

Mountaineer

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Sept. 5, 2003

Troops deliver food to Iraqis

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

AL SAREAIY, Iraq — In one of the little pockets of this meager, out of the way village, a young Iraqi girl is crying. It's not tears of sadness she's crying; it's tears of joy.

An U.S. soldier has just given her a bottle of shampoo and she is so overwhelmed with gratitude for having such a luxury it causes her tears to flow.

This is one positive result that happened during one of civil affairs' humanitarian missions in Iraq during Operation Iraqi Freedom. That kind of result is what soldiers from several different sections were aiming for when they went on two special humanitarian missions Aug. 17 and 24.

"That's what makes you want to scavenge some more goods up to give to the people," said Sgt. 1st Class Mark Hicks, 490th Civil Affairs Battalion, from Abilene, Texas.

Scavenge is what soldiers from several sections on Rifles Base did to get the food, toiletries and other household products to take to the villagers. They got permission to use excess rations from other humanitarian missions and collected food and other goods from personal stashes, roommates, other soldiers in

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Photo by Sgt. 1st Class Gary L. Qualls Jr.

Spc. Ronnie Rutledge, 490th Civil Affairs Battalion, hoists a box of food rations to give to the people in the village of Al Sareaiy, Iraq.

Families voice deployment concerns for returning soldiers

by Pfc. Stephen Kretsinger
Mountaineer staff

Deployments can be hard on families and soldiers, but they are a part of military life.

Back-to-back deployments are even harder. Soldiers and their family members have concerns about what the Army expects of them, as well as spouses or parents deploying a second or third time after a short return home. This was an issue discussed at a town meeting held Aug. 8 at the Mountain Post. Gen. Larry R. Ellis, commander, U.S. Forces Command, acknowledged these concerns and referred to the policy that allows a stabilization period.

"The stabilization policy allows 30 days stabilization period for every month of deployment," said Lt. Col. Patrick Devine, assistant chief of staff, G-1 adjutant general, Headquarters Company, 7th Infantry Division. This stabilization can be up to a maximum

of six months.

However, the first general officer in the chain of command can waive this stabilization, should the need arise.

To have units at 100 percent mission readiness, the Enlisted Personnel Management Division cannot afford the six-month stabilization maximum, said Devine. This has caused the maximum stabilization to be reduced to 90 days.

As more soldiers are assigned to the Mountain Post, the stabilization maximum could be returned to six months because the newly assigned soldiers will deploy, replacing the soldiers returning home, said Devine.

Editor's note: This is just one community issue Ellis addressed during his visit to Fort Carson. Other issues will be discussed in upcoming issues of the Mountaineer.

Carson soldiers return from Iraq

by Pfc. Stephen Kretsinger
Mountaineer staff

The crowd stirred as the two tour buses roared into the parking lot of the Special Events Center Friday at 10 a.m. Immediately, soldiers rushed to the back of the building with clipboards in hand, ready to manifest the returning soldiers.

One by one, the suntanned soldiers stepped off the buses and got into formation, only a few yards away from their loved ones, who sat inside patiently.

"I couldn't stand it," said Staff Sgt. Dan Wentzel, 59th Military Police Company, knowing his wife, Shannon, was only a few feet away. Wentzel had been in Baghdad since April.

The returning soldiers stepped forward to give their names to the manifesting officers and noncommissioned officers. They made sure everyone was accounted for; everyone was.

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Feature



Fort Carson soldier athlete is pictured on a box of Cheerios. See Page 16, 17.

Happenings



An English Tudor-style castle near Garden of the Gods can be visited. See Page 25.

Gate 3 and 4 open

Gate 3 is now open for inbound and outbound Department of Defense registered traffic.

Nonregistered vehicles must use Gate 1.

Gate 4 will not close during construction.

Post Weather hotline:
526-0096

Post to gather to remember Sept. 11

Two years ago, our nation endured a national tragedy unparalleled in its wanton destruction.

A handful of terrorists, combining modest financial resources with a substantial allegiance to evil, hijacked four commercial airliners and flew them as kamikazes into the World Trade Center towers, our Pentagon, and a quiet field in Somerset County, Pa. As a result, our nation was changed forever.

Though we have recovered, we miss our freedoms and previous way of life prior to Sept. 11. During recovery efforts at Ground Zero, white lights extended towards the heavens framing the vanished towers. We try to harness our anxiety; we try to convey our tragedy; and, we try to reclaim our peaceful lives.

Thursday at 8:45 a.m., the Fort Carson community will gather at Soldiers' Memorial Chapel to honor the fallen heroes of Sept. 11. The ceremony will pause four times, twice for each of the attacks on the World Trade Center. In less than two hours, more than 3,000 people perished inside the World Trade Center towers, along with 343 firefighters and paramedics, and 60 police officers. Imprinted on our minds are the hopeless victims falling from the highest windows and the true heroes ascending the dark

stairwells and corralling people to safety. They never knew their ultimate sacrifice, and today we cannot properly express our profound gratitude. The ceremony will pause twice more for the attack on our Pentagon, and for the passengers and crew of Flight 93 that crashed in Pennsylvania scarring the countryside with those "patriots' souls."

We remember where we were when we heard the news. We remember the shock as we watched planes hit symbols of freedom and democracy.

This will be the second time that we, as soldiers, families and as the Fort Carson community, will gather to remember a tragic day. While we will reflect on the great sorrow and loss, we will stand steadfast in our resolve to protect this great nation.

On that Sept. 11, as generations before us, we learned, that the values of life and liberty, which we cherish so deeply, cannot be taken for granted. Instead their preservation and protection must be the constant object of our common purpose. The attacks two years ago reconfirm that freedom has a price.

Around the world, soldiers are fighting the Global War on Terrorism, creating the conditions for peace in Iraq and helping to maintain it in Liberia, while always

training for missions that are certain to come, protecting and defending our homeland, and transforming for the future.

Our 34th Chief of Staff of the Army, Gen. Eric Shinseki, said we are, "Soldiers on point for the nation." And that, leadership, courage, sacrifice, and trust carry us through the timeless struggle to maintain our way of life ... these are principles that sustain us.

We enjoy our freedoms because of sacrifices made by many before us. Now, it's our turn to bear the burden for our children, for our children's children, for our fallen comrades, for America, and for the world.

Last year, the U.S. Congress established the National Moment of Remembrance to honor those who exhibited great courage and determination in the face of tragedy. The resolution states, "We stand with courage united in our resolve to overcome the threat against our nation. We stand with courage united in our conviction that true freedom is worth the patriot's peace."

I thank you for being patriots, and I thank you for your daily resolve to the freedoms of this nation that sometimes require a heavy price.

Some time ago, our president spoke of America as the, "Brightest beacon for free-



Wilson

dom and opportunity in the world." Lady Liberty's torch still shines bright today, and the light of her torch not only welcomes "those huddled masses," but shines bright over the heroes and victims who lost their lives in the attacks of Sept. 11.

Please join us Thursday at 8:45 a.m. at the Soldiers' Memorial Chapel as the Fort Carson community unites with citizens across this nation and demonstrates our unity and resolve as we stand with courage.

Bayonet!

Maj. Gen. Robert Wilson
7th Infantry Division and Fort Carson commanding general

Becoming an American: A journey from a cattle ranch in Colombia

Commentary by Lt. Col. Fernando Manrique
U.S. Air Force Academy

"I'm an American soldier too!" Those simple, powerful words were spoken by Prisoner of War Pvt. Jessica Lynch, upon being rescued in a darkened hospital in Iraq. Those words resonated with truth for me.

"I am an American soldier too," I thought.

An unlikely set of events have transpired to make those words come true for me. As the sixth child of a Colombian cattle rancher, I should have grown up and continued the family ranching tradition in the ancestral lands of the State of Huila, Colombia, where the Manrique de Lara family settled in the early 1600s. They had been looking for a new life in the New World, and settled in the Magdalena River Valley, an area that reminded them of their home in southern Spain.

But 374 years later, I embarked on a different journey to another new world, leaving a troubled land for one that promised a life free of fear and uncertainty. My new life began appropriately at a southern military boarding school called Hargrave Military Academy in Chatham, Va. I was 15 and proudly wearing the uniform of first sergeant in the Marching Band Company. My journey to becoming an American soldier had inadvertently begun.

After two years of marching to breakfast, lunch and dinner, I graduated near the top of the class and was accepted into the College of William and Mary in Virginia. "No more uniforms for me," I thought at the time. I wasn't quite sure about what to study, but had always enjoyed learning about relations amongst nations, thus I majored in government and international politics. It

was as an undergraduate at William and Mary that I met the two most important people in my life. One was Kathy Dickerson, my college sweetheart and future wife. The other was Jeff Bakewell, my aviation obsessed roommate and the person who would spark my interest in flying.

Kathy began my transformation from Colombian to American. It was through her family I learned the traditions of Thanksgiving, Christmas, Easter and more importantly, Dallas Cowboys football. Jeff, on the other hand, shared with me his passion for flying, and I spent countless hours in his Cessna 172, '59 model, flying between Virginia and the Bahamas and Daytona Beach during our spring-break jaunts. He was the pilot, and I was the trusted copilot.

After college, Jeff promptly joined the Air Force to begin his flying career. Kathy and I were married one day after graduation, and departed for Colombia for a long honeymoon at "Balmoral," my family's cattle ranch. A few months later, while in the midst of T-38 formation flight training at Laughlin Air Force Base, Texas, Jeff called me at home and insisted I was destined for an Air Force flying career. Never mind I was neither a U.S. citizen, as required by law to be an officer, nor had any formal flying training, except for our spring break trips in the venerable Cessna 172.

The citizenship issue was fixed with a visit to the office of U.S. Senator Lloyd Bentsen, D-Texas, where his helpful staff promptly submitted my application for naturalization. Within six months, I was a brand new U.S. citizen. Not able to afford formal flying training, I bought a basic flight manual aptly called "Stick and Rudder," mem-

orized it, and went for my first visit to an Air Force recruiter. It must have paid off, as my Air Force Officer Qualifications Test scores were high enough to qualify for a pilot slot after completion of Officer Training School. I had embarked on my improbable journey.

