

Mountaineer

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Visit the Fort Carson Web site at www.carson.army.mil

Nov. 14, 2003



Photo by Pfc. Stephen Kretsinger

Veterans Day parade ...

Servicemembers from the 4th Finance Battalion, 43rd Area Support Group, march in the annual Colorado Springs Veterans Day Parade, carrying an American flag collection owned by retired Air Force Maj. Jim Coakley, veteran of the Korean War and the Vietnam war. The parade also featured the Fort Carson Mounted Color Guard and many other Soldiers from the 43rd ASG.

45th Brigade to train Afghan National army

by Master Sgt. Bob Haskell
Army News Service

ARLINGTON, Va. — For the first time, one of the National Guard's 15 enhanced brigades will lead Task Force Phoenix, the mission to train the new Afghan national army.

The new task force of 500 Soldiers and a small contingent of Marines, commanded by Brig. Gen. Thomas Mancino and centered on the 45th enhanced Separate Brigade, has spent the last few months at Fort Carson, and will deploy to the central Asian country in December and will remain until June 2004.

"Many of these Afghan troops are already combat veterans. Our job is to turn them into a professional army that is already engaged in combat operations," said Maj. Eric Bloom, 45th Brigade.

For more on the 45th Brigade see page 4.

AFAP addresses community issues

by Nancy A. Montville

Fort Carson Army Family Action Plan Program
Coordinator

Army Community Service hosted the 20th annual Army Family Action Plan Conference Nov. 5 and 6 at the Sheraton Hotel. More than 120 attendees served as delegates, subject matter experts, facilitators and administrative staff in seven different work groups.

Workgroups consisted of wide demographics of the Army community to include: active duty, Colorado National Guard, activated reservists, retirees, civilian employees and family members. Work groups conferred on issues submitted from the community prior to the conference in the areas of: health services; family support; volunteers; employment; the Directorate of Community Activities and youth education; benefits; and force support, leader-

ship, and housing. This year's conference issues were primarily about benefits and entitlements and force support, addressing concerns of activated National Guard and Reservists. There were also several issues addressed concerning Operation Iraqi Freedom.

The top three Fort Carson issues are:

Combat counseling: Work group members felt that insufficient counseling is allowed to soldiers returning from a combat zone. Insufficient counseling can lead to a loss of productivity by the soldier. It is a problem because of the possible depression and mental state that can lead to a potential catastrophic event for the Soldier, family members and Army units. The long-range effect could become a retention problem for the Army. The group made the following recommendations: Mandate small-group (10 or less) participation in counseling at the Demobilized Soldier

Readiness Processing for all Soldiers; and require and provide additional leadership training to enable leaders to be able to recognize and identify potential unusual behaviors exhibited by returning Soldiers.

Patient medical care: The scope of this issue states there is regular misdiagnosis of patient conditions within medical facilities throughout the Army. Also, doctors are constrained by a 15- minute exam session with the patient. Numerous interruptions by emergency situations reduce already limited physician/patient time. Workgroup recommendations include: Increase personal attention by physicians to patient conditions and symptoms. Allow more quality time with the patients (no rushing to meet schedule). Provide more funding for health-care providers.

See AFAP, Page 4

INSIDE THE MOUNTAINEER

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Feature



Fort Carson supports West Point in its gridiron meeting with the Air Force Falcons.

See Page 16 and 17.

Happenings



Space exploration is available in a new exhibit at the Denver Museum of Nature and Science.

See Page 25.

What's new

The *Mountaineer* will not be published the week of Thanksgiving. The Nov. 21 issue will be the last issue in November, followed by the Dec. 5 *Mountaineer*. Please keep that in mind for briefs and notices.

Post Weather hotline:

526-0096

Commander's Corner

From the commanding general:

Helping families deal with loss

To date, 29 soldiers from the Mountain Post have given their lives in defense of the values that make our nation so great. In the last two weeks, Fort Carson has suffered its greatest loss of life since the Vietnam War. Most tragic was the death of four soldiers assigned to the 3rd Armored Cavalry Regiment who died in a helicopter that was shot down in Iraq by a surface to air missile Nov. 2. The death of each soldier is a loss not only to the country and to the Army, but most importantly, to the families and friends who knew these patriots best.

While nothing can replace the men and women who paid the ultimate sacrifice for America's freedom, much can still be done to assist the loved ones whom they have left behind.

In order to help these families deal with their immeasurable loss, Fort Carson recently established an Emergency Family Assistance Center at the Army Community Service building. It is a one-stop shop for information, services, and counseling (Social Work Services, Family Life Chaplain, legal, casualty assistance office), and the soldiers, civilians, and volunteers of this center have worked countless hours serving the needs of Fort Carson families. In addition to the EFAC, the entire Mountain Post Team: units, support personnel, families and family readiness groups, have responded admirably, and I am extremely proud of these efforts and the professional manner in which they have been conducted.

While the soldiers of Fort Carson continue to lead the way in attaining our country's objectives in the Global War on Terrorism, we are also proud to be a member of the Pikes Peak community that has continued to rally in support of our soldiers and families. Many organizations in the community have offered assistance; two to note are The Home Front Cares and the El Pomar Foundation. These organizations are doing great things for families of injured and wounded soldiers. Among their contributions, they have provided financial assistance to families visiting wounded or injured soldiers who are receiving care outside of Colorado Springs. I have never seen a community so caring, selfless, and supportive of soldiers and their families, and I am equally proud to be a member of this community.

Despite recent events, there is still a lot of work to be done in order to protect the citizens of the United States of America. Our soldiers continue to perform in the same outstanding manner they always do, both here and abroad. As we continue to make progress in Iraq and Afghanistan, we will inevitably be forced to overcome more obstacles; however, we will maintain our contract with the people of the United States to fight and win this nation's wars.

I want to personally thank each member of the Mountain Post Team, to include our good neighbors



Wilson

and surrounding communities for doing their part in taking care of soldiers and their families. Keep up the outstanding work.

Bayonet!

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

3rd ACR commander's message to troops, families

Troopers and families of the 3rd Armored Cavalry Regiment:

The last seven months have been significant in the history of our regiment. The regiment has secured nearly a third of the country of Iraq. We are responsible for more than 800 kilometers of international borders and four points of entry, two with Syria, one with Jordan, and one with Saudi Arabia. We have conducted operations across the spectrum of conflict with troopers fighting in close combat situations, as well as performing stability and support for Iraqi communities.

Part of our mission is to prepare our area of operations for a Transfer of Authority to other, follow-on Coalition Forces or Iraqi Security Forces.

A recent Department of Defense announcement outlines the force package for the second year in Iraq, termed Operation Iraqi Freedom II. The force package includes those units that will replace the regiment in western Iraq and a sequencing of units for the TOA. The announcement indicates that our TOA may take place in March 2004 and following the TOA we will begin movement out of Iraq and to the port.

Redeployment activities at the port will be intense as we ready our equipment for shipment back to Fort Carson. With the current timeline for our redeployment, I expect the regiment to return home in the month of April.

The news you hear and see still shows Iraq as a dangerous part of the world. The tragedy Nov. 2 deeply hurt the regiment. However, we will continue our mission here in Iraq, remaining vigilant and prepared for any contingency. Our Family Readiness Groups continue to inspire us with their

strength, faith and unwavering support.

The holidays draw near and we face separation from our loved ones. My hope is that all will feel that the regiment is their family. The 3rd U.S. Cavalry is strong because of our devotion to one another.

Thank you for all the sacrifices you make every day. Your service secures the gift of freedom for millions of people. God bless you all.

*David A. Teeples
commander, 3rd ACR*

LETTERS TO THE EDITOR

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

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

be considered.

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

Because of legal restrictions, both in federal regulations and AR 360-1, under which the *Mountaineer* is pub-

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

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

MOUNTAINEER

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News

112,000 servicemembers tapped for Iraq

by Spc. Bill Putnam
Army News Service

WASHINGTON — About 112,000 service members — including more than 37,000 National Guard and Army Reserve Soldiers — should be headed to Iraq and Kuwait early next year to replace the forces already on the ground, Secretary of Defense Donald Rumsfeld announced.

In addition, more than 3,700 reserve-component Soldiers should be headed to Afghanistan by then as well, he said at the first of two Pentagon news conferences Nov. 6 about Iraq and Afghanistan deployments.

The bulk of the troops has already received their alert orders, Rumsfeld said, but additional alerts can be expected in the near future. The rotations in and out of Iraq will start in January and will be completed by April, Rumsfeld said. The rotation plan, first announced in July by then-acting Army Chief of Staff Gen. Jack Keane, is still grounded in the Central Command requirements for security in Iraq, Joint Chiefs of Staff Air Force Gen. Richard B. Myers said at the news conference.

The goal for this next deployment of U.S. forces is to reduce the overall footprint in Iraq, Rumsfeld said. The plan as it stands now is to decrease the U.S. divisions in Iraq from four to three and 17 combat brigades to 13, he said.

More units — like mobile infantry and military

police — that are appropriate to deal with the current situation will be brought in, Rumsfeld said.

Active-duty troops headed in are the 1st Cavalry Division from Fort Hood, Texas; the 1st Infantry Division from Germany; the 2nd Brigade, 25th Infantry Division based at Schofield Barracks, Hawaii; and, elements of the U.S. Marine Corps' 1st Marine Expeditionary Force out of Camp Pendelton, Calif.

The 1st Cavalry will replace the 1st Armored Division, currently in and around Baghdad. The 1st Infantry will replace the 101st Airborne and the 4th Infantry Division. The 1st Marine Expeditionary and an Army brigade will replace the 82nd Airborne Division in western Iraq.

Two multi-national divisions, led by the British and the Polish armies will remain in the southeast and southern portions of Iraq, said Air Force Lt. Gen. Norton Schwartz, director for operations, J-3, Joint Staff, during the press conference.

