

# Mountaineer

Vol. 61, No. 34

Published in the interest of the 7th Infantry Division and Fort Carson community

Aug. 28, 2003

## Soldiers train for deployment

by Pfc. Aimee J. Felix  
Mountaineer staff

One hundred soldiers are expected to deploy this weekend to a land where the language barrier can create hostilities.

Soldiers from the 3rd Brigade Combat Team and the 3rd Armored Cavalry Regiment trained for such circumstances Aug. 21. About 30 soldiers trained for a deployment to Iraq where they will be replacing retired and injured soldiers. Most of these soldiers were straight out of Advanced Individual Training, so the level of difficulty and intensity of the training was escalated, said Capt. William Paterson, training organizer.

The training was developed based on the feedback of soldiers who've returned from Iraq. The 3rd BCT and 3rd ACR have been using this training for their soldiers since May.

The purpose of the training is to teach soldiers how to move in the terrain, how to patrol the urban surroundings in their convoys, how to conduct searches in checkpoints and how to develop awareness. The realism of the training helps teach the soldiers to realize what feels right and what feels wrong in such a hostile setting, said Paterson. Because of the language barrier, it is also important for the soldiers to learn how to use body language. Soldiers are given a "cheat sheet" with a list of common words and phrases to help break the barrier, said Paterson.

Fort Carson soldiers, dressed in civilian clothing, played civilians in the training. A mock checkpoint was set up with a long line of vehicles so the soldiers could practice speedy, but thorough searches of people and vehicles.

Soldiers need to be prepared for boredom and for adrenaline-filled moments that they will only survive if the training has become instinctive, said Paterson.



Photo by Pfc. Aimee J. Felix

**Spc. Steven Vulich, a soldier with the 3rd Brigade Combat team plays a citizen while 3rd BCT and 3rd Armored Cavalry Regiment soldiers search him. This was part of a training exercise Aug. 21 that taught soldiers proper search procedures.**



Photo by Pfc. Aimee J. Felix

### Welcome home ...

**Col. John A. Powell, 10th Combat Support Hospital commander, salutes as he leads his soldiers past the reviewing stand. The 10th CSH was welcomed home from its four-month deployment to Iraq during a ceremony Tuesday on Manhart Field.**

## Life improves for 3rd BCT soldiers in Iraq

by Capt. Angel Brito  
3rd Brigade Combat Team

Can you imagine working and living without electrical power inside a canvas tent for months in the middle of the summer in Iraq with temperatures in excess of 125 degrees?

All soldiers in the 3rd Brigade Combat Team have done it in Iraq, but it doesn't mean it always has to be that way. Improving quality of life makes a difference in morale and work productivity and the 3rd BCT has been relentlessly trying to make things better for soldiers.

Soldiers in the 3rd Brigade Combat Team are now located in Balad, Iraq, at the Life Support Area Anaconda. The brigade has finally halted its numerous deployments in country. Other than soldiers wanting to successfully accomplish the mission and return home safe, the next best thing is the feeling of stability. For the "Striker Brigade" stability is the ability to be in a place for an extended period of time and not having to think about moving again.

**See 3rd BCT, Page 13**

## INSIDE THE MOUNTAINEER

**Opinion/Editorial**  
Garrison commander addresses community. Page 2

**Military**  
Malingering. Page 5

**Community**  
Fort Carson sustainability. Page 11

**Sports**  
Overcoming illness. Page 19

### Feature



**Fort Carson's K-9 unit includes dogs and soldiers.**  
See page 16, 17.

### Happenings



**The 27th annual Balloon Classic is Saturday, Sunday and Monday in Memorial Park. It's free.**  
See Page 25.

### What's new

Monday is Labor Day, a federal holiday. Most offices on post will be closed.

Post Weather hotline:  
**526-0096**

## Garrison commander

## Looking forward to serving Carson

I'd like to take this opportunity to express the Resty family's gratitude for a great welcome upon our return to Fort Carson. It has been a few years since I first served at Fort Carson in the 4th Infantry Division, my family and I are extremely proud and excited to be here to represent the garrison command team.

Having served as a community commander in Heidelberg, Germany, I have an appreciation for the important role that garrison support systems provide to families. However, nothing has taught me more than getting out and talking to family members, civilians, children, retirees and the surrounding community. I will be out to meet you, find out about your organization and ask how we can better serve you.

Since my arrival we have complet-

ed three very successful events. First, National Night Out was held at Ironhorse Park to facilitate Fort Carson's commitment to crime prevention. NNO was well organized and I want to personally congratulate Joey Bautista, Army Community Service, and all of those involved for a job well-done. Secondly, Summer Fun in the Park was a tremendous event and I cannot express how proud I am to have been a part of such a fantastic event. Special thanks to Smith-Barney (Citigroup), Phil Long, Directorate of Community Activities and all involved that put together such an enjoyable event. If you missed these events, you missed a good time. I look forward to seeing more of you at future garrison events.

These events are part of Fort Carson and the greater Colorado Springs community's continuing effort

to support families and the community during this very difficult time while many of our soldiers are away, fighting for our country.

Another recent successful event in the theme of "family readiness and support" was a visit from the Forces Command commander, Gen. Larry Ellis. He visited Fort Carson Aug. 8. His visit was quite simple in design; he came to see how Fort Carson was doing. We hosted a Town Hall Meeting, and Ellis spoke to a packed Elkhorn Conference Center audience for more than two hours. I know that everyone could not attend the Town Hall Meeting due to schedules, but the issues discussed were all documented and will be sent to the FORSCOM staff. Additionally, we will publish some of the more important issues in the upcoming *Mountaineer* newspaper to ensure Mountain Post Team members are informed.

My family, my staff and I look forward to serving you as the garrison command team. If you have issues,



Resty

questions or concerns feel free to contact me — my door will always be open.

**Col. Michael Resty**  
*Fort Carson U.S. Army Garrison, commander*

## One day not enough for contributions made

Commentary by Jack L. Gillund  
Army News Service

**WASHINGTON** — I was four years old when my father died. To this day, I have few, if any, memories of him. What I do remember about my childhood is my mother's never-ending determination. She made sure my three brothers and I never needed anything.

Raised in a small, midwestern town, I grew up in the 1960s and '70s. Surrounded by farmland, it was 50 miles to the nearest small city. Daily, my mother was out of bed at 4:30 a.m. She packed our school lunches, made our breakfast and ensured we had clean cloths before she got in a car and traveled an hour to that city to work on a factory assembly line. When she got back home, she cooked our dinner and made sure our schoolwork was done correctly. Her weekends were spent baking, taking care of our garden, doing laundry, cleaning the house, shopping and going to church.

Because of the strength and determination my mother showed, I grew up understanding that women can do anything men can. Historically, this

wasn't a common feeling. Throughout time, women have been fighting to obtain the respect and equal rights they deserve. Even after the ratification of the 19th Amendment in 1920, American women have had to fight for their voice to be heard.

Although they couldn't vote or serve in the armed services, women have always managed to be a part of America's military force. During the Civil War they put aside the suffrage movement to stand beside their men. Women volunteered as nurses and ran hospitals. One woman, Sally Tompkins, even used her own funds to equip a hospital for Confederate soldiers.

Since then, the U.S. Army has seen an ever-increasing number of women soldiers. Their roles as nurses have continued, but they have now taken on almost every other military occupational specialty.

Despite their loyalty to the country, it wasn't until 1972 that women became eligible to participate in Reserve Officers' Training Corps programs — 52 years after they gained the right to vote.

They weren't allowed admittance into the United States Army Military Academy at West Point, N.Y. until 1976. Since the inactivation of the Women's Army Corps in 1978, female soldiers have seen action in virtually every military operation America has undertaken.

Throughout their struggles for equality, women have proven they are as capable as men in every way. As Sojourner Truth said in her "Ain't I a Woman?" speech given in 1851 in Akron, Ohio: "If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back and get it right-side up again."

Tuesday was Women's Equality Day and the anniversary of the signing of the 19th Amendment. Hopefully, everyone throughout the world took the time to thank the women they know for the strength they contribute to humanity. One day isn't enough, but it's a start.

**Editor's Note:** Jack L. Gillund is a staff writer with the Walter Reed Army Medical Center's *Stripe* newspaper.

## 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:  
Maj. 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  
Pfc. Aimee J. Felix  
Pfc. Stephen Kretsinger

Happenings:  
Neil Lampe

Sports Writer:  
Bills Scharnt

Layout/graphics  
Cindy Tiberi

This commercial enterprise newspaper is an authorized publication for members of the U.S. Army. Contents of the *Mountaineer* are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Carson. It is published weekly, using photo-offset reproduction (or other printing process) by the Public Affairs Office, Fort Carson, CO 80913-5119, Tel.: (719) 526-4144. Printed circulation: 12,000 copies.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The *Mountaineer* is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson.

The appearance of advertising in this publication,

including inserts or supplements, does not constitute endorsement by the Department of the Army or Gowdy Printcraft Press, Inc., of the products or services advertised. The Printer reserves the right to reject advertisements.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO

80903, phone (719) 634-1593. The *Mountaineer*'s editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated. Army News Service releases are received from Headquarters, Department of the Army. The deadline for submissions to the *Mountaineer* is close of business the Friday before the issue the submission will appear in. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

Public Affairs policies and statements reflected in the news and editorial columns represent views of the individual writers and under no circumstances are to be considered those of the Department of the Army.

Reproduction of editorial material is authorized. Please credit accordingly.

---

# News

---

*A little rest, relaxation ...*

## 1st AD plans to purchase Iraqi hotel

by Lisa Burgess  
Army News Service

**BAGHDAD, Iraq** — Some soldiers with the 1st Armored Division in Baghdad will soon have a chance to trade their heavy body armor for swim suits and their cramped and dirty quarters for soft beds and clean sheets, according to division commander Brig. Gen. Martin E. Dempsey.

The 1st AD is buying an entire hotel in eastern Baghdad that will serve as a rest and relaxation facility for the troops, Dempsey said.

Operations are set to begin Sept. 1, and "the plan is to move 400 soldiers through every 48 hours," Dempsey, who took command of the division in July and will pin on his second star in early October, told *The Stars and Stripes* newspaper, European edition.

"We get that (Iraq) miserable environment," Dempsey said. "I never thought I'd be a hotel owner, but we're going to do this, so (the troops) can be out of the fight for 48 hours and collect (their) thoughts."

The 1st AD's Baghdad hotel R&R program is similar to a program already established by the 101st Airborne (Air Assault), which is located in and around the Mosul area, in Northern Iraq.

The hotel, the name and location of which are not being named for security reasons, will feature rooms with soft beds, clean sheets, private bathrooms and television sets. The facility also has its own swimming pool and other recreation facilities, Dempsey said.

Soldiers won't be allowed to drink alcohol, he warned. "But you will have (air conditioning), a decent bed, a chance to get some decent food, and watch movies," he promised three different battalions of soldiers whom he visited at their different forward operating bases in Baghdad on Aug. 9.

The 1st AD has about 35,000 soldiers deployed in Iraq, most of whom are located in and around Baghdad, Dempsey said.

The first units to use the hotel had not yet been chosen in early August, but commanders intend to give priority to soldiers who have been in Iraq the longest without a break, Dempsey said.

News of the upcoming hotel R&R program was greeted with great enthusiasm by his troops, many of whom told the general that they have been working seven days a week all summer without a break, in temperatures that often soar beyond 130 degrees in the sun.

Dempsey said he knows that conditions are rough in

Iraq for his troops. The average soldier here has lost 15 pounds due to the heat, he said.

The 1st AD hotel R&R program will supplement an existing R&R program run by U.S. Central Command, which is called the "Fighter Management Pass Policy."

