

# Mountaineer

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Feb. 27, 2004



Photo by Spc. Aimee J. Felix

## Welcome home ...

A little girl catches sight of her father at a homecoming ceremony Tuesday at the Special Events Center. Families and friends celebrated the return of about 220 Soldiers from the 3rd Brigade Combat Team Soldiers from an eight-month deployment in Iraq.

## Wanted: Donors for March 1 blood drive at Bonfils

by Spc. Matt Millham  
14th Public Affairs Detachment

Though the families of deployed troops may feel helpless to protect their Soldiers when they are so far away, there is at least one thing families can do to help them; they can donate blood.

"They literally may be saving lives," said Rochelle DeVargas, business development representative for Bonfils Blood Center.

The center, in coordination with the 3rd Battalion, 361st Training Support, will host a blood drive at the clinic, on the corner of Berkeley and Ellis, Monday from 10 a.m. to 3 p.m.

Bonfils is the only licensed community blood center in Colorado and one of six blood centers in the United States that collects blood for U.S. military operations overseas.

In addition to the blood being sent overseas, "They supply blood to more than 80 percent of hospitals in Colorado," said Maj. Dawn Metro, medical team chief for the 3rd Battalion, 361st Training Support Battalion.

"The center has to collect 4,200 units of blood a week just to meet the needs of the state," said DeVargas.

DeVargas is hoping this drive will bring in at least 125 units of blood and is looking for donations from military family members and civilians as well as Soldiers.

Though at times there are calls for certain blood types, "the reality is we need all blood types. Ideally, patients should receive blood that is their own blood type," she said.

While Bonfils and Fort Carson are casting a wide net to recruit donors, Soldiers who recently returned from duty overseas will not be able to donate blood for a few years because of possible exposure to disease, said DeVargas.

Potential donors who can't make the blood drive on Monday can arrange with Bonfils to give blood at another time. Because of the need for blood in Colorado and in overseas military operations, "We have blood drives going on pretty much every day of the year," said DeVargas.

Information on eligibility requirement to donate and how to contact Bonfils is available at [www.bonfils.org](http://www.bonfils.org).

## 3rd ACR troops help secure Iraqi border

### Army News Service

**AR AR, Iraq** — More than 15,000 pilgrims have passed through the Ar Ar border crossing during the past couple of weeks and the 3rd Armored Cavalry Regiment has helped the Iraqi border guards keep the western boundary secure.

The Iraqi border guards went through a two-week formal training program at the 3rd ACR's Rifles Academy and upon graduation were sent out to patrol the borders they already are familiar with.

"The recruits are from Ar Ar," says Capt. David J. Palazzo, commander of Eagle Troop. "They know all of the people who work and live around here. Locals are willing to work with and establish relationships

with them."

Palazzo added that in addition to knowing the people, the ability to communicate with the local people has been very helpful as well.

Working in their own community also creates a feeling of pride in protecting their neighborhood, one Iraqi officer said.

"It is our country, we have to control our own borders," says Ar Ar Iraqi Border Enforcement Battalion Commander, Lt. Col. Abdulah Talal Karab Al Hathal.

"There has not been much control of these borders in the past, lots of smuggling. We are protecting these borders again," he said.

See 3rd ACR, Page 3

## INSIDE THE

## MOUNTAINEER

Opinion/Editorial

Safety first. Page 2

Military

Korean veterans share their story.

Page 5

Community

Ridding yourself of credit offers. Page

11

Sports

Cheyenne Mountain on winning

streak. Page 19

## Feature



Fort Carson's manifest site gets a makeover.

See Pages 16 and 17.

## Happenings



The Fine Arts Center has theater, exhibits, art lessons and activities for the community.

See Page 25.

## Tax center

The tax center is open to Soldiers and their families.

Hours are Monday through Thursday from 8 a.m. to 6 p.m., Friday from 8 a.m. to 5 p.m. and some Saturdays. Call the tax center at 524-1012 or 524-1013 for more information.

Post Weather hotline:

526-0096

# Safety lesson in a flash

by Chief Warrant Office Michael Licholat  
Army News Service

**KOREA** — In the spirit of accident prevention, sometimes we have to step up to the plate and take one for the team. Here's my humbling story, shared with a bit of humor.

There I was, five minutes away from delivering a briefing for a complicated air assault mission in support of Operation Enduring Freedom. I had only one chance to make a good first impression in front of our coalition brethren, so I was determined to put my best foot forward.

I rehearsed the mission briefing twice and spent considerable effort ensuring the briefing area was set up to my exacting specifications. I aligned all the benches, marked and posted all the charts and maps, and placed the manual pointer within arm's reach in case the laser pointer failed. With my notes at hand and the backup butcher posters and imagery, I was confident I could ace this brief even if the Proxima projector failed.

The projector had been warming up for a few minutes when I noticed there was some dust on the lens. Well, I wasn't going to stand for having a few specks casting shadows on my briefing. So, I went to the supply locker that our company S-4 dutifully kept stocked with administration supplies and got a can of compressed air to shoo away the offending motes.

We'd bought cases of the stuff before we deployed to blow the dirt and dust out of the cooling fans and circuit boards of our mission-planning computers. We'd gone through our canned air like wildfire and were out of the "good stuff" we'd purchased back in the "Yoo Ess of Ay." However, our resourceful S-4 had replaced those with some canned air he'd bought in theater. I think it was from Italy, or somewhere else in Europe. Not being multi-lingual, I wasn't able to read the label.

I wasn't going to be bothered by that. I took the little plastic tube that came with the can and stuck it into the spray nozzle. I was thinking pleasant thoughts about how clear my presentation was going to be as I pointed the tube at the projector's lens. Those were my last pleasant thoughts.

I pushed down on the spray nozzle when suddenly there

was a low-pitched boom. I was instantly engulfed in a ball of flame that one eyewitness conservatively estimated to be a good 6 feet in diameter. All the hair on my right arm was burned off, and the hair on my face was singed. Stunned, I dropped the can. The valve popped shut and the fire went out as quickly as it appeared.

After performing a quick assessment of my injuries, I left the briefing area for the tent where I slept, seeking a mirror so I could look for any additional damage. As I made my way out of the briefing tent amidst the arriving briefing attendants, the prominent comment was, "What is that smell?"

At my tent, my worst fears were confirmed—my moustache was now much shorter (but in direct compliance with AR 670-1), my eyelashes were almost gone, and my eyebrow hairs were all curled up. Luckily, I'm what you'd call a "folically challenged" individual, so I didn't have anything on top to worry about.

A quick time check revealed less than five minutes until briefing kickoff. I quickly washed up, used a pair of scissors to trim the burnt ends off my moustache and eyebrows, and then returned to the podium with a couple of minutes to spare.

So, how can you avoid having this happen to you? Most, if not all, of the canned air sold in America is nonflammable and has warning labels to keep you from misusing the product. That's something to bear in mind if you're buying commercial off-the-shelf, or COTS items in countries that lack the consumer protection guidelines we have in America.

In the end, the fault lay squarely on my shoulders. I took an aerosol can of unknown origin and sprayed it onto a projector containing a very hot light bulb, which provided a source of ignition. Furthermore, despite the fact that the can had a picture of a cat and a dog on it, the back of the label had the word "Peligroso!" printed on it. I'm pretty sure that means danger.

In the end, I got lucky and avoided a serious burn by the hair of my chinny, chin . . . those chin hairs are gone now. In the spirit of brotherhood, my comrades later hung a sign over my desk extolling my new nickname: "Flash!"

# Attitude

## Word of the month

Commentary by Sgt. 1st Class Timothy J. Clausen

43rd Area Support Group Equal Opportunity Advisor

Can you see an attitude? When this question is asked of our Soldiers, most will automatically say yes. The correct answer is no.

An attitude is a state of mind or feeling with regard to some matter. Therefore, you cannot see an attitude. You are able to see the behavior that is brought on by the attitude but not the attitude itself. The word attitude is used rather loosely as a catchall term for the whole collection of one's beliefs, opinions, prejudices and sentiments, even though the basic meanings of these terms are different. Once an attitude is evaluated, it becomes a belief. The attitudes are difficult to change and can only be changed if the individual wishes it to change. The attitudes are difficult to hide as they are shown through the behavior of the individual.

Some of the characteristics of attitudes: they may create an inflexibility and stereotype if based on inconsistencies, incorrect assumptions or other false data; often demonstrated through behavior; can have positive or negative implications; formed largely from the continuous process of socialization; and are often only indicated by behavior as reactions to stimuli from individual situations.

Remember one thing when you have a negative attitude: my attitude affects my behavior, which affects your attitude, which reflects your behavior.

# Sound Off!

## What is the best attitude to have in the work environment?



**"A serviceful and happy attitude, it makes working easy."**

Judie Edmund  
Fort Carson library aid



**"A cooperative one; if you can work well with others you can get more done."**

Pfc. Bentley  
Vanlandingham  
279th Infantry Division



**"A positive attitude gives positive results, and Soldiers respond well to it."**

Staff Sgt. Katrina  
Bratton  
361st Training Support  
Battalion



**"Conservative and discreet so you don't offend your co-workers."**

Susan L. Gordon  
Military Clothing Sales,  
sales associate

### 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 pub-

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

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

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**Sports Writer:**  
Walt Johnson  
**Layout/graphics:**  
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# News

## Nurses are heroic too

by Joe Burlas

Army News Service

**WASHINGTON** — While Capt. Tara Hayden continues to praise the teamwork of all medical Soldiers of the 28th Combat Support Hospital, she played her own part in saving lives of Soldiers and others wounded in Operation Enduring Freedom.