After a grueling year of Undergraduate Pilot Training in Del Rio, Texas, Kathy and I were off to see the world with our first operational assignment to Kadena Air Base, Japan.

At the end of five years of countless typhoon evacuations, alerts, and numerous flying exercises throughout Asia, it was time to return to the United States and start our family.

Several assignments later, I was called by a staffer at the U.S. Air Force Academy to inquire about my interest in coming to Colorado Springs to teach Spanish to cadets. The timing worked out perfectly.

At the Academy, I was given the task of teaching cadets about Latin American culture. I was able to take the students on trips to Latin American countries. It was on one of these trips I realized I had completed the journey from being a Colombian to American.

I was selected as the escort officer to lead a delegation from Air Force Academy to the Republic of Colombia. There I was, the sixth son of a Colombian cattle rancher, representing the U.S. Air Force and the Air Force Academy, briefing the chief of staff of the Colombian Air Force on educational and training programs of the U.S. Air Force.

My journey was complete. I, too, was an American soldier.

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MOUNTAINEER

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News

Treats instead of troops needed in Iraq

by Staff Sgt. Marcia Triggs
Army News Service

WASHINGTON — Boxes of treats and books, not more troops, is what some are saying soldiers deployed to Iraq need.

A Reserve officer currently serving in Iraq is trying to open a library in his area of operations to keep soldiers entertained. Operation Freedom's Library has been dubbed the name of the mission, said Maj. Richard Miller, a native from Minneapolis serving with the 19th Corps Materiel Management Center serving with the 19th Support Center in Wiesbaden, Germany.

A friend of Miller's, Lainie Guthrie, came up with the name, and has been instrumental in recruiting friends and coworkers from Hewlett-Packard, he added.

"There are only so many things soldiers can do here, and they eventually will have seen every movie that has been sent and played spades more than enough times," Miller wrote in a mass e-mail that he sent out to friends and family members.

Miller started filling the library's imaginary shelves with magazines left on airplanes, and used books donated by family and friends. Likewise, the zealous reservist got his civilian employer, Toro Company, involved and is expecting 23 boxes of books and magazines that were collected at a book drive.

"I have friends and organizations from across the

U.S. contributing," Miller said. "I did have a publishing company offer 70,000 books from their Tennessee warehouse. They were concerned about the cost of mailing them here so I suggested either a donation to the Red Cross ... or take them to Fort Campbell, (Ky.), and donate them to deployed soldiers in the 101st Airborne (Air Assault) Division."

Romance novels, westerns, technology magazines and a gamut of other types of reading material are needed to round out the library. However, new is not a requirement.

"We have been out here so long that old stuff is new to us," Miller said. "It would give the troops that are pulling guard duty and traffic control point duty something to do on their off hours."

Individuals who want to donate reading material to Operation Freedom's Library can e-mail Miller at richard.alan.miller1@us.army.mil.

Just to see the boxes gets soldiers excited, Miller said. And that excitement was the inspiration behind Treats for Troops Inc., according to the president and founder. Deborah Crane, the spouse of a retired soldier and mother of an airman, founded the company to make sure soldiers could still get packages from unknown Americans.

Once "Any servicemember" mail was suspended because of terrorist attacks and the anthrax scare, soldiers risked not getting the morale booster that those

packages provide, states Crane on her Web site, www.treatsfortroops.com.

"Our mission is simple, we want to put at least one package in the hands of every American active-duty military anywhere in the world," said Crane. Individuals can foster a servicemember without personally knowing anyone in the service. When soldiers register with the company to receive care packages, Treats For Troops is committed to keeping the soldiers' contact information completely confidential. Sponsors will know the soldier they are fostering is from Illinois and is called Sam, but won't be given any contact information, the Web site states. TFT is the liaison between soldiers who'd like to be sponsored and Americans who want to show their support for the members of the armed forces.

Once soldiers receive their packages they are able to say "thank you" by logging onto the TFT site. Their messages are then forwarded through a secure server. The sponsor and soldier are not able to contact each other directly.

"Thanks so much for the package, said Stephen in a written Thank you to his sponsor Lawrence from New Jersey. "It is impossible for me to express in words the feelings one gets when he hears his name called out for mail call ... especially for a package. Thank you for your patriotism, your support and gift. From the bottom of my heart, thank you."



Welcome ...

Col. Ken Keen, standing, the new assistant division commander, 7th Infantry Division and Fort Carson, was welcomed to Fort Carson in a ceremony Aug. 28. Keen listens as Maj. Gen. Robert Wilson, commanding general, 7th ID and Fort Carson, welcomes Keen and his family to Fort Carson. "We have never felt this welcome, and we are proud to be part of the Mountain Post team. Bayonet," said Keen.

Photo by Pfc. Aimee J. Felix

Military

War college: 'Why soldiers fight?'

by Beau Whittington
Army News Service

WASHINGTON — A study released in July adds new perspective to the age-old question of why soldiers fight.

Dr. Leonard Wong, associate research professor at the U.S. Army War College's Strategic Studies Institute said the paper "Why They Fight: Combat Motivation in the Iraq War" validated the popular belief that unit cohesion is a key issue in motivating soldiers to fight. The paper also produced some "surprising information on soldiers' patriotism."

Originally, the question rose from Samuel Stouffer's "The American Soldier" study, released in 1949, chronicled the World War II soldier's attitudes about facing battle.

Combat infantrymen returning from the war most often said they kept fighting to "get the war over so that they could go home." The second most common response and the primary combat motivation, however, referred to the strong group ties that developed during combat, Stouffer reported.

Stouffer's conclusions supported historian S. L. A. Marshall's "Men Against Fire," released in 1942.

"I hold it to be of the simplest truths of war that the

thing which enables an infantry soldier to keep going with his weapons is the near presence or the presumed presence of a comrade ... He is sustained by his fellows primarily and by his weapons secondarily."

Another noted research paper by Edward A. Shils and Morris Janowitz surprisingly showed similar results among Germany's Wehrmacht soldiers who fought on, even as Berlin fell.

"I hold it to be of the simplest truths of war that the thing which enables an infantry soldier to keep going with his weapons is the near presence or the presumed presence of a comrade ... He is sustained by his fellows primarily and by his weapons secondarily."

S. L. A. Marshall
"Men Against Fire"

same question Stouffer asked soldiers in his 1949 study — "Generally, in your combat experience, what was most important to you in making you want to keep going and do as well as you did."

American soldiers in Iraq responded similarly to

Since these papers, the desire of "not letting your buddy down" has been the conventional wisdom as to why soldiers fight.

"Recent studies have questioned this traditional wisdom," Wong said.

Shortly after major combat operations ended in Iraq May 1, Wong and a team of researchers from the War College headed to Iraq to find out firsthand if the traditional wisdom remains valid.

The team went to the battlefield for the interviews because they wanted to speak with the soldiers while events were still fresh in their minds.

The team asked the soldiers the same question Stouffer asked soldiers in his 1949 study — "Generally, in your combat experience, what was most important to you in making you want to keep going and do as well as you did."

their ancestors about wanting to return home, but the most frequent response given for combat motivation was "fighting for my buddies," Wong's report said.

The report uncovered two roles for social cohesion in combat.

One role is that each soldier is responsible for group success and protecting the unit from harm. As one soldier put it, "That person means more to you than anybody. You will die if he dies. That is why I think that we protect each other in any situation. I know that if he dies, and it was my fault, it would be worse than death to me."

The other role is it provides the confidence and assurance that someone is watching their back. In one infantryman's words, "You have got to trust them more than your mother, your father, or girlfriend, or your wife, or anybody. It becomes almost like your guardian angel."

Once soldiers are convinced their personal safety will be assured by others, they are empowered to do their job without worry, the study stated. It noted that soldiers understood totally entrusting their safety could be viewed as irrational. One soldier shared his parents' reaction — "My whole family thinks that I am a nut. They think, 'How can you put your life in someone's hands like that? ... Your are still going to be shot.'"

Despite the occasional skepticism of outsiders, the report concluded, soldiers greatly valued being free of the distracting concerns of personnel safety.

While Wong's study showed Stouffer's concept on the value of soldier cohesion remains valid, it had a different view of patriotism's value.

Stouffer argued that ideology, patriotism, or fighting

Military Briefs

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

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.

Combined Federal Campaign

training schedule — The Fort Carson CFC will officially kickoff Oct. 1 at the Elkhorn Conference Center, come one, come all. It is imperative that all directors, activities, small functions and independent agencies appoint a keyworker for every 25 individuals assigned in order to facilitate a successful Campaign. Each assigned project officer, and keyworker will attend a minimum of one training session. Each session will last no more than 75 minutes

Project Officers Training

Tuesday at the Elkhorn Conference Center from 9 to 10 a.m.

Wednesday at the Elkhorn Conference Center from 9 to 10:30 a.m.

Keyworkers training

Tuesday at Elkhorn Conference Center from 10:30 a.m. to noon and 1:30 to 3 p.m.

Wednesday at the Elkhorn Conference Center

Forward the name, rank, and phone number of CFC Project Officers and Keyworkers to the Fort Carson DCA Campaign Office, building 1217, room 206, Sgt. 1st Class Ronald Cook at 526-0992, or fax 526-4691.

OCS board — There will be a local OCS board Nov.20 and 21. This board is required for all applicants. All participants must report in Class As Nov. 20 and 21. All packets must be turned in to the 478th PSB, Field Operations, building 1118, room 208, no later than Nov. 6. For more information, call Sgt. Martinez at 526-1906.

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

3rd ACR

From Page 1

the section and just about anywhere for the special trips. One soldier, 2nd Lt. Nicole Johnson, 66th Military Intelligence, 3rd Armored Cavalry Regiment, went all around the compound at Rifles Base to gather goods for the villagers.