The CENTCOM plan gives troops a four-day pass to go to Qatar, but there are relatively few slots available, compared to the 150,000 troops deployed in Iraq.

The 1st AD has been allocated about 240 slots a month for the Qatar trip, Dempsey said.

By early August, the 2nd Brigade of the 82nd Airborne Division, which is attached to the 1st AD, and the 2nd Battalion, 70th Armor from Fort Riley, had sent some soldiers to Qatar, Dempsey said.

In addition to the CENTCOM plan, commanders from Army divisions all the way down the battalions have the option of devising their own R&R opportunities for troops, as long as the plans meet security requirements.

The 101st R&R, which began in July, buses about 70 soldiers at a time to Dahuk, a city in Northern Iraq. There, the troops stay for two nights either at an apartment or a five-star hotel, both of which the division has rented.

*Editor's note: Burgess is a journalist with the Stars and Stripes European edition.*

---

# Rumsfeld: 2 options in war on terror

by Jim Garamone

American Forces Press Service

WASHINGTON — Defense Secretary Donald H. Rumsfeld told servicemembers at Lackland Air Force Base, Texas, Tuesday that only two options faced the United States in its war on terror: Fight the terrorists where they live today, or fight them in America tomorrow.

Rumsfeld said the war on terrorism is unlike any war the United States fought in the past. The Sept. 11 attacks ushered in a new age of asymmetric warfare. "The threats we have faced have not been so much large armies, large navies and large air forces locked in great battle, but suicide bombers, cyberterrorists and low-intensity warfare and the spreading contagion of weapons of mass destruction," he said.

These unconventional dangers threaten the safety and security of Americans and free people around the world as certain as the totalitarian regimes the World War II generation confronted. "Like the greatest generation that saved the world from the tyranny of their time, your generation has been called to greatness as well,"

Rumsfeld said.

"Our freedom, our future depends on the courage and the determination of our forces and what they bring to this world. All across the globe, people long for what we have, for what each of you has volunteered to defend liberty, democracy, tolerance and a future without fear."

Rumsfeld said the United States did not ask for the war on terrorism. "But it is a war we have to fight and we have to win," he said. "There is no safe, easy, middle ground. Either we take the war to the terrorists and fight them where they are at this moment in Iraq and Afghanistan and elsewhere or at some point we will have to fight them here at home.

"This war is real, it is difficult, it is dangerous and it is far from over, but we are making good progress," he said.

In the 22 months since the attacks in New York and Washington, the United States has made great strides against the shadowy enemy, Rumsfeld noted. "Two terrorist regimes have been removed and two peoples have been freed from years of fear and years of oppression," he said. "We're working to lay the foundations of free-

dom and helping to build the pillars upon which liberty and representative government will rest."

The 100-plus days since Iraq's liberation have been days of difficulty, but also progress, he said. The secretary mentioned the establishment of the Iraqi Governing Council, the formation of dozens of local city councils, the establishment of a central bank and the resumption of oil exports as examples of the progress.

The secretary observed that setbacks in the war on terror will continue. "But there will be more successes and the outcome is not in doubt," he said. The fact that enlistments and retention figures are up is indication of the morale and dedication of the U.S. military. "They are doing important work," he said.

Rumsfeld said he did not know how long the United States will remain in Iraq. He said the answer is "not knowable" today. "I wish it were, but it really depends on when the Iraqi people are able to get themselves on a path towards a sovereign and representative government," he said. "This much is certain: The president said we will stay as long as it takes to finish the job and not a

See Rumsfeld, Page 11

---

# Military

---

Malingering:

## Faking your way to punishment

by Pfc. Stephen Kretsinger  
Mountaineer staff

When that Army Physical Fitness Test comes around, some soldiers wish they had a few more weeks or months to prepare. Maybe there is a way to get some of that extra physical training in. A soldier may think a fake injury could give them the time they need. That's the wrong answer, because malingering is a "no go."

Malingering is the act of intentionally feigning or exaggerating physical or psychological symptoms for personal gain. In military terms, this includes inflicting self-injury for the purpose of avoiding work, duty, or service.

There are many reasons a person may turn to malingering. Malingering has been used to get out of military duty, work or criminal prosecution. Often times, malingering will be used to get a drug prescribed.

Getting caught for malingering doesn't mean soldiers will just be sent back to work with their tails between their legs. They can lose pay, rank or even worse.

According to the Criminal Law Division of the

Fort Carson Office of the Staff Judge Advocate, malingering remains an offense that may be charged and punished under the Uniform Code of Military Justice. Under Article 115, UCMJ, a soldier may be punished at court-martial for "feigning illness, physical disablement, mental lapse or derangements, or intentionally inflicting self-injury, for the purpose of avoiding work, duty or service."

Potential punishment, if convicted of the offense of malingering, includes a maximum sentence of reduction to E-1, forfeiture of all pay and allowances, a dishonorable discharge, and confinement for either three years (if convicted of faking illness, physical disablement, or mental lapse) or five years (if convicted of intentionally self-inflicting an injury).

In the past several years, Fort Carson has preferred charges against a handful of soldiers who feigned illness or intentionally inflicted self-injury, such as stabbing themselves in the arm or shooting themselves in the leg to avoid a field exercise or a deployment.

Though hard to distinguish, malingering should not be mistaken for factitious diseases, a personality disorder in which a person purposefully create symptoms in order to gain attention and sympathy, or post-

traumatic stress disorder, a disorder that occurs among survivors of stressful situations such as military combat.

Malingering may be suspected:

- When a sudden ailment or injury coincides with work that a soldier is being deployed.
- When the onset of illness coincides with a record APFT.
- When objective medical tests do not confirm the patient's complaints.
- When the patient does not cooperate with the diagnostic work-up or prescribed treatment.
- When the patient has antisocial attitudes and behaviors (antisocial personality).

With all the deployments these days, malingering becomes a serious issue. With only one troop medical center open on the Mountain Post at this time, malingering wastes valuable assets and resources that could be put to use helping those that are truly injured or ailing. The consequences when caught malingering can affect a soldier's future.

*Editor's note: Certain information for this article was borrowed from the HealthAtoZ Web site, a resource developed by health care professionals.*

---

# Military Briefs

## Hours of operation

**Legal Assistance hours** — Hours at Legal Assistance are back to normal. Walk-ins to see attorneys are Mondays and Thursdays 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., Monday through Thursday.

## 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 signs at CIF.

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.

### Are you ETSing?

If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

### ETS/Transition briefing schedule

— In order for soldiers to receive their End of Time in Service orders, soldiers must attend an ETS 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.

## Hours of operation

### Office of the Staff Judge Advocate

**Claims Office hours of operation** — Claims division office hours are Monday through Thursday, 9 a.m. to 11:30 a.m. and 1 p.m. to 4 p.m.

**Personnel Claims Hours:** Monday and Wednesday, 10 a.m. to 2 p.m. for mandatory briefing to submit DD 1840/1840R and receive documents for filing. Tuesday and Thursday, 9 a.m. to 11:30 a.m. and 1 p.m. to 4 p.m.

Call 526-1355 for more information. **The Mountain Post Training and Education Center's** hours for certain programs and services will change Monday.

### Hours are:

eArmyU Testing center, Monday through Thursday, 7 a.m. to 4:30 p.m.

Army Learning Center and Basic Skills Classes, Monday through Thursday, 9 a.m. to 4 p.m.

Counselor Support Center, Monday through Thursday 7:00 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

ETS Briefings, Monday through Thursday, 7:30 p.m.

**Claims Division new hours** — The Claims Division office hours are now Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

### 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 it warrants an appointment.

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

# 3 companies win TRICARE contracts

## Courtesy TriWest Healthcare Alliance Corp

Three Tricare contracts have been awarded to Health Net Federal Services, Rancho Cordova, Calif.; Humana Military Healthcare Services, Louisville, Ky.; and TriWest Healthcare Alliance Corp., Phoenix.

The three contracts are valued at an estimated \$6.4 billion, which does not include the target health care costs for option periods two through five that will be negotiated prior to exercising each option. Health care costs for these three contracts, for option periods two through five, are estimated to range between \$19.5 billion to \$20.5 billion. The new contracts will replace the current seven contracts over the next 14 months and will be simpler for the government to administer.

These contractors will provide health care ser-

vices to our 8.7 million uniformed services beneficiaries and support to military hospitals and clinics in the United States. They put customer satisfaction first by providing meaningful incentives for top performance in telephone access, claims payment and quality medical outcomes.

"The new contracts are part of the secretary's transformation efforts and will make a strong program better," said Winkenwerder. "Our new contractors will be strategic partners in support of medical readiness and their added value includes optimizing care in our military medical facilities, ensuring access to the highest quality civilian providers and offering preventive and outreach strategies for our beneficiaries."

Each contract includes at least a nine-month tran-

sition, plus five one-year option periods for health care delivery and support. The transition begins Sept. 1, 2003. The turnover of responsibility for services in the newly aligned Tricare North, South and West regions will be phased in, starting with areas in the West region on June 1, 2004, and will be completed by November 2004.

"I anticipate a smooth transition," said Winkenwerder. "Through the transition period, beneficiaries will receive information about enrollment choices, primary care manager selections and the availability of specialists."

"I am very pleased with this next generation of Tricare contracts. They will take us to the next step in focusing on our patients, claims efficiency, ease of

See TRICARE, Page 10

## Week of Aug. 28 to Sept. 5

### 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)  
3rd BCT Strikers Cafe (building 2061)

### 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.
- Iron Bde is closed Sat. thru Mon.
- Mountaineer Inn is closed until further notice.
- Cheyenne Mountain Inn is closed Fri. thru Mon.



### Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR Cav. House. (building 2461)  
43rd ASG (building 1040)  
3rd ACR Patton House (building 2161)  
3rd BCT Strikers Cafe (building 2061)

### 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)

# Soldiers must honor court dates, tickets

## Courtesy Provost Marshal Office

Every week the Civil Liaison Office receives a list of Fort Carson soldiers who received a ticket or court date from the Colorado Springs Police Department and did not pay or show up in court from the Colorado Springs U.S. Marshal's office.

When this happens, the Colorado Springs Municipal Court issues a bond on that individual. If the bond is \$200 or less, it is a personal recognizance bond with a new court date set, a letter mailed to the unit and home address. If the bond is set for more than \$200, it is an arrest warrant.

We receive 10 to 15 soldiers on the warrant list each week. So, this office attempts to contact the soldier's first sergeant or command sergeant major, who is requested to have the delinquent soldier escorted to the PMO by a noncommissioned officer, 1 p.m. Wednesdays.

When the soldier arrives, the marshals do everything in their power to clear up the matter without sending the soldier to jail. This usually involves the soldiers paying their fines on the spot, or issuing a new summons for court.

Three strikes and you're in jail, if you skip court and

don't pay three times, you will go to jail for your offenses, then and there. Ensure soldiers pay their fines or better yet, don't do the crime.

## Registering vehicles on post

In order to register a vehicle, customers need to provide the following: a valid state driver's license, a current registration, proof of a valid insurance policy and either a Department of Defense issued ID card or proof of employment on Fort Carson.

- If any of the documents are expired, they cannot be accepted.
- The Vehicle Identification Number on the insurance card is compared with the VIN on the registration. If you have more than one vehicle, ensure that you bring the right insurance card.
- Proof-of-employment letters are turned down if they are not written correctly. If you are not sure of what this letter needs to consist of, contact our office and we will be happy to either fax or e-mail you an example.
- The DD Form 2220 (the registration decal) must be removed from the vehicle and returned to the vehicle registration office if the soldier is either completely sepa-

rating from the Army or if the vehicle will be leaving the United States.