Hayden, an Army nurse currently assigned to Evans Army Community Hospital, Fort Carson, served with the 28th CSH in Kuwait and Iraq from April to November 2003, and shared her OIF experiences with the Evans staff during an Army Nurse Corps anniversary celebration Feb. 17.

"I had the opportunity to work with the finest doctors, nurses, medics and support staff the Army has," Hayden said. "Their dedication and selfless service is hard to explain unless you were there to witness it."

The 28th CSH saw eight to 10 major trauma cases each day while Hayden was in Iraq. It didn't matter if the wounded person was a U.S. Soldier, enemy prisoner of war or Iraqi civilian, each patient received outstanding care, Hayden said.

Some of the most touching cases for the 28th staff involved three young Iraqi boys who were playing with an improvised explosive device when it exploded, Hayden said. Two required CPR upon arrival at the hospital; all required extensive surgeries. A little more than three months later, all three

walked out of the hospital to return home.

"Those that cared for these children have pictures of them and some still say prayers for them," Hayden said. "It didn't matter to the staff they were Iraqi — they were three little boys in desperate need of the finest medical care and they received it."

Her OIF service really hit home, Hayden said, when a sergeant first class approached her in the Evans Emergency Department in early February. When Hayden told him she didn't recognize him, the Soldier told her she had helped save his life.

She said she then looked at the name tag on his uniform and the memories returned.

"This was one of the Soldiers who had sustained multiple injuries from a land mine — including a shattered femur and some intestinal injuries," she recalled.

And she recalled him asking her to pull a picture of his two-week-old daughter he hadn't met from his uniform and holding his hand as she reassured him that he would have the very best medical staff working on him.

Despite several touch-and-go situations, that staff helped pull him through.

"Today, he is walking on his own, has returned to work, still on light duty" Hayden said, "and most importantly, has a beautiful seven-month-old daughter who will now grow up with her father in her life."

### 3rd ACR

From Page 1

borders again," he said.

"The Iraqi border guards are processing pilgrims through quickly and thoroughly," said Sgt. 1st Class Gary Qualls, 3rd ACR public affairs. Qualls was at the border during the Hajj to observe the border guards' performance.

"They looked sharp and proud as they were processing entire bus loads of people through the border in just minutes," Qualls said. "I was proud of them."

Border guards check for weapons and perform a thorough inspection of vehicles passing through the checkpoint. They take the lead in searching all vehicles as well as checking passports. According to Palazzo, initially their role was an advisory and training role and now it is more of a supporting role, helping them to get the things they need.

The Iraqi Department of Border Enforcement has worked closely with members of the 3rd Armored Cavalry Regiment's 2nd Squadron over the last several months to secure the border crossing and to ensure safe travel for pilgrims passing through.

Sgt. Andrew T. Fyfe, noncommissioned officer in charge of the tactical psychological operations team, works at the crossing, distributing publications. He has noticed Soldiers taking the back seat in dealing with any problems.

"Soldiers are not having to do as much work as they had to, they pretty much are troubleshooting at this point."

# Bone marrow donation could save lives

by Spc. Aimee J. Felix  
Mountaineer staff

“31-year-old male” is all he knows about the man whose life he’ll play a role in saving.

2nd Lt. Justin Journey, deputy of media relations at Fort Carson, will be donating his bone marrow stem cells to a patient in need of a marrow transplant. Journey was the patient’s closest match out of the entire Department of Defense and National Marrow Donor Program registry. “Matching bone marrow is as hard as matching kidneys,” Journey said.

The donor process involves first donating a small blood sample, about two tablespoons worth. Once donated, the person’s marrow type is determined and entered into the DOD and National Marrow Donor Program registry. Military personnel and their family members and DOD civilians can do this through an armed forces specific program, the C. W. Bill Young DOD Marrow Donor Program.

Once registered, marrow medical teams throughout the world can access the NMDP files to determine if a donor’s marrow type matches the type of a patient in need of a bone marrow transplant. Matches

are narrowed down to about 10 individuals who provide a second blood sample for more extensive testing. From this, the closest to perfect match is picked to donate. The potential donor then decides, after being fully informed of the process, whether or not to donate.

“If I were in need, and there was an almost perfect match out there for me, I would want them to donate for me. You could essentially be saving someone’s life,” said Journey.

The donor must undergo an extensive physical exam to ensure he or she is healthy enough to donate. Once health is determined, about two weeks later, the procedures begin.

The standard method of extraction involves taking marrow from the back of the pelvic bone using a special needle through a syringe that separates the stem cells from the plasma in the bone marrow and sucks it out. Donors are placed under anesthesia during this procedure. There is a newer and less painful method, still in its experimental stages, which begins with a series of five injections

of a fluid that sends the stem cells out into the blood stream. Therefore, the stem cells can be extracted from the blood, as opposed to having to get it directly from the bone.

According to the Dana-Farber/Brigham and Women’s Cancer Center, donating is a humanitarian effort that can save the lives of patients with primary bone marrow failure or with malignancies of the bone marrow and lymphnodes such as leukemia and lymphomas.

There will be a bone marrow drive Monday at Schriever Air Force Base. For more information, call Tech. Sgt. Buring at 567-3560. There will be another one held April 21 and 22 at the U. S. Air Force Academy. For more

information, call Master Sgt. Clark at 556-9158. For a year, donors and recipients remain anonymous. After that, if both parties agree, donors and recipients can meet. This protects the donor from potential retaliation from the recipient’s loved ones if the transplant is not successful. It also avoids biased decisions on whether or not to donate.

## Bone marrow drive

There will be a bone marrow drive Monday at Schriever Air Force Base. For more information, call Tech. Sgt. Buring at 567-3560.

# Military

*Forgotten war ...*

## ***Book reminds readers of Korea***

by **Spc. Aimee J. Felix**  
**Mountaineer staff**

Linda Granfield's book "I Remember Korea" was born out of a correspondence friendship between an author and a Korean War veteran who wanted people to remember.

The book, a collection of short stories written by Korean War veterans, will soon be available at Fort Carson Grant's Library.

Korean War veteran (Ret.) Lt. Col. Scott L. Defebaugh, now a patient representative at Evans Army Community Hospital, contacted Granfield in 1998 when he read "Story of the Poem 'In Flander's Field,'" a book Granfield wrote about a John McCrae poem written in World War I. She wrote similar books based around songs and poems written about various wars.

Defebaugh, a member of the Dutch Nelsen Chapter of the Korean War Veterans Association, inspired Granfield to write a similar book on the Korean

War. However, she found no poems or songs written about the Korean War, so instead she decided to collect short stories written by Korean War veterans of their memories and experiences during the war. Defebaugh wrote to all the Korean War veterans he knew requesting they send in short stories and pictures. He collected more than 30 stories, and the book was published in late 2003 with special thanks to Defebaugh on the first page.

Three of the men who wrote for the book are from the Pikes Peak region, including Defebaugh, who, during the war, was a motor officer and a supply officer in a medical battalion. The other two locals featured in the book are Michael R. Skerik of Fountain, who was a teletype operator with a signal operations battalion, and H. Edward Ziegler of Colorado Springs, who was a helicopter pilot and was credited with evacuating about 700 patients to a Mobile Army Surgical Hospital.

The Dutch Nelsen Chapter of the Korean War Veterans Association has ordered 50 copies of the book, and will be donating them to libraries in the surrounding area including Fort Carson's Grant Library. Four years ago, Defebaugh arranged for the donation of 75 of Granfield's books to libraries in schools in Pueblo, Fountain, Security, Colorado Springs and Cañon City.

"A good thing about Granfield's books is that they are written at a fifth grade level so everyone can read and understand them" said Defebaugh. "I Remember Korea" is the only book written about the Korean War for children to understand.

2003 marked 50 years since the end of the Korean War, often called "the forgotten war." More than 30 people came together in the hopes of changing that "forgetfulness," and hopefully, said Defebaugh, they will succeed, as this war claimed the lives of more than 33,000 servicemembers.



Courtesy graphic

**This book, a collection of short stories written by Korean War veterans, will soon be available at Fort Carson's Grant Library.**

# 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 Soldiers to fill its warrant officer positions, 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](http://www.usarec.army.mil/warrant) or DSN 536-0484/0458/0488/0478/1860/0271.

**OCS board** — There will be a local OCS board April 8 and 9. This board is required for all applicants. All participants must report in Class A's. All packets must be turned in to the 478th PSB, Personnel Actions Section, building 1118, room 208, no later than April 1. For more information, call 526-1906.

**Special Forces briefings** — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays, 1:30 p.m. and Thursday 1:30 and

3:30 p.m. The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter-proliferation. Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

## CIF Hours

**Central Issue Facility hours of operation:**

### Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

### Initial/partial issues

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

### Direct exchange

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

### Partial turn-ins

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

### Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays. Call 526-3321.

### 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 a supply sergeant.

**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 Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

## 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.

## Briefings

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

**The Army Career and Alumni Center briefing** is required for all

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

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

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

**Hours of operation**  
**The Mountain Post Training and Education Center's** hours for certain programs and services will change Monday.

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

Army Learning Center and basic skills classes, Monday through Thursday, 9 a.m. to 4 p.m.

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

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

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

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

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

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

# Dining Schedule

Feb. 27 to Mar. 6

## 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	5:30 to 9 a.m.	(All facilities)
	5:30 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

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open Saturdays and Sundays.



