

Mountaineer

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March 25, 2004

Radiation monitors improve Fort Carson security

by **Spc. Zach Mott**
Mountaineer staff

Radiation monitors are being installed at locations throughout Fort Carson to bolster overall security.

The Mountain Post was selected as a test site by the National Nuclear Security Administration for the monitors that test for radiological weapons.

Improvements will continue through June.

The railyard monitor site is near completion and will check incoming and outgoing trains.

Monitor enclosures will be built at Gates 1 and 3 and the Directorate of Information Management at building 1550. A portable pedestrian monitor is also planned for assembly in May.

Central and mobile alarm stations will be installed in May as well.

You can expect minimal delays at Gates 1 and 3 during installation.

Once monitors are installed, motorists won't notice the checks.

"It's a drive through. If you're carrying something you're not supposed to be carrying it'll set off the alarm and that particular vehicle will be stopped," said Edward Whitcraft, the deputy directory for Public Works.

The improvements will be tested from May to June.

"It will absolutely make us more secure," Whitcraft said. "This will be good for the post. People won't even know they're going through this unless an alarm goes off."



Photo by Sgt. Jack Morse.

Almost home . . .

A 4th Infantry Division, 3rd Brigade Combat Team Soldier helps take an engine out of an M-113 armored vehicle on Camp Arifjan in Kuwait. The 3rd BCT is preparing its equipment for movement back to Fort Carson after helping liberate Iraq.

State honors returned heroes



Photo by Sgt. 1st Class Dee McNutt

From left, Cpl. John C. Buckley, Spc. Dellis Morris, Sgt. Curtis Campbell, Spc. Brian Wilhelm and Sgt. 1st Class Jeffery Sizemore listen to the reading of the proclamation at the Capitol Monday for military appreciation day.

by **Sgt. 1st Class Dee McNutt**
Fort Carson Public Affairs

The state of Colorado showed its appreciation Monday to Fort Carson Soldiers who recently returned from Operation Iraqi Freedom.

The governor, members of the House of Representatives and senators hosted a military appreciation day at the Capitol for all military in Colorado. More than 150 Fort Carson Soldiers traveled to Denver where they stayed Sunday night.

Monday morning the festivities began at the Capitol. Gov. Bill Owens spoke to a crowded room.

"We've always been united by the bonds of liberty and justice, led by Soldiers who pledged to defend our country from its enemies," said Owens. "The measure of a country comes down to the men and women it sends to defend us. When we look at the long line of

Soldiers who protected us we see exactly why America is, and always will be, the greatest nation on earth."

Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, said he was proud to stand with the great Soldiers of Fort Carson.

"We feel the support," said Wilson. "I tell this all the time, from the Fort Carson commander's perspective ... this is the best relationship I've ever seen, (between a post and the community) in my career of 32 years."

Soldiers then joined house members, some on the floor and some in the gallery, to hear a proclamation in recognition of all military members.

One part of the proclamation included: "That it is fitting, on the occasion of Military Appreciation Day in Colorado, that we, the members of the Sixty-fourth

See Heroes, Page 18

INSIDE THE MOUNTAINEER

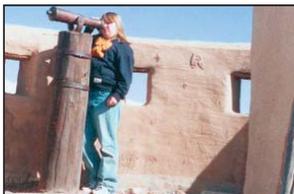
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Happenings



Bent's Fort, reconstructed as it was in 1830s, is an educational visit.

See Page 31.

Feature



A look at the history of women in the military.

See Pages 24 and 25.

Tax center

The tax center is open to Soldiers and their families. Hours are Monday through Friday from 8 a.m. to 6 p.m. and some Saturdays. Call the center at 524-1012 or 524-1013 for more information.

Post Weather hotline:

526-0096

Values shape who we are, how we act

by Master Sgt. Bertha A. Ramirez
Fort Carson Equal Opportunity Office

The Consideration of Others Word of the Month for March is "values." Values are highly regarded. A standard meaning of value is something important in our existence; a type of belief centrally located within our self-socialization about how we should or should not behave.