Two National Guard combat brigades, the 30th Infantry from North Carolina, and the 39th Infantry of Arkansas, will augment the 1st Infantry and 1st Cavalry.

A third Guard brigade, the 81st Armor Brigade from Washington state, will relieve the National Guard 53rd and 76th Infantry Brigades that are already in and around Baghdad.

A majority of the units scheduled for Iraq are combat support and services, Schwartz said.

In addition, 1,000 sailors and 2,000 airmen from the Navy and Air Force will be sent to Iraq to take over specialty jobs like engineering, Schwartz said.

The eventual goal is to hand over the security mission to the Iraqi people, he said. Currently there are 118,000 Iraqis forming and participating in various internal security units, Rumsfeld said. That makes them the second largest contributor to forces in Iraq behind the United States, Rumsfeld said.

That number may be surprising to some people, given the short length of time those forces have been organized in, Myers said.

Before Operation Iraqi Freedom, the reserve alert and mobilization system "was broken," Rumsfeld said. "It wasn't sufficiently respectful to the troops, their families or their employers," he said.

The goal now is two-fold, he said. The first is to give the longest possible notice to them, he said. The second is to limit Iraq tours to 18 months, with up to 12 months spent on the ground, he added.

The earlier notification will also give those Reserve units time to train up for their missions in Iraq and Afghanistan, Rumsfeld said.

But the system hasn't been perfected, Rumsfeld said. Some units may have several months to prepare while others will have at least four weeks, he said. Other units with unique missions may have to be remobilized or extended, Rumsfeld said.

Post bids farewell to 45th Brigade

by Pfc. Aimee J. Felix
Mountaineer staff

Fort Carson bid farewell to a task force of 492 Soldiers and 13 Marines Wednesday in a ceremony at the Special Events Center.

Task Force Phoenix, a task force that includes Soldiers from the 45th enhanced Separate Brigade and Marines, will be deploying to support Operation Enduring Freedom in Afghanistan. The unit consists of Soldiers and Marines from 20 different states. "We're deploying from all states, but are all going under the same flag," said Chap. (Capt.) William Hanna in his invocation at the ceremony.

Regardless of their differences, the unit has proven to work well together as a team, said Brig. Gen. Thomas P. Mancino, commander of the 45th Brigade.

The Soldiers in this unit are an integral part of the 7th Infantry Division. The Soldiers and Marines will secure the borders of Afghanistan and conduct raids and patrols of suspected Taliban strongholds.



Photo by Pfc. Aimee J. Felix

Lt. Col. Joel Ward, executive officer of Task Force Phoenix, leads the Soldiers in a salute to the colors during a farewell ceremony Wednesday at 3p.m. at the Special Events Center. The task force will be deploying throughout the week.

AFAP

From Page 4

Leave Donation Policy: No current provision exists to allow soldiers to participate in a leave donation program with other soldiers or DOD civilians. Recommendations: Create a policy that allows AD/DOD civilians to participate in a leave donation program. Create a policy that allows AD to donate leave to other AD.

Look for answers to these issues as well in future editions of the *Mountaineer*. The Garrison Commander chairs a quarterly AFAP Steering Committee that reviews and seeks solutions to Fort Carson issues. Issues that can't be addressed locally will be forwarded for consideration at the Department of the Army level.

For more information on any issue or the AFAP Conference call Nancy A. Montville at 526-4590. All prioritized issues can be viewed at www.carson.army.mil click on ACS and then on AFAP.

Editor's note: DOD civilians can only donate annual leave to other civilian employees who are seriously ill or have long-term illnesses and have expended their sick leave. Civilian employees can't just donate annual leave to other civilians or to Soldiers.

Military

3rd ACR Soldiers show 'heart of a tiger'

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

AL QA'IM, Iraq — While engaged in increasingly intense combat operations on the Syrian border, 1st Squadron, 3rd Armored Cavalry Regiment (Tiger) has been actively involved in another battle — the war on poverty.

Soldiers in the 1st Sqdn., 3rd ACR have most recently been involved in projects to help school-aged children here. They spent \$42,240 last month on various school projects. The squadron has replaced broken windows and doors in more than 40 area schools recently. The squadron made one memorable trip to a local school and gave students and teachers 200 new backpacks, complete with school supplies.

"The children were very excited," recounted Staff Sgt. Mario Franco, noncommissioned officer in charge of the squadron civil affairs section. "We all really enjoyed that trip."

The squadron has also been involved in sewer and water projects, contributing sports equipment to local youth, giving necessities such as clothes, blankets and food, and items such as toys and candy to needy adults and children and paying the widow of the Husaybah police chief, recently assassinated.

In all, the squadron spent more than \$120,000 in October on bettering the life of area Iraqi citizens.

"The support of our civil affairs team and the squadron are the only things that have kept basic services in these cities running," said Capt. Dan Ruecking, squadron information operations officer.

In addition, the squadron has continually worked with the mayor and other community leaders to make

them a part of the solution, he added.

"And our soldiers have shown constant professionalism while dealing with the Iraqis," Ruecking said. "The soldiers make every effort to minimize collateral damage. They are professional in their treatment of females and of detainees."

The squadron has also distributed fliers about the custom of Ramadan to enhance soldiers' cultural awareness and sensitivity, and plans to spend \$30,000 on improvements of Mosques this month. The unit also plans to start up a local phosphate plant that will employ 3,500 locals.

The squadron would like to do even more for the people here, but are constrained because of security reasons, explained Ruecking.

"Most people in the communities here are peaceful and just want to resume normal lives, but the actions of aggressors place them in a situation where they feel they can't publicly support Coalition Forces," Ruecking said.

"I feel the people here are just like us, just like Americans, but when things get a little sticky they react differently," Staff Sgt. Mario Vasquez, a cavalry scout in Bandit Troop, 1st Sqdn., 3rd ACR said.

"They're not bad people, but desperate people can do desperate things," said Sgt. Chris Bandel, a Nuclear, Biological and Chemical specialist in Dragon Troop, 1st Sqdn., 3rd ACR.

"I have mixed feelings about the people," admitted Spc. Stephen Moore, a tanker in Apache Troop, 1st Sqdn., 3rd ACR. "I was assigned at the Haditha Dam for a while and we had a pretty good relationship with the Iraqis there. "But here at the border

they're all shooting at us.

"I have no animosity toward the people in general, though. Unfortunately, the ones I have problems with are the ones I'm dealing with."

"Soldiers on the line often can't be warm and friendly," pointed out Franco.

The soldiers said they do have a desire to make life better for the people here.

"I hope that in the time we're here that we will have made the situation better and made a foundation for others to build on," said Vasquez.

Bandel recounted an experience of helping Iraqi security personnel work on a job-related issue and having lunch with them. He called it "the highlight of my deployment." It gave him "a better sense of what we're doing here" and motivated him to "do my part" in making life better for the people of Iraq, he said.

Moore said he could relate to the struggles of the Iraqi people. "They, too, have been discriminated against," said Moore. He added that while he does have sympathy for those Iraqis who are suffering, he has no sympathy for those who "continue to fire upon us."

"When we get through this spell we're going to be in a great position for the future," Ruecking said. "By removing these aggressors, we're going to open the way for the squadron to do all the things we've wanted to do to assist the community in rebuilding."

"Everything has a season and this (the intense fighting) is just one season," Franco added.

With hard-bitten determination, the 1st Sqdn., 3rd ACR soldiers on the line hold their position, hoping for the season to change.

Military Briefs

Misc.

West Point — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and noncommissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and Company Tactical NCOs. Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point. For application information, go to <http://www.usma.army.mil/adjutant-general> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Go Warrant Officer — The U.S. Army is looking for highly motivated Soldiers to fill its Warrant Officer ranks. Positions are open in all 45 specialties if you qualify. Soldiers with less than 12 years active federal service are encouraged to apply. For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or DSN 536-0484/0458/0488/0478/1860/0271.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

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

to 4 p.m. and Thursdays from 7:30 a.m. to noon.

Initial/partial issues

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

Direct exchange

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

Partial turn-ins

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

Full turn-ins

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

Effective immediately:

Replacement will be scheduled Mondays, Thursdays and Friday mornings.

Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing.

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

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

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Connie Thompson at 526-4057 or 524-2006. POC for this information is Mark A. Rudd Sr., CIF supervisor at 526-6477.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni

Center briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m. Call 526-1002 or 526-0640 to schedule a briefing.

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.

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 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

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

Personnel Claims hours:

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

Receive documents for filing:

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

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

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

Dining Schedule

Week of Nov. 15 to 21

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.
- Patton House is closed Saturday and Sunday.
- Mountaineer Inn is closed until further notice.



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)

Thanksgiving Day Menu

Thanksgiving Day Menu

Shrimp cocktail
Roast turkey
Baked ham
Steamship round
Mashed potatoes
Sweet potatoes
Salads
Breads
Beverages
Seasoned vegetables
Savory bread dressing
Cornbread dressing
Giblet gravy
Apple, Pecan and Pumpkin pies

Cost

• All active duty members receiving Basic Allowance for Subsistence will pay \$5.25.

• Retirees, guests and family members of all active duty sergeants and above will pay \$5.25.

• Family members of corporals or specialists and below pay \$4.55.

Dining Facilities

Nontraditional Holiday Meal

Served Nov. 26

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd BCT Iron Bde. (building 2061)
3rd ACR CAV House (building 2461)
3rd ACR Patton House (building 2161)

Traditional Holiday Meal

Served Nov. 27

10th Special Forces Group (building 7481)

Hours of Operation

Breakfast 6 to 8:30 a.m.
Thanksgiving Meal 11:30 a.m. to 2:30 p.m.
Dinner 4 to 5:30 p.m.

NCOA delivers holiday spirit overseas



photo by Pfc. Aimee J. Felix

Betsy Sargent and her children Elisabeth, 8, Aaron, 5 and Gabrielle, 1, pose with Santa for a Christmas card. The Noncommissioned Officers Association will send the card to Sargent's husband in Iraq.