## 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. 3 to 5 p.m. (Cheyenne Mtn. Inn)

## Greenback

# TDY en route options for families

by 1st Lt. Theodore Stutz  
4th Finance Battalion

Housing rates in and around Fort Carson are higher than at other duty stations. Because of this, if Soldiers send their families to Fort Carson, while they go on temporary duty en route, and the Soldier is coming from an area with less expensive housing rates, then the Soldier will have to pay out of pocket for on-post housing until he officially signs into Fort Carson.

Soldiers who are authorized movement of dependents or family members at government expense and are directed to TDY schooling in conjunction with a permanent change of station assignment should be aware of the following options for locating their dependents or family members while they perform their TDY. This may help to avoid this problem if moving to an area with a higher BAH.

Option 1: Elect to keep dependents or family members currently residing in government quarters in these government quarters until completion of TDY period. A Soldier is authorized government travel to and from TDY station and current (losing) commander may authorize up to 10 duty days to prepare to move dependents upon return from TDY prior to signing out of the present stateside station. (Note: Option 1 applies to stateside to stateside, and stateside to overseas PCS movements).

Option 2: Elect to move dependents from present

(losing) stateside or overseas station to new stateside duty station prior to reporting to the TDY station. The gaining commander may authorize up to 10 duty days to settle family, either in government quarters (if available) or on the local economy. After signing into the new stateside duty station, Soldier will begin receiving BAH at that area's rate, and then will precede TDY for schooling. The Soldier will be authorized government transportation to and from TDY station. (Note: Option 2 applies to stateside to stateside, and overseas to stateside PCS movements).

Option 3: Elect to return to present (losing) duty station upon completion of TDY to move family members, who are currently living on the local economy (stateside), to new duty station. Soldier is authorized government travel to and from TDY station, and present (losing) commander may authorize up to 10 duty days upon return from TDY to prepare to move family prior to signing out of the present stateside station. (Note: Option 3 applies to stateside to stateside, and stateside to overseas PCS movements).

Option 4: Elect to clear current permanent station prior to departure for TDY station; and have dependents, at personal expense, accompany Soldier to TDY station or travel to some other location. Soldier may not be given a certificate of nonavailability of government quarters at the TDY station if adequate government housing is available. Entitlements for dependent trans-

portation will be based on the most direct routing between old permanent station and new permanent station. (Note: Option 4 applies for stateside to stateside, stateside to overseas, and overseas to stateside PCS movements).

More details on TDY travel can be found in Army Regulation 600-8-11.

### OIF extension incentive pay

Soldiers currently deployed to Iraq or Afghanistan that get involuntarily extended may be eligible to receive an additional incentive pay. To qualify, Soldiers must have spent 12 of the last 15 months (365 out of 450 days) in Iraq, Afghanistan or staged in Kuwait and be assigned to units that are going to extend past the 12-month rotation.

Qualifying Soldiers will receive an increase in Hardship Duty Pay from \$100 to \$300 a month for any time over the period the unit was due to rotate out of theater. This pay is prorated on a daily basis if earned for part of a month. Additionally, qualified Soldiers will have the option to select one of the following two options.

1. A follow on stabilized tour equal in length to the total time spend deployed.

2. An additional \$800 in Assignment Incentive Pay per month to be paid for any month or part of a month spent deployed beyond a year

This incentive expires June 1.

# 3rd ACR Soldiers donate memorial stand

by Spc. Jon Wiley  
Mountaineer staff

Soon 3rd Armored Cavalry Regiment Soldiers will return from Iraq, but the memory of those who died in the service of freedom there will be preserved for decades to come in the form of a memorial stand donated to the Veterans' Chapel and Fort Carson's chaplain's corps.

Two Soldiers from the 3rd ACR's Tiger Squadron built the stand which is used to display combat boots, kevlar, M-16A2 rifles and other items during memorial services to honor their fallen comrades.

Sgt. John Noell and Spc. Martin Patrick said they got the idea to build and donate a stand while doing memorial service details.

"We noticed that many of the stands being used on post are outdated and worn out," Noell said.

Sgt. 1st Class Jeffery Sizemoore, detachment first sergeant, Tiger Squadron, made the same observation and thought the stands used to commemorate fallen Soldiers should present a better image.

"When we put on our Class A's, we want them to look our Sunday best. That's the thought behind this stand. We wanted something that looks its Sunday best to honor the Soldiers," Sizemoore said.

Noell and Patrick said the stand took about 20

man-hours to complete and was constructed with the help of the Smith Woodcraft Center on post, which donated 50 percent of the lumber and provided technical assistance.

The sides of the stand are oak veneer plywood, and the landings and trim are solid oak. A plaque affixed to the stand's back reads: donated by the fallen Soldiers of the 3rd ACR.

"It doesn't read 'memory of'; it reads 'donated by' because that's how we want people to think of it," Sizemoore said.

Everything we do in the Army is made possible by the ultimate sacrifices made by fallen Soldiers, he explained.

Sizemoore said he hopes the stand survives for generations to come as a testament to the service of these Soldiers.

"Church items are used for a long time, so it wouldn't surprise me if 50 or 100 years from now Sgt. Noell or Spc. Patrick's children or grandchildren come into (Veterans' Chapel) and see what they built," he said.

Whether or not Noell and Patrick's children will ever see the stand is uncertain, but this much is — the stand will serve as a reminder to Soldiers for years to come of the sacrifices made by those who came before them.



Photo by Spc. Jon Wiley

Sgt. John Noell, right, and Spc. Martin Patrick showcase the memorial stand they constructed to honor fallen 3rd Armored Cavalry Regiment Soldiers.

## Refresh your motorcycle skills before getting back on road

by Staff Sgt. Kevin Till  
Provost Marshal Office

When you are riding down the highway at 75 mph you can feel the wind against your body, as if you could break the bonds of gravity and be lifted into the air at any time. If you are like me, a motorcycle rider, you know this feeling and can't wait for the warm weather of spring to arrive to feel it again.

Before going on, the term motorcycle, straight out of the Department of Defense Instruction #6055.4, is: Any motor vehicle having a seat or saddle for the use of its operator and designed to travel on not more than three wheels in contact with the ground, e.g., large motorcycle, motor-driven cycle, speed-limited motor-driven cycle, moped, motor scooter, motorized or motor-assisted bicycle.

After storing your bike all winter or after long periods of inactivity, drivers should have it serviced before getting out on the open road. This will make certain that all the vital fluids did not congeal and all parts work properly. It is also a good idea to take the Army approved Advanced Motorcycle Riders Course, offered through the Fort Carson Safety Office, to get used to being on the bike again and to refresh those skills you may need to use in an emergency. Some commanders require drivers to take this course every year. However, if you are a new rider on Fort Carson, it is mandatory to take this course before riding. The course consists of classroom instruction, hands-on training, and successful completion of a hands-on and written evaluation. This course is offered at no expense to military or Department of Defense civilian personnel, and personnel should not be charged leave to attend the required training. This training requirement excludes those operating motorcycles with attached sidecars and three-wheeled motorcycles.

Whether you are new to or have been assigned to Carson for some time, certain articles of Personal Protective Equipment must be worn while riding: first and foremost you must

have a helmet, certified to meet Department of Transportation standards and must be properly fastened under the chin, have impact or shatter-resistant goggles or shield. A windshield/fairing or eyeglasses alone are not proper eye protection. Riders should have sturdy footwear — leather boots or over the ankle shoes are strongly encouraged — long-sleeved shirt or jacket, long trousers, full fingered gloves designed for use on a motorcycle, brightly colored outer upper garment during the day, and a reflective upper outer garment at night or during times of limited visibility. For military personnel, these PPE articles will be worn when operating or riding a motorcycle on or off-post. DOD civilian personnel will wear the prescribed PPE if on-post, or off-post while on official government business. If the standards are not met, you can be cited by military police.

Commanders may consider the failure to wear required PPE or failure to comply with licensing or operator training requirements as not in the line of duty, when riders are involved in an accident. If it is determined during the commander's/supervisor's investigation that the proper PPE was not worn, it could mean the rider's family would not get the SGLI or civilian equivalent. Follow the regulations, and have many more years of enjoyable riding.

Traffic Roll Up for the periods of Feb. 5 to 18:

In the past two weeks there were 269 total citations:

- 176 for speeding
- 9 for running a stop sign or red traffic light
- 3 for having expired plates
- 9 for not having on a seatbelt.
- 24 for improper parking
- 1 for DUI
- 47 for other violations (e.g.: malfunctioning equipment, passing on shoulder, lack of insurance or registration, improper vehicle operation etc.).



Photo by Spc. Curt Cashour

## In memory ...

Soldiers with the 60th Ordnance Company stand at port arms following their volley to the late Pfc. Armando Soriano during a memorial ceremony Feb. 19 at Fort Carson's Soldiers' Memorial Chapel. A member of Carson's 3rd Armored Cavalry Regiment, Soriano died from injuries sustained in a vehicle accident Feb. 1 in Haditha, Iraq. The cause of the accident is under investigation. Soriano deployed to Iraq in April of 2003. A cannon crewmember by trade, Soriano joined the Army in August 2002. His military awards and decorations include the Army Commendation Medal, the National Defense Service Ribbon and the Army Service Ribbon. After the ceremony, Soriano's platoon sergeant, Sgt. 1st Class Kenneth Finchum, said Soriano should be remembered as "simply the best."

# Community

## Preapproved credit: ending the junk mail

by Capt. Allen P. Zent  
Office of the Staff Judge Advocate  
Legal Assistance Division

Have you ever wondered what causes the never-ending flow of pre-approved credit offers? If you are like most people, having maintained good standing with the credit reporting agencies, the preapproved offers find you no matter where the Army sends you.