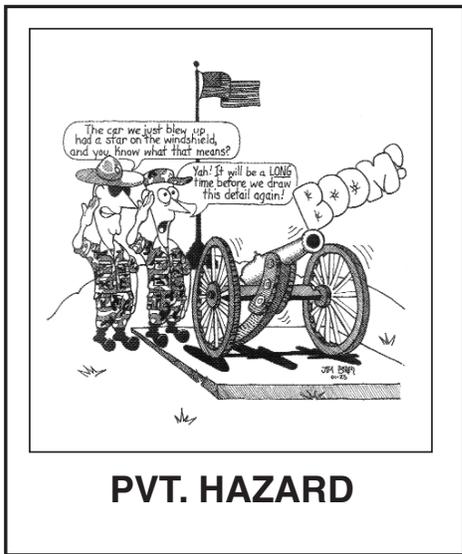
We get our values from an early age, through our educational process and socialization, which starts with our family or adopted family (parents, grandparents, brothers and so forth). They influence such simple ideas as etiquette to more complex ideas as religion. For example, I might have learned through my family to eat pizza with my hands.

Another factor that influences our values is the media, through television, radio, newspapers, books, advertisements, music and last, but not least, the Internet. The media is very powerful; it has the potential of being negative or positive throughout our educational process. Through television shows, I might have learned that pizza tastes wonderful with red crushed peppers.

Our circle of friends and peer groups significantly influence our set values. They can influence good versus bad behavior; consequently, we could deviate from our basic family values. Within my circle of European friends I might have learned that utensils are used to eat a slice of pizza and that the use of hands is bad table manners.

The Army has a set of values: loyalty, respect, integrity, personal courage, honor, selfless service and duty. These values were introduced to me within my military career through my leaders setting the example in all their daily situations. Consequently, through my observations I knew which leaders were leading through strong positive values and not taking short cuts.

In my opinion, we are not born with values. They are learned, and are influenced by our daily contact with people in different life situations. My personal values are based on the influences of my family, media, friends, peers and work environment. It is my choice to make changes in my set values based on the negative or positive behaviors and attitudes I encounter in handling my life situations.



PVT. HAZARD

Selfless service . . .

Soldier displays solid values

Letter To the Editor,
On Mar 17, I had the pleasure of meeting a Fort Carson Soldier that just made my day.

I received a telephone call from a young lady who introduced herself as Spc. Sheri Kellner. It seems Kellner found my daughter's wallet at an off-post apartment complex, inspected it to determine the owner, saw my name and Social Security number as the sponsor, researched through the Internet white pages to locate me and delivered the wallet to me.

When we were talking on the phone, I mentioned that I work at the Battle Simulations Center on Fort Carson and also mentioned that I was pretty busy at the time and asked if I could stop by her office closer to the end of the day. We agreed to that and she gave me directions to her office. Thirty minutes later, Spc. Kellner arrived at the BSC and delivered my daughter's wallet to me. I

was astonished and very thankful. Not only was my daughter's ID card in the wallet, so was her driver's license, SSN card, some pictures and a small amount of money.

Spc. Kellner put a lot of effort into ensuring that the wallet was returned to its rightful owner. For someone to take the time she took tells me that there is still good in America and our fine Soldiers.

I personally would like to thank Spc. Sheri Kellner of HHC, 43rd Aera Support Group, and I felt the best way to do that was to recognize her in front of all her peers. I hope you (the Mountaineer) will find as much pride in our Soldiers as I do and print this short note for me. Thank you.

Sincerely,
Ron Sintas
CW3, Retired



How do you apply Army Values to your everyday life?

 "... the Army values help you keep going, give you strength." Pfc. Leila A. Quintanilla 183rd Maintenance Co.	 "... make me a better person, my children better people." Sgt. John J. Montilla 220th MP	 "Basically like the golden rule. Values you live by; everyone can live by." Sgt. Rick A. Coats B Troop 1-3 ACR	 "Dealing with different types of people...Lots of morale situations." Staff Sgt. Ricky Miles 43rd Eng. 2-3 ACR
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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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80903, phone (719) 634-1593. The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO 80913-5119; phone (719) 526-4144.

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News

Army reviews sexual assault policy

Army News Service

WASHINGTON — Senior Army leaders are reviewing policies to ensure that victims of sexual assault continue to receive immediate care and assistance and that all reported allegations are thoroughly investigated.