Event organizers chose out of the way villages that may have been overlooked in the humanitarian effort here for these special humanitarian trips.

At each village when the soldiers arrived, a handful of villagers would guardedly approach and then, after the soldiers explained their purpose and started handing out the commodities, people, espe-

cially children, would come "out of the dust."

On the first trip, the soldiers tried to get the villagers to line up in an orderly fashion, but soon learned that standing in line is a concept that Iraqis do not understand. The soldiers also tried to bag the goods as they went along on the first trip, which was mistake number two. There were just too many people and too much demand to allow for time to bag the goods before giving them out.

On the second trip, the soldiers had learned their lesson and discarded all notions of trying to get the people to form a line and they pre-bagged the goods so they could keep up with the formidable demand by the villagers.

On both trips, the soldiers enjoyed interacting with the villagers, seeing their country-unique attire

and mannerisms, seeing their large families and their eyes light up and the mile-wide smile on their lips when they received a simple nicety that would be no big deal to most Americans.

"These goods give the people some variety," Hicks said. "The rations include snacks that are good and packaged so that it's a treat for them. It (the rations) also creates some excitement for them because, since they're in boxes, it's a surprise because they don't know what's in there." Plus, the treats soldiers dig up for the people on their own augments the effort and give the villagers even more variety.

"The work we're doing is just a drop in the bucket," Hicks said. "If we're here long enough, though, we'll make a difference in that bucket."

Dining Schedule

Week of Sept. 6 to Sept. 12

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 Saturday through Monday.
- Mountaineer Inn is closed until further notice.
- Cheyenne Mountain Inn is closed Friday through Monday.



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)



*May the road
rise to meet you ...*

Students of the new Patroit Elementary School sing "The Irish Blessing" at a ribbon cutting ceremony Aug. 26. The children followed the song with a rendition of "Heart of America" and displayed a flag made by the first and second graders.

Photo by Pfc. Stephen Kretsinger

Greenback

New SGLI, FSGLI premium rates in effect

by 1st Lt. Theodore Stutz

4th Finance Battalion

The Servicemembers' Group Life Insurance and FSGLI rates decreased in July.

The new rates are listed below for both SGLI and FSGLI and affect both active duty and reservists who have full-time SGLI Coverage.

Servicemembers' Group Life Insurance — Member Coverage revised premium rates

Active duty/reservists full-time coverage (all ages)

Insurance amount	Monthly Premium
\$250,000	\$16.25
240,000	15.60
230,000	14.95
220,000	14.30
210,000	13.65
200,000	13.00
190,000	12.35
180,000	11.70
170,000	11.05
160,000	10.40
150,000	9.75
140,000	9.10
130,000	8.45
120,000	7.80
110,000	7.15
Insurance amount	Monthly Premium
\$100,000	6.50

90,000	5.85
80,000	5.20
70,000	4.55
60,000	3.90
50,000	3.25
40,000	2.60
30,000	1.95
20,000	1.30
10,000	0.65

Servicemembers' Group Life Insurance — spouse coverage monthly premium rates

Under 34	
Insurance amount:	Monthly Premium
\$100,000	\$6
90,000	\$5.40
80,000	\$4.80
70,000	\$4.20
60,000	\$3.60
50,000	\$3
40,000	\$2.40
30,000	\$1.80
20,000	\$1.20
10,000	\$0.60
Age 35 to 39	
Insurance amount:	Monthly Premium
\$100,000	\$7.50
90,000	6.75
80,000	6

70,000	5.25
60,000	4.50
50,000	3.75
40,000	3
30,000	2.25
20,000	1.50
10,000	0.75

Age 40 to 44

Insurance amount:	Monthly Premium
\$100,000	\$10
90,000	9
80,000	8
70,000	7
60,000	6
50,000	5
40,000	4
30,000	3
20,000	2
10,000	1

Age 45 to 49

Insurance amount:	Monthly Premium
\$100,000	\$19.00
Insurance amount:	Monthly Premium
\$90,000	17.10
80,000	15.20
70,000	13.30
60,000	11.40

Greenback

From Page 8

50,000	9.50
40,000	7.60
30,000	5.70
20,000	3.80
10,000	1.90

Age 50 to 54Insurance amount: Monthly Premium
\$100,000 \$28.00

90,000	25.20
80,000	22.40
70,000	19.60
60,000	16.80
50,000	14.00
40,000	11.20
30,000	8.40
20,000	2.80

Age 55 to 59 and age 60 and olderInsurance amount: Monthly Premium
\$100,000 \$42.00

\$54.00	
90,000	37.80
48.60	
80,000	33.60
43.20	
70,000	29.40
37.80	
60,000	25.20
32.40	
50,000	21.00
27.00	
40,000	16.80
21.60	
30,000	12.60
16.20	
20,000	8.40

10.80		
10,000	4.20	5.40

BAH for Initial Entry RC Soldiers

This message is intended to clarify the Basic Allowance for Housing entitlement for initial entry Reserve Component soldiers. DoDFMR paragraph 260203(A) explains that RC members must be called to active duty for 140 days or more to be entitled to regular Fort Carson BAH rates. Reserve Component members called or ordered to active duty for 139 days or less are entitled to BAH-II (Table Rate). However, if the member receives an order modification or extension of assignment, the prospective (new) period of active duty must be 140 days or more and regular BAH would start on the date of modification. Please see the "Jan. 1, 2003" table at

<http://www.dfas.mil/money/milpay/pay/> for specific BAH-II rates, and use the "BAH rates" link on the same page for regular Fort Carson BAH rates (Fort Carson's zip code is 80913).

Flat per diem for DITY move

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

\$85 for one traveler
\$63.75 for each traveler 12 years or older
\$42.50 for each traveler under 12 years of age

Study

From Page 5

for the cause were not major factors in combat motivation.

"Surprisingly, many soldiers in Iraq were motivated by patriotic ideals," Wong said.

Liberating the people and bringing freedom were common themes in describing combat motivation, the report stated.

Wong credits today's volunteer Army having "more politically savvy" soldiers as the reason for the change. He said today's more educated soldiers have a better understanding of the overall mission and provide a "truly professional army."

"While the U.S. Army certainly has the best equipment and training," the

report said. "A human dimension is often overlooked. ... Its soldiers also have an unmatched level of trust.

"They trust each other because of the close interpersonal bonds between soldiers. They trust their leaders because their leaders have competently trained their units. And, they trust the Army because, since the end of the draft, the Army has had to attract its members rather than conscripting them."

Wong said the trust his report shows is high, but warns, "Time tests trust."

He said uncertainty can unravel trust and today's environment of open-ended deployments and talks of downsizing could reduce the trust if not carefully managed.

A copy of the report can be found on the institute's Web site at www.carlisle.army.mil/ssi/.

Homecoming

From Page 1

There were soldiers from the 3rd Armored Cavalry Regiment, the 3rd Brigade Combat Team, 4th Infantry Division, the 43rd Area Support Group, the 59th MP Co., the 4th Engineer Battalion, the 52nd Engineer Battalion, the 534th Signal Company, 1st Battalion 68th Armor, and the Headquarters, Headquarters Battery, 3rd Battalion, 29th Field Artillery.

They marched into the Special Events

Center to the sound of roaring applause as many of their family members saw them for the first time in months. Standing tall and proud, the soldiers were marching home.

After the national anthem and the Army Song, the soldiers were dismissed. Family members ran to their soldiers, embracing and kissing them. "The feeling was indescribable," said Wentzel. He was finally home to his wife.

The soldiers quickly dispersed to their vehicles. They pulled around by the buses and loaded up their duffle bags. It was time to go home after long last.

Community

Research ensures safety in fitness

by Pfc. Aimee J. Felix
Mountaineer Staff

Part of our service as soldiers includes being fit. Being fit, however, should not come at the cost of our health, as we are also responsible for being healthy enough to serve.

Fearful of not making height and weight requirements, many soldiers may turn to dietary supplements as a means of maintaining their level of fitness. These soldiers should understand and consider the potential health risks involved with using such supplements.

The Dietary Supplement Health and Education Act defines dietary supplements as a product other than tobacco intended to supplement the diet that bears or contains one or more of the following dietary ingredients: a vitamin, mineral, amino acid, herb or other botanical; or a dietary substance used

to supplement the diet by increasing the total dietary intake; or a concentrate, metabolite, constituent, extract, or combination of any ingredient described above. These supplements are intended for ingestion in the form of a capsule, powder, soft gel, or gel cap, and not represented as a conventional food or as a sole item of a meal or the diet.

Dietary supplements are generally divided into three subcategories: Vitamins and minerals performance enhancers, ergogenic aids (fat burners) and herbals.

Herbal preparations are made of plant parts or oils, which are the same

plants many drugs derive from.

Therefore, some herbal preparations have the same potential side effects as manufactured drugs. There are no standards for potency, safety or effectiveness of herbal products. Therefore, manufacturers have no limits on concentration. When selecting a vitamin, herb or mineral supplement, one should check the label and choose a multi-vitamin combination that does not exceed the 200 percent recommended daily allowance, said Maj. Karen Brasfield, deputy director at the Mountain Post Wellness Center and the Fort Carson community dietician. This information is found on the label. Once consumption rises above 200 percent, there is a risk because the effects are unknown.

While certain individuals on specific diets such as vegan may benefit from amino acids, most people don't

require more amino acids than they eat in a healthy diet. Amino acids are parts of protein and are ordinarily supplied by

food or made by the body. Most commonly found in protein shakes, synthetic preparations of amino acids are unnecessary, said Brasfield. The average American consumes more than 100 grams of protein a day. That is more than enough and probably accountable for most of the kidney problems in Americans, she added.

Ephedra falls under the performance enhancer and ergogenic aid categories of supplements. According to a study she conducted for her thesis last year, Brasfield found that ephedra was

"Ultimately, the best solution for good fitness and health is a healthy diet and regular exercise,"

Maj. Karen Brasfield,
deputy director at the Fort Carson Wellness
Center and community dietician.



