

# Mountaineer

Vol. 62, No. 1 Published in the interest of the 7th Infantry Division and Fort Carson community Visit the Fort Carson Web site at [www.carson.army.mil](http://www.carson.army.mil) Jan. 9, 2004

## 183rd Soldiers home at last

by Pfc. Stephen Kretsinger  
Mountaineer staff

Many Fort Carson soldiers and families received a belated Christmas present Dec. 30 when the 183rd Maintenance Company returned from Iraq after spending eight months in support of Operation Iraqi Freedom.

After being delayed twice for mechanical problems, a C-141 Starlifter jet aircraft landed in the early morning hours of Dec. 30. After going through customs, the Soldiers were shipped via buses to the Special Events Center where their loved ones eagerly awaited their arrival.

The Soldiers marched into the Special Events Center just before 11 a.m. to the sound of roaring applause. After the playing of the national anthem, the Soldiers were treated to some welcoming words from the post command sergeant major.

"Welcome home, 183rd Maintenance Company," said Command

Sgt. Maj. Terrance McWilliams, command sergeant major, 7th Infantry Division and Fort Carson. "You did a fantastic job.

"Whoever imagined on the 30th day of December, here in Colorado, the weather outside would be as warm as it is right now," said McWilliams. "That's because you brought this warm weather with you from Iraq."

After the playing of the Army song, the Soldiers were dismissed and went to embrace loved ones they had not seen in almost a year.

"It feels great to be home," said Spc. Khaled Francis, 183rd Maintenance Co. "There are no words to describe it."

Francis got to see his 8-month-old daughter, Kaylah, in person for the first time that day. He had chances to hear her voice on the phone and see pictures of her, but it was nothing like the feeling he got when he held her in his arms, said

**See Homecoming, Page 4**



Photo by Pfc. Stephen Kretsinger

**Spc. Khaled Francis, 183rd Maintenance Company, holds his daughter, Khalisha, 4, for the first time in almost a year at the Special Events Center Dec. 30. Francis returned from Iraq with the 183rd Maintenance Co. after being deployed in support of Operation Iraqi Freedom.**



Courtesy photo

### Fire starter ...

The remains of several candles, the cause of a recent post house fire, are a reminder that fires can cause a great deal of damage. For more information on candle safety, see page 10.

## Stop Loss expands to keep Soldiers in fight

by Sgt. 1st Class Marcia Triggs  
Army News Service

**WASHINGTON** — The Army is expected to announce this week that active-duty Soldiers currently serving in Iraq and Afghanistan will not be allowed to separate or retire until after their unit redeploy.

Under the latest Stop Loss iteration, 7,000 Soldiers will be required to stay in the theater for the duration of their unit's deployment and up to a maximum of 90 days after the redeployment, said Col. Elton Manske, the chief of Enlisted Division, GI. The 7,000 Soldiers to be affected includes Soldiers who will not be allowed to change duty stations or exit the Army.

"The Army understands that this will

probably create hardships or disrupt some plans, but this supports the interest of the United States and directly impacts our ability to win," Manske said.

Soldiers will be retained in the Army up to 90 days after the redeployment because the Army has their best interests in mind, officials said. The time should be used by Soldiers to ship their personal belongings and properly clear the Army or the installation, officials added.

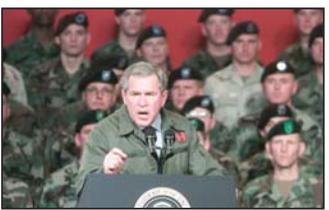
In November the Army announced that active-duty Soldiers would not be allowed to voluntarily leave the Army or change duty stations if they were assigned to units that had been selected to participate in the second

**See Stop Loss, Page 8**

### INSIDE THE MOUNTAINEER

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### Feature



**A look back at 2003 at Fort Carson.**

**See Pages 16 and 17.**

### Happenings



**Looking for a warm place for a family outing? Check out Focus on the Family's Welcome Center. See Page 25.**

**Early deadline**  
Next week, classified ads will be due Monday at noon as the *Mountaineer* will publish on Thursday instead of Friday because of the training holiday.

Post Weather hotline:  
**526-0096**

Remembering Martin Luther King Jr. ....

# Celebrate with a day on, not a day off

by Sgt. 1st Class Vickie L. Cooper

7th Infantry Division Equal Opportunity Advisor

*"We will not resort to violence.  
We will not degrade ourselves with hatred.  
Love will not be returned with hate."*

... Dr. Martin Luther King Jr.

Jan. 19 marks the holiday observance honoring slain civil rights leader and Nobel Peace Prize winner Martin Luther King Jr. He was born Jan. 15, 1929, but the legislation creating the holiday names the third Monday of January as the day on which it is observed. The law creating the holiday said it should "serve as a time for Americans to reflect on the principles of racial equality and nonviolent social change espoused by Martin Luther King Jr."

In 1985, as chair of the federal holiday commission planning the first observance of the holiday the following year, King's widow, Coretta Scott King, said: "For the first time in the history of this great nation, we're honoring a peacemaker, a messenger of

nonviolence — a drum major for justice, love and righteousness who was a native son of America. Where others preached hatred, he taught the principles of love, nonviolence and a patriotic commitment to making democracy work for all Americans. Martin's day, therefore, should be a time for peace and nonviolence in all our human relationships and in every aspect of our personal lives ... a day when all of us put aside our differences and join in a spirit of togetherness in recognition of our common humanity."

This is a day of interracial and intercultural cooperation and sharing. No other day of the year brings so many peoples from different cultural backgrounds together in such a vibrant spirit of brother and sisterhood. Whether you are African-American, Hispanic or Native American, whether you are Caucasian or Asian-American, you are part of the great dream Martin Luther King Jr., had for America.

As we honor King's accomplishments on this day,

we realize the lasting truth of his words and legacy, and we renew our commitment to justice, equality and opportunity to all of us who live and work in this country. However, I encourage each of you, not only on this day, but every day to renew your commitment to treating every human being with the same dignity and respect that you would want them to treat you with.

This year Fort Carson will celebrate the Dr. Martin Luther King Jr. Holiday Observance at the McMahon Theater Tuesday. We are honored to have the 7th Infantry Division and Mountain Post Command Sergeant Major, Command Sgt. Maj. Terrance McWilliams as our guest speaker. Everyone from Fort Carson and surrounding areas is invited. The observance will start at 1 p.m. Come and help us celebrate the life and legacy of Dr. Martin Luther King Jr.

"Remember! Celebrate! Act! A day on, not a day off!"

## Sound Off!

What was the most important thing that happened in 2003?



"The capture of Saddam because it was a major morale boost for the troops and their families."

Cpl. Daniel Pierce  
1st Battalion, 18th Cavalry Squadron



"My husband's deployment. It's been difficult to handle, but I've gained a deeper respect for him."

Sharon Alba  
Family member



"When we caught Saddam because catching him will probably stop the major attacks."

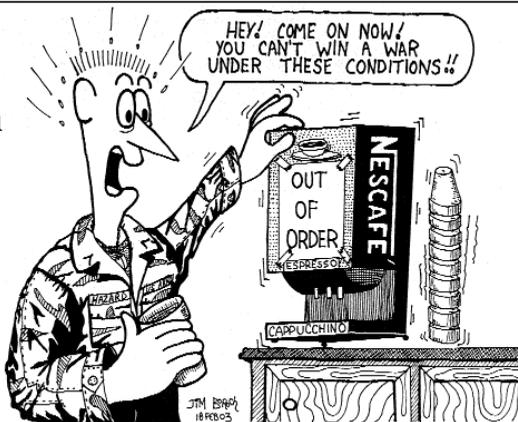
Pvt. Quentin Scott  
66th Ordnance Company



"Operation Iraqi Freedom because it affected and disrupted many lives."

Staff Sgt. John Robles  
1st Battalion 18th Cavalry Squadron

## Pvt. Hazard by Jim Boroch



### 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 360-11, under which the *Mountaineer* is published, 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.

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

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

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

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

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# News

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## DOD stops anthrax vaccination

### *Vaccinations to stop until court decision resolved*

by Jim Garamone  
American Forces Press Service

WASHINGTON — The Department of Defense will stop anthrax vaccinations until the legal situation around a recent court decision is resolved, DOD officials said.

Defense officials and lawyers with the Justice Department are examining a decision handed down by a federal judge in Washington Dec. 22 that ordered DOD to stop anthrax vaccinations for U.S. servicemembers without their consent, Pentagon officials said Dec. 23.

“The lawyers are examining it,” Defense Secretary Donald H. Rumsfeld said during a Pentagon press conference Dec. 23. “And at the appropriate time, they will be making a recommendation as to the way forward.”

DOD still considers anthrax vaccinations for ser-

vicemembers deploying to high-threat areas as crucial. “We don’t send soldiers into battle without helmets,” said a defense official.

The chairman of the Joint Chiefs of Staff also stressed the military need for the vaccinations. “This drug that we’re using, the vaccine has been around for 40 years,” said Chairman of the Joint Chiefs of Staff Air Force Gen. Richard B. Myers during a press conference. “It is not experimental. It’s approved by the FDA (Food and Drug Administration).

“And from a military standpoint, I think it’s extremely important. As you know, when we went into Iraq, we had all the troops in their chemical protective gear, because we thought there was a very real threat of either chemical or biological weapons, and in particular, anthrax was a big worry.”

Anthrax is still a worry in many parts of the world, Myers said. “The one thing you can do to protect people is this vaccine,” the chairman said. “From a military standpoint, I think it’s very important we have this capa-

bility to protect our troops and enable them to do their job.”

Dr. William Winkenwerder, the assistant secretary of defense for health affairs, said the vaccines are needed to protect American troops. The FDA guides everything the department does, he noted. “We follow FDA

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*“This drug that we’re using, the vaccine has been around for 40 years. It is not experimental. It’s approved by the FDA (Food and Drug Administration).”*

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Air Force Gen. Richard B. Myers  
Chairman of the Joint Chiefs of Staff

regulations scrupulously in the use of the anthrax vaccine and all medically regulated products,” Winkenwerder said during an interview.