“Sexual assault has no place in our Army,” said Lt. Gen. Franklin Hagenbeck, the Army deputy chief of staff, G-1, during an interview with Dateline’s Stone Phillips that aired March 12.

In the last year, 92 allegations of sexual misconduct were investigated by Army CID personnel in the Central Command area.

The complaints were not all made by Soldiers, officials said. And not all of those assaulted were women.

Also, the perpetrators were not all Soldiers, officials added. Allegations have been made against local nationals and members of other services and coalition forces.

Of the 92 cases, the Criminal Investigation Command has completed 74 of the investigations so far, officials said.

CID officials said they are committed to conducting thorough and complete criminal investigations into the cases discussed on Dateline and have

been doing so since the incidents were reported to CID.

“It would be inappropriate at this point to comment on either of the investigations to protect the integrity of those cases,” a CID official said, “and we are as equally committed to protecting the privacy of the victims.”

The Army remains committed to taking care of Soldiers and dealing expeditiously with any complaint or allegation of, officials stressed.

“The mere fact that this happens in our Army to me is unconscionable,” Hagenbeck said. “We go out and form teams, small groups live together, serve together and sometimes die for each other. The fact that someone in the same uniform could turn around and commit a criminal offense against one of the members of that team is intolerable.”

Where appropriate, the Army will prosecute perpetrators who fall under the Uniform Code of Military Justice using full legal authority through all the right channels while taking care of Soldiers who have been assaulted, Hagenbeck said. At the end of the day, Soldiers need to know that they are still a part of the team, he added.

To ensure that current policies and programs are effective, Les Brownlee, the Acting Secretary

of the Army, directed the establishment of a task force to review the effectiveness of the Army’s policies on reporting and addressing allegations of sexual assault.

This task force will review existing processes, procedures and programs and will make recommendations for improvement. The findings of the task force are scheduled to be reported to the Secretary of the Army in May.

Overall the Army is taking care of its Soldiers from a legal, psychological and medical angle, Hagenbeck said.

Victims currently have access to lawyers, chaplains, medical specialists, psychologists and victim witness liaisons.

Leaders at every level need to understand their responsibilities in supporting victims, and they also need to create a climate where victims feel free to report allegations, officials said. Ensuring all leaders understand this is another major goal of the task force.

During Hagenbeck’s interview with Phillips, he repeatedly emphasized that the Army is a value-based organization that takes care of its own.

“Sexual assault is a criminal offense, and one is too many,” Hagenbeck stressed.

Change of the guard . . .

‘TF Ironhorse’ hands Tikrit area over to 1 ID



Photo by Spc. Sheree Casper

Sgt. Chad Edmons of the Big Red One's band pounds a bass drum during the transfer of authority ceremony between the 4th Infantry and 1st Infantry divisions.

Army News Service

TIKRIT, Iraq — A transfer of authority ceremony between the 4th Infantry Division and the “Big Red One” took place at Forward Base Danger March 16 near Tikrit.

Outgoing 4th ID commander Maj. Gen. Raymond T. Odierno cased his unit's colors as Maj. Gen. John R.S. Batiste of the 1st Infantry Division assumed control of the region.

Lt. Gen. Ricardo S. Sanchez, U.S. commander of the allied forces in Iraq and V Corps commander, and other top American military brass and Iraqi dignitaries were on hand for the ceremony.

The 4th ID, dubbed “Task Force Ironhorse,” began operations in Iraq with an airborne insertion of Soldiers from the 173rd Airborne Brigade into the northern part of the country to secure Bashur

Airfield March 26, 2003. The division is credited with capturing former Iraqi dictator Saddam Hussein.

Additionally, Task Force Ironhorse conducted 11 major operations and helped rebuild Iraq's economy and infrastructure.

Also, three provincial governments were established along with a number of district, local and city governments during the 4th ID's yearlong watch.

Aside from that, its Soldiers trained some 2,500 Iraqi border police, 10,000 Iraqi Civil Defense Corps members and 15,000 Iraqi police forces.

In February, Soldiers of the 1st ID began deploying to Iraq in support of Operation Iraqi Freedom II.

“This transfer of authority is a symbol of America's unwavering commitment to the people of Iraq,” Batiste said.

(Editor's note: Information provided by 4th ID Public Affairs.)