Like the dripping of an annoying leaky faucet, these offers trickle into your mailbox one after another. Whether it is an offer for a credit card, car loan or home equity loan, creditors always seem to find you. What is more, each offer is more alluring than the last — e.g., introductory interest rates, travel miles, cash back on purchases, contributions to a charity you support or credit cards bearing the logo of your favorite sports team or university, etc. When these offers arrive, they typically require little more than some basic information and, of course, your signature.

If you are curious as to why these

offers arrive with such frequency, consider this: militarily speaking, you have been targeted. The federal Fair and Accurate Credit Transaction Act gives credit-granting companies access to data contained in files maintained by credit reporting agencies for identifying potential customers, a practice known as prescreening. CRAs hold files on anyone who has ever applied for a charge account, a personal loan, insurance or a job. These files, or credit reports, contain information on where you work and live, how you pay your bills, and whether you have been sued, arrested, or filed for bankruptcy. CRAs make money by selling this information to creditors, employers, insurers, and other businesses. Typically, a company wishing to grant credit to consumers contacts the CRA and submits a list of criteria for its target market. In return, the CRA sends back a list of names and addresses. Later on, downstream, you receive delightful letters in your mailbox promising great adventures in credit. In one study, results



Graphic by Cindy Tiberi

**Tired of credit offers cluttering your mailbox? The Fair and Accurate Credit Transaction Act can help. See story for information.**

showed credit providers extended close to 1.8 billion of these credit-prescreening offers to American consumers in 1997. Also interesting is the fact that only about 1 to 2 percent of consumers who receive prescreening credit offers actually respond to them.

If you are tired of these letters cluttering your mailbox, I am happy to

inform you that the Fair and Accurate Credit Transaction Act can help. All CRAs that offer prescreening services must have a means by which consumers can opt out of any prescreening searches. The three major CRAs, Experian ([www.experian.com](http://www.experian.com)), Equifax

# Community Events

## Miscellaneous

**Teen Night** — There will be a Teen Night Karaoke Contest March 5 at the Fort Carson Main Exchange, building 6110, from 7 to 9 p.m. Prizes will be awarded for various categories, and there will be special sales in the Main Store.

Contact Monika Shaffer, food court manager, at 576-5661 or [shafferm@aaafes.com](mailto:shafferm@aaafes.com), for more information.

**Welfare requests** — The Fort Carson Officers' Spouses' Club is now accepting welfare request applications for the spring of 2004. Each year the FCOSC distributes funds obtained from the welfare projects of the club. These profits are distributed through the community in the form of secondary education scholarships and community welfare requests. To request a welfare request application, contact Barbara McConnaughay, FCOSC Welfare Chairperson, at 310-7693 or e-mail at [fcarsen\\_officersspousesclub@yahoo.com](mailto:fcarsen_officersspousesclub@yahoo.com). All applications must be submitted and postmarked by Sunday for distribution of funds by mid-April 2004.

**College information** — The Mountain Post Training and Education Center will host a college information meeting, Thursday from 6 to 7:30 p.m. at building 1117, room 126. The information meeting topic is the Master of Business Administration program at the University of Colorado at Colorado Springs. For more information, call Dana Rocha 262-4662.

**Bunny suits** — The Fort Carson Officer's Wives Club has two bunny suits available for rent to make a holiday party even more special. The rental fee is \$20, which is split into two payments. They are on a first-come, first-served basis.

One is a complete hood with face and the second is just the hood. To reserve one, contact Karen Lloyd at 559-7274 or [kjllloyd53@hotmail.com](mailto:kjllloyd53@hotmail.com).

**Scholarships** — The Fort Carson Officers' Spouses' Club is offering scholarships to selected individuals. Selection will be based on scholastic achievement, demonstrated leadership, citizenship, motivation, and diversity of interests. A Scholarship Award Committee makes the selections. Applicant anonymity is preserved during the selection process to ensure fair competition.

Applications may be picked up at the Friendship House, the Fort Carson Library and area high schools. For more information you may send an email to [Eunice.Clav@us.army.mil](mailto:Eunice.Clav@us.army.mil). Applications must be post-marked by March 15.

**Better Breathers** — Better Breathers is an educa-

tional and support group for active duty and retired servicemembers, and family members to learn about their lung condition and how to live with it. The group meets on the second Thursday of every month at the Evans Army Community Hospital. This is a self-referral program and no appointment is needed, just let us know you are interested. We will add your name to our call roster and will call you to remind you of the meeting three to five days before each meeting. Family members are encouraged to attend with the patient.

Topics have included diet, workload reduction, anatomy and physiology, living with a chronic illness and disease management. Some of the upcoming topics include traveling with oxygen, oxygen delivery systems, hospice and palliative care, homecare, herbal and common remedies/medications, and living wills. Topics are member requested as well as timely medical information. Individual assistance is also available on request. If you have any questions, please call Sue Prieve, at 524-4043.

### 40 Days of Purpose Campaign

The Protestant Service at Soldiers' Memorial Chapel will host a spiritual campaign April 24 to June 6. Chap. (Maj.) Scott Kennedy, the senior pastor, is the campaign director. Have you ever asked yourself, "What on Earth am I here for?" During the 40 Days of Purpose Campaign, chaplains will attempt to answer that universal question by exploring these five central purposes: worship, discipleship, ministry, fellowship and evangelism.

Come join the excitement Sundays at 11 a.m. at Soldiers' Memorial Chapel. For more information, call Kennedy at 526-8011.

**Tax season** — The Fort Carson Tax Center is now open. 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.

**JPPSO asbestos removal** — Asbestos removal will be taking place at the Joint Personal Property Shipping Office, building 1220, through March 4. Limited service will be available to only short notice deployments, end of time and service, permanent change of station and local moves. Entry will be per-



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

Attend this month's Financial Readiness Program Money Trouble Solutions workshop

## "Inside Credit"

### (FICO, Not Just Another Four Letter Word)

Thurs., Mar 11  
(2<sup>nd</sup> Thursday of the Month)  
**6-7:30pm**  
at the Family Readiness Center  
Bldg. 1526, Next to the Commissary

FOR INFORMATION, CALL 526-4590. LIMITED CHILD CARE AVAILABLE. PRIOR REGISTRATION REQUIRED.

mitted on the south end of the complex. Contact Tech. Sgt. Buhl at 526-3755 for more information.

### Claims against the estate

**Claims against the estate** — With deepest regrets to the family of Sgt. Christopher Golby, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Tracey Forehand 232-4581.

**Claims against the estate** — With deepest regrets to the family of Pfc. Armando Soriano, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Ver-Gina Smith-Kundinger at 526-9512 or 338-1420.

## AFAP conference issue:

# Post needs child-care at fitness centers

by Nancy A. Montville

## Army Family Action Plan program manager

Child-care options at fitness centers was an issue prioritized at the Army Family Action Plan Conference held in November 2003, which addressed quality of life issues for military families.

The issue stated child-care is not available on-site at the fitness centers. Currently, the child-care hourly rate plan is too expensive at off-site facilities. There is not enough availability during the day and no availability in the evening. The absence of an on-site program does not allow military families the opportunity of maintaining a healthy lifestyle. The workgroup recommended the following:

1. Provide on-site child-care that will eventually be self-sufficient through program fees.
2. Extend the hours at the current child-care facilities to accommodate fitness center users.

McDonald Kemp, chief, Directorate of Community Activities, said that in order for CYS to provide on-site child-care in any Army-owned, Army-operated facility, the facility must be inspected and approved for child-care use by fire prevention, safety, and health. All DCA fitness facilities have been inspected by fire prevention, safety and health and disapproved for on-site child-care use. On-site child-care cannot lose any money in accordance with Army guidance. Therefore,

hourly care rates cannot be applied to on-site care because user must pay for the employee's salary.

It is not cost effective to open the child-care center at night for extended hourly care. To open the center, a director, clerk and child-care staff is required. To be cost effective, at least 30 children need to be present each hour the center is open. Effective Dec. 15, 2003, the hourly care rates increased to \$3 per hour for the first child and \$2.75 per hour for additional children.

To support users of the fitness centers, Family Child Care homes are available during the day, evenings and weekends. In order to get listings of FCC homes, parents must register at building 5510. Child-care is also

available at the Family Readiness Center for those using the Mountain Post Wellness Center located in the Family Readiness Center. This center is a per hour fee basis. The parent must be present in the building to use the child-care center located in the Family Readiness Center. To obtain registration information, call 526-1100 or 526-1101.

This issue was moved to a complete status as there are alternatives available for those who need child-care while using the fitness centers.

To obtain additional information regarding AFAP issues or the AFAP Conference, contact Nancy A. Montville, Fort Carson AFAP program manager, at 526-4590 or at [Nancy.Montville@carson.army.mil](mailto:Nancy.Montville@carson.army.mil).

## Want to lose weight?

# Fad diets could cause a diet crash

by Lt. Col. Melanie J. Craig  
Chief, Nutrition Care Division  
Evans Army Community Hospital

Want to lose weight, but are confused with all the diet books and fad diets on the market? When all the glitter, gimmicks and promises of quick weight loss schemes are gone, healthy eating habits, behavior change, and exercise guidelines will prevail and ensure your success. Here are some simple tips:

**Focus on Health.** The best approach is not to diet but to find compromises in eating and exercise that you are willing to live with for the rest of your life. Depriving yourself of food when you are truly hungry will eventually lead to overeating. Instead, choose nutritious foods you enjoy and listen to your body's signals about how much to eat.