The FDA has licensed the product for all use, the doctor said. Other independent groups agree with the FDA assessment.

Winkenwerder said DOD was surprised about the decision. He said it was out of step with current science and out of keeping with the need for force protection.

The doctor said about 1 million American servicemembers have received the vaccinations since the program started in 1998. Some 650,000 servicemembers have received the six-shot series since June 2002. Of

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See Anthrax, Page 4

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## Homecoming

From Page 1

Francis. Francis' other two daughters, Khalisha, 4, and Khaliyah, 3, were there to greet their father as well.

New Year's Day also marked the four-year anniversary for Francis and his wife, Arkhsa.

The 183rd Maintenance Company provided vehicle and electronic maintenance and supply support to units involved in ground combat in Iraq.

"They were the first maintenance company in Kuwait and the first maintenance company in southern Iraq," said Capt. Zach Buettner, company commander, 183rd Maintenance Company. "They were moving while the fighting was still going on.

"We actually had Soldiers in this company who participated in the breach when they went over the border," said Buettner. "They were there, towing broken equipment out of the way so more equipment could go through."

The Soldiers of the 183rd Maintenance

Company started their tour of duty in Kuwait and then moved up to Iraq when Operation Iraqi Freedom began.

"When they first got to Kuwait, they provided to maintenance to every unit in Kuwait, which was 10 times the amount of units they normally supported," said Buettner. "They did a tremendous amount of work."

"When they went to Iraq, they provided recovery on the main MSRs (Main Supply Routes) and provided maintenance on all the units near An Nasiriyah," said Buettner.

This was Buettner's first deployment to Iraq, and he said you have to be in Iraq to really comprehend how hot it is.

"They tell you about the heat, but until you really feel it, it's just not real," said Buettner. "I think it got up to 133 degrees while we were there. That's really, really hot."

Upon their return, the soldiers underwent health screening, got their personnel records in order and got the chance to make any needed changes to their pay. The soldiers were released for up to 30 days of much-needed vacation time with their families.

## Anthrax

From Page 3

that number, only around 10 servicemembers have refused to get the shots. "Most people realize and appreciate the threat that we face and are persuaded by the scientific evidence regarding the safety and effectiveness of the vaccine," Winkenwerder said.

The FDA approved the vaccine in 1970. The District Court decision questioned the FDA contention that the vaccine was effective against aerosolized anthrax — the most likely bioterror weapon. This judge's decision is counter to the FDA's own decisions, the opinion of the National Academy of Sciences' Institute of Medicine and the judgment of the most eminent experts on this topic.

Winkenwerder stressed that the department's paramount concern is for the safety of servicemembers. The vaccine has been put through the most rigorous testing, he said. The vaccine has very few side effects, similar to other vaccines, and these are mild and temporary, officials said.

Web version:  
[http://www.defenselink.mil/news/Dec2003/n12232003\\_200312239.html](http://www.defenselink.mil/news/Dec2003/n12232003_200312239.html)

This suspension of vaccinations includes personnel who have already begun receiving Anthrax vaccine. It can't be given to "volunteers" either until the Department of Defense legal authorities have reached a decision.

For more information, contact the Soldier Readiness Processing Site at 526-8091.

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# Military

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## Old Guard deploys, ready for missions

by **Spc. Eric M. McKeeby**  
Army News Service

**CAMP LEMONIER, Djibouti** — Army Old Guard Soldiers, from Fort Myer, Va., arrived at Camp Lemonier, Djibouti, Dec. 17, and have begun engaging in training and tactical missions.

Soldiers from B Company, 3rd U.S. Infantry Regiment (The Old Guard) have been deployed in support of the Combined Joint Task Force-Horn of Africa and the global War on Terrorism.

This is the first time this Army ceremonial unit has deployed since the Vietnam War. While it may be best known as the guard of the Tomb of the Unknowns, it is primarily a tactical unit, and orders to deploy in support of the war on terrorism are in keeping with The Old Guard's training, capability and tradition.

The Old Guard continues to take part in missions such as providing force protection for civil affairs personnel and engaging in joint operations with American and regional militaries, said Capt. Michael J. Trotter, commander, B Company, 3rd U.S. Infantry Regiment (The Old Guard.)

"That training alone is huge for us to be able to link into other agencies on post and in the region for training," Trotter said.

Part of the unit departed base camp for a mission

in rural, mountainous Djibouti only a few days after arriving here.

The mission began in early December and will continue for several weeks. The Old Guard Soldiers will be providing security to reservist engineers from the 916th Engineering Unit, based out of North Dakota, who will be drilling water wells for local citizens.

Staff Sgt. Michael D. Wilson, B Company, 3rd U.S. Infantry Regiment (The Old Guard) is the leader of the squad protecting the engineers. Wilson said he is impressed with the impact the well has had on natives in the village.

"Before the engineers arrived, the well was capped. When they removed the cap and installed a hand crank, they noticed right away when they went by the well, people were using the crank and getting water," Wilson said.

In addition to this mission, the company has zeroed and fired on local ranges and engaged in training such as Marine-instructed egress and ingress helicopter drills on the airfield here.

Training in Djibouti is a continuation of the combat rehearsals the company participated in prior to leaving the United States.

Trotter said after three months of intense tactical training and combat readiness in preparation for the

deployment, the company was primed to operate at CJTF-HOA. Trotter led the company on a number of training exercises at Fort A. P. Hill, Va., and the Joint Readiness Training Center at Fort Polk, La., including convoy security and urban military operations.

"It was a relief arriving. There was a bit of anxiety but it doesn't really hit you until you arrive, and the whole company falls out of a plane in desert combat uniforms," Trotter said.

Prior to learning about the deployment, the unit engaged in tactical exercises supporting The Old Guard's mission as a contingency force in the Military District of Washington. The Old Guard Soldiers were among the first to respond to the terrorist attack at the Pentagon Sept. 11, 2001.

Looking past the historic aspect of arriving in Djibouti, B Co., The Old Guard 1st Sgt. Michael J. Coleman said he will continue to worry about the needs of the company's Soldiers as they face combat in a climate more than 60 degrees warmer than Washington, D.C.

The Old Guard replaced a unit from the 10th Mountain Division, which spent several months working with the CJTF-HOA. The Old Guard unit is scheduled to stay in Djibouti at least six months.

*Editor's note: Spc. Eric M. McKeeby is with the Old Guard Public Affairs at Fort Myer, Va.*

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# 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 Army is looking for highly motivated to fill its warrant officer 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](mailto: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 versus having bunc or two items.

**Active-duty units** — Permanent Change of Station/End of Time and Service/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 McMahan Theater.

## Laundry Service

**Post Laundry Service** — The post laundry service provides free laundry 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. 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 Battle Dress Uniforms, 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.

# Military extension of driving privileges

## by Staff Sgt. Metcalf Vehicle Registration Office

As a Soldier serving in the military, you are often stationed a considerable distance from your home. This may make it difficult to renew your car's registration. For different reasons you may not want to transfer your license plates over to the state that you are stationed in. The good news is it may not be necessary.

Most states will allow you to renew your registration remotely. This means that you can renew it either through the mail or over the Internet. Go to <http://www.fhwa.dot.gov/webstate.htm> for a list of all 52 Departments of Transportation (including the District of Columbia and Puerto Rico). Follow the link to your

state's DOT home page and find out what your state's policy is concerning remote registration.

One thing, ensure you allow plenty of time to receive the new registration in the mail. It is recommended you mail off your renewal request at least 30 days before your current registration expires.

## Parking information

Several Soldiers have already noticed the time limit signs that have been placed in the parking lot next to building 6012 (the Fort Carson Visitor Center) and in Kit Carson Park. The parking lot adjacent to the Fort Carson Visitor Center has been designated as one hour parking only. The parking lot for Kit Carson Memorial Park is now limited to two hour parking. These time

limits were established to discourage unauthorized use of these parking areas. Long term vehicle storage is not authorized in either of these lots. Soldiers who wish to display a vehicle for sale should contact the "Lemon Lot" at 524-1146.

## Traffic Roll Up for Dec. 18 to 31

In the past two weeks, there were 123 total citations:

- 85 for speeding
- 5 for running a stop sign or red traffic light
- 2 for not having on a seatbelt.
- 3 for improper parking
- 28 for other violations (e.g.: malfunctioning equipment, passing on shoulder, lack of insurance or registration, improper vehicle operation etc.)

# Dining Schedule

Jan. 9 to 16

## Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)  
3rd ACR CAV House (building 2461)  
Mountaineer Inn (building 1369)  
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 will reopen on Jan. 12
- Patton House is closed until further notice.
- Cav House and 43rd ASG are closed Saturday and Sunday.



## Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR Cav. House. (building 2461)  
43rd ASG (building 1040)  
Mountaineer Inn (building 1369)  
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. to 5 p.m. (Cheyenne Mtn. Inn)

## Greenback

# Beware of phony military Web sites

### Courtesy 4th Finance Battalion

MyPay <https://mypay.dfas.mil> is the only official Web site for accessing pay account information. Any other site claiming to offer these services should be avoided and not offered your personal information.

MyPay is a secure, DFAS-operated Web site that lets active-duty, National Guard and Reserve servicemembers, civilian employees, and military retirees and annuitants take charge of their pay accounts online.

Look-alike sites have recently frustrated myPay customers who have been confused by accidentally finding their way to commercial sites that end with “.com” These sites are in no way affiliated with DFAS or the Department of Defense. All DOD sites have “.mil” web addresses.

### Accessing a spouses MyPay account

Unfortunately the only way for military spouses to access their servicemembers’ MyPay and TSP accounts online is to get the username and password from the servicemember. Even with a power of attorney finance or DFAS will not release this information to anyone but the account holder. We apologize for any inconvenience.

### Special deployment leave accrual information review

Soldiers who were unable to take leave because of deployment do not necessarily have to lose their leave. Through Special Leave Accrual approved soldiers can carry up to 90 days of leave into the next fiscal year. Soldiers apply for this through a memo from their chain of command.