Courtesy photo

Unlike drugs, dietary supplements are not required to undergo rigorous scientific studies to determine their effectiveness and safety.

the fourth most consumed weight-loss supplement last year. She found that 66 percent of those who used ephedra, experienced heart palpitation and nausea. Ephedra is a central nervous stimulant, and its potential risks vary according to body types. It's like playing Russian roulette with one's health, said Brasfield. Gen. Larry R. Ellis, U.S. Forces Command commander removed it from the list of supplements allowed to be sold on post.

Unlike drugs, dietary supplements are not required to undergo rigorous scientific studies to determine their effectiveness, safety or appropriate dosages. While some supplements may have health benefits when used properly, others can actually be very harmful.

Many of the chemicals in these supplements are written off as part of the proprietary blend. The proprietary blend includes extra ingredients that do not have to be divulged by the manufacturers to the consumers.

This is why it is important to research these supplements before con-

suming them. It is also important that the sources researched are accurate, said Brasfield.

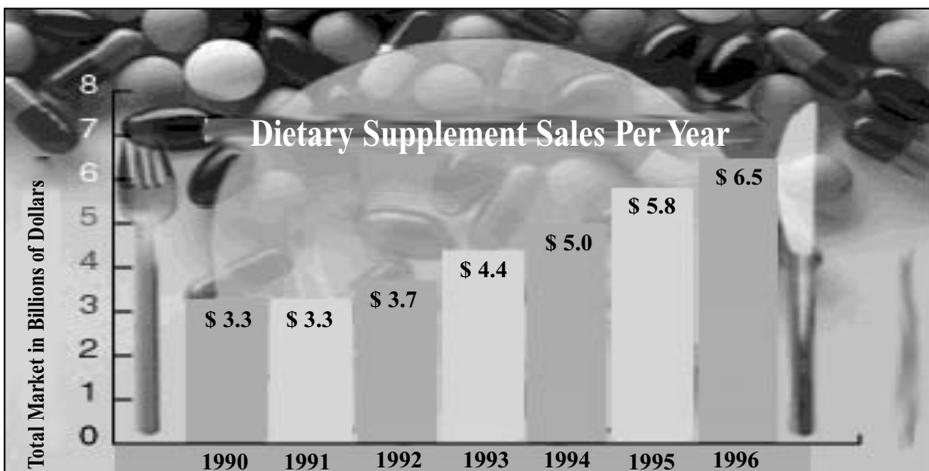
There is also a new symbol to look for, the U.S. Pharmacopoeia symbol. It verifies that the labeled nutrition facts are legitimate.

One should be wary of inaccurate studies. There are many studies conducted in favor of a number of not-so-safe supplements. These studies are generally conducted on groups of 10 people or less. That is hardly enough to determine how safe a supplement is, said Brasfield.

According to a brochure available at the wellness center, general guidelines to follow when and if using dietary supplements include researching available supplements and the conditions for which they may be effective.

It advises people not to start using a supplement until you have discussed your desire to use a supplement with your medical provider. Also, be sure that the product is properly labeled.

Food and Drug Administration regulations require certain information appear on dietary supplement labels. Information that must be on a dietary supplement label includes a descriptive name of the product stating it is a "supplement"; the name and place of business of the manufacturer, packer, or distributor; a complete list of ingredients and the net contents of the product. In addition, each dietary supplement, except for some small volume products or those produced by eligible small businesses, must have nutrition labeling in the form of a "supplement facts" panel. This label must identify each dietary ingredient contained in the product. Ingredients not listed on the supplement facts panel must be listed in the "other ingredients" statement beneath the panel. These ingredients could include water, sugar, additives or processing aids. Other than the manu-



Courtesy graphic

According to The Nutrition Business Journal, these sales increased up to \$11 billion in 2000.

See supplements, Page 13

Community Events

Miscellaneous

2003 Army Battle of Bands Finals — The 2003 Battle of Bands finals will be held at Fort Carson. The Department of the Army-level finals consists of bands nominated from Army installations around the world to compete against each other for prizes, monetary awards to the representing military installation, and opportunities to perform in other venues of the U.S. Army Entertainment Division.

The competition will be Oct. 11 at the Fort Carson Special Events Center. The semi-finals will be held at 1 p.m. and the finals will follow at 7 p.m. Both performances are free and open to the public.

The competition will be co-sponsored by U.S. Army Community and Family Support Center, U.S. Army Entertainment Division, the Fort Carson Directorate of Community Activities and Better Opportunities for Single Soldiers.

For more information, please call 526-4494.

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.

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 informa-

tion 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. Completes 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 Contracting, 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 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 or Lt. Col. Kim Wortham at 526-6879 or kim.wortham@carson.army.mil.

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



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

Fort Carson

Career Fair

Employment Readiness, in partnership with private companies from Colorado Springs, will host a Career Job Fair for youths and adults.

Friday 19 September 10am-3pm

**Post Field House,
Bldg. 1829**

Call 526-4590 for details.

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 regrets 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 regrets to the family of Spc. Stephen Scott, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Conorich at 526-5167 or 338-1420.

Claims against the estate — With deepest regrets to the family of Pfc. Von J. Mack, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. David Parmer at 526-8095 or 559-9486.

Claims against the estate — With deepest regrets to the family of Spc. Ronald Dean Allen, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Justin Ticknor at 526-6259.

Claims against the estate — With deepest regrets 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.

Supplements

From Page 11

facturer's responsibility to ensure safety, there are no rules that limit a serving size or the amount of a nutrient in any form of dietary supplements. This decision is made by the manufacturer and does not require FDA review or approval. Manufacturers and distributors do not need FDA approval to sell their dietary supplements. For more detailed information beyond what the label tells you about a specific product, you may contact the manufacturer of that brand directly. The name and address of the manufacturer or distributor can be found on the label of the dietary supplement.

The FDA Center for Food Safety and Applied Nutrition provides answers to the most common erroneous assumptions made of dietary supplements:

- *"Even if a product may not help me, it at least won't hurt me."* It's best not to assume this will always be true. When consumed in high enough amounts, for a long enough time, or in combination with certain other substances, all chemicals can be toxic, including nutrients, plant components, and other biologically active ingredients.

- *"When I see the term 'natural,' it means a product is healthful and safe."*

Consumers can be misled if they assume this term assures wholesomeness, or that these food-like substances necessarily have milder effects, which makes them safer to use than drugs. The term "natural" on labels is not well-defined and is sometimes used ambiguously to imply unsubstantiated benefits or safety. For example, many weight-loss products claim to be "natural" or "herbal" but this doesn't necessarily make them safe. Their ingredients may interact with drugs or may be dangerous for people with certain medical conditions.

- *"A product is safe when there is no cautionary information on the product label."*

Dietary supplement manufacturers may not necessarily include warnings about potential adverse effects on the labels of their products. If consumers want to know about the safety of a specific dietary supplement, they should contact the manufacturer of that brand directly. It is the manufacturer's responsibility to determine that the supplement it produces or distributes is safe and that there is substantiated evidence that the label claims are truthful and not misleading.

- *"A recall of a harmful product guarantees all such harmful products will be immediately and completely removed from the marketplace."* A product recall of a dietary supplement is voluntary and while many manufacturers do their best, a recall does not necessarily remove all harmful products from the marketplace.

For accurate information on dietary supplements go online at www.accessdata.fda.gov/scripts/medwatch/.

"Ultimately, the best solution for good fitness and health is a healthy diet and regular exercise," said Brasfield.

The wellness center offers a healthy eating and exercise class. For more information, call Maj. Karen Brasfield at 526-8192.



Photo by Pfc. Stephen Kretsinger

End of service ...

Maj. Gen. Robert Wilson, commanding general of Fort Carson and the 7th Infantry Division, presents a flag to Staff Sgt. Arnold L. Newcomb, equal opportunity representative, 2nd Squadron, 3rd Armored Cavalry Regiment, in a retirement ceremony Aug. 27. at Manhart Field. The flag was flown over the Mountain Post in Newcomb's honor. Newcomb, who was one of five honored in the ceremony, was joined by his wife, Michelle Lynn Peterson of Kansas City, Kan.

Family Readiness Academy opens on Carson

Courtesy Army Community Service

Mountain Post soldiers and families are invited to discover the new Army Community Service Family Readiness Academy.

The Academy is located inside the Family Readiness Center, building 1526 (next to the commissary) all current ACS resources and services as well as the wellness center and the Red Cross are incorporated. The new ACS/FRA catalogs can be found at the following locations: commissary, post exchange, Welcome Center, various Morale Welfare and Recreation facilities, Evans Army Community Hospital and other locations around post.

The Academy Catalog curriculum is designed to

provide convenient and informative ways to seek self-development, independence, enjoy self-sufficiency and to improve your personal and family well-being. Classes cover topics such as; finance, family/couple relationship enhancement skills, parent support groups, deployment, Army lifestyle challenges, multicultural support groups, English as a Second Language, diet and exercise classes, employment opportunities and many others. These classes are designed to provide you with the knowledge and tools you need to meet the challenges of military life and they are offered absolutely free to you and your family.

The mission is to improve the lives of soldiers and their family members through high quality programs unique to their richly complex and challenging military

lifestyles. This new academic structure will provide soldiers and family members with the opportunity for personal, cultural, social and professional development through educational opportunities, classes and activities in further support of a self-reliant and mission-ready community.

Explore the ACS Family Readiness Academy for ways to improve your quality of life. This is your opportunity to meet new and interesting people and learn how to make smart choices in your life! For further information or questions regarding the ACS Family Readiness Academy, call Kara Varner at 526-1949 or e-mail her at kara.varner@carson.army.mil. Look for the ACS Family Readiness Academy Catalog and pick one up today.

