. Bradon Burt, 12, and Westly Cox, 11 play games in the computer lab, during free time.



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Army Community Service Family Readiness Center 719-526-4590

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Sports & Leisure

High-five for a win: Everyone a winner at end of youth T-ball, baseball season

by Bill Scharton
Mountaineer staff

Saturday was a bittersweet day for many children in the Mountain Post community.

It was the last day this summer for the T-ball and baseball programs sponsored by the Fort Carson Youth Services Center youth sports division.

Certificates of participation, trophies, medals and baseball cards made the young players pleasant and happy. The fact that it was the last game of the summer made the young players grumpy and sad.

"I'm sad because it's the last game," said 8-year-old Yankees team member Libbie Sargent. "I'm really sad because my best friend is not here." Libbie's best friend and teammate, Joanna Childress, missed the last game because of a family vacation.

Libbie's mother, Betsy Sargent, already had future plans on line and was set to move Libbie right into other activities when baseball ended. "Libbie will be playing soccer and participating in ballet and gymnastics," said Mrs. Sargent. "So, along with school, I think she will have plenty to do when baseball ends."

Yankees coach Milton Roberts was disappointed that the team got to play only five games during the season. "Because of rain outs in the spring, we only played five ball games," said Roberts. "The rain outs were rescheduled, but several of the make up games were also rained out."

After giving end-of-the-season awards to the players on the 5- and 6-year-old Cubs T-ball team, coach Barb Welshofer told the players, "You know what this means. School is just around the corner." This did not go over especially well with the youngsters and was greeted with a chorus of boos.

Welshofer's daughter Mackenzie played on the team and one son, Matt, was the assistant coach. Another son, Nick, played on the 10-to 12-year-old

Rockies baseball team.

"Matt was a great help this summer," said Welshofer. "I couldn't have done it without him."

Ray Lane coached the 10-to 12-year-old Rockies baseball team and he was upset the final game opponent from the Air Force Academy did not show up for the game Saturday. "I don't know what happened to the other team," said Lane. "I wish the kids could have played a game today."

During the awards presentation, Lane told the Rockies players he was really proud of them. "You had a winning season," said Lane. "But even if you had not won a single game, you are still winners in my eyes."

Lane also made a special presentation to mom/volunteer Sue Gregg. "Sue really took the reins at times this season," said Lane. "She looked out for all of you. She was a super volunteer."

Lorna Paris helped coach the 3- and 4-year-old Astros Bam Bam T-ball team this summer. "I thought I would be really nervous," said Paris. "It turned out to be better than I expected."

"Chris McCarty did most of the coaching before he was deployed. He did a great job with the kids along with another dad, Thomas Schramm. The kids are really proud of their medals and trophies."

The husband/wife dynamic duo Dan and Christina Baker were quite busy on this final day of T-ball. Christina coached the 3- and 4-year-old Angels Bam Bam T-ball team and son James played on the team. Dan coached the 5- and 6-year-old Red Sox T-ball team and son Morgan played on the team.

"It was an honor to be your coach this season," Mr. Baker said to the players while giving out the post-season awards to the Red Sox players. "If you will have me, I would like to be your coach again next season."

Mark Swaim, youth sports director for the Youth Services Center, was pleased with the summer program. "We