Soldiers' families send their holiday greetings to Iraq

by Pfc. Aimee J. Felix
Mountaineer Staff

The Noncommissioned Officers Association and the Mountain Post team came together to share the Christmas spirit with our Soldiers overseas.

Thursday through Saturday, families of deployed soldiers had the opportunity to take pictures with Santa at the Special Events Center. These photos were used on a card to be sent to loved ones overseas. The event was free and available to all families, friends and significant others of deployed Fort Carson soldiers.

"Our goal is to have these Christmas Cards with the picture of your family in the hands of your loved one by Christmas," said Master Sgt. James Newcomb.

"My husband was supposed to come home for a two-week rest and relaxation leave, but he wasn't able to, so this'll be especially nice for him to receive," said Betsy Sargent, Family Readiness Group leader for Headquarters and Headquarters Company, 3rd Brigade Combat Team. "It's a nice thing to do for all of them," she added, as she waited her turn.

Family members were offered the option of mailing the cards themselves or having the rear detachments and the NCOA deliver the cards for them. The Fort Carson NCOA Chapter 154 sponsored and worked the event.

Children: Say no to cigarettes

by Pfc. Stephen Kretsinger
Mountaineer staff

Studies show that most smokers puffed on their first cigarette before the age of 20. The Mountain Post Wellness Center and Evans Army Community Hospital are doing their part to help curb this phenomenon.

Representatives from the Mountain Post Wellness Center and Evans Army Community Hospital held an assembly for the children of the schools of Fort Carson Oct. 29 at Beacon Elementary School.

The assembly was part of Red Ribbon Week and focused on the dangers of tobacco. "The reason we do this is to emphasize to kids the importance of understanding that tobacco is considered a drug," said Sheila Y. Thomas, health technician, Mountain Post Wellness Center. "If you look at the average age that people start smoking, it's around the age of 15. Very seldom do you find someone that started smoking in their 20s. We are trying to plant a seed. Some kids will bite off on it."

"We really just want to get the information out to the little ones," said Thomas. "And, to tie in with Red Ribbon Week, let the little ones know that tobacco is a drug and very addictive."

Red Ribbon Week is a national week

of drug abuse awareness and education Oct. 22 to 31. The National Family Partnership organized the first Nationwide Red Ribbon Campaign in 1988 in honor of the fallen Drug Enforcement Agency agent, Enrique "Kiki" Camarena. Since that time, the campaign has reached millions of U.S. children.

Children attending were from Mountainside, Abrams and Patriot Elementary Schools and ranged from grades kindergarten to sixth. The children saw a play of the "big bad wolf" that could not huff or puff or blow the little piggies' house down because he was a smoker. The event also featured videos, giveaways and an appearance from McGruff the Crime Dog.

The event has been held for the past three years. One of the purposes of the event was to get the children involved in helping their parents quit smoking as well as preventing the children from smoking themselves.

"We want to talk to children about smoking," said Capt. Renee L. Busse, community health nurse, preventive medicine at Evans Army Community Hospital. "It's really a good program, because when they see their parents smoking, they say, 'Mom, I went through this class yesterday and it's real-



Photo by Pfc. Stephen Kretsinger
McGruff the Crime Dog visits the children of Fort Carson schools during Red Ribbon week activities.

ly important that you quit smoking because I love you."

"We try to put the information into terms the children can understand so they can encourage their parents to quit smoking," said Busse. "We've had a lot of parents come up to us and say, 'The class that you did last year really encouraged me to quit smoking.'"

The assembly also intended to plant the seed for the upcoming National Smokeout Thursday. "We try to do this

program a few weeks before the smokeout just to try to drive the point home," said Busse.

The National Smokeout is a day set aside every year for smokers to go without smoking for one day. "The smokeout lets people know, if they can quit for a day, they can quit for good," said Busse. "If you can get over the first day, you can do it for a week or a month or quit completely. Having your 6-year-old encourage you to quit really helps."

Planning a holiday trip?

Arrange for pet care while you're away



Photo by Pfc. Aimee J. Felix

Cheyenne, a chocolate Labrador retriever puppy gets her Rabies shot at the Fort Carson veterinary clinic by veterinary technician, Meredith Peterson. The clinic provides Fort Carson pets with their necessary vaccinations and microchipping.

**by Pfc. Aimee J. Felix
Mountaineer Staff**

As holiday leaves approach and Christmas trees decorate our homes, there are a few safety measures to know or be reminded of concerning our pets.

Before going on leave, Fort Carson residents should make sure their pets are left in a secure environment.

Depending on the length of time the pet will be left behind, that safe environment could be a kennel or one's own home.

If residents are planning on being gone for a short period of time and therefore decide to leave their pets at home, they need to make sure their pets have enough food, water, and warmth. Also, owners are required to leave a power of attorney and extra money to cover emergency veterinary care.

On the other hand, for those leaving for longer periods of time, the post veterinary clinic holds a list of kennels in the Colorado Springs area. Pet owners should make sure their pets have all the shots the specific kennel requires

as they may be different, said Owens.

As a reminder, it is important for Fort Carson residents to know that microchipping is required for all pets living on post. Should the pet get lost, the chip would provide the owner's information. Residents need simply go to the post veterinary clinic to do this, said Master Sgt. James Owens, non-commissioned officer in charge of the Rocky Mountain District Veterinary Command. When a pet owner moves, he or she needs to call the microchipping company, Home Again, at (800) 252-7894 to update the information on the chip.

There are other safety measures to be taken with pets, even when owners are present. This includes keeping the animals away from the Christmas tree. "It sounds silly, but it is a serious fire hazard," said Owens. Also, cat owners must keep cats away from tinsel. Felines take a particular interest in tinsel, and the consumption of tinsel can cause intestinal obstruction in a cat, said Owens.

For more information, call the veterinary clinic at 526-3803.

Community

If you're not careful with fire, your house could go ... **Up in flames**

Pfc. Stephen Kretsinger
Mountaineer staff

In the past month, two houses have burned down on Fort Carson. Every year hundreds of fires are caused by careless acts of individuals. Many of these fires result in injuries and deaths. These incidents can be greatly reduced by vigilance and preparation.

There are three major causes of deaths from fires in the home: smoking, heating and cooking. These can all be avoided by taking a few simple measures.

Smoking is the leading cause of death from fire in the home. This usually occurs when people smoke in bed, under the influence of medication or alcohol, or when they are tired.

Heating is the second leading cause of death from fire in the home and the number one cause of residential fires. This can be avoided by having the central heating system checked once a year. Ridding central heating systems of dust and other debris can greatly lower the risk of heating caused fire.

Cooking is the third largest cause of death from fire in the home and the major cause of apartment fires. The prevention is to never leave cooking food unattended.

A recent house fire on Fort Carson also shows that candles are a danger, especially during the holidays. There are twice as many candle fires in December than any other month, according to the National Fire Protection Association Web site.

"Be especially careful where you put candles," said Verne A. Witham, fire chief, Fire and Emergency Services, Fort Carson. "Make sure not to place them next to combustibles and place them on bases that will allow melting wax and sparks to be contained."

No one expects a fire, but one can still be prepared if the right steps are taken. Smoke alarms, planned fire escape routes, regular fire drills and fire education can all assist in fire safety.

Smoke detectors are the first line of defense against fires.

Smoke detectors should be installed on every level of a home and outside each sleeping area. They should not be installed near windows, doors, air vents or fireplaces. They also should not be installed in kitchens, bathrooms, attics or garages.

Make sure to plan out a fire escape route very carefully. Draw a floor plan of the home and be thorough. Plan out primary and secondary routes of escape. Make a common meeting place for everyone in the household to meet once safely outside.

Practice fire drills every six months. Make sure the fire drills are unannounced and as realistic as possible. Perform the drills without lights on and at night.

Fire education for the whole family is important as well.

Teach the family to check doorknobs before rushing through a door during a fire. A hot doorknob may signal danger on the other side. Teach them to close all windows and doors to minimize oxygen that fuels the fire. Teach children not to hide or wait around for parents, and to leave all valuables behind. Make sure that children know their last name and address for the fire department.

If a fire does occur, remember to evacuate the building and head to a neighbor's house to call the fire department. When evacuating the building, stay low. Most smoke rises and one of the most dangerous aspects of fire is when a person suffocates from smoke inhalation.

Once out of the house, stay out of the house. Do not try to fight anything but small fires. Let the professionals do their job.

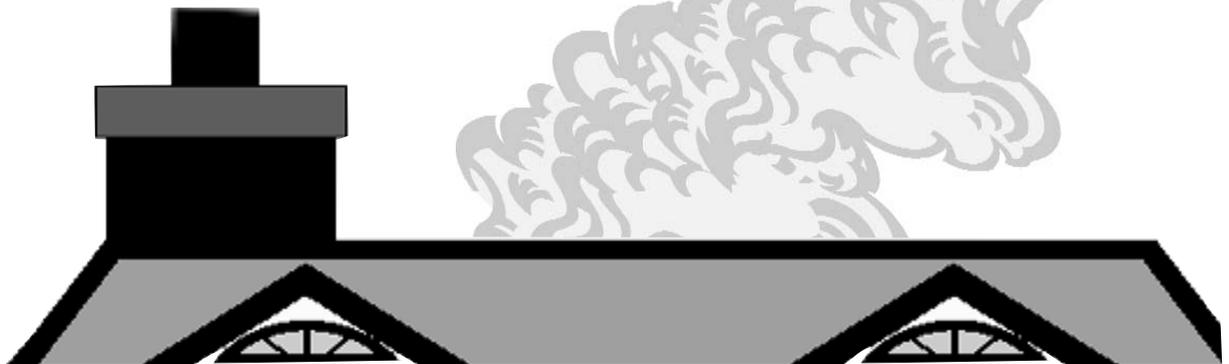
Fire can cause physical and financial disaster in a flash. Following the right steps, a family can assure its safety and help prevent tragedy that can be caused by home fires.