Chaplain's Corner

Look for silver lining during tragedy

**Chap. (Lt. Col.) David A. Pollok Jr.
Evans Army Community Hospital**

When you think of Sept. 11, what comes to mind?

Perhaps you were shocked at the nation being attacked on our own soil. Or, perhaps you were appalled at the sudden deaths of so many people who were not combatants. Maybe you remember the heroic efforts of the policemen, firemen, emergency medical teams, hospitals and the host of others never recognized for their part in the aftermath.

Whatever you remember about Sept. 11, what became painfully clear on that day of infamy (like Dec. 7, 1941) is that America is vulnerable to terrorism. It was only by the grace of God the attacks were not worse. In fact, God turned the horror and disaster of that day into a positive experience for the entire nation. That's what God does repeatedly — turns the negative into the positive.

Over and over again we heard the stories of miracles that occurred on that infamous day. Stories like that of Genelle Guzman-McMillan who was the last person found alive in the debris of Ground Zero. She was working on the 64th floor of the North Tower and was on stairway B when the building collapsed, she and three of her fellow workers survived. Then there is the Pentagon story. The wing of the building that was hit just happened to be the wing that was

under reconstruction and most of the offices destroyed were empty, having been relocated during the construction period. "Just happened to be"? Or, was it providence, because God really is in control? Over and over again the stories poured in of people who "just happened to be" caught in traffic jams, or "just happened to" decide to take a different route to work that morning, or "just happened to" spend extra time with the family or had an appointment, on that morning! Of course we will never forget the voices of those courageous passengers who willingly gave their lives on Flight 93 so that it missed its target altogether.

Then from all across America people went to assist in the clean up and provide support to the survivors. The flood of support was unbelievable. Every state gave support. Volunteers poured into New York. The caring and loving American communities rose to the occasion. Compassion ruled the weeks that followed. The disaster that caused us to feel our vulnerability became the catalyst that caused us to experience our unity as a nation. Good resulted from the bad. Did things just happen that way or was God doing his usual — turning negatives into positives?

The Bible says, "If God is for us who can stand against us?" The Bible also tells us God brings life out of death, healing out of sickness, joy out of depression and provides protection against evil. God

has already proven he is on our side; he is for us. For Christians, the question you must ponder is: Are you on his side? Are we you for him?

The scripture that comes to mind when I think about Sept. 11 is 2 Corinthians 4:8-9 "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." God is in control.

Chapel

Fort Carson Sept. 11 Observance — The Fort Carson community is invited to a special Sept. 11 observance Thursday at Soldiers' Memorial Chapel beginning at 8:45 a.m.

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 Sunday. 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.

Chapel

Experiencing spiritual breakthroughs — The Fort Carson Protestant Women of the Chapel will be hosting a Bible seminar entitled "Experiencing Spiritual Breakthroughs," today from 7 to 9:30 p.m. and Saturday from 9 a.m. to noon. The seminar is open to the spouses of deployed soldiers and then all others.

The seminar deals with experiencing breakthroughs in four areas. Your life, marriage, family and God. While it is often said "life is short," it can frequently seem tediously long, purposeless and unrewarding.

Participants will learn how each choice they make affects every decision in their lives, and determines accomplishments and fulfillment. How problems may not change but how they are dealt with can. From the lives of three great Old Testament men, Joshua, Abraham and David, an instructor shows how commitments deteriorate to compromise, ultimately leading to conflict. The examples are so clear and compelling, participants will identify in which of the three stages they find themselves.

Childcare will be provided but pre-registration is required. Pre-register at Soldiers' Memorial Chapel. For more information, call Chap. Bill Fox at 526-8011.

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 89 & Proverbs 1-3

Saturday — Psalms 90 & Proverbs 4-7

Sunday — Psalms 91 & Proverbs 8-10

Monday — Psalms 92 & Proverbs 11-13

Tuesday — Psalms 93 & Proverbs 14-16

Wednesday — Psalms 94 & Proverbs 17-19

Thursday — Psalms 95 & Proverbs 20-22

Chapel Schedule

ROMAN CATHOLIC					
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
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
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/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Tuesday	6:30 p.m.	Family University	Bldg. 1161		Ms. Costantino-Mead
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Prussman	Chap. Jones/526-4416
NATIVE AMERICAN SWEATLODGE					
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.

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

Carcier, 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. 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.

Cheerios salutes troops

WCAP wrestler's picture featured on box of cereal

by Bill Scharton
Mountaineer staff

Autograph seekers by the dozens stopped by the Fort Carson Commissary Aug. 28.

They were seeking a box of Cheerios cereal that featured World Champion Greco-Roman Wrestler Dremiel Byers, an Army World Class Athlete Program member at Fort Carson.

Why was Byers autographing boxes of Cheerios? The Department of Defense put together a promotion with General Mills, the maker of Cheerios, highlighting military athletics. Byers, along with athletes from the other branches of the military, have a picture and a short biography on the Cheerios boxes.

About 100,000 boxes of these special Cheerios are now for sale in commissaries all over the world. DOD picked Cheerios because it is one of the top sellers on military bases.

Robert Hansen, deputy secretariat of Armed Forces Sports, said the promotion idea had been in the works for quite some time.

"The Cheerios box promotion idea finally got off the ground about a year ago," Hansen said. "So far, it has turned out to be better than I thought it would be as far as press coverage. The General Mills people were really good to work with. Designing special boxes just for the commissaries was a fairly expensive project."

Byers seemed rather amazed that he was actually sitting in a commissary signing cereal boxes with his picture on it. "I didn't ever think my picture would be on a cereal box," Byers said. "It is a really nice honor and it is a great promotion for military athletics."

Byers' wife Sherward sat alongside at the autograph table and was busy putting together a list of family members and friends to send signed boxes of Cheerios. Every so often, she would think of somebody else and the stack of boxes would increase.

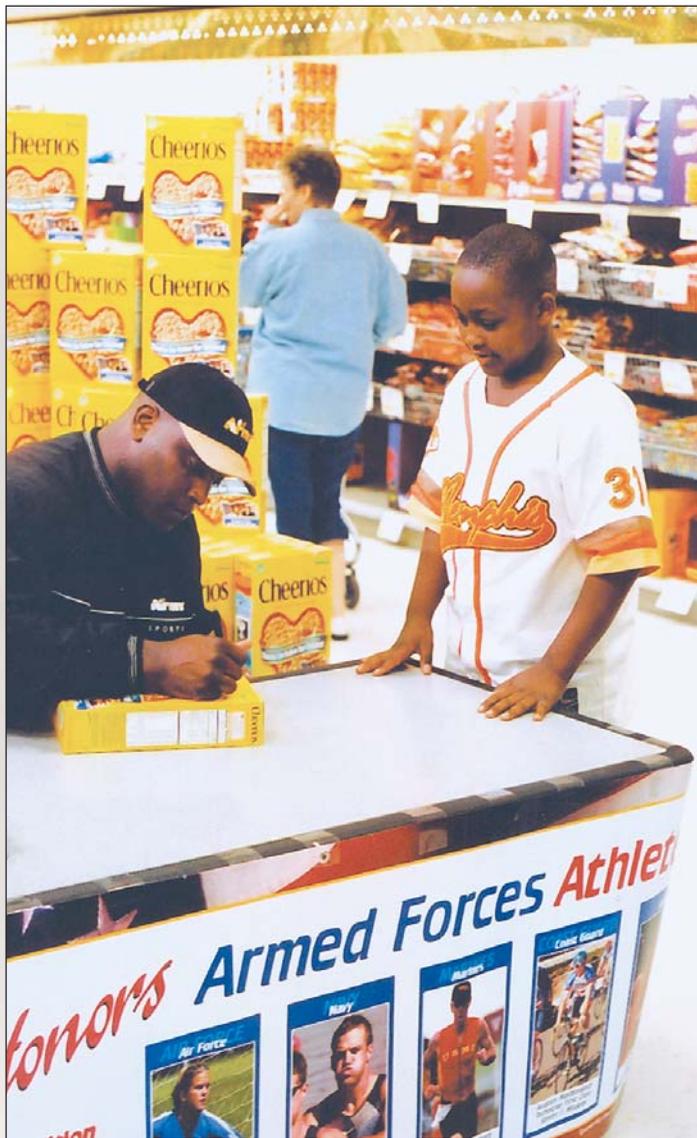
Byers said one of the first relatives to get a signed box of Cheerios was his grandfather, Theodore Byers. "He is the guy that has pushed and inspired me," Byers said.

Robert Allen, a former WCAP wrestler and coach, dropped by to pick up several boxes of Cheerios with the Byers' autograph on them. "I started a wrestling program here at Fort Carson back in 1992," said Allen. "Later on, the WCAP moved to Fort Carson."

Nine-year-old Derrick Waldroup II received an autographed trifecta from Byers. He got Byers' autograph on a card, a poster and a box of Cheerios. Waldroup's father is a former Army WCAP wrestler who competed in the 1996 summer Olympics in Atlanta.

Byers will not be defending his title at the Greco-Roman world championships next month in France. He lost to Rulon Gardner at the United States world team trials so Gardner will be the United States representative at the 2003 world championships.

Byers said he will probably wrestle at the Greco-Roman World Cup tournament in Kazakhstan at the end of October. Following this tournament, he will have his sights set on making the 2004 United States Olympic Team.

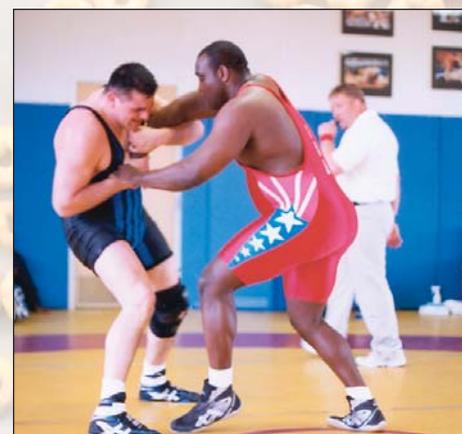


Photos by Bill Scharton

World champion Greco-Roman wrestler Dremiel Byers, an Army World Class Athlete Program wrestling team member at Fort Carson, autographs a Cheerios cereal box for nine-year-old Derrick Waldroup II Aug. 28 at the Fort Carson commissary. Byers, along with members of the other service branches, are featured on the Cheerios boxes in a promotion sponsored by the Department of Defense and General Mills.