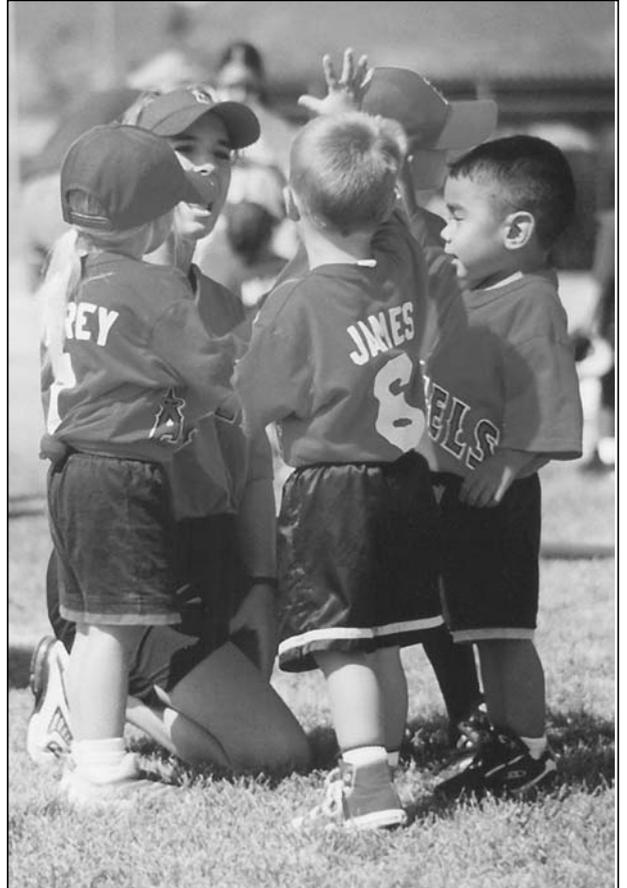


Photo by Bill Scharton

Angels Bam Bam T-ball players and their coach Christina Baker get together for one final cheer Saturday after the last game of the season.

had a great group of coaches this summer," said Swaim. "And the youth sports staff did a great job as usual."

Registration is under way right now for the fall youth sports. Soccer, flag football and outdoor cheerleading will

take place. For additional information, call 526-1233.

A list of players and coaches for the 2003 Youth Services Center baseball and T-ball teams follows at the bottom and continues on page 25.

5- to 6-year-old T-ball teams:

Red Sox — Head Coach Dan Baker, Morgan Baker, Brandon Blackwell, Jacob Mosher, Joshua Zentkovich, Erica Dupont, Jonah Stewart, Chase Conner and Aaron Sargent.

Astros — Head Coach Stephanie Smith, assistant coach Toni Klug, Cole Smith, John Paul Klug, Vanessa Griffin, Jack McCracken, Michael Baldry, Alexander Behling, Brandon Leary and Tyree Bruno.

Angels — Head Coach Tim Enderton, assistant coach Trevor Antoine, Kyle Enderton, Jaime Redwillow, Gage George, Justis Harvey, Ryan McGonagle, Joshua Simmons, Jonathan Adams and Jean-Claude LeBlanc.

Devil Rays — Head Coach Kelli Gerlach, assistant coach Annie Lochridge, Jonathan Gerlach, Hannah Lochridge, John Wilkins, Jeffrey Hight, Timothy Hillis, Alea Austin, Collin Hodkins and Kenneth Jones.

Cubs — Head Coach Barbara Welshofer, assistant coach Matthew Welshofer, Mackenzie Welshofer, Michael Ashe, Seth Wild, Connor Wild, Trenton Jancze, Steffen Stefanko and Dakota Levi.

Marlins — Head Coach Steven Attocknie-Trent, Dayton Attocknie-Trent, Connor Barr, Julius Stroud, Marques Ceasar, Casey Osachey-Shoup, Miguel Washington, Jhan Stroud and Devon Attocknie-Trent.

7- to 9-year-old baseball teams:

Dodgers — Head Coach Aaron Ivie, assistant coach Marie Ivie, Adrian Arguello, Christopher Arguello, Alexander Davis, Anthony Davis, David Cruz, Jessica Brklick, Darion Leahy, Hunter Brashears, Marshall Lawson, Atanasio Viera, Emily Lochridge, Tyler Gilson, Sean McGonagle, Manuel Soto, Yanina Sanchez, Braley Schramm, Isaiah Wilson and Wayne Dawkins.

Yankees — Head Coach Milton Roberts, assistant coach David Braadland, Joanna Childress, Paul Childress, Kyle Braadland, Brian Bodholdt, Hayden Brooks, Jodie Hight, Joshua Butterfield, David Hunt, Tyler Schleiker, Julian Woods, Kielia Smith, Christian Johnson, Alex Prichard, Justin Spencer, Mac Carey, Juan Carlos-Ortega, Mikaela Roberts and Libbie Sargent.

Softball sports briefs

Fort Carson softball tournament postponed to Aug. 16 to 17

The Fort Carson Summer Classic softball tournament has been rescheduled to Aug. 16 to 17.

"We were encouraged by our sponsors to move the tournament from July 19 to 20 to Aug. 16 to 17," said tournament organizer Bryant Rushing. "Also, if we have the tournament Aug. 16 to 17, it can serve as a qualifier for the Colorado state tournament."

According to Rushing, youth baseball and intramural softball will be finished by Aug. 16, therefore, all Mountain Post Sports Complex softball diamonds will be available for tournament use.