Members are eligible for special leave accrual if prohibited from taking leave due to assignment or

deployment to hostile fire or imminent danger pay areas. They are also eligible if prohibited from taking leave due to deployment to, or in support of, an operational mission at the national level for 60 or more days. Eligible members can accumulate up to 30 additional days in excess of 60 but cannot carry over more than 90 days into the next fiscal year. Eligibility requirements are explained below:

#### Automatic Special Leave Accrual

Automatic special leave accrual carry-over applies to assignment or deployment for 120 or more consecutive days and receipt of hostile fire pay or imminent danger pay for four or more consecutive months. Automatic carry-over consists of the leave balance upon entering the area of responsibility plus leave accrued minus leave taken in the AOR. The SLA does not include leave accrued after departing the AOR.

For example, if a member departs the AOR July 31 with a special leave accrual balance of 80 days, he/she accrues five days for Aug./Sept. If the member does not use the five days, he/she loses these days because 80 days is the maximum automatic carry-over. This also applies to members returning from assignment to a hostile-pay or imminent-danger pay area. If a member has 90 days upon departing the assignment July 31, he/she must use the five days accrued in Aug./Sept. because the member cannot carry more than 90 days SLA into the next fiscal year.

#### Restoration of Leave Lost Oct. 1 2003

If you are not eligible for the automatic special leave accrual carry-over, members can request restoration of days lost on Oct. 1 through their unit commander. Qualifying criteria is deployment during the latter

part of the fiscal year (for example, July through Sept.) for 60 or more days in support of an operational mission at the national level. Commanders submit request with documentation to their major command Directorate of Personnel to restore lost leave after members return from their deployment. Supporting documents include Contingency, Exercise, Mobility (CEM) orders, Temporary Duty orders, copy of travel voucher, copy of Oct leave and earning statement, and statement showing how the members managed their leave during the fiscal year.

MAJCOM Directorate of Personnel is the approval authority. At joint organizations, the senior Air Force officer representative on staff is the approval authority for members serving in joint organizations and assigned to units, headquarters, and supporting staffs.

For example, if a member deployed July 5 - Oct. 5, had 75 days as of 30 Sep and lost 15 days on Oct. 1, the MACOM can approve restoring the 15 days.

Note 1. If the member redeployed on or before 30 Jun, he/she is not eligible for special leave accrual consideration because he/she had ample time to take leave between 1 July 1 and Sept. 30. Note 2 applies if the member was unable to take enough leave due to military requirements.

Note 2. However, if the member returned June 30 and military requirements prevented the member from taking leave before 1 Oct, he/she can submit a DD Form 149 to the Air Force Board for Correction of Military Records. The AFBCMR can approve restoring the lost days if it finds that the member was unable to take leave due to military necessities. The DD Form 149 is available at the Military Personnel Flight.

# TRICARE: Parents not eligible

## Courtesy TriWest Healthcare Alliance

Many uniformed servicemembers believe their parents/parents-in-law are TRICARE-eligible. Unfortunately, this is not true. These beneficiaries can use the direct-care system (the military treatment facility) on a space-available basis — including participation in TRICARE Plus. Depending on whether or not eligibility criteria are met, the parents/parents-in-law may also be able to participate in the TRICARE Senior Pharmacy program.

According to TRICARE rules, the following individuals are eligible for military health care system benefits:

- active duty service members, their spouses and unmarried children.
- uniformed service retirees, their spouses and unmarried children.
- unremarried former spouses and unmarried children of deceased active duty or retired service members who meet specific eligibility criteria.
- spouses and unmarried children of reservists and National Guard members who are ordered to active duty for more than 30 consecutive days or who die on active duty.
- spouses and unmarried children of those reservists and National Guard members who die as a result of having been injured or having aggravated an illness or injury during, or on the way to either.
- an active duty training period of 30 days or less or a period of inactive duty training.
- Medal of Honor recipients and their family members, who are not otherwise TRICARE-eligible, will be able to receive TRICARE benefits as if they were entitled to retired pay.

Under very limited conditions, certain other spouses, former spouses, children in the process of adoption,

severely disabled children over the age of 21, and spouses and children of NATO and Partners for Peace national representatives are also eligible for TRICARE benefits. However, the list of those eligible does not include the dependent parents nor parents-in-law of uniformed service members. A more detailed listing can be found in the TRICARE Handbook, available online at [www.tricare.osd.mil](http://www.tricare.osd.mil).

Parents/parents-in-law who meet the requirements to be considered dependents of active duty or retired uniformed services sponsors may be allowed to participate in the TRICARE Plus and TRICARE Senior Pharmacy programs. TRICARE Plus allows beneficiaries to enroll for primary care at selected MTFs. Enrollment is to a specific MTF, not portable, and on a space-available basis. If TRICARE Plus-enrolled parents/parents-in-law who need specialty care are referred to a civilian provider, then they will have to pay all costs out of pocket. This is because they are not eligible for TRICARE Prime, Standard, Extra, or TRICARE for Life.

TRICARE Senior Pharmacy eligibility is possible for dependent parents/parents-in-law who are at least 65 years old, enrolled in DEERS and entitled to Medicare Part A. If these individuals reached 65 on or after April 1, 2001, they must also be enrolled in Medicare Part B. Final eligibility determination will be the responsibility of the uniformed service of which the sponsor is or was a member.

Detailed information about eligibility requirements can be found in the TRICARE Handbook. This, along with additional information about TRICARE Plus and TRICARE Senior Pharmacy, can be found at the TRICARE Management Activity Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil).

## Stop loss

From Page 1

rotation of Operation Iraqi Freedom or the fifth rotation of Operation Enduring Freedom.

The November Stop Loss announcement also lifted the last two specialties affected by the 12-Month Skill-Based Stop Loss Program.

“We have evaluated the entire program, and we realized that putting individuals under Stop Loss based on their skills was not providing us what we needed at the unit level,” Manske said. “Unit cohesion is what drove our decision to move away from skill based to unit based.”

The force rotation policy that is being implemented will do away with individual replacements and serve as a means of evaluating the effectiveness of unit manning, according to Manske.

In October of last year, Chief of Staff of the Army Gen. Peter Schoomaker announced that unit manning was one of 16 focus areas that would get his immediate attention. Army leadership will look for concepts that will provide greater stability to troops and their families, Schoomaker said during the annual Association of the United States Army symposium.

“There is no question that Soldiers who train and deploy together are a better fighting organization,” Manske said.

Unit manning leads to unit cohesion and studies have said it leads to combat effectiveness and reduced casualties, Schoomaker said.

# Burnin' down the house

## Careless acts can send your home up in flames

**Pfc. Stephen Kretsinger**  
Mountaineer staff

Another post house was severely damaged Sunday by a fire caused by a burning candle, said Fire Chief Verne A. Witham, Fort Carson Fire and Emergency Services. This is the third such fire on Fort Carson in the past few months.

Every year hundreds of the nation's fires are caused by burning candles, Witham said. Many of these fires result in injuries and deaths. These incidents can be greatly reduced by vigilance and preparation.

Candles are all the rage these days. Many people light candles for romantic atmosphere, aromatherapy and room freshening. As candle popularity has risen, home fires caused by unattended candles have almost tripled over the last decade. While checking on the candles in your home, keep these facts in mind:

- Almost half of home candle fires start in the bedroom. When people use candles in the bedroom, they could fall asleep and expose themselves and their loved ones to a possible fire initiated by the candle. Sleeping quarters can turn into death-traps.

- Don't allow candles in children's or teenagers' bedrooms. About 10 percent of candle fires are caused by children playing with candles.

- Extinguish all candles when leaving the room or going to sleep. Never leave lit candles unattended.

- Also pay attention to the placement of candles.

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

For more information and useful tips, see [www.nfpa.org/Research/NFPAFactSheets/CandleSafety/CandleSafety.asp](http://www.nfpa.org/Research/NFPAFactSheets/CandleSafety/CandleSafety.asp).

Candles aren't the only hazard. There are three other major causes of 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. 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. Never leave cooking food unattended.

No one anticipates a house catching fire, but one can be better 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. Batteries should not be removed from detectors and should be replaced twice a year.

Make sure to plan out a fire escape route. Draw a floor plan of the home. Plan out primary and secondary routes of escape and be sure all family members are familiar with the plan. Practice the escape route regularly. Choose a 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. 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 family members to close all windows and doors to minimize oxygen that fuels the fire. Teach children not to hide or wait around for parents and not to stop to gather valuable possessions. Make sure young 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. 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.*

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***"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."***

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

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last name and address for the fire department.