- Civilians that are resigning, have been terminated, are retiring or no longer have a contract must remove and return the decals.
- If a soldier or civilian is clearing and needs to remove the decal but will still need access to Fort Carson for a short period of time (for example to complete clearing) we can issue a temporary pass that will allow them access to Fort Carson.
- If you have any questions, call the phone number to the Fort Carson Vehicle Registration Office is 524-1896. If the applicant is prepared and has the proper documentation then the registration process is much faster. We will be happy to answer any questions that you have.

## Traffic Roll Up

In the past week, there were 90 total citations:

- 49 for speeding
- four for failure to use seatbelts
- 47 other violations (e.g.: malfunctioning equipment, lack of insurance or registration, expired plates and improper vehicle operation)

# PCS Allowance or DITY move: You decide

by 1st Lt. Theodore Stutz  
4th Finance Battalion

For your upcoming Permanent Change of Station or End of Time and Service moves, you have the option of either having the government move your household goods or doing a Do It Yourself move. The DITY program is a voluntary program which allows servicemembers, or a deceased member's next of kin, to move their household goods personally and be paid an amount equal to 95 percent of what it would have cost the government. The transportation office (JPPSO building 1220, 526-3755) must authorize or approve a DITY move. In addition, the member must have orders authorizing PCS, Temporary Duty (with Headquarters, Headquarters Group entitlement) or assignment to or from government quarters. The transportation office furnishes the member a DD form 2278 (application for do-it-yourself move and counseling checklist). This form shows the constructive Government Bill of Lading or contract cost for moving the HHG.

Servicemember and/or dependents traveling to the destination in the rental vehicle or Privately Owned Conveyance used for DITY move are authorized both DITY and PCS allowances. PCS entitlements are not part of the DITY program and are separately processed.

PCS Allowances include:

1. Mileage Allowance In Lieu of Transportation

- 15 cents per mile for 1 occupant
- 17 cents per mile for 2 occupants
- 19 cents per mile for 3 occupants
- 20 cents per mile for 4 or more occupants.

## 2. Flat per diem

Paid at the rate described below for each traveler in the same POC multiplied by the number of days authorized travel:

- \$50 for 1 traveler
- \$37.50 for each traveler 12 years or older
- \$25 for each traveler under 12 years of age

Claims for DITY moves must be supported by the servicemember's statement of expenses actually incurred. In addition, the claim must include either a copy of certified weight tickets (gross and empty) or approved constructive weight by the Transportation Office .

The following are needed to process DITY advances:

1. Servicemember need to fill out the request for an advance, which can be done through your Personnel Section (S1) or through Finance travel section (526-8481).
2. Four copies of orders and any amendment(s).
3. Four copies of the DD form 2278.

A travel voucher must be submitted upon completion of your DITY move even if the amount of your actual expenses equals or exceeds your advance. If a settlement is not made, the advance will be automati-

cally deducted from your regular pay.

Upon completion of your PCS move to your new duty station, the following is needed to settle your DITY move.

1. One copy of orders with any endorsements or amendments
2. One original DD form 2278
3. One voucher for advance operating allowance
4. One certified empty weight ticket with name, Social Security Number, signature of weight master
5. One certified loaded weight ticket with name, SSN, signature of weight master
6. One original DD form 1351-2 with address, dates and member signature
7. One copy of registration(s) for personally owned vehicle(s), boat(s), or trailer(s), if possible
  - \*Be sure name and SSN are on all documents.
  - \*Be sure all documents are dated properly.
  - \*Be sure all documents requiring signatures of member are signed.
  - \*Be sure to keep a copy of everything turned in for payment.

Expenses allowable are payments to rental companies for rental vehicles, packing materials, moving equipment such as hand truck and furniture pads, gas, oil, tolls and weighing expenses. Save these receipts! Expenses not allowable include, but are not limited to tow dollies, tow bars, auto transporters, insurance, sales tax, meals and lodging.

### TRICARE

From Page 6

portability and enhancing our military medical facilities," said Lt. Gen. James B. Peake, Army surgeon general and commander U.S. Army Medical Command.

"These contracts will afford the Military Health System greater flexibility and opportunity to execute the health care benefits enacted by Congress," said Vice Adm. Michael L. Cowan, surgeon general of the Navy and chief, Bureau of Medicine and Surgery. "Naval medicine looks forward to working with our sister services and our Tricare partners to deliver a world-class benefit-centered on families, grounded by Force Health Protection."

"The award of these contracts concludes an intense process of dedication and inter-service cooperation. It also marks the beginning of new partnerships specifically designed to focus on our beneficiaries, to reward quality and help us strengthen our expeditionary Air Force," said Lt. Gen. George Peach Taylor, surgeon general of the Air Force.

Health Net Federal Services is the awardee for the \$2.2 billion contract for the Tricare North region and will provide support and health care services in Connecticut, Delaware, the District of Columbia, Illinois, Indiana, Kentucky, Maine, Maryland, Massachusetts, Michigan, New Hampshire, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Vermont,

Virginia, West Virginia and Wisconsin.

Humana Military Healthcare Services is the awardee for the \$2 billion contract for the Tricare South region and will provide support and health care services in Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Oklahoma, South Carolina, Tennessee and the eastern portion of Texas.

TriWest Healthcare Alliance Corp. is the awardee for the \$2.1 billion contract for the Tricare West region and will provide support and health care services in Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, the western portion of Texas, Utah, Washington and Wyoming.

During the transition period, beneficiaries will continue to file claims with their current Tricare contractor. Eligible Tricare beneficiaries are encouraged to contact the Defense Manpower Data Center Support Office to ensure enrollment information in the Defense Enrollment Eligibility Reporting System is current. DEERS enrollment may be verified by contacting the DSO at (800) 538-9552, or by visiting the nearest uniformed services personnel office. A list of personnel offices is available at <http://www.dmde.osd.mil/rsl>.

The Military Health System is an integrated delivery system, one that is unique in its mission and composition, yet is based on sound business practices in health care purchasing and services delivery.

## Engineers rebuild Iraqi police force

Courtesy 3rd Brigade Combat Team

The 4th Engineers, or Assassins, are rebuilding the Ad Dujayl police force and making them a reliable self-sustaining public servant.

Once the goal is achieved, the job of the Assassins becomes much easier. It is a difficult road, littered with obstacles and danger. Everyone recognizes how important this job is though and we are all focused on helping the people of Iraq. To complete this task we have modified our normal operating procedures, and added more stability and support operation tasks.

The Engineers stability and support operations include having a continuous military presence at the police station. They provide the police station with a trained force whose job is to run patrols and support the police force in conducting their jobs.

Additionally, they have a permanent liaison team who lives at the station. Their primary job is to work with the chief of police and help the police find solutions to their own problems. Even though the Assassins have only been conducting this mission since the start of August there have already been marked improvements. The police are now all clothed in one uniform type with standard badges. They are gradually becoming more aggressive in their prosecution of criminal activities and requests for support from the platoon on site. They have their own schedule of patrols they run but nothing makes them happier than to hear the police ask us them assistance before they head out on a patrol or arrest.

There is still a long road ahead for the Assassins but it doesn't look like they will be going down it alone. They will have the rest of the Vanguard battalion behind them, and the Ad Dujayl Police Department alongside them.

# Community

## Long-term sustainability

# Education key to success

### Courtesy Directorate of Environmental Compliance and Management

*"Have a good time saving the world, or you're just going to depress yourself. People want to be part of something fun ... put fun in the movement to conserve, preserve, and restore, and celebrate Earth, and people will run to sign up."*

-David Brower, environmentalist

Sustainability has many definitions. One way of explaining the concept of sustainability is: "The use of resources to meet the needs of the present without compromising the ability of future generations (or soldiers) to meet their own needs (mission)."

The sustainability education goal for Fort Carson is: "All stakeholders are trained, compliant and motivated towards sustainability principles by 2007."

This goal recognizes the need to train people, on and off-post, to ensure the success of the Fort Carson sustainability program. Although the concept of sustainability has been around for as long as humans, and the natural world only knows how to live sustainably, people need to be re-educated on how to use natural resources wisely to ensure the health of the region and the mission. If

training is performed properly, motivation will be second nature; therefore care needs to be taken in the training and awareness program.

Desired outcome:

Fort Carson and associated communities understand how their activities are unsustainable and are motivated to change those practices.

Fort Carson becomes the regional leader in sustainability principles and is called upon to educate local communities, either through its training program or presentations.

A training program is established that supports and enhances the ability of sustainability advocate organizations to reach their goals.

The sustainability burden for Fort Carson is eased because the community understands and is acting upon sustainability concepts in coordination with the installation.

Sustainability concepts are incorporated seamlessly into all facets of Fort Carson to the extent that everyone working, living or soldiering on Fort Carson is aware of the principles and how sustainability supports the mission of training combat ready soldiers and improving quality of life.

Current sustainability training goal efforts:

- Articles are published on a monthly basis in the *Mountaineer* to



train staff, soldiers and family members about Fort Carson sustainability goals.

- Fort Carson people needing sustainability training are being identified, as well as the type of sustainability training they need to best suit their job responsibilities.

- Sustainability workshops are planned every year — the next one is scheduled for October 2003.

Things you can do to learn about sustainability:

- There are several books available to learn about sustainability. One of the main books used on sustainability training is a book called, "The Natural Step for Business" by Brian Nattrass and Mary Altomare and "Believing Cassandra" by Alan AtKisson.

- If your organization or unit isn't involved with sustainability, encourage them to learn about it and

have them contact Kelly O'Neill, the installation sustainability planner, to find out more. Her e-mail address is [kelly.o'neill/SAIC@carson.army.mil](mailto:kelly.o'neill/SAIC@carson.army.mil).

- Attend the October 2003 sustainability workshop to get training about the Fort Carson Sustainability Program. For more information, contact O'Neill at

[kelly.o'neill/SAIC@carson.army.mil](mailto:kelly.o'neill/SAIC@carson.army.mil).

Future sustainability training plans:

- Develop and send out a training package to all stakeholders to create awareness of sustainability principles and applications. Training will be different for different groups.

- Analyze all training programs on post and determine appropriate places to include sustainability information.

- Determine most useful way to teach sustainability (computer, video, person, etc.).

## ACAP expanding to help Army civilians

### Army News Service

WASHINGTON — The Army Career and Alumni Program is introducing several initiatives focused on helping soldiers and civilians find jobs after they retire or leave the Army.

The expanded programs will help retirees, demobilized reservists and civilian employees affected by base realignment programs, said James Hoffman, ACAP director.

ACAP recently announced a policy that provides lifetime job assistance for Army retirees and eligible family members. This change extends ACAP services beyond the normal 180 days after separation.

"The service is provided on a space-available basis," Hoffman said. "With a valid retired identification card, retirees can continue to receive employment assistance in preparing a competitive resume as well as learning important job search skills."

Later this month, ACAP will establish a Demobilization Resource Center to receive telephonic requests for assistance during the demobilization process from Reserve Component soldiers and unit commanders.

All soldiers who have completed at least 180 days of continuous active duty and who are being

released from active duty are required to receive preparation counseling and completion of the Preparation Counseling Checklist, DD Form 2648.

The center, which will be located at the U.S. Army Personnel Command, will respond to all inquiries pertaining to eligibility for transition benefits. It will also provide referral to service providers such as Departments of Labor and Veterans affairs, as well as Army Reserve and National Guard Transition assistance offices.

"Once the resource center makes contact with the RC soldiers and determines that additional ACAP services or referrals are necessary, the soldier will be referred to the closest ACAP center for continued assistance for up to 180 days after demobilization," Hoffman said.

In addition, to prepare for the large numbers of soldiers who will be demobilized and released from active duty, ACAP is preparing to reinforce the counselor field workforce with additional staff at targeted ACAP demobilization installations.

The reinforcement will help to ensure ACAP can meet the demand to provide mandatory preparation counseling and employment assistance to those who requested additional assistance prior to being released from active duty, Hoffman said.