If there is enough interest, separate tournaments will be staged for men's D and E division teams, women's open teams and coed teams. For additional information, contact Rushing at 524-4515.

Post intramural softball champions to be decided next week

According to Lamont Spencer, interim director of intramurals at Fort Carson, the championship games to decide the 2003 Post intramural coed and men's softball team champions will be Wednesday and Thursday respectively. Spencer said the starting times for both championships will be 7 p.m. If a second game is needed, it will immediately follow.

The top four teams from the three men's leagues will vie for the men's team championship. All coed teams will compete for this title. For additional information, call the intramural office at 526-6630.

Lady Mountaineers shooting for second place in league play

Heading into the game Wednesday night, the Lady Mountaineers competitive slowpitch softball team had two games remaining on the regular season league schedule. The Lady Mountaineers play in the Colorado Springs Parks and Recreation women's slowpitch silver league at the Skyview Sports Complex.

If the Lady Mountaineers win these final two games, the team will finish in second place in the seven team silver league. The final game of the regular season will be at 6 p.m. Wednesday at the Skyview Sports Complex.

"Our immediate goal is to win these last two games and finish in second place," said player/manager Catherine Satow. "At this point in time, we are not sure what tournaments we will be playing in following the end of league play."

Aces win softball tournament

The Aces, a men's competitive slowpitch softball team made up exclusively of active duty soldiers from Fort Carson, placed first in a tournament in Widefield last weekend.

According to team spokesman Bryant Rushing, the tournament win automatically qualified the Aces for a spot in the state tournament Aug. 23 to 24 at the Skyview Sports Complex in Colorado Springs.



Photo by Bill Scharton

Strike ...

Lady Mountaineers infielder Amber Barker fires the rock across the diamond during one of the team's league games this season. The Lady Mountaineers complete regular season play at 6 p.m. Wednesday at the Skyview Sports Complex.

Ranger brothers get ESPY Award

Former professionals athletes chosen to receive Arthur Ashe Courage Award

by Alfonso Lopez
Army News Service

WASHINGTON — Brothers Kevin and Pat Tillman, both Army specialists with the 75th Ranger Regiment, were presented with a distinctive award July 16 during the 2003 ESPY Awards on ESPN.

The brothers were chosen as the recipients of the 11th annual Arthur Ashe Courage Award. This award is given to those who serve a greater good outside the sporting arena, officials said.

The two are known for trading in their team uniforms for BDUs. Both had flourishing sporting careers. Pat played football for four seasons as a safety for the Arizona Cardinals. Kevin played baseball for the Cleveland Indians' minor league team.

The brothers were deeply impacted by the Sept. 11 attacks, according to family and friends. It was the catalyst for pushing them to enlist. Pat turned down a \$3.6 million contract with the Cardinals to join the Army. Kevin ended his baseball career for the same reason.

Pat and Kevin both signed up for three years with

the Army. They soon earned their place with the elite Army Rangers. There they were able to serve in Operation Iraqi Freedom, from where they recently returned.

They maintained a low profile while they served, said Lt. Col. Don Sondo, deputy commander of Infantry Training Brigade. They did not want special treatment for their celebrity status. The difference between sports and combat is the cost of being wrong, said Sondo. In a sport, you lose a game, Sondo said, adding that in combat you lose lives.

Sondo said the Tillman brothers fully integrated themselves to the Ranger team.

Younger brother Richard Tillman was not shocked when he heard of Kevin and Pat's decision. They had talked about it for a long time, he said. He pointed out that they would look up at pilots flying over the stadium during their games and think, "this is a game, what am I doing ... I'm playing a sport."

Throughout their enlistment and service, the brothers have refused to give interviews.

"Pat and Kevin don't think they are better than anyone else," said Richard.

They do not feel that the soldiers fighting alongside them are giving any less than they themselves

are, he said.

Family and friends said the brothers are no strangers to obstacles. "No one could be harder on them than them," Richard said. Pat for one attended Arizona State, being the last chosen scholarship recipient.

Actor Keifer Sutherland presented the Espy award to Richard. He said that he proudly accepted the award on behalf of his brothers. The ceremony was the first public discussion by family and friends about Pat and Kevin.

A video presentation showed clips of the Tillmans from youth to enlistment. Family and friends spoke highly in the video.

"You'll spot a Tillman from a mile away," said high school coach Scott Gillis, mentioning how they stuck out in crowd.

"Pat and Kevin always try to save the day," said Richard.