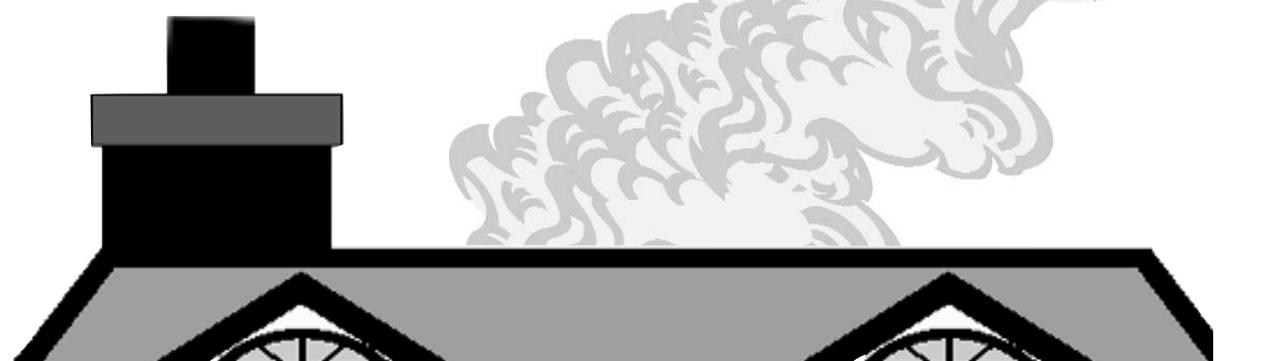
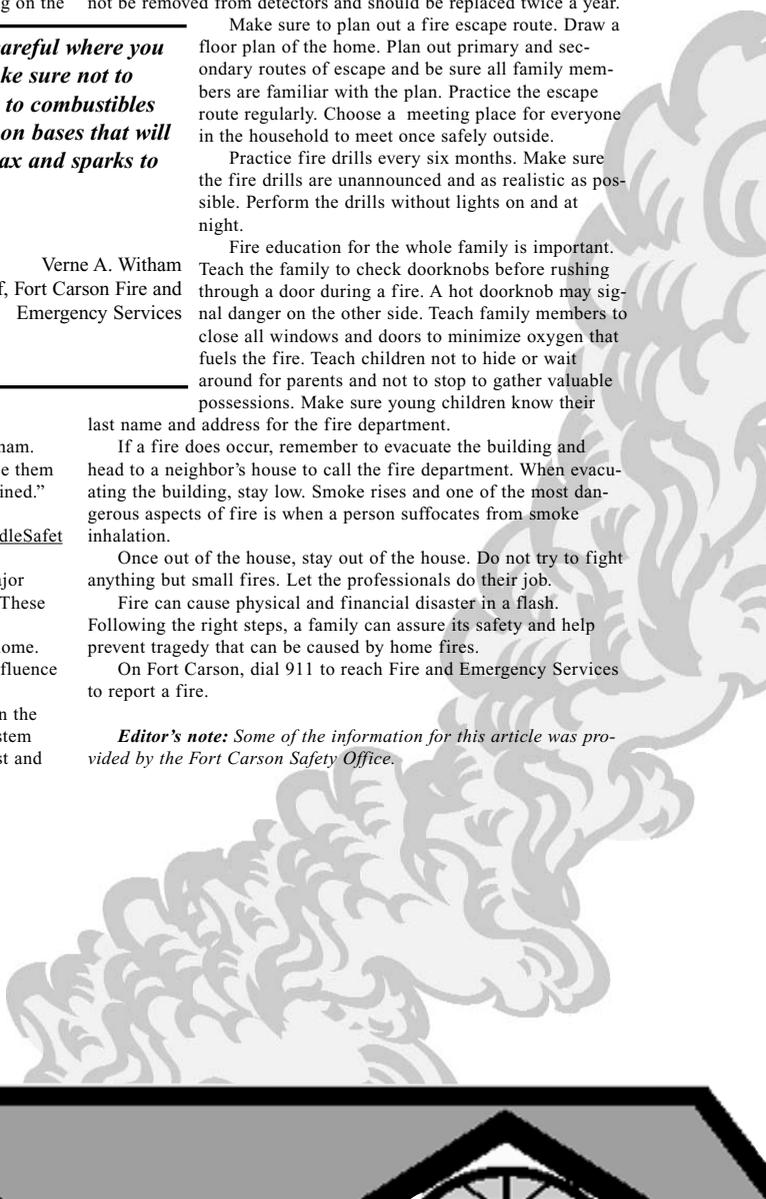
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# Community

*Tax relief on the way . . .*

## New act gives Soldiers tax break

by Capt. Robert A. Guillen Jr.  
Fort Carson Tax Center

President Bush signed the Military Family Tax Relief Act Nov. 11. The following are provisions that provide tax relief for military personnel:

### **Exclusion of gain on sale of a principal residence**

Current law excludes up to \$250,000 (single filers) or \$500,000 (married filing jointly) of gain from the sale of a property owned and used as a principal residence for at least two of the five years preceding the sale or exchange. Under the new law, the five-year period ending on the date of sale or exchange does not include any period of up to 10 years that the active-duty servicemember was on qualified official extended duty. "Qualified official extended duty" means the servicemember was either required by orders to move at least 50 miles from that home or under orders compelling the service member to live in a residence provided by the government. National

Guard and reservists called to active duty for more than 90 days and either ordered to a location more than 50 miles from their home or required to live in government quarters may take advantage of this new law.

This new law applies to the sale of a home occurring after May 6, 1997. As a rule, a tax refund cannot be claimed more than three years after the end of the tax year. However, Congress has allowed a one-year period, ending Nov. 12, 2004, for servicemembers to amend returns. As a result, servicemembers may now be eligible to exclude either some or all of the capital gain included in their gross income on a previous return. In addition, if a servicemember is unable to have owned and used their home for at least two of the five years preceding the sale of their home, a reduced exclusion is available. For example, if the home was owned and used for only one of the five years preceding the sale, the servicemember is still eligible for the

exclusion. One year is half of the required two years. Thus, the service member may exclude up to \$125,000 of gain (\$250,000 for married filing jointly).

Above-the-line deduction for overnight travel expenses of National Guard and Reserve members. National Guard and Reserve members who must travel more than 100 miles from their home and stay overnight to attend meetings may deduct expenses for transportation, meals, and lodging that are not reimbursed. The rule limiting the deduction of expenses for meals to 50 percent of their cost still applies. An above-the-line deduction directly reduces the servicemembers' gross income and do not have to be itemized. This provision applies to tax years after Dec. 31, 2002.

### **Restoration of full exclusion of death gratuity payments**

The military death gratuity benefit has increased to \$12,000 from the previous amount of \$6,000. This entire amount is excluded from gross

income. The increase is effective Sept. 11, 2001, and applies to all deaths occurring while on active duty occurring either on or after that date.

### **Clarification of dependent care assistance programs**

This provision clarifies that child-care benefits provided to military personnel are excluded from gross income for all tax years as a qualified military benefit.

### **Exclusion from gross income of amounts received under the DOD Homeowners Assistance Program**

Payments by the DOD to its members under the Homeowners Assistance Program are excluded from gross income. HAP enables the DOD to make payments to servicemembers to offset a decline in housing values due to a military base realignment or closure. The effective date is Nov. 11, 2003.

### **Treatment of service academy appointments as scholarships for purposes of qualified tuition pro-**

# Community Events

## Miscellaneous

### Criminal Investigations

— CID is looking for information leading to the apprehension and conviction of the person(s) responsible for the theft of two motorcycles from the privately owned vehicles sales lot Nov. 14 or 15. The vehicles that were taken are a 2002 Harley Davidson Dyna Glide Super T Sport. (vehicle identification number is 1HDiGLV132Y315199) and a 1989 Yamaha YSR50 (VIN JYA2RRA05KA037121).

CID is also looking for information leading to the apprehension and conviction of the person or people responsible for the theft of a 2000 Vermeer SC252, serial number 1VRN071F6W10028008, and a 2000 Jay Hawk Tilt Trailer, serial number 1Z9SA1014XM093255, which were stolen between Nov. 14 and 17 from the parking lot adjacent to building 6286.

If you have any information, contact Special Agent Jason Dailey at 524-1086 or the military police at 526-2333.

**Tax season** — The Fort Carson Tax Center will open Jan. 20. It is located in building 6264, on Woodfill Road, across from the Colorado Inn and the Elkhorn Conference Center. Free tax services are available for active duty servicemembers and their family members; mobilized reservists and their family members; servicemembers receiving either retirement or disability pay and their family members; and surviving family members of active-duty, mobilized reservists and retired servicemembers.

The Fort Carson Tax Center will electronically file your return and have federal and state tax forms available. In order for your tax return to be completed, you will need to bring all W-2s, Social Security cards for yourself and all family members, a power of attorney, if filing for your spouse, and all relevant financial information.

**Red Cross** — The next cardiopulmonary resuscitation class will be Jan. 17 from 8 a.m. to 5:30 p.m. at Evans Army Community Hospital, Room 1801. Registration is \$40, which includes a skills card and information booklet. Call 526-7825 for more details.

Felicia Wilkinson is the new health and safety coordinator. Her office is at Evans Army Community Hospital, room 1801, and her phone number is 526-7825. Her work hours are Monday to Friday 9 a.m. to 1 p.m.

New and gently used formal wear is still needed for the Revolving Dress Collection. Dresses go to Army wives attending balls and other formal events. If you have a donation, call Theresa at 576-1767.

If you are interested in babysitting classes, call Tammy at 526-1058.

For swim lessons, call Crystal at 526-3122.

**Gold Star Wives and Mothers** — The Gold Star Wives and Mothers organization is working with Fort Carson's Casualty Assistance Office to ensure that eligible families receive a gold star pin. For more information about this program, contact JaNene Skinner at 597-5630 or visit [www.goldstar-wives.org](http://www.goldstar-wives.org) and [www.goldstarmoms.com](http://www.goldstarmoms.com).

**The Barbara Jordan Health Policy Scholars Program** — The Scholars Program is now accepting applications for the summer of 2004. The program brings talented African-American, Latino, Asian/Pacific-Islander, and American-Indian/Alaska Native college seniors and recent graduates to Washington, D.C., where they work in congressional offices and learn about health policy.

Through the nine-week program, June 1 through July 30, scholars gain knowledge about federal legislative procedure and health-policy issues, while further developing their critical thinking and leadership skills. In addition to an internship in a congressional office, scholars participate in seminars and site visits to augment their knowledge of healthcare issues, and write and present a health policy research paper.

Eligible candidates must be U.S. citizens who are members of a racial/ethnic minority group and will be seniors or recent graduates of an accredited U.S. college or university in the fall of 2004. Candidates are selected based on academic performance, demonstrated leadership potential and interest in health policy.

The deadline for applications is Jan. 30. For additional information, contact Patricia Rosas at 526-5818.

**Harmony in Motion** — Harmony in Motion is looking for vocalists and musicians. Anyone inter-

ested can call Staff Sgt. Gogins-Watkins at 526-4302.

## Claims against the estate

**Claims against the estate** — With deepest regrets to the family of Spc. James R. Wolf, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Jason M. Whitten at 526-0028 or 526-0029.

**Claims against the estate** — With deepest regrets to the family of Staff Sgt. Ernest Bucklew, deceased. Anyone having claims against or indebtedness to his estate should contact CW2 Robert Alequin at 201-7129.

**Claims against the estate** — With deepest regrets to the family of Staff Sgt. Stephen A. Bertolino, deceased. Anyone having claims against or indebtedness to his estate should contact CW2 Robert A. Alequin at 210-7129.