**Be realistic.** Often people expect to lose weight overnight. Unfortunately, it just doesn't happen that way. You did not gain the weight overnight, so don't expect to lose it quickly. Set realistic goals. The best method for long-term weight loss is to lose one to two pounds per week. Losing any more than the recommended one to two pounds per week results in the loss of muscle tissue.

**Take time to eat.** When you eat too fast, you probably are not consuming the right kinds of food and you are overeating without realizing it. It takes 20 minutes for the message to get to your brain that you are satisfied. Since loads of calories can be consumed in less than 10 minutes, slow down the eating process. Place your fork down between each bite.

**Frontload the calories.** Eat your calories earlier in the day. Eating a solid breakfast and lunch helps fuel your body for the most active part of your day. Skipping meals, particularly breakfast, is a common mistake. When you miss those important first meals of the day, you run the risk of compromising your health by eliminating important nutrients and sending your body into a starved state, resulting in a slower metabolism (the rate at which your body burns calories). People who skip breakfast have metabolic rates that are 4 to 5 percent below normal.

**Feast on five a day.** Fruits and vegetables are low in calories, loaded with fiber and contain several beneficial nutrients. Eat at least five servings of fruits and vegetables each day as recommended by The National Cancer Institute. You should feel more satisfied and energetic and start to lose weight. One piece of fresh fruit contains only 60 calories, whereas, a candy bar can contain 280 or more calories.

**Beware of beverages.** It is easy to consume a lot of calories from the fluids that you drink. Changing to noncaloric beverages can significantly reduce total calorie intake. Regular sodas and fruit juices are tasty, but they are loaded with calories. Cutting out two regular sodas per day can save you a half a pound per week.

**Get the right balance.** To lose weight, you need to burn more calories than you consume. Either reduce your intake or increase your expenditure of calories by 500 per day to lose the recommended one to two pounds per week. But beware, being too restrictive (eating less than 1,200 calories per day), leads to a decline in the body's metabolism. Strive to eat a diet that consists primarily of fresh fruits and vegetables, whole grains, and lean protein sources (skim milk and low-fat dairy products and lean meats).

**All calories count.** Low fat does not necessarily mean low calorie. Many foods marketed as fat-free or low fat have almost as many calories as their regular-fat containing counterparts and sometimes more. Fat has more than double the number of calories found in protein and carbohydrate, but also contains essential vitamins and nutrients and helps with feeling sat-

isfied. Limiting fat, rather than eliminating it completely, is your best bet for long-term weight control.

**Portion size.** Moderation is the key. For example, if you realize that you eat nine or more ounces of meat, or two or more servings of dessert each day, you need to cut down on portions. To cut down on portions, use a smaller plate and skip the second helping. Be careful with foods that do not require preparation such as wafer cookies, graham crackers, chips or pretzels. Although most of these foods are low in fat, they are easy to overeat.

**Move Your Body.** All forms of physical activity help burn calories and elevate metabolism. You will have even greater success if you make physical activity a priority and include it as part of your regular routine. The goal is to exercise for at least 30 to 40 minutes of sweaty, heart-raising exercise most days of the week. Also include weight-training or resistance type exercises as part of your exercise routine to help build lean body mass, which raises metabolism and promotes loss of body fat.

Breaking old habits does not come easy. Most of us are dealing with old patterns we learned in childhood that have been reinforced for years. But the payoff for living healthier and feeling better is worth the effort. When you eat right and exercise regularly, you can lose weight, increase your energy and perform better at work or sport.

If you desire additional nutrition information, contact the nutrition experts: the registered dietitian at Evans Army Community Hospital, Nutrition Care Division or Mountain Post Wellness Center.

### Calories Burned

Here's how many calories a 150-pound person would burn by performing any of these activities for 30 minutes. Mix and match to use 1,000 or more calories per week.

Activity and the calories burned per half-hour	
Running (7 mph)	360
Skating, cross country (3 mph)	270
Swimming (45 yard/min)	270
Aerobics, high impact	240
Weight lifting	210
Bicycling (9 mph)	204
Treadmill/stair exercise, moderate	200
Walking (4 mph)	200
Skating	190
Aerobics, low impact	170
Mowing the lawn (power)	150
Light housework (dusting)	80

## Credit

From Page 11

([www.equifax.com](http://www.equifax.com)) and TransUnion ([www.tuc.com](http://www.tuc.com)), collectively operate a toll-free telephone number so you can exercise your hassle-free right to opt out of future pre-approved credit offers. You can remove your name from pre-screened credit or insurance offer mailing lists by calling (888) 5OPT-OUT

(567-8688). Upon calling, you will be given a choice to opt out for five years or permanently. If you elect to opt out permanently, you will be mailed a "Notice of Election to Opt Out Permanently," which you must sign and return to activate your permanent opt out. Be aware, however, it may take several months before you see a reduction in the amount of solicitations, but the

system does work.

If you are concerned about this or any other credit or privacy issue, you may contact the Fort Carson Legal Assistance Division at 526-5572 and arrange to have a legal assistance lawyer explain your rights with respect to credit and credit reporting agencies. The Legal Assistance Division is open from Monday through Thursday, from 9

a.m. to 4 p.m. Walk-in consultations are available on a first-come, first-served basis on Monday and Thursday afternoons, from 1 to 4 p.m. By appointment on Tuesdays, clients can obtain Wills, Living Wills, and Health Care Powers of Attorney. Notary services (including Power of Attorney executions) are available during normal hours on a walk-in basis.

## Chaplain's Corner

# No throwaways — deposit only

**Commentary by Chap. (Lt. Col.) Scottie Lloyd  
Deputy Command Chaplain**

When I was a little kid running around the neighborhood, one of my chief summer delights was scrounging for deposit-only soda bottles to turn in for two cents a piece.

A good day would bring in enough money to buy four or five packs of baseball cards. Trading these cards was a summer ritual. Nowadays, a deposit-only bottle is a rarity. Aluminum cans and throwaway bottles have replaced them.

In fact, a lot of things in our society are throw-away. Recent studies indicate America's doom may not come from nuclear war or acid rain but from inundation of our own trash that is proliferating at alarming rates. Even the chaplaincy has joined this parade of paper throwers. Chaplains can now purchase a small packet consisting of a plastic "shot glass" filled with wine or grape juice covered by a separate pouch with a bread wafer. Once consumed the worshiper is asked to deposit the trash in throwaway garbage bags for quick dumping.

Don't get me wrong. I love the convenience of paper and plastic, but I believe our habits are beginning to affect our thinking about some "deposit-only" items in our lives.

Take baptism for instance. The way some people treat their adoptions of God into his family, the church, you would think baptism is a throwaway. I'm alarmed when I ask people "What does baptism mean for your

daily living?" and they respond, "Why nothing. That happened a long time ago." Perhaps it's the attitude that encourages the exit of so many folks from attending church. It was great "doing church" when the newness of faith excited a person about Christ and his love, but now the euphoria has worn off.

Baptism (and confirmation for those traditions that practice it as an extension of their coming to faith) is certainly not a throwaway. A famous Christian writer, Martin Luther, once put it this way,

"It means that our sinful self, with all its evil deeds and desires (that's all of us till death do us part from this earth), should be drowned through daily repentance. Start your morning with:

*"I'm sorry, Lord. Let's begin again this new day you've given me in your name, Oh Father, Son, and Holy Spirit, in whom I've been baptized."*

If you pray that prayer day after day, a new self should arise (God's reclamation of our nature's temper) to live with God in righteousness and purity forever (let the good times roll, hereafter).

Repentance is turning ourselves in for the promised "deposit on return." St. Paul reminds us,

"And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession-to the praise and glory," (Ephesians 1:13,14-NIV).

Certainly some of that "deposit" is with us before our return, but the big cash for renewed daily living becomes ours to spend for the trip to receive the final prize, the possession of eternal life with Christ, when we return our empty self. As again Paul preaches,

"We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life." (Romans 6:3,4-NIV)

No throwaways here — only living deposits on return.

### Chapel briefs

**Religious education** — Religious education is conducted each Sunday at Soldiers' Memorial Chapel, building 1500, for Protestant and Catholic children and adults. Protestant Sunday School meets at 9:30 a.m. and Catholic Family Religious Education meets at 10:45 a.m. Everyone is welcome.

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

## Chapel

## Catholic Events for Lent, which began Ash

## Wednesday.

**Today** — A meatless soup and bread supper will be at Soldiers' Memorial Chapel at 6 p.m. followed at 7 p.m. by a "Living Stations of the Cross" performance. All are welcome.

Stations of the Cross followed by meatless soup and bread supper will be held every Friday at Soldiers' Memorial Chapel at 5:30 p.m. from Friday through April 2. All are welcome. The Protestant community will be joining us for this Lenten devotion.

**Wednesdays of Lent from Wednesday to April 7**, there will be a light Lenten lunch with a short talk/devotion from noon to 1 p.m. at Soldiers' Memorial Chapel.

**Holy Thursday, April 8** — A special Mass, "Liturgy of the Lord's Supper," will be celebrated. **Today** — A meatless soup and bread supper will be at Soldiers' Memorial Chapel at 6 p.m. followed at 7 p.m. by a "Living Stations of the Cross" performance. All are welcome.

**Protestant (postwide events only)**

**Maundy Thursday (Holy Thursday) April 8** at Soldiers' Memorial Chapel Jewish-Christian Seder meal and service. Time to be announced.

**The Good Friday** service for Protestants will be combined with the Catholic service as an ecumenical event. Please see the Catholic schedule.

Healer Chapel at Evans Army Community Hospital Palm Sunday and Easter: Regular Sunday Worship Times.