On Fort Carson, dial 911 to reach Fire and Emergency Services to report a fire.

Editor's note: Some of the information for this article was provided by the Fort Carson Safety Office.

"Be especially careful where you put candles. Make sure not to place them next to combustibles and place them on bases that will allow melting wax and sparks to be contained."

Verne A. Witham
fire chief, Fort Carson Fire and
Emergency Services



The Home Front Cares ...

Nonprofit agency helps Soldiers

by Sgt. Chris Smith

14th Public Affairs Detachment

When a Soldier is injured, the family can be left behind wondering what to do next. A myriad of tasks can be left for the family to accomplish, including everything from finding someone to watch the children to wondering how to visit the Soldier in the hospital.

One retired Air Force colonel has made it his job to help family Soldiers as a cofounder of The Home Front Cares, a nonprofit organization designed to help those families who are left behind while their loved ones are deployed.

Bob Carlone recently helped out the family of one of the Soldiers injured in the Nov. 2 helicopter crash in Iraq which claimed the lives of four Fort Carson Soldiers and left many more injured.

The spouse of one of the injured Soldiers left to visit her critically injured husband in Germany while her friend stayed behind to watch her two children along with her own three children. With the help of a local car rental agency, Carlone was able to give a two-week free rental of a van to the friend to assist with the transportation of the five children.

Carlone personally ensured the delivery of the van and talked to the children. He understands the importance of the charity.

"The Home Front Cares is here to help," said Carlone. "I'm glad that we were able to make sure



Photo by Sgt. Chris Smith

Scott G. Bengogullari delivers a rental van to Karrah Conine who is taking care of her friend's children who is with her injured husband.

that this happened (the delivery of the van)"

Carlone became involved with the charity after he realized he couldn't fly planes anymore and wanted to do something to help the military. Now he uses his knowledge of the military to assist with helping

those in need by watching over the day-to-day operations of the Home Front Cares organization.

While military personnel from the Colorado Springs area are deployed, Carlone will make sure those left behind get needed help.

Community Events

Miscellaneous

Christmas Unlimited applications available —

In further support of our soldiers and their families, your Army Community Service program Financial Readiness section has started screening for Christmas Unlimited toy applications. Christmas Unlimited is a local nonprofit organization that provides new and refurbished toys for Christmas to children in El Paso and Teller counties. This year more than 90 percent of the toys are new.

Christmas toys are available for children from birth up to the developmental or chronological age of 12. Parents of qualifying children will be provided a holiday "shopping certificate" that can be used at the Christmas Unlimited distribution site. This year, Desaree Venema (ACS Finance Counselor) will be the Fort Carson project coordinator.

Please call ACS to schedule your Christmas Unlimited application appointment at 526-4590. Applications will be accepted now through Nov. 30.

Bull Elk hunting seasons on Fort Carson —

Saturday marked the beginning of the third bull elk rifle season, which extends through today. The fourth season begins Saturday and ends Wednesday.

Bull elk licenses are available over the counter, but after the actual beginning of the seasons, licenses can only be purchased at Colorado Division of Wildlife Offices (Regional Office located at 4255 Sinton Rd., Colorado Springs, Colo. Southeast of Interstate 25 and Garden of the Gods Road). The Fort Carson Outdoor Recreation Center no longer sells hunting licenses, but they can be purchased almost anywhere hunting equipment is sold.

The Directorate of Environmental Compliance and Management Wildlife Check Station (building 9301) will be open depending on range availability from 6 a.m. to 8 p.m. each day during the season to issue Range Passes. Call the Range Control Information Line at 526-4136 to determine what training areas will be available for hunting. For current information about hunting on Fort Carson, call the Wildlife Office Information Recording at 579-9318 and select Option 5. For specific questions, call 576-8074 or visit our Web site at <http://mountain-prairie.fws.gov/gmu591>.

Colorado provides military hunting preference for deployed soldiers —

Deployments may have prevented some active duty hunters from applying for Colorado's limited game license drawing. The application deadline for limited game licenses was April 1, 2003. As a result, the Colorado Wildlife Commission initiated a program to allow deployed servicemembers access to big game licenses and preference points.

The Preference Point Program allowed deployed servicemembers to purchase leftover hunting licenses prior to the licenses being offered to the general public Aug. 12, 2003. Although this deadline has past, military hunters are still eligible to apply for a preference point for next year's hunt.

To apply for a preference point, the soldier must have been deployed overseas in support of Operation Iraqi Freedom on or about April 1, 2003. Documentation of the above must be included with submission of the application. (Photocopies are acceptable.)

The Preference Point Application is available at http://www.wildlife.state.co.us/hunt/BigGame/military/preference_point.pdf. The application must be received at the Colorado Division of Wildlife by Jan. 2, 2004.

It is unknown at this time if the Preference Point Program will be continued in 2004 by the Colorado Wildlife Commission. For more information, call the Wildlife Office at 579-9094.

Eligible federal employees can receive their influenza vaccine starting Tuesday through January,

Tuesdays, Wednesdays and Thursdays from 8 to 11:30 a.m. from the Occupational Health Clinic located in building 2059 on Magrath Avenue.

People can call the Influenza Hotline at 526-6422 for updates.

Alcoholics Anonymous meets weekly on Fort Carson —

Alcoholics Anonymous is an international fellowship of men and women who desire to stop drinking or remain sober. All members of the Fort Carson community are invited. During meetings the members share their experiences, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Since 1935, AA has been working successfully for men and women from every age and kind of background. There are more than 100 meetings of Alcoholics Anonymous in Colorado Springs. The AA meeting on Fort Carson is at Evans Army Community Hospital, fourth floor wing, Room 4918 every Thursday from noon to 1 p.m. The meeting is sponsored by the Colorado Springs AA Center Office and lead by a retired Army sergeant. Call 526-2862 for further information.

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

What: Operations manager in Colorado, Texas or the Midwest. Who: Junior officers and noncommissioned officer. Interviews Dec. 11 and 12.

What: Administrative assistant to Department of Defense contractor in Colorado Springs. Who: All ranks with a current secret security clearance.

What: Counseling support at the Education Center in Fort Eustis, Va. Who: AA degree or equivalent military experience.

What: Human Resources Specialist in Vienna, Va. Who: All ranks with BA degree and two years human resource experience.

What: Warehouse supervisor in Groton, Ct. Who: Three years experience in warehouse operations and forklift certified.

Annual leave donations — Joe Martinez, Directorate of Community Activities and Alan Wright, an employee in the Directorate of Environmental Compliance and Management, need annual leave donations to help cover absences because of illnesses and the exhaustion of available paid leave, call Robin Spencer at 526-0427.

Civilian employees willing to donate annual leave under the "Voluntary Leave Transfer Program" should call Patrick McCusker at 526-1696 or Kathy Green at 526-1729.

DOD civilian leave donation — Department of Defense civilians can currently only donate annual leave to other civilian employees who are seriously ill or have long-term illnesses and have exhausted their sick leave. Civilian employees cannot donate annual leave to other civilians to use as annual leave. Civilians cannot donate leave to soldiers under any circumstances.

Education Fair — Evans Army Community Hospital Education Department and the Mountain Post Training and Education Center will host an Education Fair at Evans Army Community Hospital Nov. 19 from 10 a.m. to 2 p.m.

Representatives from the following academic institutions will be available to discuss programs: Coastline Community College, Colorado State University — Pueblo, Embry Riddle Aeronautical University, National University, Troy State University, University of Colorado — Colorado Springs, Colorado Christian University, Colorado Technical University, Franklin University, Regis University, University of Phoenix and Webster University.

Representatives from the Mountain Post Education Center will be available to discuss education services, programs and Veterans Administration education benefits.

For more information, contact Virginia Frazier at 526-5544.

Gate construction — Gate 5 upgrade construc-



Army Community Service
Family Readiness Center
719-526-4590

ESL Adult ENGLISH CLASSES

ARMY COMMUNITY SERVICE IN PARTNERSHIP
WITH HARRISON SCHOOL DISTRICT 2 OFFERS ENGLISH
AS A SECOND LANGUAGE (ESL) CLASSES

Tuesdays/Thursdays

9-Noon

FORT CARSON FAMILY READINESS CENTER

BLDG. 1526

Registration and testing required
before initial class attendance.

FREE CHILD CARE AVAILABLE
PRIOR REGISTRATION REQUIRED.



FOR MORE INFORMATION CONTACT
RELOCATION READINESS AT 526-4590.

tion has started. A by-pass road will allow entry through the gate and detour traffic around the construction area. This dirt road will be operational for the duration of construction. Please watch your speed. The speed limit on the by-pass road is 20 mph. Fines are doubled for speeding in the construction area.

Gates 1, 2 and 3 are open. Gate 4 will reopen soon. Construction on Gate 20 is scheduled to start Dec. 1. A by-pass road will also be in place for continued entry through the gate. Thank you for your continued support and understanding.

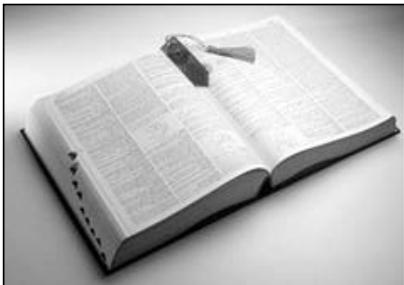
Claims against the estate

Claims against the estate — With deepest regrets to the family of Cpl. Darius Jennings, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Tracy Forehand, 232-4581 or 392-0374.

Claims against the estate — With deepest regrets to the family of Spc. Brian Peniston, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Randy Mitchell at 526-2095 or (478) 335-3531.

Claims against the estate — With deepest regrets to the family of Spc. Christy Tillman, deceased. Anyone having claims against or indebtedness to her estate should contact Chief Warrant Officer Silas Bland at 930-7961.