The three brothers were very close growing up and never had jealousy issues, said their father

Patrick Tillman. "They believed family was more important than everything," added Richard.

Richard concluded by thanking the Ashe family, his parents, and his sister-in-law. He then thanked the men and women of, "special operations for the freedoms we've become accustomed to."

Arthur Ashe Courage Award

Presented since 1993 on the annual ESPN "ESPYs" telecast, the Arthur Ashe Courage Award is given to a member of the sport's community who has exemplified the same courage, spirit and determination to help others despite personal hardship that characterized Arthur Ashe, the late tennis champion and humanitarian. A 26-member committee of media and sports personalities votes on who should receive the award

George going for gold

by Bill Scharton
Mountaineer staff

Tina George, Army's 2002 female athlete of the year, is going for gold this summer.

George, a Fort Carson World Class Athlete Program freestyle wrestler, earned the opportunity to go for gold this summer by capturing first place in her weight class at the USA Wrestling World Team Trials in June in Indianapolis.

A gold medal at the 2003 Pan American Games will be the first goal for George on her summer agenda. The 2003 Pan American Games take place in Santo Domingo, Dominican Republic in August with the women's freestyle wrestling competition slated for Aug. 6 and 7.

George will represent the United States in the 55 kilogram /121 pounds weight division. She thinks there will be about 12 wrestlers competing for gold in this weight class at the Pan American Games.

"I think Jen Ryz of Canada will be my toughest competition at the Pan Am Games," said George.

"She beat me at the Dave Schultz tournament in February, so I want another shot at her in order to get revenge."

Following the World Team Trials last month, George stayed off the mat for several days and concentrated on cross training and the mending of a slight shoulder injury. Her cross training activities include weight lifting, swimming, biking and running. Some of the cross training activities take place at Fort Carson and some of them occur at the Olympic Training Center in Colorado Springs.

"I do most of the cross training on my own," said George. "By now, I know what will help me the most on the mat."

Last week, George attended a wrestling camp in Ohio. This week, the Pan American Games team training camp got under way at the Olympic Training Center.

"I'm glad to be back on the mat again," said George. "I feel like I am in great shape right now. The rehab on my shoulder has been going well and I am ready to compete."

This year marks the first time women freestyle wrestlers get to compete for a medal at the Pan American Games. In 2004, women will also be competing for medals for the first time in freestyle wrestling at the Olympic Games.

"We got to compete at the Pan American Championships in the past, but not the Pan American Games," said George. "It would be great to win a gold medal in this first ever women's freestyle wrestling competition at the Pan Am Games."

Following the competition at the Pan American Games, George will take a couple of days off and will return to training right away for the upcoming World Championships. This year, the World Championships will be at Madison Square in New York City Sept. 12 to 14.

"I have been to a lot of places around the world, but I have never been to Madison Square Garden," said George. "We don't have the World Championships in the United States very often, so I am really excited about the championships being at

Madison Square Garden this year."

George won a silver medal at the 2002 World Championships last November in Greece. On home turf this year, she plans to move up to gold.

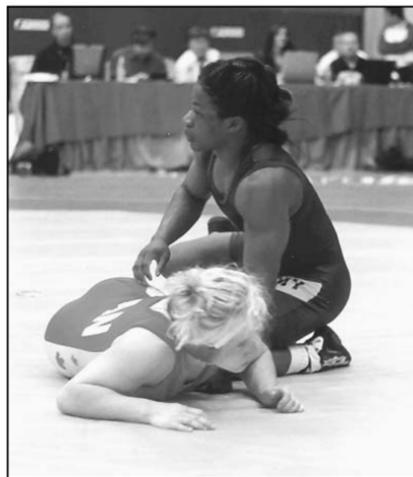


Photo by Bill Scharton

Tina George, top, wrestles with Jen Ryz of Canada at the Dave Schultz tournament in February. Ryz won a close decision over George. The two are likely to meet again next month at the Pan American Games and George says she will be seeking revenge.

3- and 4-year-olds T-ball teams:

Angels — Head Coach Christina Baker, James Baker, Shaye Barry, Logan Dupont, Aubrey Mosher, Jarom Price, Benjamin Sutton, Parker Josephson and Taylor Garner.

Marlins — Head Coach Angie Evans, assistant coach Daniel Mabus, Makenna Evans, Deveon Bradford, Elae Hill, Daniel Mabus, Alissa Parr, Jeras Rutherford, Terrence Thomas and Mikayla Austin.