Holy Thursday: Christ in the Passover service 6:30 p.m.

**Healer Chapel at Evans Army Community Hospital**

Palm Sunday and Easter: Regular Sunday worship times

Holy Thursday: Christ in the Passover service 6:30 p.m.; Good Friday: Protestant service at 10 a.m. Mass at noon.

**Editor's note:** Additional events will be listed in following editions of the Mountaineer.

## Chapel Schedule

## ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battatio/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. Battatio/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
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## 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 Unity	Building 1161		Melissa Dalugdug/330-7873
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## MORMON

Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
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## 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 84 & Numbers 10-12

**Saturday** — Luke 2:29-32 & Numbers 13

**Sunday** — Genesis 1:1-10 & Numbers 14-15

**Monday** — Isaiah 64:1-9 & Numbers 16-18

**Tuesday** — Psalms 85 & Numbers 19-21

**Wednesday** — Psalms 86 & Numbers 22-24

**Thursday** — Psalms 87 & Numbers 25-27

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 U.S. Army Reserve, 63rd Reserve Support Command, headquartered in Los Alamitos, Calif.

**Army:** For the Soldiers, noncommissioned officers and officers of the Adjutant General Corps. May God bless these dedicated servants who lead the Army in managing the careers of its Soldiers and families.

**State:** For all Soldiers and families from the state of California. Pray also for Gov. Arnold Schwarzenegger, the legislators and municipal officials of the Golden State.

**Nation:** For the thousands of workers and visionaries in the field of information technology. Pray that as this sector of our economy develops, God would guide people to shape it in just ways that assist people in creating better lives for themselves and their families.

**Religious:** For all Soldiers and families from the Bible Churches Chaplaincy. Pray also for all 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).

# Waiting around with something to do

## From arcane to arcade Fort Carson's manifest site gets a makeover

by Spc. Matt Millham  
14th Public Affairs Detachment

For Soldiers in the past, the hours of manifesting before a deployment were often spent massed in a gym or motor pool with few amenities beyond perhaps bathrooms and bleachers.

But since Feb. 14, Fort Carson has had a new manifest site that is anything but the manifest sites of old.

In the main gymnasium at McKibben Physical Fitness Center, deploying troops will find, as expected, bleachers. But in front of the bleachers, seeming almost out of place, is a menagerie of video games, televisions, food and board games. Next to the gym's back door is a table loaded with free books for soldiers to take with them to overseas duty. Beyond the door is another surprise; a blue, nondescript trailer with a set of stairs leading to a barely noticeable door houses 24 phones from which Soldiers can make free calls to anywhere in the world, courtesy of MCI.

And if all this seems like a good idea for soldiers in their last hours on American soil before a year in hostile territory, consider the fact that the phones are also available to all Fort Carson soldiers from 9 a.m. to 5 p.m. whenever there isn't a manifest — for free.

The brainchild for the plan resides not here at Fort Carson, but in Texas. "We stole a good idea," said Col. Michael Resty, garrison commander, Fort Carson. "I give full credit to the garrison commander and his staff at Fort Hood."

But it was Fort Carson's Department of Community Activities and Morale, Welfare and Recreation, along with MCI, that did most of the legwork to put the McKibben manifest site in operation.

"I appreciate all the help we're getting from people and organizations and on off-post to get this thing going," said Command Sgt. Maj. Joseph VanDyke, garrison command sergeant major.

The reason for the new site, said Resty, is that Fort Carson wants its Soldiers "to have a last good impression of this place before they leave for Iraq or Afghanistan."

On Feb. 19, about 300 soldiers with or attached to the 153rd Engineer Battalion, a South Dakota National Guard unit, funneled into the gym to await a plane to the other side of the Atlantic and were greeted by a blaring mix of music and an expedited manifest process. In about 25 minutes, all the soldiers had gone through the check-in line and picked a spot to lounge, play, eat, talk or attend chapel services.

"It's a lot nicer than I thought," said Pvt. Kurtis Brown, as he played a videogame on one of six Sony Playstation 2 game systems. "I figured it'd just be a gym with the bleachers pulled out and maybe an MRE."

In further efforts to reform the manifest process, the time spent at the manifest site is being cut in half, said Rafael Santos, Fort Carson's deputy adjutant general.

"Now we try to cut it down to one or two hours and have the actual manifest done in 15 minutes so the Soldiers can enjoy what DCA has given them," said Santos. "It's a team effort and the goal is to get the soldiers taken care of. We want to show them a special thank you for what they are about to embark on."

For the most part, the Soldiers were pleased with the Mountain Post's efforts. "This is pretty nice to have all this," said Sgt. Dale Zavesky of the 153rd Eng. Bn., "It's nice to feel appreciated."

The new manifest site will remain in operation through the current wave of deployments and will be revived as needed in the future.

"This will be the standard from now on," said Resty.



Inside "Big Blue," a giant blue trailer posing as a phone booth, Soldiers make final calls home before deploying. MCI has provided the trailer, along with free phone service, to workers and families involved in about a dozen humanitarian disasters since 1992 to include the World Trade Center attack of 2001, and the floods of 1993.



Pfc. Sarah Franssens makes her move in a game of cribbage with Spc. Deidre Slusser and Staff Sgt. Larry Schlink while waiting for their plane to take them for their deployment overseas. For Schlink, who spent more than 10 years on active duty in the Army before joining the South Dakota National Guard in 2000, this is his third time deploying to the Middle East. His first was during Operation Desert Storm 13 years ago. "I'm a lot better prepared this time," said Schlink.



A soldier is checked into the manifest site in preparation to go overseas. With the new manifest system, Mountain Post officials hope to be able to check a company into the site in under 15 minutes.



Pvt. Kurtis Brown spends away the hours before he gets on the plane playing a game on one of the Directorate of Community Activities and Morale Welfare and Recreation-donated Sony Playstation 2 game systems. They also provided two large-screen televisions, disc jockey equipment, a sound system and other amenities for the new manifest site.



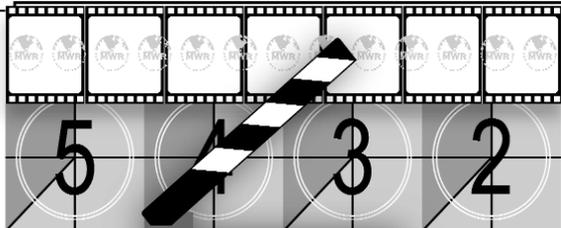
Spc. Stephanie Rivera and Pfc. Miranda Holmberg read book covers as they try to decide which to take with them overseas. The books are free and were donated through a program with the post library.



# Out & About

Feb. 27 - Mar. 5, 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)



PROD.		
ROLL	SCENE	TAKE
DIRECTOR:		
CAMERA:		
DATE:	FPS	INT EXT DAY NITE

- Have you had a positive experience with MWR?
- Have you been searching for a way to share your story?

Well, here is *your* chance!

The Fort Carson DCA is looking for Soldiers, Families, Retirees and Civilians to participate in our "Fort Carson MWR: For All Of Your Life" film. We are looking for willing candidates to share their personal stories of how MWR has made an impact in their life, or the lives of others.

If you would like to be a part of this unique and exciting opportunity, please call 719-526-3161 (between the hours of 8:00 am - 4:00 pm)



Featuring the amazing and often comical powers of the mind!



Entertainment Ect. Presents

## HYPNOMANIA

Hosted by one of America's favorite Hypnotists

Tim Rose

Starring:  
**YOU**

11 March 2004

8 pm to 10 pm

\$5 cover

For info, call 576-7540

All participants are on a voluntary basis only, everything seen on stage is genuine. No stogees are used in the making of this program. 18 years and older please. Show contains adult themes and is not suitable for minors.

Come join the fun and excitement that this show packs right here!

**Pen Turning Class**  
**Mar 19 from 3 pm to 6 pm**  
**\$10 to register**  
**For info, call 526-3487**

**LIBRARY NOW OPEN**

**7 DAYS A WEEK**

Hours:

Mon - Thurs 11 - 8

Fri 11 - 5

Sat - Sun 10 - 6

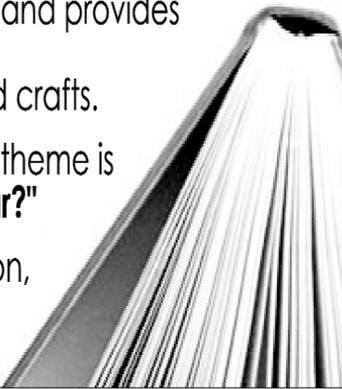
For info, call 526-2350

**Library Storytime** resumes on  
**17 September**

It meets every Wednesday morning  
from **10:30 - 11 am** and provides  
**children ages 3 - 6**  
with fun, stories and crafts.

This years program theme is  
**"What Hat Do I wear?"**

For more information,  
please call  
**719-526-2350**



# XTREMES ST. PATTY'S DAY PARTY



Have a Pint with us  
March 17th at Xtremes.  
time: 7:00 pm - 2:00 am  
**NO COVER CHARGE!!!**

for more information call:

**576-7540**



# Sports & Leisure

## Intramural Basketball

### *Cheyenne Mountain continues to win*



Photos by Walt Johnson

Cheyenne Mountain players, in dark jerseys, and 7th Infantry players, in white, battle for a loose ball during intramural action Tuesday at Waller Physical Fitness Center.



7th Infantry Division Anthony Ringold, 11, and Cheyenne Mountain's Eric Patrick battle for a loose ball during intramural action Tuesday at Waller Physical Fitness Center.

by Walt Johnson  
Mountaineer staff

They run fast, they jump high, they defend with a purpose and they are members of one of two undefeated teams in the post intramural basketball league.