Claims against the estate — With deepest regrets to the family of Staff Sgt. Daniel A. Badder, deceased. Anyone having claims against or indebtedness to her estate should contact 2nd Lt. Justin Journey at 526-2785 or (502) 727-6066.



Chapel

A Veterans Appreciation Service, put on by the 307th Quartermaster Battalion will be held at the Provider Chapel Sunday from 4 to 5 p.m.

Advent Workshop — Ecumenical Advent Workshop Nov. 23 at 1:30 at Soldiers' Memorial Chapel

Come join us to prepare to celebrate the season of Advent. We will learn about the Advent wreath, the Jessie Tree, and the Advent Calendar. Families will be given the opportunity to make a wreath, a calendar, and Jessie Tree.

The workshop is free and for the whole family. Registration is required. Call Pat Treacy at 524-2458 to register by Sunday.

Thanksgiving Worship Service — There will be Thanksgiving Worship Service Nov. 27 at 10 a.m., Soldiers' Memorial Chapel.

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

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	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
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					
Monday	6:30 p.m.		Family University	Building 1161	Melissa Dalugod/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
NATIVE AMERICAN SWEATLODGE					
Please call the following for ceremonial information and directions. Michael Young at 382-5331 or cell phone 330-9537					
Youth of the chapel — Activities for Protestant and Catholic Middle School and high school youths take place Tuesdays at 6 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include bible studies Sundays at 9:30 a.m. and Tuesdays at 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays, Soldiers' Memorial Chapel.					
For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.					

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

Friday — Psalms 134 & Zechariah 6-10

Saturday — Psalms 135 & Zechariah 11-14

Sunday — Psalms 136 & Malachi

Monday — Psalms 137 & Matthew 1-2

Tuesday — Psalms 138 & Matthew 3-4

Wednesday — Psalms 139 & Matthew 5-6

Thursday — Psalms 140 & Matthew 7-8

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 and leaders of the 1st Infantry Division ("Big Red One"), forward deployed in Wuerzburg, Germany. **Army:** For the Soldiers, noncommissioned officers and officers of the Infantry Branch. Ask God to provide leaders that will decisively train for and lead their units to victory in battle. **State:** For all soldiers and families from the state of Kansas. Pray also for Gov. Bill Graves, the state legislators and municipal officials of the Jayhawk state. **Nation:** For the memory and legacy of Dr. Martin Luther King Jr. Pray that God would lead us to realize King's vision of a land where constitutional freedoms are a reality for all, and where civility and nonviolent change become a way of life for our citizens. **Religious:** For the soldiers and families from the Moravian Church. Pray also for all military chaplains endorsed to serve on behalf of this community of faith.

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.

Chaplain's Corner

With hardship comes God's goodness

by Terry E. Romine

**2nd Battalion 10th Special Forces
Group Battalion Chaplain**

As I understand it, Thanksgiving was born first of hardship, then of recognition of God's goodness within hardship. Without hardship, God's goodness and blessing would not be quite so obvious. We, in the United States of America, are very fortunate to have the goodness, blessing, and freedom we have. Sometimes it can be easy not to be grateful when we do not see the contrast between blessing and hardship. Just being citizens of this country is a blessing. Let us be thankful. As Christians, we also believe we are also citizens of heaven. Let's look at these two citizenships.

First, we are citizens of a country. While no country is perfect, including this one, I believe it is a great country. It is great because of its foundation. Its foundation is that declared in its Declaration of Independence. It declares that people have "certain unalienable rights." These are rights people should have everywhere simply because of their humanity. Then this

country's founding fathers set about to create a government to protect those rights to the fullest extent possible. Among these rights are "life, liberty, and the pursuit of happiness." The rights of any one individual do not, of course, give anyone the right to infringe on the rights of another. As citizens of this great nation, we also have many privileges or opportunities. We have the privilege of getting an education, of exercising free enterprise in a free market economy, and very importantly, freedom of religion. We are free to choose our own religion, including no religion at all.

Along with the freedom, privileges, and opportunities afforded us as citizens of this country, we also have responsibilities. Meeting those responsibilities is our patriotic duty. That duty includes such things as voting, paying taxes, serving our country in its armed forces and other simple things like taking care of its beauty and natural resources. For example, we should refrain from polluting or otherwise damaging our countryside.

The second citizenship we will

examine is that of our heavenly citizenship. In order to become a citizen of heaven, it is a matter of faith. Our faith in the plan of salvation God has provided through Jesus Christ is paramount in becoming a citizen of heaven. While we are not yet residents of heaven, upon faith in Jesus Christ, we become citizens of heaven. Just like being a citizen of a country, it comes with freedom, privileges and opportunities. It will become a place of permanent residence with everything paid by God himself, no taxes. It is a source of real joy. It is unlimited and undying hope. It is our glorious inheritance. It is what God wants to give all of us.

And just like being citizens of a country, being citizens of heaven has responsibilities, even though we are not residents yet. One responsibility is that

we are ambassadors of heaven. An ambassador is one who is sent out to represent another. We are representatives of heaven. We should represent it accurately and enthusiastically. As ambassadors we should seek to tell others about its rights and privileges. We should seek to tell others how to become citizens themselves. Most of all we should tell others about the king of that country, Jesus Christ and give him honor and glory by living lives obedient to him. He wants to give privileges and blessings. Most importantly, be sure to be a citizen of both the country and heaven.

Finally, how do we express thanks for freedom? We have to be good law abiding civil or heavenly servants. As citizens of heaven, we should be good servants and good representatives of the king of heaven, Jesus Christ.



GO ARMY!

Mountain post shows support for Black Knights' football team

by Bill Scharton
Mountaineer staff

Fort Carson rolled out the red carpet for the U.S. Military Academy Black Knights' football team for the weekend. The West Point cadets were in town to renew their inter-service rivalry with their counterparts from the Air Force Academy.

The hospitality for the folks from West Point got under way Nov. 7 when the Mountain Post served as host for an evening pep rally and bon fire. Pep rally activities took place in the parking lot of Xtremes Entertainment and Sports Bar. Several hundred Mountain Post community members gathered to show support for the Black Knights.

With the Army cadet pep band already in place, West Point cheerleaders, known as the Rabble Rousers, arrived on the scene in a Fort Carson fire engine. One of the West Point mascots, the Army mule, accompanied the Rabble Rousers and entertained the crowd with spirited antics.

Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, addressed the enthusiastic pep rally participants and extended a warm welcome to the visitors from New York. He told the West Point contingent that Fort Carson would show strong support for the Black Knights football squad in their annual battle against the Air Force Academy Falcons.

Lt. Gen. William J. Lennox Jr., West Point superintendent, followed Wilson to the podium and demonstrated his rabble-raising spirit. He peeled off his jacket and shirt and revealed he was wearing an Army football jersey underneath.

Lennox introduced one of the Black Knights' football players to the fans. The player then brought several teammates to the stage and they

led the crowd in a couple of cheers.

Lennox expressed his gratitude to the Fort Carson community for its support and put forth a heartfelt thank you to the Fort Carson soldiers regarding their battle against terrorism around the world.

Fort Carson fire department members then lit the bon fire and the pep rally crowd welcomed the heat on a chilly autumn night. Wilson and Lennox circled the fire while holding stuffed Falcon mascots in their hands. After getting the crowd "fired" up, the two generals simultaneously tossed the birds into the bon fire.

Fort Carson continued its show of support Saturday morning with a big tailgate party at Falcon Stadium. Mountain Post tailgaters joined West Point Society members prior to the noon kickoff.

A giant barbecue menu took care of the appetites. Once again, the West Point Rabble Rousers, mascot and pep band worked the crowd with cheers and music. As the Army crowd left the tailgate party and headed for the stadium, the fans were treated to several fly-overs including Black Hawk helicopters.

And then there was a football game. The Falcons beat the Black Knights by the score of 31-3. It was Air Force's seventh straight win over Army and extended the Falcons' home-winning streak to 13 straight games over the Black Knights.

The Black Knights remain winless this season (0-10) and Saturday's loss matched the worst start in school history (1973). The Black Knights also have the dubious distinction of having the nation's longest current losing streak at 12 games.

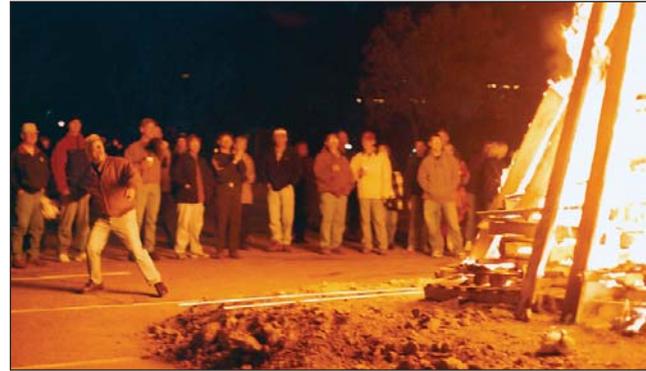
Army has three games remaining on the 2003 schedule: Houston, Saturday; Hawaii, Nov. 22; and the annual Army/Navy tilt in Philadelphia, Dec. 6.



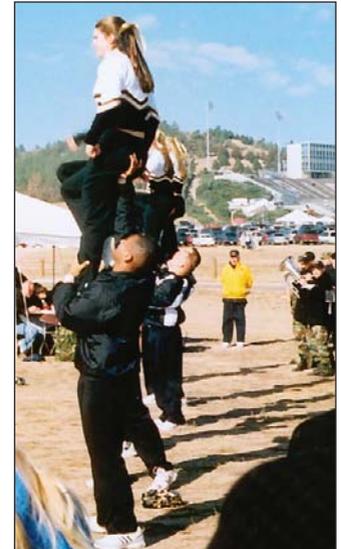
The Army mule mascot gets ready to help Fort Carson firefighters extinguish the bon fire Nov. 7 during pep rally and bon fire activities in the Xtremes Entertainment and Sports Bar parking lot prior to the annual Army/Air Force football game Saturday.