Installations conducting demobilization processing where ACAP does not exist such as Fort McCoy, Wis., will have a temporary satellite office established to assist in the demobilization process.

At other demobilization locations such as Fort Dix, N.J., and Fort Buchanan, Puerto Rico, ACAP will provide temporary assistance either through travel of ACAP staff or training of assigned staff by ACAP staff.

"Civilians who are leaving the government workforce as a result of realignment or commercial outsourcing are eligible to receive ACAP Services as well," Hoffman said.

ACAP recently added a workshop targeted for Army civilians who are impacted by Reductions in Force, A76 studies and force realignment, ACAP officials said.

Upon request, ACAP staff will present the comprehensive workshop to assist civilians for their return to the public or private sector.

Information about ACAP and its services can be accessed at the revised ACAP home page [www.acap.army.mil](http://www.acap.army.mil).

**Editor's note:** A press release from the U.S. Army Personnel Command Public Affairs Office contributed to this story.

# Community Events

## Miscellaneous

**Fort Carson athlete honored on cereal box** — Sgt. Dremiel Byers, a member of the Army World Class Athlete Program and one of five military athletes to be featured on select Cheerios boxes, will be signing autographs today at the commissary from 11 a.m. until 1 p.m.

The Armed Forces Sports Office and General Mills have teamed to honor Byers and four other servicemembers on a 2003 commemorative Cheerios box this fall. While quantities last, the special boxes will be sold exclusively in commissaries worldwide.

**Free paperbacks for troops deploying and training** — Grant Library has boxes of new paperback books available for units going to the field for training or being deployed. The popular books are free and may be kept by the soldier — they don't need to be returned to the library.

Additional boxes of donated books are also available. No paperwork is needed. The person responsible for the unit just needs to come to the library where they will be asked how many troops will be going to training and how long they will be gone. Boxes of books will then be distributed.

For more information, call 526-8144 or 2350 or stop by the library. The library is open 11 a.m. to 8 p.m. Monday through Thursday, 11 a.m. to 5 p.m. Friday, and 10 a.m. to 6 p.m. Sunday.

**Notice of temporary closure of Preventive Medicine Careline** — The Preventive Medicine Careline located in building 2059 will be closed today to Sept. 1.

**Sports physicals available at Evans Army Community Hospital** — Evans Hospital is now offering sports physicals. The physicals will be performed in the Family Practice Clinic today from 1 to 4 p.m. Call TRIWEST at 264-5000 to schedule your child's sports physical.

**Service examinations** — Soldiers wanting to take the Automotive Service Examinations in November must register by Sept. 12. Three funded exams are available for servicemembers who have a Military Occupational Specialty in the following automotive/mechanical service specialties: 52B, 52C, 52D, 61C, 62B, 63B-H, 63B-N, 63B-2, 63B-T, 62B-W and 63B-Y.

Funded exams are available for anyone who previously held the MOS/RATE/AFSC (such as warrant officers) or are currently enrolled in an associate degree program in automotive technology. Soldiers taking the examinations must pay a \$29 registration fee. For information, contact guidance counselors in building 1117, room 160B, or call the Testing Section, 526-8072.

**Tree pruning** — The Directorate of Environmental Compliance and Management Agronomy Section is responsible for all trees and shrubs in the cantonment area that require special tools, equipment or expertise to prune. J.A. Jones is responsible for all pruning operations in the family housing areas. Check with the contractor to determine if occupants are allowed to do any pruning.

However, units are allowed to prune suckers off of trees in their areas of responsibility. When pruning, soldiers should remember the following:

- Use small hand pruners
- Cuts should be made just outside the branch collar, or area of raised bark where the bark and trunk meet
- Cuts should not be covered with wound dressing
- Debris should be deposited in the nearest dumpster.

**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:** Department of Homeland Security Police Officers in Fort Collins. Who: 21 Years old, no felonies

**What:** ACAP Counselor in Fort Huachuca, Az. Who: MA degree required

**What:** Financial planner in Fort Polk, La.

**What:** Technical Manager in Norman, Okla. For more information, contact at ACAP at 526-1002

**Annual leave donations** — Alan Wright, an employee in the Directorate of Environmental Compliance and Management, needs annual leave donations to help cover his absences due to an illness and the exhaustion of available paid leave.

Civilian employees willing to donate annual leave under the "Voluntary Leave Transfer Program" should refer to Fort Carson Regulation 690-4. Leave donation forms (OPM Form 630-A) may be obtained from your personnel section or at the OPM Web site at [www.opm.gov/forms/index.asp](http://www.opm.gov/forms/index.asp). Completed donation forms should be forwarded to your leave approval official for approval, and then to the Customer Service Representative at DRM. For more information, call Patrick McCusker at 526-1696 or Kathy Green at 526-1729.

**Job openings at Fort Carson chapels** —

- Soldiers' Memorial Chapel: Catholic parish priest
- Catholic parish deacon
- Choir director/cantor for 5 p.m. Saturday Catholic service
- Choir director/cantor for 9:30 a.m. Catholic service
- Organist/pianist for 9:30 a.m. Catholic service
- Organist/pianist for 11 a.m. Protestant service
- Choir director for 11 a.m. Protestant service
- Provider Chapel: Musician/cantor for 12:15 p.m. Catholic service
- Pianist/organist for 9 a.m. Protestant service
- Pianist/organist for 5 p.m. Saturday Catholic service

- Choir director for 9 a.m. Protestant service
  - Pianist/organist for 10:45 a.m. Liturgical Prussman Chapel: Musician/cantor for 8 a.m. Catholic service
  - Pianist/organist for 11 a.m. Gospel service
  - Choir director for 11 a.m. Gospel service
  - Veterans' Chapel: Pianist/organist for 9:30 a.m. Protestant service
  - Family Life Center: Clinical supervisor
  - Chapel youth coordinator
- If you are interested in any of these positions, contact Jean Gatta at 526-6600 located in the Directorate of Contractingm, 1850 Mekong, building 6222.

**Command and General Staff College Offered at Fort Carson** — All active, Reserve component and National Guard majors and promotable captains are invited to enroll in the U.S. Army Reserve Command and General Staff College offered through the 10th Battalion, 104th Division (IT). This course is an equivalent alternative to residence attendance at Fort Leavenworth, Kan., and the correspondence option. Small group instruction takes place in four phases. Phases one and three are conducted at Fort Carson from October through May, one night a week. Phases two and four are conducted in a two week annual training or temporary duty status in June and July each year. These phases are currently planned to be held at Fort Carson as well. Hurry — classes begin Oct. 1. Contact Maj. Greg Kropkowski for more information 668-8530 or at [greg.kropkowski@us.army.mil](mailto:greg.kropkowski@us.army.mil) or Lt. Col. Kim Wortham at 526-6879 or [kim.wortham@carson.army.mil](mailto:kim.wortham@carson.army.mil).



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



**Carson Cares**  
An Orientation for Newly Arrived Spouses

**Thursday  
8-1pm**

-Spring & Summer every Thursday-  
-Fall & Winter every other Thursday-

**The Family Connection, Bldg. 1354  
on Barkeley Ave.**

- Tour of Fort Carson
- Welcome gift for new arrivals
- Brief overview of local resources & services
- Refreshments
- Van tour of post (optional)
- Opportunity to meet new friends
- Free childcare (Call 526-1051 for reservations, please bring shot record)

Advance registration required. To reserve your spot, call the Family Connection at 526-1070.

**West Nile Virus precautions** — Mosquito season is here and so is the need to take precautions against West Nile Virus. Here are some simple preventive measures individuals can take to reduce the risk of mosquito bites:

- Wear white or light colored long-sleeve shirts, long pants and socks when outdoors, especially in the early mornings and evenings in areas where mosquitoes are most active. Dark colors tend to attract mosquitoes.
- Apply insect repellent containing DEET when outdoors. Be careful applying repellent to children under 12 years old. For young children, only apply repellent that contains 10 percent or less DEET. Avoid spraying or applying DEET to their hands and mouth area.
- Avoid standing water in stagnant puddles, wetlands and ditches. Standing water provides an ideal breeding sites for mosquitoes.

If you notice standing pools of water on Fort Carson, notify Pest Control at 526-5141.

Report dead crows, jays, ravens, magpies and other birds to the DECAM Pest Control Facility (526-0979/5141) or Fort Carson Wildlife Office (576-8074) Monday through Friday between the hours of 7:30 a.m. and 3:30 p.m., or the Military Police (526-2333) during non-duty hours, weekends and holidays.

## Claims against the estate

**Claims against the estate** — With deepest regret to the family of Sgt. Michael Eugene Dooley, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Scott Weaver at 577-4096.

**Claims against the estate** — With deepest regret to the family of Sgt. Taft Williams, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Melony Pate-Arnold at 526-4066 or 576-2541.

## 3rd BCT

From Page 1

Since the BCT's move to the Balad area about two months ago, soldiers in the brigade have been working hard to improve the basic living conditions of its soldiers by providing air conditioning, tents with wooden floors, and access to Morale, Welfare and Recreation activities. Due to the extremely harsh conditions of Iraq and the projected duration of the 3rd BCT's stay in Iraq, these issues have received increased priority. Even though the average soldier is very creative when it comes to improvising quality of life and making the best out of any situation, it is critically important to the leadership throughout the BCT that our soldiers have the best of what is available.

The brigade continues to execute numerous operations every single day that range from combat operations to improving the local infrastructure through projects headed by the civil affairs section. When not conducting presence patrols, checkpoints, providing guard, executing precision raids, training local police forces, supporting the brigade logistically and helping to rebuild Iraq, soldiers enjoy any available time to relax. The question is how has quality of life improved across the brigade? The answer differs throughout the brigade, but the honest answer is that for all soldiers, improvements have been steadily made since being in country and especially since the BCT's move to the Balad area.

The BCT has experienced the most primitive ways of living at times; from suffering through the excruciating heat with limited shelter and no air conditioning to having to wash clothes in a bucket with a brush. Even though some of our units are still struggling to get air conditioning and power, most have made drastic improvements to the quality of life. One

thing is for certain, the BCT's stay in Iraq has brought an unsurpassed appreciation for many of the things most Americans take for granted on a daily basis.

The most important of the improvements is communicating with our loved ones at home. The soldiers who can access the Internet are close to our communication systems. Units that are not close to the headquarters rotate soldiers to the areas where Internet is provided. Even though the Internet in Iraq is slow and sporadic, it is still the next best thing to making a phone call. Currently, telephone calls are very difficult due to the limited number of phone lines available to call the United States; it is not unusual to take more than an hour to connect with the U.S. operator. The good news is, this is better than what the BCT had for several weeks. More phones and Internet connections are promised in the coming weeks. Our signal network is designed to command and control the brigade. Consequently, at unit command posts, there are some Internet drops.

When the contracted dining facility came to the LSA, everyone was happy. The brigade had been eating Meals, Ready to Eat and Heat and Serve meals for the past four months, so fresh food was a welcome change. All units are now eating at least one hot, fresh meal per day. It has made a real difference to eat a cooked meal with sodas, juice and fruits versus a heated meal in a packet. Although it seems like all we eat is burgers, hot dogs and fries, at least the soldiers' meal choices have increased.

Living areas continue to improve. The sound of generators producing power for 24 hours a day can not be missed. Generators provides power for lighting, air conditioning, computers, water pumps, battery chargers and more. The electricity in most LSA areas is not operational yet, but the generators take care of the needed electrical shortages. Two other lux-

uries that are currently being emplaced are chemical latrines and shower container units. The latrines relieve the soldiers from the labor of burning human waste every day, a task that no soldier will miss. The shower trailers provide for unit showering to take place and will replace the homemade single shower units. The shower trailer is a contract that includes the water delivery and cleaning service. The shower trailers also have water heaters, which will be very important in a few months when the weather turns colder.