**Claims against the estate** — With deepest regrets to the family of Staff Sgt. Dale A. Panchot, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Collin Bissell at 526-1567.

**Claims against the estate** — With deepest regrets to the family of Sgt. David J. Goldberg, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Todd M. Gould at 526-6806/6809.

**Claims against the estate** — With deepest regrets to the family of Spc. Raymond E. Cammel, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Christopher Stutz at 556-7440 or 556-4677.

**Claims against the estate** — With deepest regrets to the family of Spc. Rian Ferguson, deceased. Anyone having claims against or indebtedness to his estate should contact CW2 Robert A. Alequin at 210-7129.

**Claims against the estate** — With deepest regrets to the family of Cpl. Gary B. Coleman, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Aaron Blanchard at 526-4082.

**Claims against the estate** — With deepest regrets to the family of Spc. Justin Pollard, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Paul Ramsey at 526-7266.

# Carson celebrates 10 years of AFTB

by Beth Lawson  
Mountaineer volunteer

Strong families are the pillars of support behind strong Soldiers. So how can the Army help strengthen these supporting families?

"By including the Soldier's family, and making sure the family knows they are an important and vital part of the Army team. It's a partnership, and that's why the organization is called Army Family Team Building," said AFTB Master Trainer, Marla Schroeder. Connecting families with the Army is what AFTB has been doing for 10 years.

"Empowering families for the 21st century" is the defining AFTB vision. AFTB classes inform family members about the Army — everything from defining military terms and acronyms, to locating needed military and community resources, to knowing how to tell a soldier's rank on the uniform and how to read a pay voucher.

"AFTB is a progressive organization that has grown to meet the needs of Army family members over the years," says Lynn Wilson, wife of the 7th Infantry Division and Fort Carson commanding general. "Classes used to only be offered occasionally in a limited classroom situation, and now they are offered in multiple locations, in a variety of languages and are also offered online. AFTB continues to get bigger and better, and that's good news for our Army families," Wilson said.

AFTB — showing 10 years of support for today's families, and ensuring the strength of tomorrow's Army. To find out more, call AFTB Program Manager, Nancy Montville at 526-0460. Visit the AFTB Web site at [www.ArmyFamilyTeamBuilding.org](http://www.ArmyFamilyTeamBuilding.org) and [www.carson.army.mil](http://www.carson.army.mil) (click on ACS).

# Post families can send video messages to their deployed Soldiers in Iraq

Thousands of U.S. servicemembers separated from their families will get a chance to "see and hear" their loved ones through a free video e-mail program that allows any computer with access to the Internet to receive the video messages.

The web cam is set up at the Family Connection, building 1354 (off of Berkeley). Appointments are not required, the messages are created on a first-come first-served basis.

VMdirect, based in Las Vegas, is donating video e-mail accounts and Web cams to the family service centers at 80 U.S. military bases to help alleviate the separation anxiety.

Unlike other video e-mail services that require both the originating computer and the receiving computer to have downloaded compatible streaming video or "player" software, video e-mail messages sent

through VMdirect's Web-based system can be originated from any PC with a video camera and can be received and viewed by any PC with Internet access, even a dial-up connection.

The idea originated with Bruce Fealk, Rochester Hills, Mich., an independent distributor of the VMdirect service.

"It was an easy decision," Black said, "With so many military families apart at this time, they could see their new babies, or kids who've lost a tooth, or in their school holiday pageant costume. It can help keep the family bonds alive."

"Obviously, we were thinking about the military personnel in Iraq and Afghanistan," Fealk explained, "but the program is available for any servicemembers who are separated from their families."

## Taxes

From Page 11

### grams and coverdell education savings accounts

Education savings accounts allow taxpayers to invest for future higher education expenses for designated beneficiaries. Earnings used for qualified educational expenses are tax-free. However, if earnings are used for any other purpose, they are considered taxable income with an

additional 10 percent tax. Although regular income tax still applies to earnings on the account where the designated beneficiary attends a service academy, the 10 percent additional tax has been eliminated.

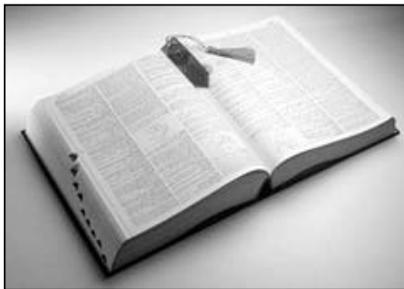
Expansion of Combat Zone Rules Pertaining to the Filing of Income Tax Returns to Contingency Operations. The extension of deadlines to take certain tax actions, to include the filing of returns, was formerly limited to personnel serving in combat zones, qualified hazard duty

areas, and in direct support of operations in these locations. This provision enables the Secretary of Defense to extend to personnel serving in designated contingency operations the same extension of deadlines. Any such designations will come in writing from an appropriate authority at the Office of the Secretary of Defense level. Local commanders and individual members do not have the authority to make this determination.

There will be additional articles

in the coming weeks discussing tax issues specific to servicemembers. In the meantime, if you have any tax questions, either call the Fort Carson Tax Center at 524-1012 or check the link "Armed Forces Tax Benefits" found at [www.irs.gov](http://www.irs.gov).

**Editor's note:** Information for this article was compiled from the IRS Web site and Maj. Thomas L. Farmer, legal assistance and preventive law division, Air Force Legal Services Agency.



### Chapel

**How to Avoid Being A Victim** — The Fort Carson Catholic Women's Group will host a program on personal safety at today at 6 p.m. at Soldiers' Memorial Chapel. Detective Jim Barrentine of the Colorado Springs Police Department will make the presentation. All women of Fort Carson are invited to attend. The program will be preceded by praying the Rosary at 5 p.m. and Mass at 5:30 p.m. for those who desire to participate in these devotional activities. Call Delene Baty at 393-1444 for more information.

**Native American Sweatlodge ceremonies** — Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependents and DOD personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Call Michael Dunning at 382-5331 or (c) 330-9537, or Zoe Goodblanket at 442-0929 for ceremonial information and directions.

**Youth of the Chapel** — Activities for Protestant and Catholic Middle School and High School Youth take place each Tuesday evenings at 6 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible Studies on Sunday, 9:30 a.m. and Tuesday 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays at 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
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.	Family University	Building 1161		Melissa Dalughug/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
NATIVE AMERICAN SWEATLODGE					
Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for ceremonial information and directions. Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.					
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 37 & Mark 10  
**Saturday** — Psalms 38 & Mark 11  
**Sunday** — Psalms 39 & Mark 12  
**Monday** — Psalms 40 & Mark 13  
**Tuesday** — Psalms 41 & Mark 14  
**Wednesday** — Psalms 42 & Mark 15-16  
**Thursday** — Psalms 43 & Genesis 1-3

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 Wuerzbrug, 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 ChurSh. 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](http://www.usarmychaplain.com).

## Chaplain's Corner

*Happy new year ...*

# Time to count your blessings

**Commentary by Chap. (Lt. Col.) David Pollok Jr.**

### **Evans Army Community Hospital**

The new year is good time to start again with things we tried last year but didn't complete. It's a good time to look back over the last year and focus on the blessings that happened to you. Yes, there are sad things, but there are many blessings to remember as well. God has not quit blessing us because we are engaged in war. The hardships of war are never easy to live with but in the middle of hardships and tragedies there are always the blessings of God to encourage us to keep going. What are the blessings you received in 2003? Blessings tell us that God is still there and that he still cares about what happens to each of us. I especially like the words Johnson Oatman Jr. wrote in the song, "Count Your Blessings:"

"When upon life's billows you are tempest tossed,

"When you are discouraged, thinking all is lost,

"Count your many blessings — name them one by one,

"And it will surprise you what the Lord has done."

It's really quite amazing that when we stop dwelling on the sad or bad things of life and put our attention to the good things our attitude changes. The sad or bad things are still there, but seen in the "light" of the good things they somehow look different. We are encouraged by God's word to think on the good things in Philippians 4:8; "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things." When we give our attention to the good things, the blessings, in our lives it brings a balance to our perspective about life in general. Sometimes we have to be reminded that CNN is not the final word. There really is a God, and he really does care and interact with us for our good.

So, a look back to count our blessings will help us as we begin the new year. As we begin again the blessings of 2003 say to us; "There will be blessings, good things, in 2004." As we begin again, the blessings of 2003 say to us; "The God of 2003 is the same God of 2004." As we begin again the blessings of 2003 say to us; "the God who cared for us in 2003, still cares for us in 2004." As we begin again, the blessings of 2003

say to us; "God will interact with us for our good in 2004."

Try making a list of your blessings from God. See if the blessings of God bring a balance into your life. You'll most likely be very surprised by the time you finish your list of blessings.

"Count your blessings, name them one by one;  
"Count your blessings, see what God has done.  
"Count your blessings, name them one by one;  
"Count your many blessings, see what God has done."

### **Chapel briefs**

**Wives of Warriors Conference** — WOW is hosting a community conference at the Soldiers' Memorial Chapel Jan. 30, 7 to 9 p.m. and Jan. 31 8:30 a.m. to 4 p.m. Topics will include:

- Keeping a marriage strong
- Parenting skills
- How to deal with stress and time management

Free child-care and lunch will be provided. Sponsored by the the Fort Carson Installation Chaplains Office in conjunction with Officers' Christian Fellowship. Call Denise Castle 540-0777 or Betty Moore 573-0332 to register by Jan. 23.

# Trials and Triumphs of 2003

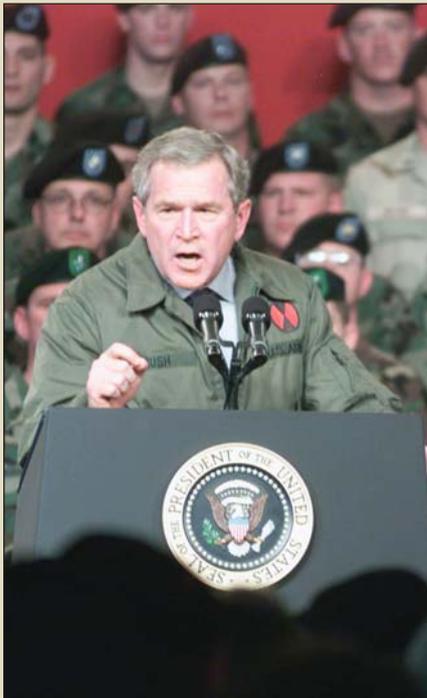


Photo by Pfc. Aimee J. Felix

President George W. Bush speaks to 5,500 Soldiers and civilians from post at a hangar at Butts Airfield. He visited Fort Carson Nov. 24 to address Soldiers and civilians and meet privately with widows and family members of fallen Soldiers.