Devil Rays — Head Coach Amanda Gillard, assistant coach Shannon Brewer, Payton Gillard, Emily Brewer, Christopher McDowell, Aaliyah Smith, Timothy Simmons, Austin Veigel and Alexander Young.

Cubs — Head Coach Connie Griffin, Justin Griffin, Samantha Childress, Ian Hunt, Grant Palagonia, Alana Stewart, Jordan Reynolds, Tomas Viera and Joshua Murphy.

Red Sox — Head Coach Chad Hodkins, assistant coach Christine Layman, Alyssa Layman, Kaleb Patterson, Stephen Kampman, Eric Payton Jr., Jessica Word, Miguel Soto-Montoya, Michael Robinson, Sean Cardona and Cal Hodkins.

Astros — Head Coach Chris McCarty, assistant coach Lorna Paris, Jordan McCarty, Leonardo Paris, Tyler Casale, Yoan Prado, Ryan Spencer, Andrea Ortega, Matthew Schramm and Kaylee LeBlanc.

10- to 12-year-old baseball team:

Rockies — Head Coach Ray Lane, assistant coach Milton Roberts, Christopher Davis, Quincy Davis, Allen Keckler-Gregg, Bryan Keckler-Gregg, Jacob Benjamin, Joshua Carrasco, Colin Darrah, Kenneth Hurst, Horace Jackson, Jake McCracken, Marquis Reaves, Joseph Schafer, Nicholas Welshofer, Ryan Woods, Wayne Goodman Jr., Milton Roberts and Brian Keen.

7- to 9-year-old girls softball team:

Angels - Coach Carrie Pressett, Cheyenne Garner, Ciara Garner, Brianna Leahy, Hailey McCracken, Miranda Osadchey-Shoup, Bridget Quintero and Kayla Washburn.

Golf sports briefs

Fort Carson Golf Classic cancelled

Due to a low number of entries, the 22nd annual Fort Carson Golf Classic scheduled for Friday, July 18, was cancelled.

The event has been sponsored annually by the Greater Colorado Springs Chamber of Commerce Military Affairs Committee.

“We had to cancel the Fort Carson Golf Classic because of low turnout this summer,” said Greater Colorado Springs Chamber of Commerce spokesperson Evania Archuleta.

For more information on the Fort Carson Golf Classic, call 635-1551.

Junior golf tournament

A nine hole junior golf tournament for 10 to 13 year olds will take place Aug. 4 at the Fort Carson Cheyenne Shadows Golf Club. The tournament is sponsored by KRDO News 13.

Play will begin at 8 a.m. and upon completion of the round, players will go to the Country Club of Colorado for lunch and the awards presentation.

The entry fee is \$5 and the entry deadline is Sunday. Make checks payable to Pikes Peak Junior Golf and mail to Lee Hall, 3603 Alpine Place, Colorado Springs, CO 80909.

Walk on the **Wildflower** side

Happening's



Story and photos
by Nel Lampe
Mountaineer staff

Aiken Canyon Preserve, just minutes from Fort Carson, provides a place for hiking and enjoying nature. The meadows in the upper right are yellow with the thousands of wildflowers in bloom.



Aiken Canyon Preserve is a little known hiking trail and visitor center just minutes from Fort Carson, across Highway 115 from the Turkey Creek Ranch entrance.

It's a 1,600 acre-preserve of grasslands containing animals, trees, plants, birds and wildflowers. Thousands of wildflowers are blooming in Aiken Canyon, including daisy-like flowers in yellow and white, orange-colored flowers, cactus blooms and a profusion of flowers in shades of purple.

A four-mile trail loop and a three-quarter mile spur can be hiked when the preserve is open, Saturdays, Sundays and Mondays, from sunup until sundown.

Aiken Canyon Preserve may look like a park, but it's not. It is a preserve, protected by the Nature

Conservancy. The conservancy signed a conservation lease in 1991, giving the Conservancy exclusive right to maintain 1,080 acres of Colorado state land for 99 years. The Conservancy acquired 541 additional acres of its own.

Protection of the geologic formations, natural habitats and animal life is the purpose and point of the conservancy.

Camping or campfires are not allowed in Aiken Canyon, nor are bikes, motorized vehicles or horses. Only foot traffic is allowed.

No pets are allowed on the trail. There are no places for picnics or softball games — just a natural treasure with meadows, wild flowers, shrubs and trees.