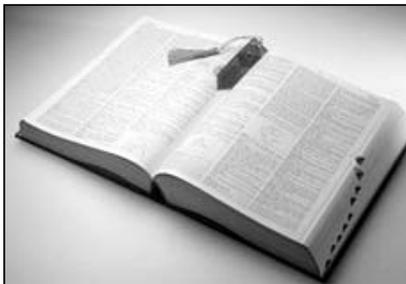
In order for all of these services to take place, there must be an office that provides funding. The Resource Management and Contracting Offices managed by U.S. Army soldiers and civilians issue funding and provide information for vendors to bid for the services. It requires time and a whole lot of patience in order to follow all required steps in the bidding process. The units in LSA must submit requests for contracts on a daily basis and conduct follow-ups to update commanders. The problem all units face are the limited resources in Iraq. Everyone requires the same equipment, so there is a huge shortage, making quality of life improvements advance at a slow pace. Generators and environmental control units primarily come from surrounding countries and take several weeks for delivery. When the equipment arrives, it often requires special installation and additional maintenance before it can be used. Soldiers who have electrical systems experience have played an integral role in getting the BCT to its current level of living conditions; since waiting for local nationals to come and do the work can result in several additional weeks.

Every day the quality of life improves for the soldiers and by the time 3rd Brigade Combat Team leaves Iraq it will be much better for the next unit that assumes the role of our brigade. It is a continuous effort that will go on for as long as the US Army remains present in Iraq and one that every leader will continue to focus on in order to make living and working conditions the best that they can be for their soldiers.

---

***“One thing is for certain, the BCT's stay in Iraq has brought an unsurpassed appreciation for many of the things most Americans take for granted on a daily basis.”***

---



## Chapel

**AWANA: Because kids matter to God** — Fort Carson's AWANA club is gearing up for another exciting year. Club No. 13,334 will resume Sept. 4 and will meet every Thursday evening from 5 to 7 p.m. at Soldiers' Memorial Chapel.

AWANA is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ and train them to serve him.

AWANA is divided into age-appropriate clubs, which are similar to Girl or Boy Scouts, in that the children wear uniforms and progress through handbooks. A series of awards reward achievements at every level.

The club is also looking for adult volunteers to serve in this exciting ministry. If you have a heart for reaching children with the gospel of Jesus, the join our team. Call Stacy Chapman for information.

**Soldiers' Memorial Chapel Fall Religious Education Classes** — Registration is currently under way for Protestant and Catholic religious education classes at Soldiers' Memorial Chapel.

Classes for Protestant Sunday School begin Sept. 7. For Protestant information call Dennis Scheck at 526-5626, Catholic Classes begin Aug. 24. For Catholic information, call Pat Treacy at 526-2458.

## Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
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
<b>PROTESTANT</b>					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
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. Scheck/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. Scheck/524-1166
<b>LITURGICAL</b>					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
<b>JEWISH</b>					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2663.					
<b>WICCA</b>					
Tuesday	6:30 p.m.		Family University	Bldg. 1161	Ms. Costantino-Mead
<b>MORMON</b>					
Sunday	2 p.m.	LDS	Provider	Barkeley & Prussman	Chap. Jones/526-4416
<b>NATIVE AMERICAN SWEATLODGE</b>					
For ceremonial information and directions, call Michael Dunning at 382-5331					
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 84 & Job 22-24  
**Saturday** — Psalms 85 & Job 25-27  
**Sunday** — Habakkuk 3:2-19 & Job 28-30  
**Monday** — Chronicles 29:10-13 & Job 31-33  
**Tuesday** — Psalms 86 & Job 34-36  
**Wednesday** — Psalms 87 & Job 37-39  
**Thursday** — Psalms 88 & Job 40-42

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 soldiers, families and leaders of the 82nd Airborne Division, headquartered at Fort Bragg, N.C., forward deployed for Operation Iraqi Freedom.

**Army:** For all the soldiers, noncommissioned officers and officers of the Ordnance Corps, whose regimental home is at Aberdeen Proving Grounds, Md.

**State:** For all soldiers and families from the state of Rhode Island. Pray also for Gov. Don Carcieri, the state legislators and municipal officials of the Ocean State.

**Nation:** For all union workers in the United States, who produce many of our nation's durable goods. Pray that by their toil in honest labor, our land would prosper and grow, and all our people might enjoy the fruits of their work.

**Religious:** For our nation as we celebrate Labor Day Sept. 1. Pray that we would dedicate both our individual work and our national economy to biblical principles of justice and equity for all our citizens.

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](http://www.usarmychaplain.com).

ner

# Positive thoughts ease life's journey

Chap. (Lt. Col.) Greg Borden  
Provider Chapel

We attended a marketing meeting a few years ago and one of the speakers shared this food for thought: "Isn't it strange that princes and kings and clowns that caper in sawdust rings, in common people like you and me, are builders of eternity? For each is given a shapeless mass, a book of rules, a bag of tools. And each must fashion where life is flung; a stumbling block or a stepping stone."

In John Maxwell's book, "The 21 Irrefutable Laws of Leadership," he tells of a friend who worked as a long-haul truck driver. Knowing the hundreds of miles he had to log every week, John asked him how he kept from getting bored. The man said, "It's all in your attitude. Some drivers go to work in the morning, but every day I get up and go for a drive in the country." That kind of perspective will keep you young forever, and will give you the "edge" on life!

What kind of things do you dream about throughout the day? Are your thoughts positive or something else? Langston Hughes, a Harlem poet of the 1930s

wrote, "Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly."

A soldier gave me this poem entitled "Stick to the Task."

*"Stick to the task till it sticks to you.  
Beginners are many, but enders are few.  
Honor, power, peace and praise will always  
come to him who stays. Stick to  
the task till it sticks to you.  
Bend at it, sweat at it and smile  
at it too. For out of the bend  
and the sweat and the smile  
will come life's victories after a  
while."*

God has called each of us to work while we are here. Life doesn't always come out the way we planned. Our attitudes will help determine if it's an obstacle or an opportunity. Remember this great declaration from the Lord to his people in a tight spot: "Fear not...you are mine. When you pass through the waters, I will be with you; when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned ... for I am the Lord, your God..." (Isaiah 43).



## Chapel

**Ecumenical picnic** — The Catholic and Protestant congregations of Fort Carson are having a joint picnic Saturday at noon at Ironhorse Park. There will be an 11 a.m. Protestant outdoor service at the park. There will be an 11:30 a.m. Catholic Mass at Soldier's Memorial Chapel to replace the usual 12:15 p.m. Mass.

**Soldiers' Memorial Chapel Fall Religious Education classes** — Registration is currently under way for Protestant and Catholic religious education classes at Soldiers' Memorial Chapel. Classes begin Sept. 7. For Protestant information, call Dennis Scheck at 526-5626, for Catholic Classes, call Pat Treacy at 526-5744.

**Native American Sweatlodge ceremonies** — 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.



# It's a dog's life



## K-9s train to protect and serve

by Pfc. Aimee J. Felix  
Mountaineer staff

Hard workers and educators, Blitz, Barry, Dak, Donja, Nero, Paulie, Rocco, Rek, Rex and Uras serve their country every day.

Hand-picked from a variety of German shepherds and Belgium mallinois by a team of evaluators from Lackland Air Force Base, Texas, they trained and graduated from the Lackland Air Force Base K-9 training school. Little by little they have joined Fort Carson's K-9 unit.

Fort Carson's K-9 unit consists of patrol, narcotic and bomb-detector dogs. The unit is made up of several teams. Each team includes a dog and a handler.

The unit responds to bomb threats and a variety of search requests. When distinguished guests are to visit anywhere in the surrounding area, the dogs are called upon to sniff the vicinity for potential explosives. They also do demonstrations for the Drug Abuse and Resistance Education program and other organizations.

Drug dogs are used for health and welfare inspections in the barracks. They also conduct searches of suspicious vehicles at the gates, parking lots and motor pools.

The Air Force is the leading proponent of all K-9 units in the Department of Defense. The dogs train at, and are distributed from, Lackland Air Force Base where, just as soldiers do, they graduate from their own advanced

individual training. Handlers also train at Lackland Air Force base.

Once a dog is finished training, it is trained in their field but still inexperienced. The dog is assigned to a post, then to a handler. Handlers and their dogs must build a rapport. On a few occasions, the dog's personality doesn't mesh with its handler. Dogs are pack creatures, and view humans as part of that pack. If that dog is considered a leader in the pack there may be a control conflict, said Sgt. 1st Class Eugene Marchand, kennel master, 148th Military Police Detachment.

In the process of building rapport, it is important for a handler to learn to recognize his dog's behavior, said Marchand. This gives a handler insight into the dog's personality and what the dog responds to. Once they've built a rapport, they begin training together.

Teams train about six times a week. Handlers often take their dogs to physical training, and to the range so the dogs become accustomed to the sounds of gun shot in the field.

The dogs are trained to adapt to their environment. Therefore, there is no air conditioning for them in the kennel. However, when the heat rises to the point of dehydration, the dogs are trained more lightly.

In the kennel itself, there is a training course. The course consists of obstacles where trainers teach the dogs to jump through windows, climb stairs and walk on tile floors. The

dogs aren't used to climbing steps and walking on a tile floor because they live "the kennel life," said Marchand.

Once the team has thoroughly trained together, and the kennel master thinks the team is ready, they go before a certification authority to become certified as a K-9 team. This certification is given by someone from another post in order to avoid biases.

In order to be certified, drug dogs are required to find 90 percent of narcotics in a mock drug search. Bomb dogs are required to find 95 percent of explosive material present.

The purpose behind certification is for handlers to prove that they are capable of controlling their dog. The certification is also required for liability purposes.

Dogs are kept as long as they are an asset to the unit and as long as they can perform their job. When this is no longer true, the dogs are given up for adoption.

For their job performance, the dogs are well-rewarded with their favorite toys, affection, and finally, when the time comes, a happy retirement.

Rudy, an 11-year-old German shepherd and former military working dog, was the first military working dog to be adopted out since euthanization was outlawed two years ago. A Fort Carson family adopted Rudy Aug. 19.

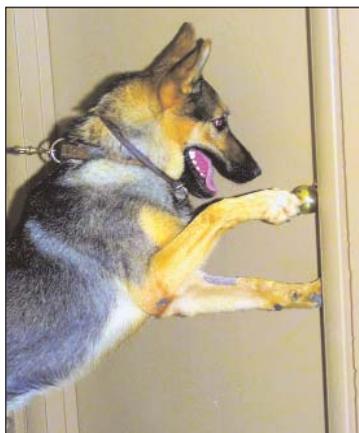
From cement floors to carpeting, from following orders to free affection, retirement is surely treating him well, said Marchand.



Staff Sgt. Scott Anderson, handler for the 148th Military Police Detachment, serves as a decoy during Uras' attack training.