Photo by Sherry Nesmith

Country superstar Tim McGraw belts out one of his hits to a mass of Soldiers and family members at Pershing Field May 21. McGraw put on a free show for about 22,000 servicemembers and their families to show his appreciation for their service.



Photo by Sgt. Chris Smith

Soldiers from the 3rd Armored Cavalry Regiment load a chartered aircraft for the long flight to the Middle East. Fort Carson soldiers were deploying in support of Operation Iraqi Freedom.

## story by Spc. Jon Wiley Mountaineer staff

Filled with acts of heroism and sacrifice, visits from some of the nation's most prominent celebrities and an outpouring of officials and top ranking support for the local community for the job our Soldiers are doing abroad to protect our way of life, 2003 has been anything but uneventful for the Mountain Post.

Last year at this time, Fort Carson was bustling with activity as the post worked toward completing the largest deployment of troops from here since World War II. About 15,000 active duty Soldiers deployed in support of Operation Iraqi Freedom in 2003, and an additional 23,000 Reserve and National Guard Soldiers came here to be trained and mobilized for overseas deployments. Residents of Colorado Springs and surrounding communities rallied behind the troops, by sending care packages to deployed Soldiers and marching downtown.

Fort Carson also received national attention for its role in the War on Terror. Sgt. Major of the Army Jack Tilley, secretary of defense Donald Rumsfeld and President George W. Bush made visits to the post to personally commend Soldiers, spouses, civilians and other Mountain Post community members.

Country singer Tim McGraw also expressed his gratitude for the service rendered by the Carson community by giving a free concert here March 22.

Some Fort Carson Soldiers paid the ultimate price for freedom in 2003. Beginning with Pfc. Jesse Givens, 33 Carson Soldiers died while serving in Iraq.

Their sacrifices were not in vain, however. Thanks in part to their efforts, the Iraqi people no longer live under the threat of tyranny, and with the capture of Saddam Hussein Dec. 15, the tyrant who once menaced them now awaits their justice.

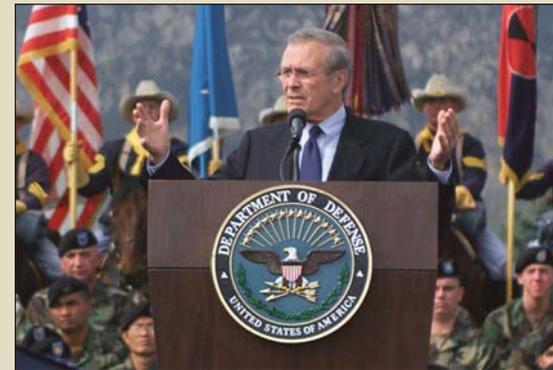


Photo by Pfc. Aimee J. Felix

Secretary of Defense Donald Rumsfeld speaks to soldiers during a townhall meeting Tuesday at Manhart Field. "It is a time of change; it is a time of challenge, and you (Fort Carson soldiers) have risen to this challenge," said Rumsfeld in his opening remarks.



Photo by Richard Bridges

Members of 3rd Armored Cavalry Regiment render full military honors as they carry the body of Pfc. Jesse Givens, which arrived at Fort Carson from Dover Air Force Base, Del., May 9. Givens died in a tank accident in Iraq.



U.S. Air Force photo courtesy Staff Sgt. Steven Pearsall

U.S. Ambassador to Iraq, Paul Bremer watches the video of Saddam Hussein going through his medical examination shortly after his capture while it was being shown to the media gathered at the Iraqi Forum in Baghdad.



# Out & About

Jan. 9 - 16, 2004

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

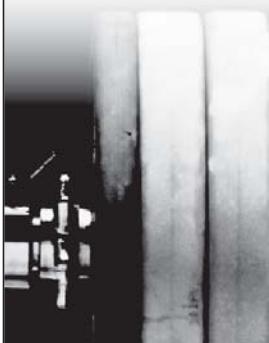
## SnoFest!!!

30 January 2004 to  
1 February 2004  
Keystone Resort  
Call ITR at 526-5366  
For Information

## DIVOTS GRILL

GRAND REOPENING  
2 FOR 1 BURGER SPECIALS  
JAN. 12 - 16, 2004  
FOR INFO, CALL 526-4102

## McKibben's POWER LIFTING Competition



Event Date: January 10 - 11, 2004  
Entry Deadline: January 9, 2004  
Event Time: 0900 to 1900  
Events: Dead lift, squats, bench press  
POC: Lenwood Jordan  
Contact Info: 526-2137, 526-2597  
Location: Building 1160

Published by the Fort Carson DCA Marketing, Advertising & Sponsorship Team  
No Federal Endorsement of Sponsor(s) Intended

# Comedy Nights

Every  
Third  
Thursday

# At Xtremes

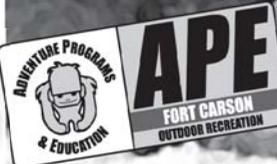
# Live Bands

Every  
Fourth  
Thursday

Please See Web Site for Details [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)

## Sports Tickets On Sale at Your

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



Adventure Programs and Education (APE) is all about fun... goes without saying. However, our larger goal is to teach the skills necessary to make good decisions for yourself so you can enjoy the wild for a lifetime. No matter what your age or experience level, our APE instructors will give you the tools to learn. Our programs are structured with the highest regard to safety, quality of instruction and preservation of the environment while being number one in the jungle of Outdoor Recreation customer service.

Adventure Programs and Education (APE) offers a broad range of trips and instructional courses for everyone! Sign up for all APE activities at the Fort Carson Outdoor Recreation Complex, Bldg. 2429, Specker Ave.

*\*Customized trips can be arranged to meet your personal and group needs.*

For more information on these programs, contact the Outdoor Recreation Information desk at 713-526-2083, or stop by and visit with our experienced APE instructors.

Let's go APE! Adventure Programs and Education Staff

# Sports & Leisure

## U.S. Boxing trials

### Elite boxers prepare for Olympic qualifier

by **Walt Johnson**  
Mountaineer staff

It's getting closer to the time America will send its best athletes to battle against the world at the summer Olympic games in Athens, Greece, this year and for some members of the World Class Athlete Program, it is time to show what all the years of hard work has produced.

The U.S. Nationals boxing tournament, one of the last Olympic qualifying trials, will be held Tuesday through Jan. 17 at the Olympic Training Center in Colorado Springs. The sessions are scheduled to start at noon and 6 p.m. on Tuesday, Wednesday and Thursday, and 6 p.m. on Friday and Saturday.

Admission to the event is free. According to Julie Goldsticker, media director for the U.S. Olympic Training Center, people attending the event can help families of deployed Soldiers by making a donation of their choice. The donations will be collected for the Home Front Cares charity whose sole purpose is to benefit the families of deployed Soldiers.

This year, 11 of the Army's top boxers will try to earn a chance to compete in the Olympic trials.

WCAP coach Basheer Abdullah, who will also be the head coach of the U.S. boxing team in Athens, said the trials will be a major test for his athletes.

"We have some talented fighters in our program but when you get to this level of competition, you have to have the ability to step up your game to the next level. Right now I'm looking for my guys to take the next step both physically and mentally to show that they deserve to be among the elite fighters in the country. We have been working on getting our guys to the point where they are so mentally strong that no matter what happens in the ring they will continue to carry out the plan we have for the fight. Now we will see how much the training has paid off," Abdullah said.

For the first time in recent memory, the Army representatives on the team are not young guys on the way up but veterans closer to finishing their career than advancing it. Abdullah thinks this will be a huge motivator for the Army fighters at the event.

"Most of my older guys sense this is the last go round for them in boxing. It's time to put it on the line for them," Abdullah said.

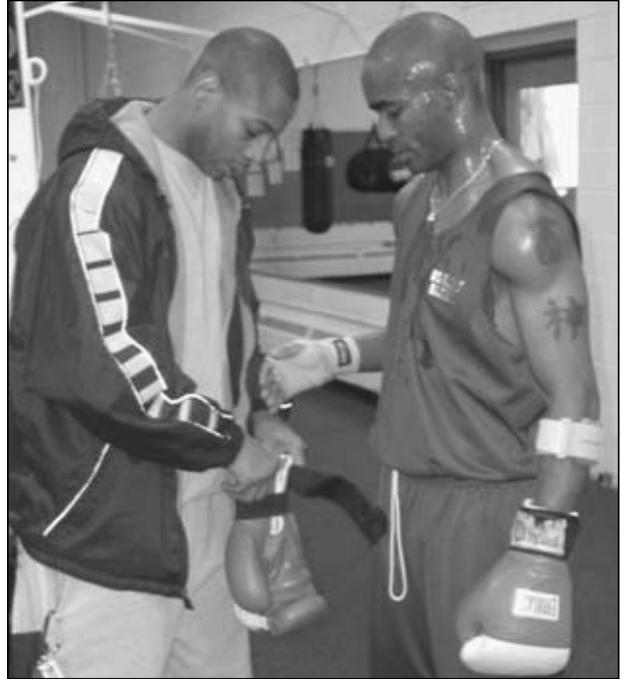


Photo by Walt Johnson

Julius "Knocking out all bums" Fogle, right, gets help from Deandre Abron as the World Class Athlete Program boxing team prepares for a training session Tuesday.



Photo by Walt Johnson

World Class Athlete Program assistant boxing coach George Cofield helps Melson Boyd with equipment prior to a workout Tuesday at the WCAP gym.



Photos by Walt Johnson

Melson Boyd, right, helps Mahlon Kerwick work on his technique during a WCAP workout session Tuesday.