Military

Soldier recounts harrowing tale

by Sgt. 1st Class Dee McNutt
Fort Carson Public Affairs

He is just one of thousands of Soldiers who recently returned from Iraq. A young man, just turned 24, who is trying to get used to being back in the United States after a year in a foreign country.

Like many other Soldiers, the stories he tells can be difficult to hear.

His name is Spc. Dellis C. Morris. He is a mortarman with Bandit Troop, 1st Squadron, 3rd Armored Cavalry Regiment.

One story he finds difficult to recount happened after he was in Iraq only four months. He was chosen to drive to a checkpoint near the town of Al Ubaydi in western Iraq to pull security. He doesn't know why he was chosen, "maybe God had a reason," he said.

That reason will haunt the young man for the rest of his life.

At the checkpoint an Iraqi taxi drove up. Morris and the other soldiers at the checkpoint pulled the car over and began a routine check of the vehicle and personnel. There were two Iraqi civilians in the front seat of the vehicle. They were asked to step out and open the hood and trunk of the car.

The passenger in the car stepped out and explained to the Soldiers that they had a sick man in the back of the vehicle.

Suddenly the driver pulled a weapon and began firing at the

Soldiers. Staff Sgt. Michael Dooley, 1st Squadron, 3rd ACR, was shot and killed.

"At this time we were just ducking for cover like we were trained to do," said Morris.

The Iraqi driver was shot, and Morris is still unsure who fired the shot. "The passenger of the vehicle then picked up his dead comrade's weapon and began firing," said Morris.

Morris slowly backed around the vehicle, not shooting yet because he was afraid he would hit a fellow Soldier. Once he was in the position to fire, he found himself face to face with the Iraqi. Walking backward, Morris fired once, but didn't hit the Iraqi. Morris then tripped and began firing. He shot the Iraqi. While he was making sure the downed Iraqi wasn't going to fire again, he saw someone coming up behind him.

"At first I thought it was one of my NCOs coming to check on me. Then I realized Soldiers, according to regulations, can't have beards. It was the (Iraqi) guy who had been in the back seat," said Morris. "This is when I knew it was going to get even uglier."

Morris then engaged in hand-to-hand combat with the remaining Iraqi. During the struggle the last three rounds in his weapon were fired, but neither Morris nor the Iraqi were shot.

Morris eventually got the upper hand in the struggle and he was able to subdue the man. Other Soldiers then

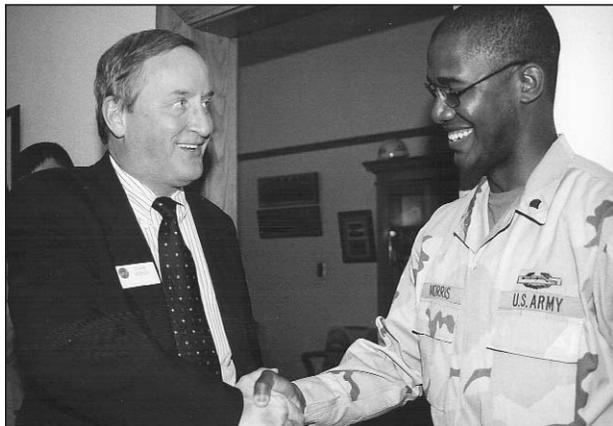


Photo by Sgt. 1st Class Dee McNutt
Spc. Dellis Morris shakes the hand of Steve Viereg, a member of the House of Representatives staff, at the Capitol Monday.

helped him detain the Iraqi.

But, that was not the end of the event for the six-foot, two-inch, 195-pound Jamaican. He said he still struggles with the emotions of the heated battle.

"It gets easier, but there are times when I get that same feeling I had when I realized I had killed a man," he said. "It didn't feel good. When I think about Sergeant Dooley I get sad. He was a great Soldier and a great friend."

He deals with the aftermath of emotion by talking about it with his battle buddies. He also deals with it by

staying strong for his family. He moved to New York from Jamaica just four years ago.

"I joined the Army for my sister and so my family could have a better life. I am doing this for them and for this country."

Morris helps his family by providing money. He also sends school supplies to his sister.

Morris will continue his life a changed man. He said people look at him different than they used to, but he was only doing his job like so many other young Soldiers.