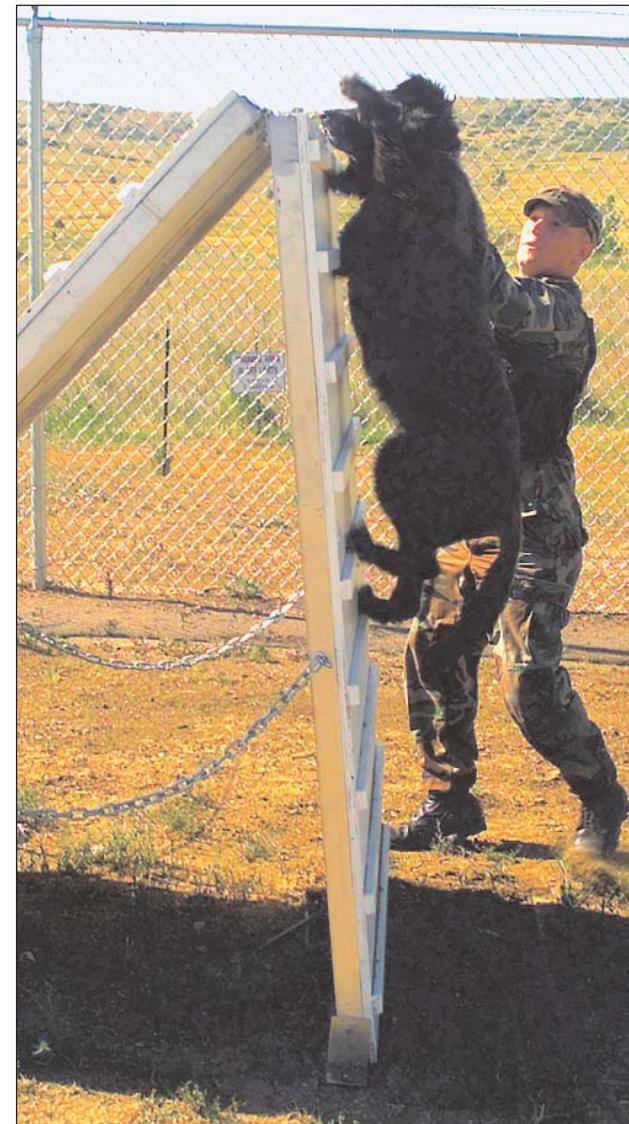
Knowing the contents of this room need be searched, Rek breaks into it in a search and seizure training exercise.



In a search training exercise, Rex opens a door to find a potential threat on the other side.



In a mock setting, Rocco sniffs for narcotics under a box in a warehouse.



Uras trains to climb in a kennel exercise with Sgt. James Martin, a handler with the 148th Military Police Detachment.

Photos by Sgt. Melissa Bernazzani



# Out & About

August 29 - September 5

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161  
Visit us at [www.fcarsonmwr.com](http://www.fcarsonmwr.com)



## FREE MOVIES!

Latest & Greatest  
Every Day of the Week!

**McMahon Theater**  
Bldg. 1517 McDonald Street

FREE Evening Movies Start 7 pm  
FREE Saturday Matinee Starts 2 pm  
Snacks are available for purchase

For the most current movie listings  
or information call 719-526-4629

### Playing This Week

Rush Hour 2	PG-13
American Pie 2	R
Jurassic Park 3	PG-13
13 Ghosts	R
K-Pax	PG-13
Longly Blonde	PG-13
Shallow Hal	PG-13

For the complete list visit  
[www.fcarsonmwr.com](http://www.fcarsonmwr.com)  
McMahon Theater can be  
found under the Recreation  
Activities Link

## Planning a Party?

Have your event at the Elkhead  
and you can now cater it yourself!



Call us today for all the details on our new catering service!

## ARMED FORCES Vacation Club



Making Resort Vacations Affordable!!

Book a Fall Week for Only \$249.95!

While most times available are during off-peak travel seasons,  
there is now a 10 day vacation available to meet your needs.

Full details and samples of resort availability can be viewed at

[www.afvclub.com](http://www.afvclub.com)

Don't have Internet Access?

Pick up information at your ITD Leisure Travel Office or  
call the Reservation Center (1-800-724-9988) and  
give them account number 7832-68669.

Installation MWR programs receive cash rebates, so  
don't forget your installation rebates when making a reservation.

**Fort Carson is AFVC Installation Number 41**

The AFVC is part of the Uniformed Services University System

January 2003 - See web site for full terms and conditions. The Official Reimbursement Request  
Form will be available to be paid for any amount of the US Government  
Military Service or 300 Manpower and Training (MPTA).

## BRING YOUR SKATES!

Fort Carson  
**Family Skate Night**  
Every Saturday  
at the Fort Carson  
Special Events Center  
Bldg. 1829, Specker Ave

10 & under and beginners  
3 - 5 pm  
All other skaters  
5 - 9 pm  
**FREE!**  
- 100 Skate  
- Great Music  
- Fantastic Light Show  
- Fun for all  
Skate Rental \$1.00

For more information,  
please call  
**524-1163 or 526-1023**

## Sports Tickets On Sale at Your

Fort Carson Information Tickets & Registration Office  
Bldg. 2429 Specker Ave - 719-526-2083

## FREE TENNIS

September 15, 2003  
Mountain View Sports Center  
Fort Carson, Colorado  
10:00 AM - 12:00 PM  
For more information  
call 719-526-3161



AN ENTERTAINMENT AND SONG EXPERIENCE by MTC

Join Today and  
receive your  
choice of an  
Incredible Action  
Hero Bowling  
Ball, at the end of  
the 20 week  
program!

This is a club, not a  
league. You can bow  
anytime during open  
play. 3 games a week.  
30 weeks long and only  
\$10.00 a week.

Thunder Alley Lanes  
5031 Chino Ave, Suite 301E  
Fort Carson, CO 80613

For more information, please  
call 526-5142

# SKI Sale

Up To **30% Off**  
Ski Apparel & Accessories

For more information, please call 719-526-8723  
All other exclude firearms & ammunition except the hunter's rifle.

## Library Storytime resumes on September 17th.

It meets every Wednesday morning from  
10:30 - 11:00 and provides children ages  
3-6 with fun, stories, and crafts.  
The theme of this year's programs  
is "What Hat Do I Wear?"  
For more information call  
526-2350.

# Sports & Leisure

## Full speed ahead

### Wellness Center helps Bolden recover

by Bill Scharton  
Mountaineer staff

In May of 2002, Karen Bolden began her walk on the Mountain Post Wellness Center comeback trail. The walk would turn into a run and the comeback trail would eventually turn into the road to recovery.

Bolden arrived at Fort Carson in August of 1998 to be the senior chaplain assistant at the rank of master sergeant. About, one year later, she inexplicably began to lose a lot of weight.

This weight loss continued for about a month and then stopped. She regained the weight and felt as if her health was returning to normal.

Then in early April of 2000, Bolden began to experience headaches on a daily basis. "I took over-the-counter pain medicine, but it provided only temporary relief," said Bolden. "The headaches would return every day and they caused serious pain."

At the end of April, in addition to the headaches, Bolden began to have vision problems. She reluctantly went to sick call. "A lot of soldiers do not like going to sick call," said Bolden. "There seems to be a lot of waiting and you can waste a lot of time."

Bolden was told she had pink-eye, an acute, contagious form of conjunctivitis. She received treatment and said "one eye got better, and one eye continued to get worse."

Further examination and treatment at Evans Army Community Hospital brought doctors to the opin-

ion that Bolden might be having optic neuritis caused by the early stages of multiple sclerosis. Bolden underwent a Magnetic Resonance Imaging and showed no signs of MS.

She was referred to doctors at the Air Force Academy hospital. Bolden had three tests for MS at the academy hospital and all three were negative. The stymied Air Force doctors referred her to a Dr. Bennett and associates at University Medical Center in Denver in August of 2000.

Bolden underwent more tests, including spinal taps, and was placed on steroids. This lessened the headache pain and helped her vision slightly. It also caused a serious weight gain of about 70 pounds.

A couple of months later, Bolden thinks her body became immune to the steroids and treatment and she once again began to have more serious vision problems. In February 2001, Bolden and Bennett made the decision to do brain surgery.

The surgery helped Bolden's vision in her right eye, but Bennett and his associates were still having difficulty diagnosing the condition of the left eye. There was infection in the left eye optic nerve and chemo therapy was the next plan of attack.

Bolden experienced the normal side effects of chemo therapy like hair loss and nails turning black.

She continued to have MRIs monthly while undergoing chemo therapy. Her lack of improvement soon led to depression.

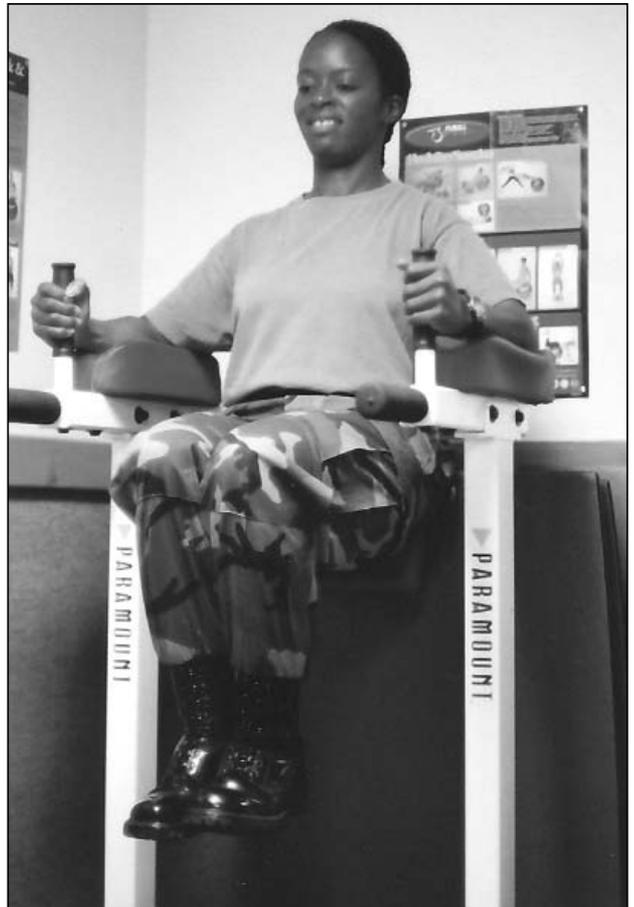
"I was embarrassed to look in the mirror," said Bolden. (She has an identical twin and the resemblance was no longer there.) "I did not go upstairs to the bedroom that I shared with my husband.

"At work, I did not feel like a leader anymore. I was not setting a good example for the soldiers. People did not know what was going on and I had to try to explain the situation on a regular basis.

"I did not go to the chaplains because I work with the chaplains. My husband knew that I had really built up a wall."

According to Bolden, the low point came in August 2001 when she failed the Army Physical Fitness Test run. On top of this, Bolden learned her husband would be deployed to Afghanistan in March 2002.

"I was still on steroids and chemo and he did not want to leave me," said Bolden. "I tried to assure



Photos by Bill Scharton

**Karen Bolden performs abdominal exercises at the Mountain Post Wellness Center. Bolden said the wellness center helped turn her life around.**

him I would be OK."

Shortly after his deployment, in May 2002, Bolden walked into the wellness center. "I knew the wellness center was here, but I had shyed away from it," said Bolden. "I had the wrong impression of it. I had tried just about everything else. I did not want to be referred to the wellness center by my command, so I finally went there on my own."

After the completion of the wellness center profile, Bolden said her road to recovery started happening almost immediately. She was placed on a FITLINXX program and positive results were rapid.

"The wellness center staff asked 'what do you want to accomplish,'"

said Bolden. I answered and they set up a great program for me. "The staff gave me hands on help and guidance with the program and equipment. I also took their healthy cooking classes and started taking vitamins. All of this, the whole program, made me much more aware of my body."

The good, positive results kept Bolden motivated, so much so that she became a FITLINXX program monthly award winner three times in eight months at the wellness center. Her husband returned to Fort Carson in August 2002 and Bolden's improvement made the homecoming an incredibly pleasant surprise for



After starting her program at the Mountain Post Wellness Center, Karen Bolden won FITLINXX monthly awards on a regular basis.

### Sports briefs

#### Byers to appear at commissary today

World champion Greco-Roman wrestler Dremiel Byers, a member of the Army World Class Athlete Program wrestling team at Fort Carson, is the featured Army athlete on the first ever Armed Forces Sports/General Mills Commemorative Cheerios Box.