## On the Bench

# Forrest to host post racquetball tourney



Johnson

by **Walt Johnson**  
Mountaineer staff  
Well, gang,  
guess who decided  
to drop in to spend  
a little time with  
you again?

I have been off  
having a ball since  
we last met, but  
more on that in

future Bench articles.

Since this is the holiday season and there is not much intramural action going on, let's get to some local notes and then we'll spend some time with the play-for-pay guys.

**The post youth basketball season is scheduled to begin Jan.17 at the post youth center.**

The teams are broken down by the following age groups: 5- to 6-year-old, 7- to 9-year-old, 10- to 12-years-old, 13- to 15-years-old and 16- to 18-years-old.

If you have a child interested in playing youth sports or if you want to become a volunteer coach, give the

youth center sports staff a call at 526-1233. The season is scheduled to end March 6.

**Many of the best powerlifters in the Colorado Springs area (see a related story on page 24) are scheduled to compete in McKibben Physical Fitness Center's powerlifting competition Saturday.**

According to Tony Claiborne, event co-coordinator, powerlifters from the military installations in Colorado Springs and civilians from the Springs community will take part in what should be a good program.

"This is going to be a very good program that will help powerlifters in the community show what they have. I know the Fort Carson team is excited about the chance to show what we can do," Claiborne said.

Anyone who is interested in more information on the event should contact Lenwood Jordan at 526-2137 or 526-2597.

**So we are down to the elite eight**

**See Bench, Page 23**



Photo by Walt Johnson

## *Rival coaches swap notes ...*

**World Class Athlete Program and U.S. Olympic boxing team coach Basheer Abdullah, left, and U.S. Marine Corps coach Robert Michaels swap notes at the WCAP gym during an Army team workout Tuesday. The Marines are using the WCAP facility to train during the morning hours preparing for the upcoming U.S. Nationals Tuesday.**



Photo by Walt Johnson

## *Do it this way ...*

Boxing aerobics instructor Levell Sims, rear, gives Quiana Evans a few pointers on fitness Tuesday at Forrest Physical Fitness Center. Sims holds boxing aerobics classes at Garcia Physical Fitness Center from 6:30 a.m. to 7:30 a.m. Monday through Thursday.

## Bench

From Page 22

**in the world of play-for pay football.**

If I were to consider making selections on the four games this weekend (for entertainment purposes only) I would pick New England over Tennessee, Philadelphia over Green Bay, St. Louis over Carolina and Indianapolis over Kansas City. We'll see how it plays out this weekend.

**Man, I don't know about you but I don't think there is anything better than a split national championship in college football.**

Yes that is my attempt at humor but what a joke this is that two wonderful football teams like the Louisiana State University Tigers and University of Southern California Trojans can't meet on the football field to see who really is the best team. The thought of watching the Tigers defense against the Trojans offense gets me real excited. Wouldn't it be a great day for college football if we could have a playoff game before we collect social securi-

ty? For the record, I think the Trojans would win the game.

**I know its only January, but already I am regretting the start of the baseball season.**

In this reporter's eyes the Boston Red Sox have caught up with my beloved New York Yankees, and for the first time in many years I think we may have to take a back seat to the Red Sox.

**At the beginning of the current National Basketball Association season many people** were trying to figure out how many games it would take for the Los Angeles Lakers to win the championship.

The Lakers blitzed out to a great record when all of their future hall-of-famers were healthy. With all the injuries affecting the Lakers these days, Shaquille O'Neal and Karl Malone are both nursing injuries at this time, it looks like Father Time may be able to do what no other team in the NBA can do, beat the Lakers. Again, it may be too early to write off the Lakers but it is interesting to note that the Lakers will be getting six months older by the time the playoffs begin in late April.

## *Mountaineer* Event of the Week

### *Local powerlifters meet at McKibben Saturday*

Tom Claiborne, left, and Paula Bruneau work on their powerlifting skills at Forrest Fitness Center Tuesday. Claiborne and Bruneau will lead the Mountain Post Team in a powerlifting meet featuring many of the top military and civilian powerlifters Saturday at McKibben Fitness Center from 9 a.m. to noon.



Photo by Walt Johnson

# Mountaineer Sports Spotlight



Photo by Walt Johnson

## *Racquetball anyone? ...*

Members of the Mountain Post community get in a game of racquetball Tuesday at Forrest Fitness Center. The center will host a racquetball tournament Tuesday to Jan. 15 featuring many of the top players on base. Deadline to sign up for the tournament is Monday. For more information, or to sign up for the tournament contact Annette Wallace at 526-2597.

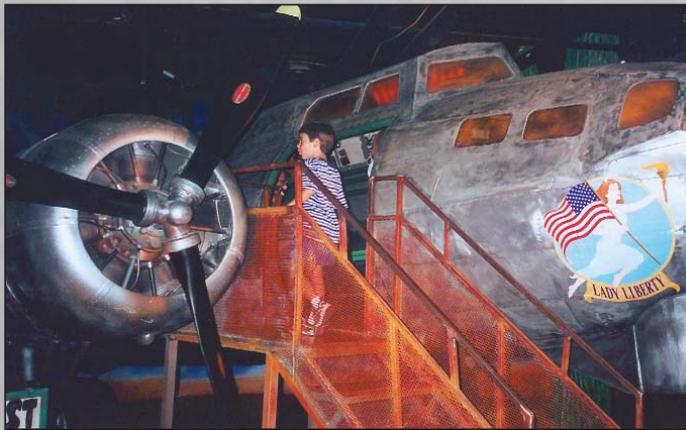
# Children can play indoors at the Focus on the Family Welcome Center

Story and photos  
by Nel Lampe  
Mountaineer staff

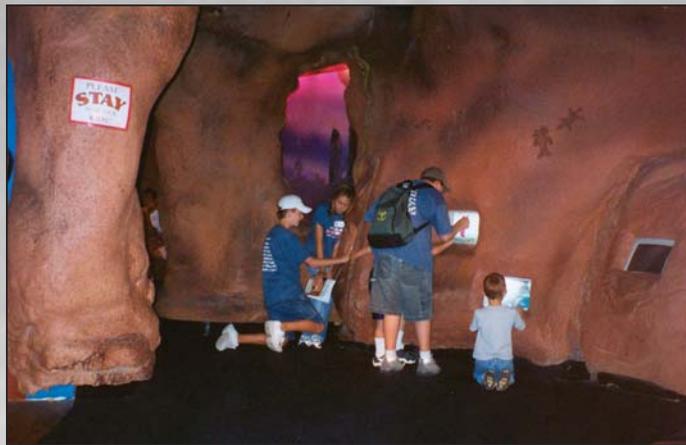
It's hard to find a place where children can play indoors in winter, but there is such a place in the northern part of Colorado Springs. In addition to a variety of diversions and activities, there are also books, videos, interactive computers, a theater, costumes, a playground and more — and there's absolutely no charge — this first-class play area is the Welcome Center at Focus on the Family. Almost like a children's museum, the Welcome Center was added in 1994.

Focus on the Family, a Christian ministry which broadcasts radio programs and publishes books and magazines, moved its headquarters from California to Colorado Springs in 1991. The ministry also airs an animated television show called "Adventures in Odyssey" which features Dylan, Jesse, Sherman and a bespectacled professorial-looking character, Mr. Whitaker. The Odyssey films are shown on some Public Broadcasting System stations.

Another video series, featuring the "Last Chance Detectives" is produced by Focus on the Family. Some landmarks from that series were the inspiration for features in the welcome center, such as a replica of a B-17 which was the "headquarters" for Mike, Winnie Ben and Spence, the "last chance detectives" who lived near the fictional town of Ambrosia. The detectives' adventures involved mystery-solving and learning lessons of life during their adventures. Three episodes of the "Last Chance Detectives" were made and the



Children can explore the B-17 airplane in the cave area at Focus on the Family Welcome Center in northern Colorado Springs.



Visitors of all ages enjoy using the interactive computers in the play cave area at Focus on the Family Welcome Center. The video cave is nearby.

episodes are available in the book store near the Welcome Center. One of the episodes is sometimes shown during the noon matinee in the 170-seat theater in the Welcome Center.

Other videos for children shown in the Welcome Center are "Vegetales," "Ribbets," and "Adventures in Odyssey."

Families are welcome to stay as long as they choose, but parents are asked to stay with their children.

Once arriving at the Focus on the Family campus, follow signs to the Welcome Center. There's free parking nearby. Upon entering the lobby of the Welcome Center, friendly guest center staff members greet visitors and ask them to sign the guest register and wear a name tag. That's it. There's absolutely no other obligation for visitors, other than the request for parents to stay with their children.

Employees answer questions and direct visitors to the 172-seat auditorium for the noon matinee or a 20-minute video, "Welcome Home," which is a history of the Focus on the

Family ministry. It is shown every half hour from 9 a.m. until noon and beginning again at 1 p.m. Near the welcome desk, the main gallery has several interactive displays, emphasizing the organization's organization and worldwide ministry. There's also a small matinee theater showing videos.

Nearby is a gallery of paintings created by G. Harvey for the Focus on the Family organization. After the lobby and gallery tour, stop by the coffee stand, "Solid Grounds," for a reasonably priced cappuccino or latte or head directly for the bookstore. The spacious bookstore features Focus on the Family magazines, inspirational books and tapes for adults and children as well as children's videos shown in the Welcome Center. There are many books on parenting and family life. T-shirts and a large selection of greeting cards, stationary, gifts and tea items are also available. A playhouse keeps younger children occupied while parents browse through the bookstore.

Then it's time to head downstairs to the Kids' Korner and Whit's End. Take the stairs or the elevator.

Visitors arrive at the play area fash-



The Treasure Room is found by using the Secret Passageway. Costumes, stages, books and a radio station are in this area.

# Happier Homes



Places to see in the Pikes Peak area.

Jan. 9, 2004

**Focus**  
From Page 25

ioned to resemble a cave, with rock-like walls, dimmed lighting and a B-17 airplane open for exploring or pretending. Children play at interactive computers, a jungle-gym play apparatus or watch videos in a "cave" with rock-like benches.