Tuba players in the West Point cadet pep band provide music to tailgaters Saturday morning prior to the kickoff of the annual football rivalry between Army and Air Force.



Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, gets ready to hurl a stuffed Falcon mascot into the bon fire Nov. 6. On the other side of the bon fire, West Point Superintendent Lt. Gen. William J. Lennox Jr. was getting ready to do the same thing. This was part of the fun, enthusiasm and spirit demonstrated by the Fort Carson community as the Mountain Post rolled out the red carpet for the Army Black Knights football team prior to the annual rivalry with Air Force Saturday.



West Point cadet cheerleaders, known as the Rabble Rousers, pump up the crowd at a pep rally at Fort Carson Nov. 7 and later at the tailgate party in the Falcon Stadium parking lot prior to the kickoff of the Army versus Air Force football game.



A crowd of more than 50,000 fill Falcon Stadium Saturday for the annual football rivalry between the Army Black Knights and the Air Force Falcons.



Out & About

14 - 21 Nov 2003

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161
Visit us at www.ftcarsonmwr.com



Call Me a Turkey!

Mountain Post OUTFITTERS
Gear'd for Adventure
Bldg. 2429, Specker Ave
(Inside the Outdoor Recreation Complex)

November
18th - 22nd 03
10% Off
Hunting Equipment

For more information, please call 719-526-9723



Santa is Coming!

Come meet Santa at the Elkhorn
Tuesday, 9 December 2003
4 p.m. - 7 p.m.

This will be a fun holiday party for everyone!

Free Picture with Santa for all Kids!

Free Face Painting
Cookie Decorating
Children's Movies & Music
PB&J Sandwiches
Hot Dogs

Buttered Popcorn
Potato Chips
Holiday Candy
Kool Aid

\$5.00 per person at the door
Kids 6-10 years are \$2.50
5 years and under are free

576-6646




"Winter Wonderland" Holiday Village

Special Events Center
Bldg. 1829 Specker Ave

4 - 6 December 2003

For detailed information call,
719-526-4494

Show your holiday and team spirit.

"Trim the Tree" Decorating Contest

To register contact Marsha Montoya at the Directorate of Community Activities 526-6452 or e-mail, Marsha.Montoya@carson.army.mil no later than 1 Dec 03

One tree per unit or activity may be entered in the contest. Participants must furnish their own artificial trees, decorations, lights and extension cords. The Holiday Village theme is "Winter Wonderland" this year. All tree lights will be limited to any combination of blue & white lights. Trees will be decorated on 3 Dec 03, 8 am - 4 pm. Special Events Center, Bldg. 1829. Trees will be judged on 4 Dec 03, prior to the official opening of Holiday Village. Units, directorates or activities must remove their trees on 8 Dec 03, 8 am - 4 pm.



Fort Carson Information, Ticketing & Registration
Bldg. 2429 Specker Ave

Lift Ticket Deals!!!!

ITR Now has on sale, Keystone/Breckenridge E Passes in Bldg. 2429

4 Pack for \$89.00
Weekday, \$99.00
(Inc. 1 Weekday Vail Option)

For more information please call 719-5262083 or visit us at OutdoorInfo@carson.army.mil



NAF Sale
(Non Appropriated Funds)

Thursday, 20 November 2003
9 am - 3 pm
Open to Everyone!

NAF Supply Warehouse
Bldg. 223 Trip Street
Fort Carson, CO

- Used Monitors - Outdoor Plastic Furniture
- Plastic Containers - CD Holders - Pictures & Paintings
- Commercial Refrigerator/Freezer

For detailed information call 719-526-7585

SMITH WOODCRAFT CENTER

Bldg. 2426 Wetzel Ave.

Parent and Child Woodcraft Class

6 - 8 pm
21 November

Small Wood Projects Available to Build upon Arrival

- Shelves - Shoe Boxes
- Cutting Boards - Small Toys

Only \$5.00 + Materials

For More Information Call 526-3487

Safety class required. Safety class is offered every Wednesday from 7 - 8:30 pm cost is \$5.00



FREE MOVIES!
Latest & Greatest

Every Thursday, Friday & Saturday nights with a Children's Matinee every Saturday!

McMahon Theater
Bldg. 1517 McDonald Street

FREE Evening Movies Start 7 pm
FREE Saturday Matinee Starts 2 pm

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

For the complete schedule visit www.ftcarsonmwr.com. Motion Theater can be found under the Recreation Activities Link.



Fort Carson

Our Home Town



Military Family Appreciation Week

17 - 23 November 2003

Week will include various specials and programs at MWR Facilities.

For more detailed information please call, 719-526-4494

Grant Library,
Bldg. 1528, 4950 Flint Street
Fort Carson CO

Children's Book Week & Military Family Appreciation Week

Tuesday 18 November,
4:30 - 5:30 pm

Presenting "Library Lil"
an action book reading. The program will also include crafts, games and refreshments. FREE - no registration necessary.

For more information call 719-528-2350



Sports & Leisure

7th-grade Eagles advance to 3-0

by Bill Scharton
Mountaineer staff

The Carson Middle School Eagles seventh-grade boys basketball team has steamrolled past its first three opponents.

So far, no opponent's defense has been able to stop Eagles center/forward Devyn Harris. After three games played, Harris is averaging a lofty 22 points per game. He scores two-thirds of the Eagles' total points and he also paces the team in rebounds and blocked shots.

In the home-opener Nov. 5, the seventh-grade Eagles flew past the Cañon City Falcons by the score of 32-19.

The Eagles played tough defense from the outset and limited the Falcons to three first quarter points. Eagles point-guard Jeremy Green nailed a three-point bucket at the buzzer to give the Eagles a 13-3 first-quarter cushion.

In the second stanza, the Eagles defense tightened the noose on defense even more. The Falcons managed only one basket in the second quarter. At halftime, the Eagles were on top 17-5.

It was more of the same in the third quarter. Once again, the Eagles held the Falcons to just two points in the quarter. The Eagles offense tallied nine points in the frame and the Eagles lead was 26-7 after three quarters.

With the Eagles starters on the bench, Cañon City was able to score seven straight points in the fourth quarter. The Eagles starters were put back in the game with three minutes remaining and the win was inevitable at this point. Harris hit for 19 and Green chipped in seven for the Eagles.

The seventh-grade Eagles celebrated Harris' 13th birthday Monday with a comfortable 28-16 division win over the Penrose Beavers.

The Eagles virtually had this game in the bag by halftime. Carson's smothering defense held the Beavers to two points in the first half (none in the second quarter) while scoring 15 of their own.

Harris had 12 of the 15 first-half points.

More of the same in the third quarter and the Eagles' starters retired to the bench with a 25-5 lead after three quarters of play. The Beavers starters outscored the Eagles reserves in the fourth quarter and this narrowed the gap to a final score of 28-16 for the Eagles.

Following the win over Penrose on his 13th birthday Monday, Harris was pleased with the play of the Eagles so far this season. "It felt like it was an easy win today because the team played well together today," said Harris.

The Eagles eighth-grade boys basketball team is struggling a little bit



Photos by Bill Scharton

Devyn Harris, 53, makes the effort look easy as he scores a close range basket for the seventh-grade Carson Eagles against Cañon City Nov. 5 at home. The Eagles beat Canon City 32-19.

with the loss of leader Terrance Hutchins. He was lost for the season in the first game of the year Nov. 3 when he fractured the tibia in his right leg.

The Eagles held on to win the opener 45-34 but have since experienced two straight setbacks at home. Carson played a taller Cañon City Falcons foe in the home opener Nov. 5 and kept the game close but was never able to get over the hump.

Carson scored the first basket of the game and this turned out to be the Eagles only lead of the contest. Cañon City took control and held a 10-7 lead after one period of play. The Eagles kept the game close in the second quarter but the Falcons never relinquished the lead and had the 19-15 cushion at the break.

Carson outscored Cañon City 15-13 in the third quarter to narrow the gap to 32-30 after three periods of play. This was as close as the Eagles could get to the Falcons as the taller birds pulled away in the fourth quarter.

Eight of the Falcons 13 fourth-quarter points came from the charity stripe while the Eagles missed the vast majority of their free throws in the final frame. Cañon City won the quarter 13-7 and this made the final score 45-37.

In the division opener at home Monday against the Penrose Beavers, the eighth-grade Eagles came out flat and the Beavers took advantage of this.



Devyn Harris, Carson Eagles seventh-grade boys basketball center/forward, soars head and shoulders above the Cañon City defenders during the Eagles 32-19 romp over the Falcons Nov. 5 at home.

Daughter maintains Air Force bragging rights over father in Freund household

by Bill Scharton
Mountaineer staff

Ed Freund has not had football bragging rights in his household for quite some time now. You see, he is a West Point graduate (1972) and a retired Army lieutenant colonel.

He has a son-in-law (Seth Dean who is married to his daughter Erica) who is an Air Force Academy graduate (1999) and a daughter Marci who will become an Air Force Academy graduate in 2004.

Therefore, in light of the fact that Air Force has defeated Army seven straight times in football, Ed Freund has been without football bragging rights since 1999 when the Air Force side of the military crept into the Freund family.

This has made it especially tough on father Freund in recent years when the annual Army/Air Force football rivalry rolls around each fall. As stated earlier, Army has now lost seven straight football games to Air Force and has not won a game at Falcon Stadium since 1977, the year father Freund went from active duty to the reserves.

Back in 1977, father Freund was stationed at Fort Carson when he left active duty. He went back to school to get his secondary school teaching credentials. He and his wife Connie liked the



Photo by Bill Scharton

Ed Freund, right, watches his daughter Marci, an Air Force Academy cadet, get ready to break a rack of pool balls during one of her frequent visits to their Colorado Springs home. Ed graduated from West Point in 1972 and Marci will graduate from the Air Force Academy in May 2004. This sets the stage for a household rivalry during the Army/Air Force football weekend.