Byers will be at the Fort Carson commissary today from 11 a.m. to 1 p.m. to sign Cheerios boxes for commissary patrons. These Cheerios boxes are being sold only in the commissary system and feature an accomplished athlete from each branch of the military services.

#### Aces get another shot at a state softball title

The Aces, a Fort Carson based men's competitive slowpitch softball team, won its first game and then dropped two in a row last weekend at the Independent Softball Association Colorado state tournament in Widefield.

The Aces will get another shot at a state title this weekend when they play in the United States Slowpitch Softball Association Colorado state class E tournament in Loveland.

#### Boxercise class expanded

The boxercise class will now take place Monday through Friday from 6:30 to 7:30 a.m. at the Special Events Center.

Boxercise is a high-impact, full-body workout that will improve physical training scores according to the instructor, Lavelle R. Sims. For additional information, call Sims at 526-5871 or 661-2320.



Photo by Bill Scharton

### *Flag football action ...*

Gary Wyroski, quarterback, 5025th Military Police Detachment, gets rid of the ball in the nick of time during an intramural flag football action at the Mountain Post Sports Complex. The first half of the intramural flag football schedule came to an end this week. The second-half of the intramural flag football play is slated to begin Sept. 8. The top four teams from first half action will play the top four teams from second-half action in a post-season tournament to decide the Mountain Post intramural flag football championship for 2003.

# Carson Middle School athletes practice for upcoming games

by Bill Scharton  
Mountaineer staff

The pads are popping and this signals that the season opening football games for the Carson Middle School seventh- and eighth-grade teams are right around the corner.

The Eagles will go on the road Wednesday for their season opening pigskin contests. The teams will play their middle school counterparts at Cheyenne Mountain. The seventh-grade game kicks off at 3:30 p.m. and is followed immediately by the eighth-grade contest.

The first home games of the season are slated for Sept. 8. Home games are played at the campus football facility. One home game might be played under the lights at another site on post.

Second-year head coach Justin Arnell had the Eagles in pads for the first time last Thursday and was not pleased with the squad's lack of intensity at the start of practice.

"You guys look dead out here," he told the troops. "It is the first day of hitting and you guys should be pumped." After this admonition, the pace of practice picked up.

Conditioning and fundamentals have been stressed by the coaching staff in the pre-season. Arnell vows that conditioning will not be a factor in the outcome of

a game this year.

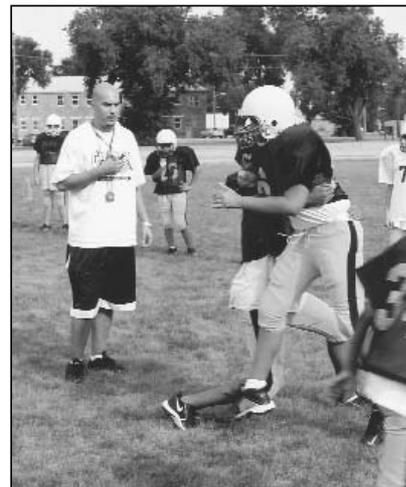
"When you start the season, you cannot assume that the players know what to do," said Arnell.

"Fundamentals and conditioning play a huge role at this level. Talent, of course, plays a huge role as well."

The Carson Middle School football teams will play in a league that has two divisions. The Eagles will be a member of the Small Division that also includes middle school teams from Skyview, Falcon, Ellicott and Florence-Penrose. The other division will be the Large Division and includes teams from Canon City, Cheyenne Mountain, Woodland Park, Fountain and Horizon. Eighth grade teams will play a post-season playoff game against the team from the other division with the same ranking in the division standings.

Head Coach Michelle Secor and her seventh and eighth grade girls volleyball squads will also open the 2003 campaign Wednesday. The Eagles will travel to Falcon for the season opener. The first home matches of the season will be Sept. 8 against Cheyenne Mountain. Seventh grade matches start at 3:30 p.m. followed immediately by the eighth-grade match.

The 2003 Carson Middle School cross country coach is Demetra Casseus. Tuesday, she will take the Eagles to Woodland Park for the first meet of the season.



**Carson Middle School head football coach Justin Arnell watches the pads pop Thursday during the first day of contact drills. The Eagles begin the 2003 campaign Wednesday on the road at Cheyenne Mountain.**

# Getting ready

## George still prepares for championships

by Bill Scharton  
Mountaineer staff

Amateur wrestling's biggest show will be staged in New York City's Madison Square Garden Sept. 12 to 14. World championships in both men's and women's freestyle wrestling will be decided at this event.

Fort Carson's Tina George will be battling for a women's world freestyle title in the 55 kilograms/121 pound weight class. George is a member of the Army's World Class Athlete Program wrestling team that operates out of Fort Carson.

Last year, George placed second in her weight division at the World Championships in Greece. She lost by decision in the final to a wrestler from Japan.

George is completing her second and final World Team camp this week at the Olympic Training Center in Colorado Springs prior to taking off for the World Championships competition. She is working on conditioning and technique improvement this week

at camp.

"I'm feeling confident right now," said George. "I will be heading to New York with a gold medal in mind."

The United States men's Greco-Roman wrestling team will attend the world freestyle championships as a show of support and to get pumped up for their own world championships in October in France. Army WCAP head wrestling coach Shon Lewis is the head coach for the United States men's Greco-Roman world team.

According to George, several members of the Army WCAP wrestling team from Fort Carson plan to take leave to attend the world freestyle championships. "I really appreciate their support," said George. "It will be great having them at the world championships."

George, along with three other United States women's freestyle wrestling teammates, made history in early August when all four wrestlers won gold medals in the first-ever women's freestyle wrestling competition at the Pan American Games.



Photo by Bill Scharton

**Tina George, top, an Army World Class Athlete Program wrestling team member at Fort Carson, trains with a partner at the Olympic Training Center in Colorado Springs. George will be going for gold Sept. 12 to 14 at the women's World Championships at New York City's Madison Square Garden.**



Photo by Bill Scharton

**Karen Bolden, front, does a weight-training exercise at the Mountain Post Wellness Center with the help and guidance of center director Bridget Minihane.**

## Bolden

From Page 19

her husband.

“He was speechless,” said Bolden. “He was really, really amazed at my improvement in such a short period of time.”

In addition to the FITLINXX program, Bolden has hit the road running once again. She now runs a planned program of different distances five days a week. She says she now has a new found love for running.

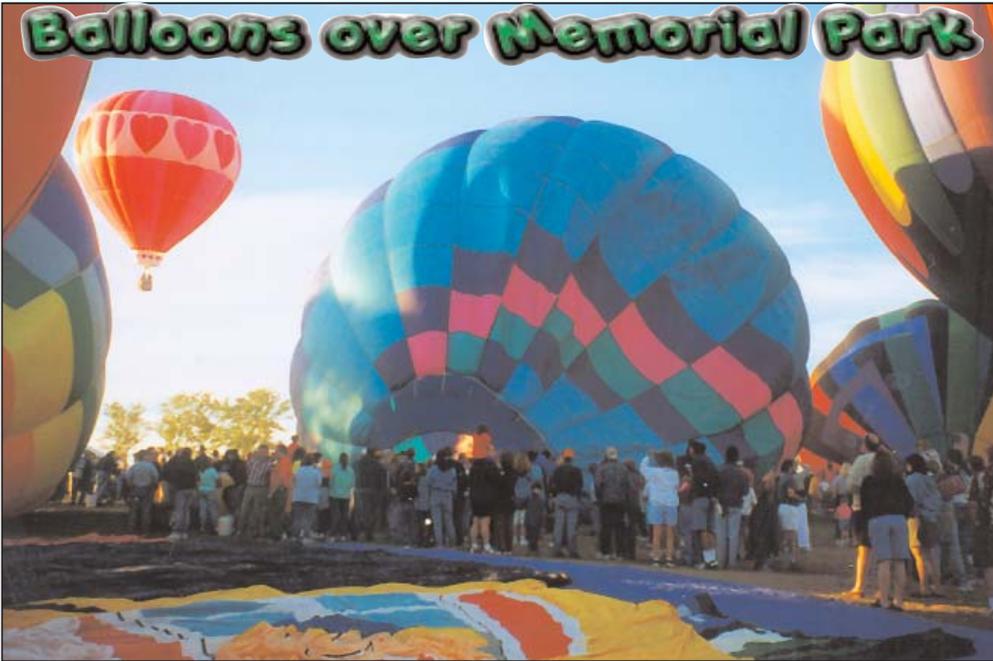
“Before I got sick, I hated running,” said Bolden. “Then when I couldn’t do it, I experienced a different feeling about it.”

Bolden had a goal of running 10 miles before being transferred from Fort Carson. She did this for the first time four weeks ago and she now plans to run in the Army Ten miler in Washington, D.C., in October.

Bolden left Fort Carson Aug. 21 for her new assignment at Fort Sill. She still has some vision problems in her left eye, but it seems to be just a minor setback for her nowadays.

Bolden will fondly remember the Mountain Post Wellness Center comeback trail and road to recovery forever. “I am convinced that if it was not for the Wellness Center program, I would not be the person I am today.”

# Balloons over Memorial Park



Some balloons are beginning to lift off as others are in process of inflation at last year's Balloon Classic in Memorial Park. The 27th annual classic is set for Saturday, Sunday and Monday.



Story and photos  
by Nel Lampe  
Mountaineer staff

ot air balloons seem to fascinate people. Let one float by and people point, pull to the side of the road and gawk. But just think of the Colorado Balloon Classic, when more than 103 balloons will be laid out on the grassy fields of Memorial Park, crews will pull ropes, start propane burners and fans, and fill colorful envelopes with hot air, and anybody can watch. To see the balloons up close, be at Memorial Park about dawn Saturday, Sunday or Monday.

More than 100 balloons have filled the skies above Colorado Springs every Labor Day weekend for many years. This year marks the 27th anniversary of the Balloon Classic. The first year a few hundred people were on hand for the balloon event. The Balloon Classic now draws more than 225,000 people who get up early to walk among balloon crews and watch balloons launch.

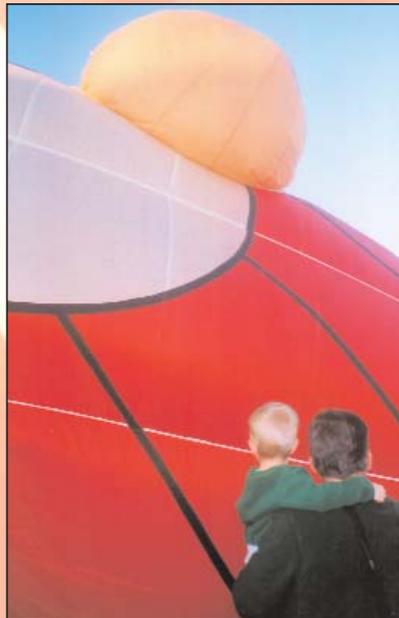
Crews are on hand well before dawn each day, readying the balloons for takeoff. Spectators are also on hand, many with cameras, waiting for morning light and liftoff. Some people

grab a good viewing spot and set up chairs they've brought along and others walk among the balloon envelopes being spread out on the grass. Other people find a cup of coffee and perhaps a doughnut or some other treat at one of the food booths set up in the park.

Finally, the soft sound of a propane burner flame can be heard, followed by the sound of fans filling balloons with hot air. Slowly, brightly colored balloons begin to take shape.

Most balloons at the Balloon Classic are traditionally shaped, sort of like a light bulb. Some balloons are made in special shapes, such as soda cans, birds, hotdogs and trucks. Although several special shape balloons have been in the classic in years past, this year very few shapes are scheduled. The RE/MAX house, the black and white cow and a pig are expected.

The special shapes usually take longer to inflate and are among the last to lift off.