The Cheyenne Mountain intramural basketball team has been on a major roll this year, winning each game played by comfortable 20-plus point margins.

Monday at Waller Physical Fitness Center the Cheyenne Mountain team destroyed the 59th Quartermaster #2 team by 24 points. Tuesday, a funny thing happened on the way to a blow out, they found themselves fighting for their unbeaten lives.

Cheyenne Mountain came into its game Tuesday against the 7th Infantry Division leading the Eastern Conference of the intramural basketball league and arguably the team to beat for the post championship.

Before the game started Cheyenne Mountain coach Robert Nieto knew his team would be in for a tough game and he tried to get his team ready for the Infantry men.

"Every team can get beat on any

night but not us not tonight. Go out and play hard and play smart," Nieto told his team.

For the first half of the game, his team did just that, opening up double digit leads at different times. But a sign of the eventual story of the game came as the Infantry team would always creep back within four points of the Mountain team when it looked like the game might get away.

To begin the second half, the Mountain team stretched its lead to 29-20 and again it looked like the game was about to be over for the Infantry team. Just as fast as a light comes on when you turn on the switch, the Infantry men turned up their game and over a six-minute span outscored the Mountain team 12-1 to take a 30-29 lead.

With a little more than a minute left the Infantry team had a four-point lead on the Mountain team and it looked like the dreams of a perfect season was going by the boards. However, the Mountain team scored the last five points of the game to defeat the Infantry team 40-39 and continue its winning ways.



Cheyenne Mountain's Michael Chandler shoots a jump shot over the defense of 7th Infantry Division defenders Tuesday night at Waller Physical Fitness Center.

## On the Bench

# Carson youth earns prestigious achievement award

by Walt Johnson  
Mountaineer staff

**In 1962, a group of young men decided to come up with an idea that would reward the true spirit of friendship, called the friendship stick.**

Saturday at the post youth center, Desmynn Curry became the 17th youth recipient of the coveted friendship stick when she was awarded the stick by one of the only two living members of the organizers of the award, Catfish Mays, youth scouting director.

"This is an award that we give out for ongoing and consistent application of the friendship principles," Mays said.

"Desmynn has shown a maturity far beyond her age (13 years old) and for the past two-and-a-half years she has done a great job in supporting youth center staff and programs. Character and how trustworthy the person are the main criteria for this award."

"She has a 'can-do' attitude that is contagious. You just have to see her when she does the things she does. She plays in our sports program, she is a cheerleader, she volunteers and helps our volunteers every chance she gets. She is just a very special

young lady who is so mature for her age that she is the perfect person to get one of these friendship sticks," Mays said.

**It's not too early to consider which Colorado Rockies baseball game you will attend this year.**

The post Information, Ticket and Registration office has Rockies tickets on sale for the upcoming season. You can get as many as six tickets per game. The cost of the tickets are \$32 per ticket in sets of two. For more information on Rockies tickets, call the ITR office at 526-5366.

**Marksmen will want to get ready for the first Army championships to be held since 1994.**

The U.S. Army Marksmanship Unit, located at Fort Benning, Ga., will host the event at the U.S. Army Infantry Center March 14 to 25.

Competition will be held in the M-16 rifle M-4 Carbine, M-9 pistol, M-24 or M-14 rifles. The competition will include units from the regular Army Reserve, National Guard, West Point and Cadet Command. Soldiers are being encouraged to compete in this competition.

For more information on the competi-

See Bench, Page 21



Photo by Walt Johnson

## *A milestone award ...*

**Catfish Mays, youth center scouting director, presents the 17th friendship stick awarded to a youth to Desmynn Curry Saturday at the post youth center.**



Photo by Walt Johnson

## *“Let’s see if this will work” ...*

Youth Center 5- to 6-year-old coach Tare Allen talks over strategy with her team at half-time of its game Saturday morning at the post youth center.

## Bench

From Page 20

tion or to sign up, contact Mike Behnke, Chief of Competitions at Defense Switch Network 835-1272, (706) 545-1272 or [michael.behnke@usarcc.army.mil](mailto:michael.behnke@usarcc.army.mil).

**The following are the standings for the intramural basketball league as of Feb. 18**

Eastern Conference:  
Cheyenne Mountain, 8-0;  
786th Quartermaster, 8-1;  
10th Special Forces Group, 6-4; Judge Advocate, 4-5; 1st Mobilization, 4-5; 423rd Transportation, 4-6; 307th Quartermaster, Headquarters, Headquarters Division, 2-7; 59th Quartermaster #2, 2-6.

Western Conference:  
59th Quartermaster, 8-0;  
10th Combat Support Hospital, 6-2; 7th Infantry Division, 5-4; Headquarters, Headquarters Company, 43rd Area Support Group, 5-5; 478th Personnel

Services Battalion, 3-6; Headquarters 1st Battalion, 157th Field Artillery, 3rd Battalion, 7th; 60th Ordnance, 2-7; 3650th Maintenance, 2-7.

**Now I know it’s going to be snowing Saturday, and that means it will also be cold**, but there will be tryouts for the post men’s softball team at the Sports Complex at noon. For more information, call Seth Peters at 524-0956.

**The Fort Carson Ladies Golf Association will hold a season opening coffee April 6 at 9 a.m. at the Cheyenne Shadows Golf Course.**

The coffee will be held at the golf course snack bar where there will be free refreshments. All women — military, family member or civilian — are encouraged to come out and sign up for a year of fun and excitement, according to Nancy Pittman, Ladies Golf Association President.

For more information on the event, call Pittman at 597-5574 or Sharon Tracer at 527-1034.

## *Mountaineer* Intramurals



### *Intramural action ...*

3650th Maintenance forward Ben Clayton drives to the basket ahead of the defensive efforts of 60th Ordnance players Monday night at the Waller Physical Fitness Center.

Photo by Walt Johnson

# *Mountaineer Sports Spotlight*



Photo by Walt Johnson

## *Still undefeated ...*

Youth center Sixers guard Anthony Davis looks to score during his team's exciting 24-20 victory over the youth center Lakers Saturday morning at the post youth center. The victory kept the Sixers unbeaten as they prepare to meet the also unbeaten Magic team at 10 a.m. Saturday at the post youth center.



The Colorado Springs Fine Arts Center opened in 1936. The highly acclaimed building, designed by John Gaw Meem, of Santa Fe, is on the National Register of Historic Records.

# Fine arts available to all



by Nel Lampe  
Mountaineer staff

The Colorado Springs Fine Arts Center draws more than 100,000 visitors to see its collections, special exhibits, travel films and theater productions each year.

The center opened in 1936, the result of a collaboration of Alice Bemis Taylor, Julie Penrose and Elizabeth Sage Hare. Already on the site, since 1919, the Broadmoor Art Academy was started in the home donated by Julie and Spencer Penrose. Taylor, daughter of Judson M. Bemis, founder of the world's largest bag man-

ufacturing company and a philanthropist, continued in her father's footsteps by building the Colorado Springs Day Nursery and made other gifts to the community. Taylor wanted to build a museum to house her large collection of Hispanic and pueblo art and her friends convinced her to build it on the Broadmoor Art Academy site. John Gaw Meem, a noted Santa Fe architect was selected to design the award-winning building. It is listed on the National Register of Historic Places.

The Taylor Museum, with its Sacred Land, Indian and

Hispanic Cultures of the Southwest, exhibit, is the cornerstone of the Fine Arts Center. The Taylor Museum was founded to study the development of Latin American civilization as exemplified in the arts and crafts of the post-Columbian period.

The Taylor Museum is well known for its outstanding collections of Indian and Hispanic arts and is a draw for regional visitors. Its Indian collection includes textiles, basketry, pottery and jewelry. The Hispanic collection contains religious folk



A large textile collection, mostly Navajo and Hopi work, is in the Sacred Land exhibit.

art, textiles, tinwork and furniture, leather chests, boxes, ironwork, silver, tinwork, straw appliqué and architecture.

The 68-year old building has undergone some sprucing up in the last few months, such as new paint and carpet. The Museum Shop has been transformed with new paint and fixtures, giving it a more contemporary look. Windows which had been covered for 20 years now add natural light to the

Fine Arts Center, Page 26



The 1838 chapel at Talpa, N.M., historically recreated, is in the Sacred Land exhibit.



Denver artist Emanuel Martinez painted the mural on the wall surrounding the parking lot at the Colorado Springs Fine Arts Center.

# Happenings Mountaineers



Places to see in the Pikes Peak area.

Feb. 27, 2004

## Fine Arts Center

From Page 25

shop. Merchandise has been expanded in fine art and prints, art history books, greeting cards, silk pillows and scarves featuring Georgia O'Keeffe art work, will be stocked. The shop will also carry merchandise related to current exhibits.

For instance, merchandise related to '60s' era bands shown in the current Linda McCartney exhibit is available in the Museum Shop, as is McCartney's cookbook, "Linda McCartney's Kitchen."

A new European bistro style café occupies the former Theatre Lounge. The Le Bristro menu includes soups, salads and sandwiches as well as pastries. Prices are reasonable — such as \$1 soft drinks, coffee. Soup, salads and sandwiches range from \$2.50 to \$6.95, and a children's meal is available. Le Bristro is open the same hours as the Fine Arts Center.

The Fine Arts Center has offered free admission on Saturdays for many years, the funding for free admission Saturdays has ended.