Dremiel Byers, left, poses for a photograph with General Mills commissary representative Donn Ravers during a Cheerios box autograph session Aug. 28 at the Fort Carson commissary.



Dremiel Byers, right, wrestles with Army World Class Athlete Program teammate Paul Devlin during the competition last spring at the All-Army Team trial camp.



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|-----------------------|-------|
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| America's Sweethearts | PG-13 |
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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
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Sports & Leisure

Fort Carson youth sports start Saturday



Bam Bam soccer players get a little instruction from their coaches.

Photo by Bill Scharton

by Bill Scharton
Mountaineer staff

Fall youth sports action at Fort Carson kicks into high gear Saturday with a full slate of games on the opening day schedule. Fall youth sports include soccer for 3- and 4-year-olds (Bam Bam), 5- and 6-year-olds, 7- to 9-year-olds and 10- to 12-year-olds; flag football for 5- and 6-year-olds, 7- to 9-year-olds and 10- to 12-year-olds; and cheerleading for 5- and 6-year-olds, 7- to 9-year-olds and 10- to 12-year-olds. Cheerleaders cheer for flag football teams in their own age groups. All games for both soccer and flag football will be played at Pershing Field.

For more schedules, see page 23.

5- and 6-year-old soccer schedule

Sept. 6	A vs. B	at	9 a.m.
	C vs. D	at	10 a.m.
	E vs. F	at	11 a.m.
Sept. 8	A vs. E	at	6 p.m.
Sept. 10	C vs. F	at	6 p.m.
Sept. 13	A vs. C	at	9 a.m.
	B vs. E	at	10 a.m.
	D vs. F	at	11 a.m.
Sept. 15	B vs. D	at	6 p.m.
Sept. 17	A vs. F	at	6 p.m.
Sept. 20	A vs. E	at	9 a.m.
	C vs. F	at	10 a.m.
	B vs. D	at	11 a.m.

Picture day in the Youth Services Center small gym.

Sept. 22	D vs. E	at	6 p.m.
Sept. 24	B vs. C	at	6 p.m.
Oct. 4	A vs. D	at	9 a.m.
	B vs. F	at	10 a.m.
	C vs. E	at	11 a.m.
Oct. 6	A vs. D	at	5:30 p.m.
Oct. 8	B vs. F	at	5:30 p.m.
Oct. 11	A vs. B	at	9 a.m.
	C vs. D	at	10 a.m.
	E vs. F	at	11 a.m.
Oct. 15	C vs. E	at	5:30 p.m.
Oct. 18	A vs. C	at	9 a.m.
	B vs. E	at	10 a.m.
	D vs. F	at	11 a.m.

Bam Bam Soccer Schedule

Sept. 6	Field 1: F vs. H	at	9 a.m.	Field 2: B vs. G	at	9 a.m.	
	A vs. E	at	10 a.m.	E vs. F	at	10 a.m.	
	B vs. C	at	9 a.m.				
	D vs. G	at	10 a.m.				
Sept. 10	Field 1: F vs. H	at	6 p.m.	Oct. 1	Field 1: D vs. E	at	5:30 p.m.
	B vs. C	at	6 p.m.	Oct. 4	Field 2: A vs. G	at	5:30 p.m.
Sept. 13	Field 1: B vs. H	at	9 a.m.		Field 1: A vs. B	at	9 a.m.
	D vs. E	at	10 a.m.		C vs. E	at	10 a.m.
	C vs. F	at	9 a.m.		Field 2: D vs. F	at	9 a.m.
	A vs. G	at	10 a.m.		G vs. H	at	10 a.m.
Sept. 17	Field 1: A vs. E	at	6 p.m.	Oct. 8	Field 1: D vs. H	at	5:30 p.m.
	D vs. G	at	6 p.m.	Oct. 11	Field 2: A vs. C	at	5:30 p.m.
Sept. 20	Field 1: D vs. H	at	9 a.m.		Field 1: B vs. D	at	9 a.m.
	A vs. C	at	10 a.m.		E vs. H	at	10 a.m.
	B vs. E	at	11 a.m.		Field 2: A vs. F	at	9 a.m.
	F vs. G	at	noon		C vs. G	at	10 a.m.
Picture day in the Youth Service Center's small gym.				Oct. 15	Field 1: B vs. E	at	5:30 p.m.
Sept. 24	Field 1: B vs. H	at	6 p.m.	Oct. 18	Field 2: F vs. G	at	5:30 p.m.
	Field 2: C vs. F	at	6 p.m.		Field 1: A vs. D	at	9 a.m.
Sept. 27					C vs. H	at	10 a.m.
					B vs. F	at	9 a.m.
					E vs. G	at	10 a.m.

7- to 9-year-old soccer schedule

Sept. 6	A vs. B	at	9 a.m.
Sept. 10	B vs. C	at	6 p.m.
Sept. 13	B vs. C	at	9 a.m.
Sept. 17	A vs. C	at	6 p.m.

Sept. 20	A vs. C	at	1 p.m.
Picture day in the Youth Services Center small gym.			
Sept. 24	A vs. B	at	6 p.m.
Sept. 27	A vs. B	at	9 a.m.
Sept. 29	B vs. C	at	6 p.m.
Oct. 1	A vs. C	at	5:30 p.m.

Oct. 4	B vs. C	at	9 a.m.
Oct. 6	A vs. B	at	5:30 p.m.
Oct. 8	B vs. C	at	5:30 p.m.
Oct. 11	A vs. C	at	9 a.m.
Oct. 15	A vs. C	at	5:30 p.m.
Oct. 18	A vs. B	at	9 a.m.

10- to 12-year-old soccer schedule

Sept. 6	A vs. B	at	10 a.m.
Sept. 10	A vs. B	at	6 p.m.
Sept. 13	A vs. B	at	10 a.m.
Sept. 20	A vs. B	at	noon
Picture day at Youth Services Center small gym			

Sept. 24	A vs. B	at	6 p.m.
Sept. 27	A vs. B	at	10 a.m.
Oct. 4	A vs. B	at	10 a.m.
Oct. 8	A vs. B	at	5:30 p.m.
Oct. 11	A vs. B	at	10 a.m.
Oct. 18	A vs. B	at	10 a.m.

WCAP soldier earns silver in pentathlon

by **Tim Hips**
Army News Service

Two-time Olympian Vakhtang "Vaho" Iagorashvili, however, had a fabulous day and earned a berth to the 2004 Summer Olympic Games at Athens, Greece, by winning the Pan Am Games modern pentathlon gold medal with 5,612 points Aug. 12. Chad Senior, a member of the U.S. Army World Class Athlete Program at Fort Carson, settled for the silver medal with 5,492 points.

"It takes a great day to beat him," said Senior, who finished sixth in the 2000 Summer Olympics at Sydney, Australia. "And he had a great day, so I'm happy with the silver. I'm proud of him, and I'm proud of my performance. All things being equal, I wish our positions were reversed." Senior began the day with 1,120 points in shooting, second only to Iagorashvili's 1,156 points.

"That was probably slightly over my average, so I didn't fold under the pressure of a big competition," Senior said. "I did exactly what I needed to do in the shoot."

In fencing, however, Senior was fifth among 15 competitors with 840 points while Iagorashvili widened the gap in his strongest event with 1,032

points, good for another first-place finish.

"I just fell apart a little bit in the fence, and that obviously was the difference," Senior said. Everything else between both of us was fairly close. I knew if I could keep it close in the fence, I thought I could be close enough in the run to make a go at him."

Senior was shaved and rested for swimming. He won the 200-meter freestyle event in 1:56.79, but U.S. teammate Iagorashvili wasn't far behind in second place with a 1:59.59 clocking.

Iagorashvili, 39, won a bronze medal in the 1988 Olympics at Seoul, Korea, while competing for the Republic of Georgia. He will be 40 when he competes in the Athens Games.

Senior gained more ground with a solid equestrian ride, earning another 1,076 points with a fourth-place finish to Iagorashvili's 1,044 points for finishing eighth.

Their fourth and eighth places were identical in the final event, a 3,000-meter cross-country run, but Senior knew there was no way to overcome Vaho's 41-second lead at the staggered start.

"In 3,000 meters, between any



Photo by Tim Hips

Chad Senior, left, a member of the U.S. Army World Class Athlete Program at Fort Carson, displays his silver medal after finishing runnerup to U.S. teammate Vakhtang "Vaho" Iagorashvili, center, in men's modern pentathlon in the 2003 Pan American Games at Santo Domingo, Dominican Republic. Mexico's Sergio Salazar, right, won the bronze medal.

respectable guys, 40 seconds is an eternity," Senior said. "If I was within 25 to 28 seconds, I probably would've made a run at him, but I knew it was a bit too much. I just wanted to make sure I kept second

place. I didn't think I could catch him."

"I'm happy with everything," Senior said. "I can't complain about

Soldier wins 2004 Olympic berth

By **Tim Hips**
Army News Service

SANTO DOMINGO, Dominican Republic-Anita Allen became the first member of the U.S. Army World Class Athlete Program to earn a berth in the 2004 Summer Olympics by winning the women's modern pentathlon in August in Pan American Games XIV.

Allen won the gold medal in the grueling, five-sport, daylong event with 5,268 points. Brazil's Samantha Harvey, one of Allen's neighbors in Colorado Springs, won the silver medal with 5,256 points, and Olympian Mary Beth Iagorashvili of Munkwanago, Wis., took the bronze with 5,220 points.