Early risers get an up-close view of a balloon being inflated at last year's Balloon Classic.

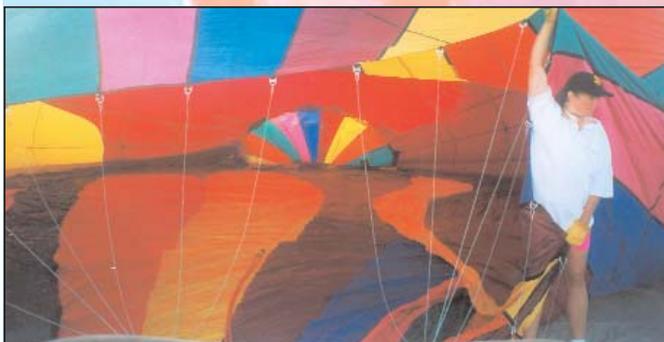
As there are too many balloons to lift off at the same time, there are usually two waves of balloons. The first wave takes off at about 7 a.m. Then the rest of the crews move their balloons in to take over vacated space and the second set of balloon crews begin inflation procedures.

Spectators begin gathering in the park about 5:30 a.m. when the Dawn Patrol takes off. These early balloons check out flight conditions and weather and report back to the park.

An announcer keeps everyone informed about weather, balloon facts and trivia and which balloon is lifting off.

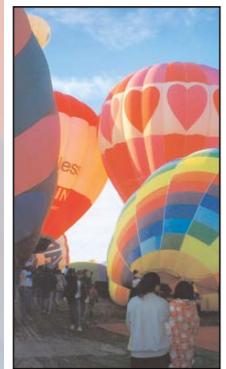
If weather permits, inflation begins in earnest about 6:30 a.m.

In years past, some pilots dip their



A balloon crew member holds the throat of the balloon open in preparation of inflation, allowing onlookers a different perspective of a balloon.

# Happy Beginnings



Places to see in the Pikes Peak area.

Aug. 28, 2003

## Balloons

From Page 25

balloon's basket into Memorial Park's Prospect Lake before taking to the skies. But because the lake is very low, Classic organizers don't expect the tradition to be honored this year.

The actual flight path of the balloons is at Mother Nature's discretion. The balloons usually head in a southerly, southeasterly direction.

Don't leave too soon — the Balloon Classic isn't over just because the last balloon has lifted off. There's entertainment and activities to last until 10 a.m.

Entertainers include the Sweet Adelines, Andean New Age Music, Colorado Springs Conservatory and Universal Kempo Karate. Bowers Multicultural Dance, Candelario, Pikes Peak Line Dancers, Jeremiah the Magician and Moonlighting Services will also be on hand.

Most entertainment is on the Entertainment Stage but a few entertainers walk through the crowds.

The Air Force Academy's "Wings of Blue" skydiving team will jump into Memorial Park's Rose Bowl about 8 a.m. each morning.

There's activities for youngsters during the Classic as well. A children's area includes helium-filled balloons, a rock-climbing wall, a



Early morning spectators watch a balloon about to be launched at the Balloon Classic.



Silhouettes of spectators at the Balloon Classic are seen from inside a balloon.



Early-morning crowds watch as balloons are inflated for a 7 a.m. lift off at the 2002 Classic.

bounce house, a trampoline and a small Ferris wheel.

How about having breakfast in the park? There's a Country Breakfast Tent where breakfast is served from 5:30 to 9:30 a.m. Food vendors around the launch area sell foods such as funnel cakes, cinnamon rolls, doughnuts, kettle corn, and Cajun food.

There's a photo contest open to professional photographers and amateur adult, junior and digitally enhanced divisions. Rules and an entry form are at the Web site [www.balloonclassic.com](http://www.balloonclassic.com) or at the information booth during the event. Contest photos entered must be of this year's classic.

The Colorado Balloon Classic is the second largest event in Colorado, coming in under the Colorado State Fair for attendance records. It's ranked as one of the top 100 events in the nation.

Souvenir programs are sold throughout the park. Vendors sell T-shirts, pins and other Balloon Classic souvenirs.

Leave the pet dog at home as pets aren't allowed at the classic. Smoking is not allowed in the park during the Balloon Classic.

The Balloon Classic isn't just an event for early morning risers. There's also the RE/MAX Balloon Glo(r) Saturday night at 8 p.m. Also held in Memorial Park, the Balloon Glo(r) begins about 5 p.m. when "Radio London" presents a concert. A barbecue dinner will be served in the food tent, beginning at 5 p.m. Catered by Howard's Barbecue, adults pay \$10 and children are \$5.

Another glow event is Sunday, beginning at 5 p.m., when "North" is in concert on the Entertainment Stage.

Concession vendors will also be on hand both evenings, from 4 to 9 p.m.

Crews start laying out balloons about 7:30 p.m. and inflation begins at 8 p.m.

The balloons are filled with hot air, just as the morning event, but the balloons are tethered to prevent lift off. Each time a burner is lit to keep the balloon inflated, the balloon lights up like an enormous Christmas light. When several balloons light at the same time, it is spectacular.

For information about the Colorado Balloon Classic, go online to [www.balloonclassic.com](http://www.balloonclassic.com).

It's even possible to ride a balloon during the classic. The price is \$175 per person, for anyone older than 13. Call 578-0935 or check the Balloon Ride Concession Booth in Memorial Park.

Memorial Park is on Pikes Peak Avenue,



The sky over Memorial Park is filled with balloons at the 2002 Balloon Classic.

between Union Boulevard and Hancock Avenue. Take Interstate 25 or Highway 115 to downtown, then take the Bijou Street Exit, go south one block and head east on Pikes Peak Avenue until arriving at the park. It's about 10 blocks from downtown. The launch site is in the middle of the park. Parking is streetside; parking lots in Memorial Park are set aside for balloon crews and Balloon Classic officials. Give yourself enough time to walk to the park before liftoff.

There's no admission fee.

### Just the Facts

- Travel time    20 minutes
  - For ages        all
  - Type            hot air balloons
  - Fun factor    ★★★★★ (Out of 5 stars)
  - Wallet damage    free
- \$ = Less than \$20  
 \$\$ = \$21 to \$40  
 \$\$\$ = \$41 to \$80
- (Based on a family of four)

## Get Out!

### Colorado State Fair

The Colorado State Fair runs through Sunday. Hours are 10 a.m. until midnight Fridays through Sundays. General admission is \$7 Friday, Saturday and Sunday. Children 6 and younger are admitted free when accompanied by an adult. The Colorado State Fair is at the State Fairgrounds in Pueblo. Follow the signs on Interstate 25 south. For information about the fair and concerts, visit [www.coloradostatefair.com](http://www.coloradostatefair.com).

### Fall Festival

The 34th Fountain Fall Festival starts with a barbecue supper and dance at 5 p.m. at the City Hall Plaza Sunday. Monday's activities start with a pancake breakfast at Fountain Middle School, 515 N. Santa Fe, beginning at 7 a.m. A 10 a.m. parade is followed by activities in Metcalfe Park from 11 a.m. to 4 p.m., and includes entertainment, a car show, a tractor pull, crafts and children's activities. For more information, call 382-3190.

### Football

Are you ready for some football? The Air Force Academy football season opens Saturday at noon, when the Falcons host Wofford in Falcon Stadium at the Air Force Academy. For tickets, call 472-1895. The next game is Sept. 12, when the Falcons host North Texas State.

### Arts and Craft Fair

The annual Commonwheel Arts and Craft Festival in Manitou Springs is Saturday, Sunday and Monday, in Memorial Park in Manitou Springs. Hours are 10 a.m. until 6 p.m. Activities include food, entertainment, arts and crafts. Free admission.

### Military Insignia Show

The American Society of Militaria Insignia Collectors is hosting a convention and collectibles show in Denver at the Holiday Inn at Denver International Airport, Friday, Saturday and Sunday. Call (303) 277-1077 for information. Admission is \$6 for adults.

### Vintage baseball

Rockledge Ranch Historic Site hosts the Colorado Vintage Base Ball Association game with the Camp Creek Sluggers for an 1880s style baseball game. Bring a lawn chair, umbrella and a picnic lunch and watch the baseball game Monday at noon. Soft drinks, popcorn and candy will be sold. Admission is \$5

### Car show

A Classic Auto Show is Sept. 5, 6 and 7, at Pikes Peak International Raceway south of Fort Carson on Interstate 25. The show draws hundreds of hotrods, custom and classic cars.

### Bear Creek Nature Center

The Bear Creek nature Center in Bear Creek Park has trail hikes and bluegrass music Saturday from 11 a.m. to 1 p.m. Entrance is free, for more information call 520-6387.

### Food fest

"A Taste of Colorado" is one of Denver's most popular fests, featuring food from restaurants as well as entertainment, a carnival, music and arts. It's in downtown Denver Saturday and Sunday from 11 a.m. to 10:30 p.m. and Monday, 11 a.m. to 8:30 p.m. Call (303) 478-7878 or go online at [www.atasteofcolorado.com](http://www.atasteofcolorado.com).

### Buffalo Bill

Entrance is free at the Buffalo Bill Museum in Golden on Sept. 6. Beginning at noon, buffalo burgers will be sold on the deck of the museum or bring your own picnic lunch, enjoy the view and a free concert and tour the museum for no charge, beginning at 1 p.m. For more information call (303) 526-0744. The Buffalo Bill Museum and Grave is at 987 1/2 Lookout Mountain Road in golden, take Interstate 70 to Exit 256.

### 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.

### 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.

### New Arts Center exhibit

The Sangre de Cristo Arts Center in Pueblo honors the artist's centennial birthday with three exhibits honoring Gene Kloss. Kloss, a Taos, N. M., artist, is honored with three exhibits: "The Early Years," is in the King Gallery through Nov. 29; "Drawings" are on the second floor Foyer Gallery Saturday through Nov. 8 and "Gene Kloss: A Centennial Tribute" is in the White Gallery Sept. 9 through Nov. 1. Admission to the Arts Center is \$4 for adults and \$3 for children. Art Center admission also includes the Buell Children's Museum. The Arts Center is at 210 N. Santa Fe Ave., off Exit 98b, Interstate 25 south.

### Performing Arts Series

The Sango De Cristo Arts Center in Pueblo announces its 2003-2004 "Center Stage" season. "The Guys" is Sept. 24; "Dallas Brass" is Jan. 29, "Les Ballets Jazz de Montreal" is March 1, "Black Broadway" is March 24 and "Mark O'Connor" is April 26. A season ticket is \$90, all performances begin at 7:30 p.m.; seating is reserved. Call (719) 295-7222. The theater is at 210 N. Santa Fe Ave., off Interstate 25 south, Exit 98b.

### Bill Cosby

Bill Cosby is at the Pikes Peak Center Sept. 26 for shows at 6 and 9 p.m. Tickets begin at \$45; call Ticketmaster at 520-9090.

### Cher

Cher's Farewell Tour is in the Colorado Springs World Arena Oct. 1 at 7:30 p.m. Tickets are at the box office or 576-2626.

## Happenings



Photo by Nel Lampe

### *Football season ...*

**The Air Force Academy football season begins with a home game Saturday versus Wofford College. Kickoff is at noon. Call 472-1895 for tickets.**

**The Academy hosts Army in a home game Nov. 8.**



Program Schedule for Fort Carson cable Channel 10, today to Sept. 5.

Army Newswatch: includes stories on swearing in the Chief of the Staff for the Army, troops in Iraq and training for the Olympics (repeat). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on Marine Corps Air Station Miramar, Calif., Fleet Activities Yokosuka, Japan, and Sailors in Rota, Spain. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on airmen in southwest Asia, high-tech identification procedures and improving schools in Hawaii (repeat). Airs 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](mailto: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.