Visitors are not allowed to collect plants or mineral specimens from Aiken Canyon.

Aiken Canyon is an important part of the heritage of Colorado. It is one of the shrub lands and woodland areas which once dominated the Front Range. The pinon pine one-seeded juniper tree is in Aiken Canyon and is quite rare. Pinon-juniper woodland is found only in southern Colorado and New Mexico and



Cactus plants are in bloom at the Aiken Canyon Preserve near Turkey Creek Ranch.

attracts several bird species.

The Gambel oak and mountain mahogany attracts wildlife. Several native tall grass species and many wildflowers bloom on the Aiken Canyon Preserve.

Several animal species have been seen in the Aiken Canyon area, including elk, bobcats, gray fox, badger mule deer and black bear, as well as several species of squirrels.

Aiken Canyon serves as a passageway for wildlife coming from Beaver Creek Wilderness Study Area allowing the animals to cross to the east.

The goal of the preserve is to maintain the plant and animal communities now present in Aiken Canyon. The conservancy's goal is to inventory all the plants and wildlife at home in the canyon and to monitor the populations.

The Nature Conservancy makes its preserves available to the public at the same time preserving their natural values. For 50 years, The Nature Conservancy has protected millions of



Places to see in the Pikes Peak area.



Diagonal shadows fall on the visitor center at Aiken Canyon Preserve.

See Aiken, Page 26

July 25, 2003

Get Out!

Renaissance Festival

The annual Renaissance Festival at Larkspur runs through Aug. 3, Saturdays and Sundays only, rain or shine. Admission is \$15.95 for adults and \$8 for children 5 to 12 years of age. More information is available at www.coloradoarenaissance.com.

Military Appreciation at Zoo

Military Appreciation Days at the Cheyenne Mountain Zoo are observed Aug. 5 and 7, courtesy of the zoo, El Pomar Foundation, the World Arena, KRDO, Ramblin Express and Centerplate. Soldiers should pick up a free ticket at Information, Tickets and Registration for themselves and family members then go to the World Arena for a free bus to the zoo from 8 to 9 a.m. There'll be free breakfast on a first come, first-served basis. Buses return participants to the world Arena between noon and 1:30 p.m. You'll need to hold on to the ticket for free drinks and rides at the zoo.

El Paso County Fair

The El Paso County Fair in Calhan continues through Sunday. There's 4-H exhibits, animals, other exhibits, ostrich races, food, music, carnival rides and more. The fair opens at 8 a.m.; admission is \$3 for children and \$6 for adults. Parking is \$2.

Pikes Peak races

Pikes Peak International Raceway presents concerts after the races Saturday by Craig Morgan and Sherrie Austin. The Bush NASCAR races begin at 1:30 p.m., and gates open at 8 a.m. Tickets are half-price for service members at the raceway or at Information, Tickets and Tours.

Ride the rails

The Royal Gorge Route Railroad is on its summer schedule. Trains run three times each day, at 9:30 a.m., 12:30 and 3:30 p.m. Tickets are \$26.95 for adults and \$16.50 for children. This summer, a twilight dinner excursion at 7:30 p.m. Thursdays and Saturdays for \$69.95. Reservations are recommended. Call (888) Rails-4U for information.

Pikes Peak Rodeo Parade

The Rodeo Parade is the city's largest parade

and is Aug. 6 at 10 a.m. The parade runs from St. Vrain along Tejon. Parking is along the streets so get an early start. It's a parade of bands, riding groups and lots of horses.

Pikes Peak or Bust Rodeo

The annual Pikes Peak or Bust Rodeo is Aug. 6 to 10 at the Colorado Springs World Arena. "Tanya Tucker in Concert" follows the Aug. 8 rodeo and "Rushlow in Concert" follows the Aug. 9 rodeo. Rodeo tickets include the concert; go to Information, Tickets and Registration for discounted tickets.

Fine Arts Center theater

The Fine Art Center's Youth Repertory Theater Company presents "Les Miserables," school edition. All actors and singers are ages 13 through 19. Tickets are \$12 in advance or \$13 at the door. Performances are today, Saturday, Tuesday and Wednesday at 7 p.m. A 2 p.m. performance is Sunday. Call 634-5581 for tickets.