See Daughter, Page 21

Daughter

From Page 20

Colorado Springs area so they decided to stay here.

He began a teaching and coaching career at Cheyenne Mountain High School during the 1979-80 academic year. He taught physics and became science department chairman.

In addition to the teaching chores, he was Cheyenne Mountain's assistant baseball coach for 23 years, boy's tennis coach for six years and girls softball coach for nine years. During this time, daughter Marci was growing up and eventually attended Cheyenne Mountain High School.

Marci played softball and soccer at Cheyenne Mountain and father Freund was her softball coach.

While in high school, Marci had to begin thinking about what she would do following her high school graduation in 2000.

"My dad was kind of laid back, and he allowed me to make the decision on my own," said Marci. "When I started thinking about going to a military service academy, he was not biased towards West Point."

Marci started to show an interest in the Air Force Academy as she came to know her future brother-in-law while he was a cadet at the Air Force Academy. While older sister Erica was

dating cadet Seth Dean, he told Marci that he "thought she would really fit in at the Air Force Academy because of her competitive nature."

The thought turned out to be prophetic because Marci has put together an excellent cadet career and is one semester away from graduation. She played varsity soccer for the Falcons for four years. She learned to fly gliders, and she jumped out of airplanes. Marci says the Air Force Academy experience has been a positive one and thinks it will open the door to a lot of opportunities in the future.

"I'm hoping to get a pilot slot and then head off to pilot training after graduation," said Marci.

"My major is meteorology, so if pilot training does not work out, then weather will be my career field."

Like father Freund, when flying and her weather career come to an end, Marci would like to be a coach.

"She works well with kids, so I think she will make a good coach," said father Freund.

In the meantime, Marci (and son-in-law Seth) continue to have the bragging rights in the Freund household regarding Army/Air Force football. Ed Freund figures that one of these years, Army will once again defeat Air Force, and the bragging rights will return to their proper place.

Sports Briefs

Youth sports basketball registration

Registration for Fort Carson youth sport winter basketball and cheerleading is now under way and will last until Dec. 13. Registration is taking place at Building 5510 Hare Ave.

The age groups for basketball will be: 5- and 6-year-olds; 7- to 9-year-olds; 10- to 12-year-olds; 13- to 15-year-olds; and 16- to 18-year-olds. The season starts Jan. 17 and runs to March 6.

Youth participants must provide a medical statement signed by a licensed health professional that certifies the individual is physically fit to participate in the chosen sport(s) and addresses any pertinent medical condition(s) or constraints. This medical statement must be current to the time of the first practice and remain valid through the completion date of the chosen sport season. These requirements are a condition of participation, and no child will be authorized to play or practice until a valid physical is furnished.

Military ID cardholders can be volunteer coaches. Coaches receive training, continuing education and excess liability insurance coverage. Each coach is held accountable to a code of ethics when coaching.

For additional information, call the Fort Carson youth sports office at 526-1233 or 526-6810.

Volksmarch event

The Falcon Wanderers Volksmarch Club of Colorado Springs will be sponsoring a five-kilometer and a 10-kilometer volksmarch (non-competitive walking) event Saturday.

The start/finish for the event is Village at Skyline, 2365 Patriot Heights in Colorado Springs.

Participants may start this event any time between 8:30 a.m. and noon. The event is free and open to the public. All participants under the age of 12 must be accompanied by an adult.

For additional information, call 392-1834.

Eagles

From Page 19

By the end of the first quarter, the Eagles found themselves down by the count of 12-2.

Midway through the second quarter, the Eagles switched defenses and managed to narrow the deficit to 17-11 at halftime.

The Beavers lead of six points stayed intact when both squads scored 10 points in the third quar-

ter.

In the decisive fourth quarter, the Eagles cut the lead down to four points on two different occasions but could never get any closer than this to the Beavers. Carson outscored Penrose in the final frame 11-10 to make the final score 37-32 for Penrose.

The slow start in Monday's game against Penrose left Eagles eighth-grade coach Greg Williams scratching his head a little bit.

"Sometimes at this level, it is a real

challenge to start or light that fire in the kids," said Williams. "But it is my responsibility to do so and I accept that responsibility. I will come up with strategies to motivate these players."

Both Eagles teams played division foe Manitou Springs on the road Wednesday. The next home games will be Monday against non-division foe Woodland Park. The seventh-grade contest tips off at 3:30 p.m. followed immediately by the eighth-grade game.



Carson Eagles center/forward Shawn Artis battles a Penrose player for a rebound during the Eagles 37-32 loss to the Beavers at home Monday



Photos by Bill Scharton

Anthony Pritchard, 12, seventh-grade forward for the Carson Eagles, gets ready to dish the ball to teammate Devyn Harris who is open under the basket during this contest against Cañon City at home Nov. 5. The Eagles beat Cañon City 32-19.

Week-long hoops tourney coming up on Fort Carson

by Bill Scharton
Mountaineer staff

The Fort Carson intramural office will stage a basketball tournament next week. The tournament will run all week long with the finals tentatively slated for Friday evening. According to intramural officials, the site of the tournament will probably be McKibben Physical Fitness Center. For additional information, contact the intramural office at 526-6630.

Monday to Nov. 23 is Military Family Appreciation Week and several recreation specials are scheduled for the Mountain Post. There will be free open bowling Monday and Thursday. There will be free greens fees all week and a free bucket of balls for the driving range Nov. 22. Turkey Creek Ranch will have free pony rides Nov. 22 and 23. The Mountain Post Wellness Center will have a Healthy Eating and Exercise Class from 9:30 to 11 a.m. Tuesday and a Healthy Cooking class from 11 a.m. to noon Wednesday. The Special Events Center will be the site for Family Fun Night Thursday from 5 to 8 p.m. Family Fun Night will feature games, bingo, music, darts, archery, video games and a basketball shoot. The annual Turkey Trot Fun Run will start at 9 a.m. Nov. 22 at the Special Events Center.



Photo by Bill Scharton

The Fort Carson intramural basketball team practices for next week's tournament.

Explores space

A Story and photos by Nel Lampe Mountaineer staff after a \$50 million investment in renovations, technology and exhibits, "Space Odyssey" may become the Denver Museum of Nature and Science's favorite exhibit, perhaps replacing the large collection of dinosaurs and other prehistoric creatures as the top draw.

Whether visitors are interested in space or prehistoric creatures, the Denver museum is a world-class facility which draws more than a million visitors each year. One of the nation's largest museums, it is traditionally one of the top attractions in Denver.

The museum was established a little more than 100 years ago in Denver's City Park and is housed in its original building which opened to the public in 1908, although it has been expanded and renovated.

First-time visitors, young and old alike, are delighted to see a skeleton of a Tyrannosaurus Rex just inside the entrance. Visitors then move along to the nearby ticket counter, decide whether to catch one of the three movies in the IMAX theater and a planetarium showing, and buy the ticket combination chosen. There's a good savings if you purchase one of the combinations rather than buying the IMAX or planetarium ticket later. The museum



The Denver Museum of Nature and Science is next door to the Denver Zoo, in Denver's City Park.

entrance ticket is \$9 for adults, \$5.50 for senior citizens and children ages 3 to 12. The IMAX theater admission for adults is \$8 and the Gates Planetarium admission is also \$8. A combination ticket for the theater and the museum is \$13 for adults and \$9 for seniors and children. The museum and planetarium ticket is \$13 for adults and \$9 for ages 3 to 18. A three-way combination ticket for the museum, IMAX and planetarium is \$16 for adults and \$12 for ages 3 to 18.

Currently on screen in the IMAX theater — which has a 44 feet by 66 feet screen and seats 441 people is "Lewis and Clark: Great Journey West, which is showing through the spring of 2004.

"Australia: Land Beyond Time" and "Space Station" showing alternately in the IMAX Theater through the winter.

First or last stop after entrance can be the Museum Shop, filled with books, gifts, souvenirs and models of museum-themed items.

If you're hungry, the T-Rex Café and nearby Deli are next to the Museum Shop. The café has hot foods such as "cooked just for you" hamburgers and fries. There are a few entree specials ready to eat, salads by the ounce and a selection of desserts and soft drinks. A large dining room provides a comfortable, quiet place to eat.

If you prefer, choose cold sandwiches, salads and pastries from the nearby Deli and have lunch at one of the umbrella-shaded tables in the large atrium.



Visitors enter the Space Exploration exhibit at the Denver Museum of Nature and Science.

Although the atrium is somewhat more noisy, there's a lot of great people-watching.

Soft drinks and coffee drinks are also available at the Deli.

Prices in T-Rex Café and Deli are about average for food in a public attraction, perhaps costing a little more than a fast-food meal, but the burgers and fries are tasty and custom-cooked.

Start your museum adventure on the first floor, perhaps visiting the insect display, which includes butterflies and moths, and the gems and minerals exhibit.

Or if space is your interest, head straight for "Space Odyssey," a 13,000 square foot space which has interactive activities, high-tech presentations and



Young visitors are able to touch some of the dinosaur bones under supervision of a volunteer.

Happening's



Places to see in the Pikes Peak area.

Nov. 14, 2003

Museum

From Page 25

displays.

Live informational and educational presentations about space science are scheduled on the Galaxy Stage.

There's a Mars Outpost, a Robotic Rover and Cosmic Explorer. Check out the infrared lenses. Learn about geology on Mars and how water, wind and craters affected the terrain on Mars. Visitors can try docking a small shuttle model.

Young children can pretend to be an astronaut in the AstroTot Training area by trying on astronaut-type equipment.

The Experiment Bar allows older children to try various experiments.

Nearby is the all-new Gates Planetarium. Closed for years, the redesigned planetarium has 11 digital projectors and 125 seats which are tilted. Visitors seem to fly through space during the showing. Digital projectors are used in the planetarium rather than the ball projection usually used, which makes viewers feel they are actually in space.