Allen, 25, a member of the medical service corps, dedicated her emotional victory to West Point classmate 1st Lt. Leif Nott, who died July 30 during an attack on U.S. forces in Iraq.

"The entire time I was thinking 'This is for Leif, this is for Leif. I'm gonna do it,'" said Allen, who finished second in shooting, 11th in fencing, sixth in swimming, second in equestrian riding and first in cross-country running during the grueling one-day event.

Nott was never far from Allen's mind as she lowered her personal best in the swim by six seconds and delivered the equestrian ride of her life aboard Carmia, who minutes earlier refused three jumps, posted several knockdowns and threw Mexico's Karina Morales to the ground.

Allen finished runner-up to Canada's Monica Pinette in shooting and then struggled in fencing,

starting 0-6 before regrouping for nine victories and 13 defeats in two matches against each competitor.

"At least I salvaged some momentum to take to the pool," she said. Allen began swimming toward gold with a time of 2 minutes, 27.19 seconds in the 200-meter freestyle, good for 1,156 points.

"Everything felt so easy in the water," she said of her personal best in the event. Little did Allen know the best was yet to come. In the equestrian event, she scored 1,172 points with a magnificent ride aboard Carmia, who knocked just one rail to the ground.

"Pushing horses forward and feeling horses that are going to refuse (jumps) doesn't always come naturally to me; I haven't spent enough time in the saddle," admitted Allen, who has been riding, fencing, swimming and shooting competitively for just 25 months.

"I kept growling at him in between the jumps and yelling at him to keep going. I didn't feel comfortable taking my hand off the reins to give him a tap, so I just used voice aids to scare him into jumping. I held on with both hands the whole way, and I had a nice set of spurs that helped too," she said.

Allen, who wore a black armband in Nott's honor much of the day, entered the final event 42 seconds behind leader Katia Rodriguez of Cuba for the staggered start of the 3,000-meter cross-country run, Allen's strongest event.

Rodriguez, silver medalist Samantha Harvey of Brazil, bronze medalist Mary Beth Iagorashvili of Team USA and Pinette all started the run in front of Allen, who closed the 200-meter gap on the final loop around the outside of the equestrian center.

"When I got to the starting line, all I could think of was 'Leif, help me out here. I'm thinking a lot of you, and this is for you. If I can do it, we'll do it together,'" Allen recalled with tears welling in her eyes.



Photo by Tim Hips

Anita Allen, a member of the Army World Class Athlete Program at Fort Carson, displays the stars and stripes along with her gold medal after winning the women's modern pentathlon in the 2003 Pan American Games.

Time trials determine Fort Carson ten-miler teams

by Bill Scharton
Mountaineer staff

Fort Carson ten-miler time trials took place Aug. 27 to determine the teams that will represent the Mountain Post at the Army ten-miler in Washington, D.C., Oct. 5.

The men's open team is Nathan Pennington, Jeffrey Bennett, Francisco Gonzalez, Kenny Sperry, Laurence Jackson, Ryan Stoffer and Purl Keen. The Fort Carson men's open team placed first in this category at the 2002 Army ten-miler.

Women's open team members include Sarah Park, Pamela Tingle, Tracy Perfors, Lisa Bizzell, Angie Holbrook, Christina Pagano and Sheri Schweiker.

The men's master's team is Ronald Dean, David Meyer, Mike Barnes, Robert Maurio, Douglas Lobdell, Michael Hagen and Brian Lein.

Mixed open team members are Justin Ticknor, Jason Weiss, Cesar Garcia, Scott Sendmeyer, Heidi Thigpen, John Bates and Laurel Ler.

Pennington is a returning member of the 2002 men's open team. Tingle, Bizzell, Holbrook are returning members of the 2002 women's open team. Garcia is a returning member of the 2002 mixed open team.



Courtesy photo

Lisa Bizzell crosses the finish line at the Fort Carson ten-miler time trials Aug. 27. Bizzell, a staff sergeant with Medical Activity.

Pan Am Games

From Page 20

the day. A few simple errors in fencing, and that was it. I've always thought my best day is better than everyone else's best day. He put his best day together, and I was a little bit short of where I needed to be in one event. But that's the way it goes."

Senior beamed about finishing second a day after Army World Class Athlete Program teammate 1st Lt. Anita Allen won the women's competition to earn a berth in the Athens Games.

"This speaks volumes for WCAP the way Lt. Allen and myself did here," he said. "Not to forget the guys behind the scenes, the other athletes we have training with us who prepare us and get us ready for these events, our training partners. We have a great group and a great program. Hopefully WCAP is happy with the results, too."

Team USA modern pentathlon head coach Janusz Peciak, a 1976 Olympic champion from Poland, was content with all his athletes' performances, including Mary Beth Iagorashvili, Vaho's wife, who won the women's bronze medal.

"I was very happy with Chad," Peciak said. "He got a lot of points for the world rankings, which gives him a good chance to qualify for the World Cup and World Championships."



**5- and 6-year-old
flag football schedule**

B vs. C at 6 p.m.

Sept. 6 A vs. B at 9 a.m.**Oct. 4** A vs. B at 9 a.m.
C vs. E at 9 a.m. (Peterson)**Sept. 10** D vs. E at 6 p.m. (Peterson)
A vs. C at 6 p.m.**Oct. 7** D vs. E at 5 p.m. (Peterson)**Sept. 11** B vs. E at 6 p.m. (Peterson)
C vs. D at 6 p.m.**Oct. 8** A vs. C at 6 p.m.**Sept. 13** B vs. E at 9 a.m.
C vs. D at 10 a.m. (Peterson)**Oct. 11** B vs. C at 9 a.m.Picture day in the Youth Services Center
small gym.**Oct. 15** A vs. B at 5:30 p.m.**Oct. 18** A vs. C at 9 a.m.**7- to 9-year-old
flag football schedule****Sept. 17** A vs. B at 6 p.m.
C vs. E at 6 p.m. (Peterson)**Sept. 6** A vs. B at 9 a.m.
C vs. D at 10 a.m.**Sept. 20** D vs. E at 9 a.m. (Peterson)
A vs. C at 9 a.m.**Sept. 11** A vs. E at 6 p.m.
(Peterson)**Sept. 24** B vs. D at 6 p.m. (Peterson)
A vs. E at 6 p.m.**Sept. 11** C vs. F at 6 p.m.**Sept. 27** B vs. E at 9 a.m.
C vs. D at 10 a.m.**Sept. 13** A vs. C at 9 a.m.
B vs. E at 10 a.m.
D vs. F at 11 a.m.**Oct. 1** A vs. D at 6 p.m. (Peterson)Picture day in the Youth Services Center
small gym.**Sept. 18** B vs. D at 6 p.m.
A vs. F at 6 p.m. (Peterson)**Sept. 20** A vs. E at 9 a.m.
(Peterson)C vs. F at 10 a.m.
(Peterson)

B vs. C at 9 a.m.

Sept. 25 D vs. E at 6 p.m.
(Peterson)

B vs. C at 6 p.m.

Sept. 27 A vs. F at 9 a.m.
(Peterson)D vs. E at 9 a.m.
B vs. C at 10 a.m.**Oct. 2** A vs. D at 6 p.m.
B vs. E at 6 p.m.
(Peterson)**Oct. 4** A vs. D at 9 a.m.
B vs. F at 9 a.m. (Peterson)
C vs. E at 10 a.m. (Peterson)**Oct. 7** C vs. E at 6 p.m. (Peterson)**Oct. 11** A vs. C at 9 a.m.**Oct. 18** A vs. D at 9 a.m.
B vs. C at 10 a.m.**10- to 12-year-old
flag football schedule****Sept. 13** A vs. B at noon
Picture day in the Youth Services Center
small gym.**Sept. 18** A vs. B at 6 p.m.
(Peterson)**Sept. 20** A vs. B at 10 a.m.
(Peterson)**Sept. 25** A vs. B at 6 p.m.
(Peterson)**Sept. 27** A vs. B at 11 a.m.**Oct. 2** A vs. B at 6 p.m.**Oct. 4** A vs. B at 10 a.m.
(Peterson)**Oct. 7** A vs. B at 7 p.m.
(Peterson)

Happening's



The English Tudor-style castle was completed in 1904. Called Glen Eyrie, the castle was home to Gen. William J. Palmer, who founded Colorado Springs and established the Denver and Rio Grande Railroad.

Not everyone knows about the existence of one of the area's greatest treasures – Glen Eyrie, the 67-room castle built by the city's founder, Gen. William J. Palmer.

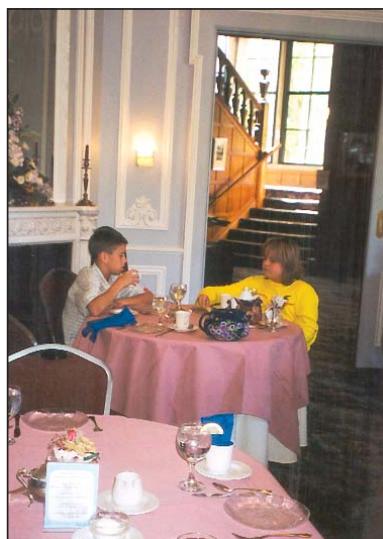
Thanks to The Navigators, a non-denominational Christian organization, citizens can make arrangements to visit the castle for teas, retreats, overnight stays or take tours of the castle and the grounds.

The castle is on the estate once owned by Palmer, who started the city of Colorado Springs in 1871. He originally built a 22-room house on the property just north of the Garden of the Gods in 1872 while he and his

wife "Queen" lived in the already completed carriage house. He added on to the house in 1881, and later turned the house into the castle it is now. The castle has 32 bedrooms, 22 bathrooms and 24 fireplaces. It has a large hall which seats 250 people. The castle had a wine cellar, a billiard room and a bowling alley.

The area was named "Glen Eyrie," which means "valley of the Eagle Nest," in Scottish, because of two golden eagle nests which have been in the valley more than 130 years.

Palmer came west in 1867 while surveying a rail route for the expanding Union Pacific Railroad.