The most popular activity in the Kids Korner is the three-story slide called the A-benda-go. Children and adults climb the three flights of stairs to reach the slide's starting point. There are minimum and maximum height requirements for the slide. Children must be at least 43 and a half-inches high while no one taller than 5 feet 9 inches is allowed on the slide. Additionally, people with bad backs, heart conditions or wearing a cast or sling are advised against the ride.

Older children enjoy a scavenger hunt. Participants pick up a scavenger list at a table near the slide stairway and search for the items hidden in plain sight.

Whit's End includes an old-fashioned soda shop next to the play cave. In addition to ice cream treats, lunch specials include a hamburger or hot dog, chips, cookie and drink for \$3.79. A slice of pizza or nachos, a cookie and a drink are \$3.29. Ice cream, ice cream bars, soft drinks and popcorn are also on the menu. Tables and chairs are provided in the soda fountain area and a few tables are available outside.

A Secret Passageway leads to the Treasure Room, a stage children can use to act out their own play; a costume shop filled with costumes depicting the characters of the Odyssey series, a puppet stage for conducting shows, a selection of books and a place to read, and a radio station recording booth, KYDS. The radio station is a popular attraction where children or families read a prepared script and receive a CD at the end of the session. The CD costs \$5 and anyone



Chris Kelley watches a puppet show being performed by other children behind the stage.

interested should reserve a time slot when first arriving.

The Welcome Center is popular with out of town visitors who come off Interstate 25 to visit the Focus on the Family complex and spend time in the Welcome Center. Many visitors to the Welcome Center are local families, especially in the winter months, and regularly return.

The Welcome Center is available by reservation for birthday parties. Two rooms are available for one-hour parties, seating 10 to 20 people for no fee. According to Diane Ingola, supervisor of guest relations at the Welcome Center, parents may bring their own refreshments or purchase food from the ice cream parlor. Get all the guidelines by calling 531-3400. The rooms are available from 10:30 to 11:30 a.m. and 1:30 to 2:30 a.m.

Hours at the Welcome Center are 10:30 a.m. to 4:30 p.m. Monday through Saturday. The bookstore is open 9 a.m. to 8 p.m. Monday through Friday, and Saturdays from 9 a.m. to 6 p.m.

The Welcome Center is closed Sundays and some holidays, such as New Year's Day, Good Friday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas, Thanksgiving, Christmas Eve and Christmas Day.

The national radio broadcasts are made from a studio in the headquarters building. Visitors who wish to watch the broadcast should call 531-2400 to make arrangements. Visitors also may sign up to take guided walking tours of the headquarters building Monday through Saturday, at 9, 10 and 11 a.m., and 1, 2, 3 and 4 p.m. (until 3 p.m. on Saturday). The tour takes 45 minutes and allows a look at the Focus on the Family mission, including a stop at the broadcast studio.

The cafeteria in the administration building cafeteria is open to the public Monday through Friday. Lunch is available from 11 a.m. to 1:45 p.m.

The tour of the administration building is probably not suitable for young children. But they're right at home at the Welcome Center.

Focus on the Family Campus is located off Briargate Parkway, at 8685 Explorer Drive,



A variety of costumes are available for children to choose from. Impromptu plays are performed on a nearby stage.

reached from I-25 going north. Take exit 151 east and follow the signs.

The Welcome Center is the smaller building in front of the huge headquarters buildings. Parking is available in front and in a parking lot to the east.



The three-story twisting slide, called the A-benda-go, is popular at Focus on the Family Welcome Center.

**Just the Facts**

- **Travel time** 25 minutes
- **For ages** all
- **Type** Indoor play area
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** FREE
  - \$ = Less than \$20
  - \$\$ = \$21 to \$40
  - \$\$\$ = \$41 to \$60
  - \$\$\$\$ = \$61 to \$80
  - (Based on a family of four)

## Get Out!

### Comedian

**Jerry Seinfeld** is set for two evening shows Jan. 30 at the Pikes Peak Center, 190 S. Cascade. Call 520-SHOW for tickets which start at \$46.50.

### Dragon Tales Live

“**Dragon Tales Live**” takes a Journey to Crystal Cave. This adventure with singalong music features Emmy, Max and their Dragon Land friends. Shows are Jan. 16 at 7 p.m., Jan. 17 at 10:30 a.m. and 2 p.m., and Jan. 18 at 1 p.m. and 4:30 p.m. Ticket prices begin at \$12; call 587-2626 or go online at [www.dragontaleslive.com](http://www.dragontaleslive.com).

### National Stock Show

The Denver “**National Western Stock Show**” is set for Saturday through Jan. 15, at the Colesium.

### Imagination Celebration

“**The Nightingale**” is Sunday at 2:30 p.m. at the Pikes Peak Center, 190 S. Cascade. Doors open at 1:30 p.m. for audience members to participate in activities in the lobby prior to the show. tickets are \$9.50; call 520-SHOW.

### Denver concerts

**Bette Midler** is in the Pepsi Center Jan. 31 at 7:30 p.m. Tickets start at \$48.50; call Ticketmaster 520-9090.

**Sting** is in Fillmore Auditorium, 1510 Clarkson in Denver, Feb. 5 at 7:30 p.m. Tickets start at \$62.50, call 520-9090.

### Les Miserables

The Youth Repertory Theatre presentation of **Les Miserables**, will be repeated Thursday, Jan. 16, 17 and 18 at 7 p.m. and Jan. 18 at 1:30

p.m. Tickets are \$15 in advance and \$17 at the door. Call the box office at 634-5583.

### Big Band Dance

A **Big Band Dance** commemorating the 100th anniversary of the birth of Glenn Miller is set for Feb. 28, from 6:30 to 20 p.m. in the Colorado Springs City Auditorium. Active duty military in uniform with valid ID will be admitted free to the dance.

### World Arena concerts

**Toby Keith** brings his “Shock’n’Y’all” tour to the World Arena Jan. 25. Tickets start at \$49.75.

**Linkin Park** is at the World Arena Feb. 2. Ticket start at \$34.50.

**Neil Young and Crazy Horse** are in the World Arena Feb. 29. Tickets start at \$39.50.

Tickets are at the World Arena box office or call 576-2626.

### Broadway musical

“**Cats**” is in the Pikes Peak Center, 190 S. Cascade Ave. in Colorado Springs Jan. 23 at 8 p.m., Jan. 24 at 2 and 8 p.m. and Jan. 25 at 1:30 and 7:30 p.m. The Tony Award winning show, with music by Andrew Lloyd Webber, is part of the Broadway in Colorado Springs series. Tickets start at \$25. Call 520-9090 or 520-SHOW.

### Courthouse exhibit

A special exhibit in the Colorado Springs Pioneers Museum, “**Capture the Courthouse: Architectural Detail as Art**” marks the 100th anniversary of the building which originally was the El Paso County Courthouse. The exhibit of art calls attention to the art and architecture of the 1903 building. The exhibit and the museum have free admission. It is at 215 S. Tejon St., and is open Tuesday through Saturday from 10 a.m. to 5 p.m.

### Fine Arts special exhibit

The Fine Arts Center has a special exhibit

through Sunday in the facility at 30 W. Dale St. Titled “The Eternal Gift: Selections from the Fine Arts Center’s Permanent Collection,” the exhibit highlights works by renown artists such as Marc Chagall, Henri Matisse, Pablo Picasso, Georgia O’Keeffe and John Singer Sargent. Entry is free on Saturdays.

### Mining museum

**Super Saturday program** at the Western Museum of Mining and Industry Saturday includes a demonstration of scientific principles related to mining. The price is \$3 per person; call 488-0880. February’s Super Saturday is “Model Engineering Excitement,” at 1 p.m. Feb. 2. Learn about building models. Admission is \$3. The mining museum is at 1025 N. Gate Road, just opposite the Academy’s north gate.

### Snowshoeing

**Bear Creek Nature Center hosts “Snowshoeing 101”** Saturday from 10 to 11 a.m. This indoor clinic teaches everything needed to get started in this winter sport. The fee is \$3 and reservations are required; call 520-6387. The Nature Center is in Bear Creek Park.

### Look for eagles

**Fountain Creek Nature Center has a program “Eagles Along Fountain Creek”** Jan. 24, from 10 a.m. until noon. A slide show is followed by a hike to look for bald eagles along Fountain Creek. The fee is \$3, call 520-6745 for reservations. The center is off Highway 85/87 south.

### Pikes Peak Center

“**Flamenco Vivo**” with Carlota Santana is Pikes Jan. 16 at 8 p.m. Call 520-SHOW for tickets.

**B.B. King, along with the Erica Brown Band**, are in the Pikes Peak Center Feb. 13 at 7:30 p.m.

Colorado Springs Philharmonic presents “**Family Sportsacula**” Jan. 31 at 2:30 p.m. Tickets start at \$9; call 520-SHOW.



Courtesy Sesame Workshop/Columbia TriStar Television.

## *Dragon Tales Live ...*

**Cassie reaches for the key to fix the dragon scale in "Journey to Crystal Cave," the new Dragon Tales Live production. This singalong adventure features Emmy, Cassie and their friends. Shows are Jan. 16 at 7 p.m., Jan. 17 at 10:30 a.m. and 2 p.m., and Jan. 18 at 1 p.m. and 4:30 p.m. Ticket prices begin at \$12; call 587-2626 or online at [www.dragontaleslive.com](http://www.dragontaleslive.com).**

# ch10

Program Schedule for Fort Carson cable Channel 10, today to Jan. 15.

Special Program: President George W. Bush addresses the Soldiers, civilians and family members of Fort Carson. Airs at 7 a.m., noon, 7 p.m. and midnight.

Army Newswatch: in-depth interview with Gen. Peter Schoomaker, 35th Army Chief of Staff. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: 2003 year in review. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: Special Edition: "50 Years of the Thunderbirds." Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Forum,

held monthly, airs at 9 a.m. and 5:30 p.m.

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

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

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

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

For additions to the Community Calendar, please submit an e-mail to the above address, or send a 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 the desired airing time.