JoyRides

JoyRides Family Fun Center honors the military with "Military Mondays." Show your military ID and get a 10-ride wristband for \$7 per person. Bring more than five people and the price is \$5 per person. JoyRides is off East Platte

State Fair concerts

Concert tickets are for sale for the Colorado State Fair at Ticketmaster, 520-9090, and the State Fair Box Office. An appearance by Weird Al Yankovic opens the series Aug. 16. He's followed by Kellie Coffey and Gary Allan; and Pat Benatar and Neil Giraldo. Other performers are Rascal Flatts; Sawyer Brown; Last Man Standing; Lonestar; Jaci Velasquez; Tom Jones; 3 Doors Down and Chicago. Professional bull riders, super tough trucks, a demolition derby and amateur boxing are also on the agenda. A Charrreada rodeo is at 5 p.m. Aug. 31.

Burro Race

Burro Days are celebrated Saturday and Sunday in the historic town of Fairplay, about 120 miles from Colorado Springs, off Highway 24. The races start at 10 a.m. each day downtown Fairplay. There are vendors, food and entertainment.

Money Museum

The American Numismatic Association Money Museum is now open seven days a week. Located at

818 N. Cascade Ave., the museum is open Monday through Friday from 9 a.m. to 4 p.m., Saturday from 10 a.m. to 4 p.m. and Sundays, from noon to 4 p.m. Admission is free. The exhibit "Rendezvous with Destiny: The Money of World War II" will close Aug. 15. "Mountains of Money: A Colorado Story" is on exhibit until Jan. 31.

Pueblo Festival Fridays

The Sangre de Cristo Arts Center hosts "Festival Fridays" in the sculpture garden in front of the center. A band will play in front of the grand staircase. "Dotsero" is today. "Esperanza takes the stage Aug. 1. Wallace Cotton and the Royals finishes up the series Aug. 8. Concerts are 6:30 to 9:30 p.m. Admission is \$5 at the entrance. Take Exit 98b off Interstate 25 south to 210 N. Santa Fe in Pueblo.

Concert series

The Air Force Academy announces its new season, opening with "Jay Leno" in person Sept. 13 at 6 and 9 p.m. "Diamond Rio" is Oct. 4 at 7:30 p.m. "Seussical the Musical" is Nov. 1 at 7 p.m., the U.S. Army Field Band and Chorus is Nov. 2 at 3 p.m., and "A Christmas Carol" is Dec. 13. During 2004, the "Dallas Brass" is Jan. 30, "Sing-A-Long Wizard of Oz" is Feb. 20; "A Few Good Men ... Dancin'" is Feb. 21; "Singin' in the Rain" is March 6, and theatrical mime Bob Berky closes out the concert series with two performances April 17. Ticket prices for season ticket holders are \$110, \$170, \$200 and \$222. Call 333-4790 for information.

Denver Art Museum

"Sargent and Italy" is an exhibit in the Denver Art Museum through Sept. 21. The exhibit includes 65 of the works of John Singer Sargent, one of the most acclaimed American painters in the early 20th century. Admission to this exhibit is \$9.50 for adults, \$7.50 for students and \$5.50 for children 6 to 18. Tickets may be purchased on site. The exhibit is open Tuesday through Saturday from 10 a.m. to 5 p.m.; Sundays from noon to 5 p.m., downtown Denver.

Broadway to Colorado Springs

The Pikes Peak Center upcoming Broadway season opens with "Grease" Dec. 17 and 18; "Cats" Jan. 23 and 24. "Fame" Feb. 17 and 18 and "Miss Saigon" May 13 and 14. Season tickets start at \$115. Season ticket holders may also buy tickets for special engagements of "Rent," March 16, 17 and "Riverdance," April 7 to 10.

Happenings



Photo by Nel Lampe

Homestead Days ...

Hornbek Homestead Days are celebrated Saturday and Sunday, from 10 a.m. until 3 p.m., to mark the 125th anniversary of the house. Staff and volunteers in period costumes will give craft demonstrations, play games and serve lemonade and cookies. The house is at Florissant Fossil Beds.



Program Schedule for Fort Carson cable Channel 10, today to Aug. 1.

Army Newswatch: includes stories on Iraq, STRYKER drivers and the Korean War stamp unveiling. Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on the Naval Mobil Construction Battalion Seven in Iraq, the USS Ronald Reagan commissioning and the Navy Capt. Laurel Clark memorial. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on supplying troops in Iraq, the Dover Honor Guard and the Air Force Sudden Acute Respiratory Syndrome program. Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail or clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before airing time.