Tea is served daily in the Music Room at Glen Eyrie. Reservations are necessary.



A large fireplace in Glen Eyrie is one of 24 fireplaces shipped to Colorado from England.

Palmer was said to have arrived at night and saw Pikes Peak the first time by moonlight. He immediately was struck by the area's beauty.

Palmer thought the Pikes Peak area would be a good place to build a town, an ideal city. He envisioned a luxurious resort.

He bought land for his future home in a canyon north of the Garden of the Gods. He purchased thousands of acres nearby and called on some officers he'd served with in the cavalry to help him establish a town.

Using Palmer's vision for the city, his

associates designed wide streets and planted hundreds of trees brought in from the Arkansas Valley. He gave hundreds of acres of land for city parks. He donated land for public buildings and schools in Colorado Springs and Denver. He contributed land and building funds to Colorado College.

Palmer was brilliant and inventive. He was largely self-taught, but had many ideas that were far ahead of his time. Palmer used many innovations and inventions in his house. For instance, the castle he built had an elevator, a central vacuum system and a smoke-removal system. It had electricity in 1882. Some of the earliest phones in the West were at the castle. The dairy at the mansion used equipment obtained from Louis Pasteur.

Since a young man, Palmer was



Places to see in the Pikes Peak area.

Castle

From Page 25

interested in railroads, taking his first railroad job when he was 17. He spent two years in England, studying the railroad industry.

When the Civil War broke out, Palmer, who lived in Pennsylvania and was a Quaker, served in the Union Army. He was awarded the Medal of Honor. He was the second youngest Army general ever, at age 29.

After the war, Palmer went back into railroading, which brought him to Colorado.

Palmer eventually started his own railroad, the Denver and Rio Grande. This line ran south from Denver to Colorado Springs and eventually reached Mexico City. He later ran railroad lines west to the gold and silver mines.

To serve the D & RG, he built a railroad station and a large, luxurious hotel, "The Antlers," in downtown Colorado Springs.

Palmer was quite successful and innovative in the railroad business.

He used a unique narrow track design for railway lines into the mountains, which cost less to construct than standard gauge and was ideal for mountain use.

Palmer and Queen spent a lot of time in England as many of his railroad investors were there. Eventually Queen Palmer moved to England for her health, taking the couple's three daughters with her.

Palmer divided his time between England and Glen Eyrie until his wife died in 1894. He brought his daughters back to Colorado Springs and they lived in the castle until his death in 1909.

The estate has changed hands several times since then.

The 800-acre estate was sold in 1953 to the Navigators.

The Navigators obtained the Glen Eyrie property 50 years ago — September 1953. It is now used for retreats, conferences and overnight stays. The Navigators have opened the castle for public tours at 1 p.m. daily. Reservations are required. The cost is \$5 for adults, \$3 for children ages 6 to 12. Children under 5 are admitted free.

An English Cream Tea is served Monday through Saturday at 2:30 p.m. The tea costs \$10.75 per person, and reservations are required. Call 634-0808 for reservations for the tea or tour. There is a discount for a combined tea and tour ticket.

On Sunday only, a formal Victorian Tea is served at 11:30 a.m. Reservations are required and the cost is \$14.25 per person.

The Castle Bookstore is on the first floor of the castle and is open Monday through Friday from 10 a.m. until 5 p.m. The store has a selection of teas and accessories for sale, as



An antique set of armor is in front of a fireplace near the Music Room in Glen Eyrie.



Queen Palmer's sitting room is on the castle's second floor. The castle has 65 rooms.



A group learns about Glen Eyrie while on a tour of the castle.

well as post cards, books and gifts relating to the Palmer family, the castle or the local area.

Several special events are held at Glen Eyrie during the year, such as the Madrigal Feast Celebration, in 16th century style. The Madrigal is held in the great hall during the Christmas season. Workers in period costume serve the five-course meal in elaborate ceremony. The Madrigal is quite popular and sells out early. This year's feast is set for Thursday, Friday and Saturday evenings, Nov. 28 through Dec. 21.

An alternate holiday activity for families is "An Everyman's Christmas Revels," which features activities appropriate for children. The Revels is scheduled for the period between Thanksgiving and Christmas, and includes dinner, music and entertainment.

The exact dates for the holiday activities are available on the Web site, www.gleneyrie.org. Call 634-0808 for reservations.

Guests may stay in the castle or other lodging facilities on the grounds when space is available. Room rates during peak season, May 15 to Oct. 15, run from \$60 to \$170 per night. In the off season, rooms are from \$50 to \$150 per night, double occupancy with breakfast in the castle included. Call 634-0808 for information about openings and rates.

The Glen Eyrie estate grounds are most attractive in spring and summer, with rolling green lawns and colorful flowers. The area is quiet and secluded. Wild turkeys, deer and bighorn sheep often roam the grounds.

A tour any time of year



A massive fireplace is in the Great Hall of Glen Eyrie. The fireplace opening is almost 6 feet high.

gives visitors the opportunity to glimpse the lifestyle of early Colorado Springs' rich and famous. For those just interested in a driving tour, stop at the gatehouse and ask for the compact disk or audio tape for a self-guided tour. Return the CD to the gatehouse upon exiting.

The castle is located just north of the Garden of the Gods entrance, at 3820 N. 30th St. Take Interstate 25 north to the Garden of the Gods exit, going west and following the signs to Garden of the Gods. Just before the Garden of the Gods is the entrance to Glen Eyrie. The sign for The Navigators is set back from the road. Turn west at the sign/entrance and go left until reaching the gate house and ask the attendant for directions.

Just the Facts

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

Get Out!

Car show

A **Classic Auto Show** is today through Sunday at Pikes Peak International Raceway south of Fort Carson on Interstate 25. The show draws hundreds of hotrods, custom and classic cars.

Buffalo Bill

Entrance is free at the Buffalo Bill Museum in Golden Saturday. 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.

Travel film series

The travel film **"Hong Kong"** is Sunday and Monday at 2 p.m. at the Fine Arts Center theater, \$7. The travelogue is narrated by the makers of the film. Next in the series, Oct. 26 and 27, is "The Trail," about the Lewis and Clark expedition. The Fine Arts Center is at 30 W. Dale St.

Folk Art Festival

The annual **Folk Art Festival at Rock Ledge Ranch Historic Site** is set for Sept. 12, 13 and 14. Several large tents at this popular fest will be filled with art, antiques, furniture, jewelry and crafts. The fest begins at noon Sept. 12 and at 9 a.m. Sept. 13 and is open until 6 p.m. both days. The hours Sept. 14 are 10 a.m. until 4 p.m. Admission is \$5 for adults and children 6 to 12 are \$4. Food vendors will be on site. Admission to the fest include access to the living history areas of Rock Ledge Ranch.

Joyrides

JoyRides Family Fun Center participates in the Cystic Fibrosis Foundation FUNdraiser Sept. 14, from 2 to 6 p.m. A three-hour all access pass is \$8, with some of the proceeds going to Cystic Fibrosis. JoyRides is at 5150 Edison Ave. off Platte Avenue east.

Bear Creek Nature Center

Children ages 6 to 10 can learn "Coyote Tales" at Bear Creek Nature Center Saturday from 10 to 11:30 a.m. Storyteller Dianne McRae tells stories and participants enjoy coyote crafts and a hike. The fee is \$4. Reservations are required; call 520-6387.

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.

Scottish-Irish Festival

The **27th annual Longs Peak Scottish-Irish Highland Festival** is in Estes Park through Sunday. The festival includes food, pipe bands, competitions music and dancing. Go to www.scotfest.com for information and schedules.

Oktoberfest

Larimer Square in downtown Denver holds its annual Oktoberfest Sept. 12 to 14 and Sept. 19 to 21. The traditional Oktoberfest includes German-style food, music and dancing. Go online at www.larimerarts.org.

Fine Arts Center theater

The first production of the **Repertory Theater** season is **"Seven Brides for Seven Brothers,"** set for Oct. 3 through 19. Performances are Fridays and Saturdays at 8 p.m. Sunday matinees are at 2 p.m. Call 634-5583 for tickets.

Acrobats

The **Chinese Golden Dragon Acrobats** will per-

form at the Pikes Peak Center Sept. 13 at 7:30 p.m. Tickets call 520-9090, which start at \$10.

The Circus is coming

Ringing Bros. and Barnum & Bailey's circus is coming to Denver in October. Oct. 1 to 5, the circus is at the Pepsi Center. There are performances at 7:30 p.m. each night, with 11:30 and 3:30 p.m. performances Oct. 4 and 5. The circus will be in the Denver Coliseum Oct. 7 through Oct. 12, Performances Oct. 8 through 11 are at 7:30 p.m. There's a 3:30 p.m. performance Oct. 11, and performances at 1:30 and 5:30 p.m. Oct. 12. Tickets run from \$12.75 to \$20.75, call (303) 830-TIXS.

Craft Show

The **Creative Crafters' Showcase** holds its annual show Oct. 11, from 9 a.m. to 4:30 p.m. and Oct. 12, from 11 a.m. until 4 p.m. at Lewis Palmer High School in Monument. Admission is \$3. Take Interstate 25 to Exit 158.

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.

Academy football

The next home game at the **Air Force Academy** is with **North Texas** Sept. 13. Kickoff is at noon. The following week, The Academy hosts Wyoming Sept. 20. To obtain tickets for either game, call 472-1895.



Photo by Nel Lalmpé

Buffalo Bill ...

Entrance is free to the Buffalo Bill Museum at Golden Saturday, beginning at 1 p.m. Buffalo burgers will be sold on the terrace or bring your own picnic. The museum is off Interstate 70 west of Denver, Exit 256.

Program Schedule for Fort Carson cable Channel 10, today to Sept. 12.

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 (repeat). Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on Air Mobility Command, Global Hawk and Meals Ready to Eat. 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.

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 typewritten copy of the information to Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before airing time.