Twenty speakers provide sound. It's the most advanced planetarium in the world. A 22-minute show, "A Cosmic Journey" is shown every half hour, beginning Saturdays and Sundays at 10 a.m. and at 12:30 p.m. weekdays. The last show is at 5 p.m.

A new three-story Leprino Family Atrium on the west side of the museum building provides a spectacular view of Denver through a glass wall. The atrium design uses geometric elements.

Other exhibits to see in the Denver museum include a special exhibit, "Ancient Denvers." Visitors travel back in time to view Denver's past through paintings that depict the area's prehistoric looks — seashore, rainforest, desert and mountains.

The entrance to the IMAX Theater is on the second floor. Also on the second floor is popular "Hall of Life," where visitors learn about nutrition, check stress levels, have a body-fat analysis and try many hands-on exhibits and take home a computerized readout of their health.

Spectacular exhibits on North American wildlife and sea mammals and the edge of the wild exhibits complete what's available on that floor. The exhibits on North American Indian



Diners enjoy refreshments in the atrium near T-Rex Cafe.



A long-necked dinosaur skeleton wraps around the room in the prehistoric journey in the Denver Museum of Nature and Science.



Visitors learn about the surface of Mars through an interactive exhibit in Space Odyssey.

Cultures, Australia and the South Pacific Islands, which were closed for years during construction and renovation, are now open.

And, finally, on the third floor is the 17,000-square-foot "Prehistoric Journey." Prehistoric Journey opened in 1995 after six years of construction at a cost of \$8 million. The exhibits start with the Cambrian Era — 4,000 million years ago. The exhibit progresses through the Permian Period, the Triassic Period, the Jurassic Period and finally, the Cretaceous Period, when dinosaurs lived.

Visitors will see displays about Colorado when it was a rainforest 50 million years ago. Displays show Kansas with a coastline and Nebraska with woodlands populated with small camel-like animals and giant pigs.

Several species of dinosaurs draw visitors. "Explore Colorado" exhibits are also on the third floor where award-winning dioramas can be seen. The dioramas — the background scenes are cleverly created through the use of thousands of blades of grass, hundreds of species of flowers, leaves and insects. The diorama create realistic, 3-dimensional effects, sometimes depicting animals in mid-stride.

Other third floor exhibits depict rare birds. Botswana, Africa and South America exhibits are also on the third floor.

The popular Egyptian mummy exhibit is now housed in new space on the third floor.

For information about the museum or IMAX showings, call (800) 925-2250 or check the Web site at www.dmnns.com.

Museum hours are 9 a.m. to 5 p.m., every day except for Christmas.

The Denver Museum of Nature and Science is in City Park, next to the Denver Zoo.

To reach the museum, take Interstate 25 north to Denver, take the Colorado exit north to the museum, at 2001 Colorado Ave., in the park.

There's free parking in front of the museum and in an underground garage.

Just the Facts

- **Travel time** One hour
 - **For ages** all
 - **Type** Nature, science museum
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$ to \$\$\$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80
- (Based on a family of four)

Get Out!

Academy's Arnold Theater

"A Christmas Carol" is Dec. 13 at 7:30 p.m. at Arnold Hall Theater. Tickets start at \$15. Call the box office at 333-4497. "Dallas Brass" is set for Jan. 30 at 7:30 p.m. Tickets begin at \$10.

Art show

The Denver Art Museum has one of its best ever special exhibits: "El Greco to Picasso," through Jan. 4. The art features artists Picasso, van Gough, Monet, Renoir and Degas. Special admission is \$14.75 for adults, \$11.75 for students and \$6 for youths 6 to 18. Tickets include general admission to the museum. Exhibition hours will be 10 a.m. to 5 p.m. Tuesdays, Saturdays and Sundays, and from 10 a.m. to 9 p.m. Wednesdays, Thursdays and Fridays. The museum is closed Mondays. The museum is on 13th Avenue in downtown Denver. Go online at www.denverartmuseum.org or call (720) 865-2000.

Dinosaurs

Dinosaur World Tour is at Denver's Pepsi Center through Nov. 30, Sundays through Thursdays from 10 a.m. to 7 p.m., and weekends until 9 p.m. Tickets are \$10 for adults and \$7 for children to see museum-quality fossils, interactive exhibits and life-size animatronics. Call (303) 830-TIXS or www.ticketmaster.com or www.dinosaurworldtour.com.

Carson fall play

Carson Middle School's fall play "We Shook the Family Tree," a comedy by Christopher Sergel, is in Patriot Elementary School auditorium today at 7 p.m. Performed by Carson Middle School students, admission is \$2 for adults and \$1 for students.

Holiday parade

Manitou Springs kicks off the holidays with its Annual Holiday Parade Nov. 22. The parade begins at 1 p.m. and runs through the main street. "free hot cider and cookies will be served at the Town Clock after the parade. Collection boxes for non-perishable food items will be nearby.

Pikes Peak Center

Michael Martin Murphey's "Cowboy Christmas" is set for Dec. 5, 8 p.m.

Warren Miller's snow and ski movie "Journey" is set for 6:30 and 9:30 p.m. Nov. 21 and 22, at the Pikes Peak Center. Tickets are \$15.50, call 520-SHOW.

San Diego Nutcracker Ballet is Nov. 28, 29 and 30.

Brian Setzer Orchestra "Christmas Extravaganza" is Dec. 9.

Call Ticketmaster, 520-SHOW or 520-9090 for tickets.

Pikes Peak theater

"Lend Me a Tenor" is the Pikes Peak Masquers Theatre Troupe's production Nov. 19 to Dec. 3. Times vary, call 540-7418 for times and reservations. The comedy is at PPCC Main Stage Theater, 5675 S. Academy Blvd. Tickets are \$10 for general admission, \$7 for military and \$5 for students.

Buell Children's Museum

Called "Handprints Around the World," hands-on activities help children learn about customs, language and clothing of seven continents. Admission to the Buell Children's Museum at 210 N. Santa Fe Ave., is \$4 for adults and \$3 for children. Admission includes entry to the Arts Center and White Galleries. Take Interstate 25 south to Pueblo, Exit 98b.

Art exhibition openings

The Fine Arts Center has four new exhibits featuring well known Western artists, photographs of the early West; tourism and marketing; and an exhibit of prints by Gene Kloss. To see the exhibits, go to the Fine Arts Center at 30 W. Dale St. Hours are 9 a.m. to 5 p.m. Tuesdays through Saturdays, and 1 to 5 p.m. Sundays. The center is free on Saturdays; other days, admission is \$2 to \$5.

Broadway shows

Tickets are on sale for Pikes Peak Center's Broadway series. "Grease" is Dec. 17 and 18, tickets starting at \$25; "Cats," is Jan. 23 to 25, with tickets starting at \$29. "Fame," is Feb. 17 and 18, and tickets start at \$26.50. "Rent," is set for March 16 and 17, and tickets begin at \$31.50. Call 520-SHOW or 520-

9090 for tickets.

Denver concerts

Shania Twain is playing the Pepsi Center Dec. 1. Tickets begin at \$2; call 520-9090.

Bill Engvall is as the Paramount Theatre Nov. 21 in Denver. Call Ticketmaster, 520-9090 for tickets.

Upcoming concerts

Colorado Springs World Arena is selling tickets for upcoming events. "Bill Gauthier" is Nov. 21 at 7 p.m.; "Trans-Siberian Orchestra" Nov. 22, at 7 p.m., "Charlie Brown and Friends" is Nov. 30 at 7 p.m. and Kenny Rogers' "Christmas from the Heart" is Dec. 3 at 7:30 p.m. Call 576-2626 for tickets to any event.

Christmas concert

The U.S. Air Force Academy Band presents its Christmas concert Dec. 7 at the World Arena at 3 p.m. The concert, "Holly and Ivy" is free and open to the public but tickets are required. Pick up tickets at any Ent Federal Credit Union or the World Arena Box Office.

Buffalo Bill Museum

Buffalo Bill Museum opens a new exhibit with more than 60 pairs of cowboy boots on display, including those belonging to presidents and movie stars. A replica pair of Buffalo Bill's distinctive boots are also in the collection. The exhibit will be in Golden's Buffalo Bill Museum for the next year and is included in regular admission, ranging from \$2 to \$3. The museum is at 987 1/2 Lookout Mountain Road in Golden. Take Exit 256 off Interstate 70.

Country Dinner Playhouse

"The Unsinkable Molly Brown" is performed at the Country Dinner Playhouse, 6875 S. Clinton St., just off Interstate 25 in southern Denver, through Jan. 18. Tickets are \$25.50 to \$37.50, including a buffet. Call (303) 799-1410 for tickets or information.

Theaterworks

Theaterworks, the University of Colorado-Colorado Springs drama group presents "Noises Off" Thursdays through Sundays at their theater, 3955 Cragwood Dr., through Dec. 7. Tickets start at \$18; call 262-3232 for information.



Photo by Nel Lampe

Fine Arts Center ...

An exhibit of well-known Western artists is in the Colorado Springs Fine Arts Center, along with photographs of the early West, tourism and marketing; and an exhibit of prints by Gene Kloss. The above painting is by Charles Craig. Admission is free on Saturdays.

Ch10

Program Schedule for Fort Carson cable Channel 10, today to Nov. 21.

Special Program from ACS: Operation Ready: Making Your Reunion Work. Airt at 6:30 a.m., 11:30 a.m., 6:30 p.m. and 11:30 p.m.

Army Newswatch: includes stories on World Class Athlete Program coach named Olympic boxing coach, Adopt-A-Village in Afghanistan and stories from Iraq (repeat). Airt at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on fighting wildfires in California, People's Republic of China cultural exchange and the Naval Installations Command. Airt at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on fighting wildfires in California, the Defense Language

School and tilt-rotor aircraft update. Airt at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

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

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

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

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