The popular Family Days programs will not be continued but a new program will be offered every Saturday. The Fine Arts Center staff believes Saturday family programming on Saturday is a necessity.

Beginning April 3, Museum Discovery Days will start. It is recommended for children ages 6 through 10, but all ages will be able to participate in this innovative program of introducing children to art.

Each Saturday, participating children will receive an art bag filled with take-home projects. An art instructor from the Bemis Art School will conduct an interactive tour through the current exhibits, followed by an art-related activity.

The Museum Discovery Day program will be available three times each Saturday, at 10 a.m., 11 a.m. and noon, and is included with entrance admission.

Docent-guided tours are available each Saturday between 1 and 3 p.m. and there is no additional charge.

Four exhibit halls are used for rotating exhibits, which change eight or 10 times each



A sculpture of a family is one of several statues at the Colorado Springs Fine Arts Center.



The courtyard at the Colorado Springs Fine Arts Center contains many pieces of art.

year.

Currently, "Linda McCartney's Sixties: Portrait of an Era" is being shown. It features 51 photographs of some of the greatest rock musicians of the 20th century and will be displayed through April 10. The popular exhibit also includes films shown throughout the day. Related to the McCartney exhibit, a gallery displays '60s concert posters and pop culture memorabilia.

A juried exhibit of Colorado artists is one of the exhibits currently displayed.

Ansel Adams photographs will be exhibited later this year.

The Colorado Springs Fine Art Center also includes performing arts. The Repertory Theater presents several productions each season. The next production, "Hot Mikado," is set for May 7 through June 27. Show time is 8 p.m. Fridays and Saturdays, and 2 p.m. matinees Sundays during the run. Tickets are \$25 at the door, with reservations recommended; call the box office at 634-5581.

Children's theater productions are also in the performing arts theater, as well as additional one-act plays, youth theater productions or special presentations, such as "The Tweaksters" set for March 6 at 1 p.m. Tickets are \$7 for the eccentric blend of dance, dexterity and flying objects.

Another activity open to the community is a program called "Young at Art," which is for the for the 50 plus crowd. It is scheduled for the fourth Wednesday of every month.

Art education for adults and children is available at the Bemis Art School adjacent to the Fine Arts Center. Large studios and small classes provide an exceptional environment for adults and children alike. A wide range of classes are available, including drawing, watercolor, sculpture, pottery and performing arts. Call 475-2444 to inquire about classes.

Armchair travel is another feature of the theater. Tickets at the door are \$7 and the next travelogue is "Route 66 – A Road to Remember," set for March 7 and 8 at 2 p.m. The travelogue is narrated in person by the film's maker. Season tickets are also available.

Facilities may be rented for private and community events, such as wedding, receptions, meetings and recitals.

Admission to the Colorado Springs Fine Arts Center is \$5 for adults, \$3 for seniors and \$2 for children 6 to 16. Children 5 and under are admitted free. Fine Arts Center members are admitted



The Sacred Land exhibit includes the collection once belonging to Alice Bemis Taylor. The center has one of the nation's largest collections of Southwestern art.

free during regular business hours. Information about membership is available at the Fine Arts Center.

Hours for the Fine Art Center are Tuesdays through Saturdays from 9 a.m. to 5 p.m., and Sundays from 1 to 5 p.m.

The Fine Arts Center is located at 30. W. Dale St., off Cascade Avenue. Take the Bijou Exit off Interstate 25 going north, then turn left on Cascade Avenue. Continue north, watching for the sign at Dale Street. Free parking is provided in the parking lot in front of the Fine Arts Center.

### Just the Facts

- **Travel time** 15 minutes
  - **For ages** families
  - **Type** museum
  - **Fun factor** ★★★★★ (Out of 5 stars)
  - **Wallet damage** \$
    - \$ = Less than \$20
    - \$\$ = \$21 to \$40
    - \$\$\$ = \$41 to \$60
- (Based on a family of four)

# Happenings

## Get Out!

### Happy birthday, Buffalo Bill

**The Buffalo Bill Museum** in Golden celebrates Buffalo Bill's 158th birthday Sunday, from noon to 3 p.m. Free cake and ice cream are served in the Pahaska Tepee gift shop. Admission to the museum will be free all day. Buffalo Bill look-alikes will be there. The museum is at 987 1/2 Lookout Mountain Road, just off Interstate 70 west. Call (303) 526-0197 for information.

### Big Band Dance

**A Big Band Dance** commemorating the 100th anniversary of the birth of Glenn Miller is set for Saturday, from 6:30 to 10 p.m. in the Colorado Springs City Auditorium. Active duty military in uniform with valid ID will be admitted free to the dance. Entrance at the door is \$20.

### Mining museum

**The Western Museum of Mining and Industry** hosts a presentation "The Princeton Expedition" Saturday. Presented by Steve Veatch, the presentation includes diaries, journals and photographs of an expedition taken by Princeton students 125 years ago. Reservations and fee required, call 488-0880.

**The Super Saturday program** March 13 is "Angel Food Faults and Peanut Butter Folds." Reservations suggested, admission is \$3.

The mining museum is at 1025 N. Gate Road, opposite the Academy's north gate.

### Opera at Pikes Peak Center

"A Night at the Opera," featuring Martile Rowland and members of the Opera Theatre of the Rockies is Saturday at 8 p.m. and Sunday at 2:30 p.m. at the Pikes Peak Center, 190 S. Cascade Ave. "Carmen, Act II" and "Die Fledermaus, Act II" are featured. Call 520-7469 for tickets.

### Imagination Celebration

"Anne of Green Gables" is the Kennedy Imagination Celebration production at the Pikes Peak Center March 5 at 7 p.m., at 2:30 and 7 p.m. March 6 and at 2:30 p.m. March 7. Call 520-7469 for tickets, which are \$9.50.

### Cirque in Denver

**Cirque Du Soleil's "Varekai,"** the newest production, opens June 3 at the Pepsi Center. Tickets start at \$38.50 are on sale; call (800) 678-5440, Ticketmaster at 520-9090 or go online at [www.cirquedusoleil.com](http://www.cirquedusoleil.com).

### Academy theater

"Singin' in the Rain" is March 6 in the Air Force Academy's Arnold Theater at 7:30 p.m. Bob Berky, mime and clown, is set for April 17. Call 333-4497 for tickets.

### St. Patrick Day parades

**The annual St. Patrick Day Parade** is March 13 in Old Colorado City, begins at noon. The colorful parade runs along West Colorado Avenue between 27th and 17th streets. There's a five-kilometer race at 10 a.m. and a children's fun run at 11 a.m.

**Denver's St. Patrick Day Parade** begins March 13 at 10 a.m. near Coors Field.

### Disney on ice

**Disney on Ice** is set for March 17 to 21 at the Colorado Springs World Arena, featuring characters from Tarzan, The Jungle Book and The Lion King. Performances March 17, 18 and 19 are at 7:30 p.m., March 30 and 31 include daytime performances. Military Appreciation Night is March 18. Buy one adult ticket and get a child's ticket for half price. Call 526-5366, Information, Tickets and Registration.

### New exhibit at museum

**The Denver Museum of Nature and Science** has opened a new exhibit, "Machu Picchu: Unveiling the Mystery of the Incas." The Machu Picchu was uninhabited for almost

400 years until it was discovered in 1911. The exhibit includes dioramas from the ruin, Inca art and an archaeological dig. There is no special admission price for this exhibit, which will be in the museum through May 9. The Denver Museum of Nature and Science is in Denver's City Park, at 2001 Colorado Boulevard.

### Pikes Peak Center

**The Temptations** are coming to the Pikes Peak Center March 12. Call 520-SHOW for ticket information.

### Pheasant hunting

**Soldiers can hunt upland birds for free--** saving \$150 per gun. Hunts have been donated for use by active duty enlisted Soldiers at Rocky Mountain Roosters, near Calhan — about a 40 minute drive. A hunting license is not required on this private preserve. Hunts are available seven days a week through the end of March, and includes a guide, orientation and safe hunting rules. Clay targets are available for practice. Call (719) 635-3257 for arrangements.

### Dance Theater

"The Tweaksters," an eccentric blend of dance, dexterity and flying objects is at the Fine Arts Center theater March 6 at 1 p.m. Tickets are \$7, call 634-5583.

### Denver concerts

**Rod Stewart is in concert at the Pepsi Center** in Denver, April 8 at 7:30 p.m. Call 520-9090 for ticket information.

**Alan Jackson and Martina McBride** are at the Pepsi Center in Denver April 1. Call 520-9090 for ticket information.

**Kelly Clarkson and Clay Aiken,** of American Idol fame, are in Denver's Pepsi Center April 13 at 7 p.m.; call 520-9090.

### World Arena concerts

**Barenaked Ladies** appear March 22; tickets start at \$35. Tickets are at the World Arena box office; call 576-2626.



Photo by Nel Lampe

## *Bargain at the zoo ...*

Now's the time to visit Cheyenne Mountain Zoo. Through Sunday, admission is half price — \$6 for adults and \$3 for children 3 to 11. Children under 2 are admitted free. The zoo is open 9 a.m. to 5 p.m. every day. The zoo is behind and south of the Broadmoor Hotel.

# ch10

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

Army Newswatch: stories on troop end-strength, force stabilization initiative and U.S. forces in Iraq (repeat). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Pacific fleet, lifesaving and Naval Mobile Construction Battalion One. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on combat stress, defusing Iraqi weapons and emergency care in Iraq (repeat). 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.

Army Healthwatch: stories on ephedra, whooping cough and Echinacea, airs at 10:30

a.m. and 6:30 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, 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.