Military Briefs

Misc.

U.S. Military Academy positions available — 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.

Warrant officer slots open — 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 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 Thursdays 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.

NCOA Job Fair

Are you looking for the perfect job? Do you want to meet recruiters for local and national companies? The United Associations Group will be sponsoring a "Today's NCOA Job Fair" at the Elkhorn Conference Center April 22, 10 a.m. to 2 p.m. The event is open to all military, veterans, civilians and their family members. NCOA membership is not required. Attendees are encouraged to bring several copies of their personal resumes. For more information, check out the on-line job board at www.ncoavea.org, call (800) 622-2620 ext. 222.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

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 Monday, Thursday 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 in 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. Turn around for service is 72 hours. No appointment is necessary.

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 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

AFAP conference addresses pressing Soldier issues

by Nancy A. Montville

Fort Carson Army Family Action Plan Program Manager

Fort Carson sent eight representatives to the United States Army Forces Command Army Family Advocacy Program Conference in Atlanta March 8 to 12.

Delegates included: Maj. Marvin Davis, commander, 423rd Transportation Company, Staff Sgt Shaun Hill, 423rd Trans. Co., Staff Sgt. Al Rood, 43rd Area Support Group, Jackie Harriman and Holly Brokaw, National Guard spouses. Spouses were also selected to serve as facilitators or recorders for the FORSCOM conference. Robin Winger of the 7th Infantry Division and Michelle Scott, a reservist spouse, served as facilitators. Kim Felts, 7th ID, served as a recorder.

The conference prioritized five issues for the Department of the Army AFAP Conference to be held Nov. 15 to 19.

1 - Montgomery GI Bill Enrollment

Opportunities: Delegates suggested that an annual open enrollment period be authorized to allow Soldiers who may not have enrolled initially to take advantage of this significant educational opportunity.

2 - CONUS Postage to Combat Zones: Delegates suggested that Continental United States postage ration cards be implemented to allow CONUS families the same advantage as Outside the Continental United States families to send mail to a combat zone. Additionally, it was suggested that family members be authorized use of the existing CONUS military postal system to send mail to combat Army Post Office zip codes through the

CONUS system.

3 - Family Subsistence Supplemental Allowance Eligibility Qualification:

Delegates suggested that Basic Allowance for Housing be eliminated from the income calculation to qualify for FSSA. The group stated BAH is not intended to provide subsistence for Army families. The inclusion of BAH disqualifies Army families who would otherwise be eligible for FSSA.

4 - Military Childcare Fees: Department of Defense currently mandates that no more than 12 percent of the family income be paid for military childcare. The conference recommended an increase in Congressional appropriations to further subsidize the cost of military childcare. It was recommended that the 12 percent ceiling be lowered to 6 percent.

5 - Kindergarten Stabilization: The diverse criteria for beginning kindergarten from state to state interrupts the educational process and may have a negative effect on the well-being of the child and family. The delegates suggested that criteria should be established to allow servicemembers to extend or curtail tour of duty to enable children to start and complete kindergarten at the same location. It was also suggested that the Military Child Education Coalition develop and facilitate a process/model for recognizing reciprocity among states/school districts.

For further information on all FORSCOM issues or to get additional information on the AFAP process contact Nancy A. Montville, the Fort Carson AFAP Program Manager. Montville can be reached at 526-4590/0460 or at Nancy.Montville@carson.army.mil.



Photo by Spc. Aimee J. Felix

Shining stars. . .

Col. Sharon R. Duffy, commander of the 43rd Area Support Group, presents one of 147 awards given at an awards ceremony March 18 for Soldiers from the 68th Corps Support Battalion. The awards included 15 Bronze Stars, 130 Army Commendation Medals and two Army Achievement Medals.

State residency determines voter eligibility

Courtesy of Federal Voting Assistance Program

Because the issue of voting residency may be complex, the following are guidelines to help you determine your state of legal residence for voting purposes. Always consult with legal counsel for specifics.

Members of the Uniformed Services and family members

Foremost, you should keep in mind that Uniformed Service personnel and their family members may not arbitrarily choose which state to declare as their legal voting residence without meeting the state's residency requirement.

The following are basic guidelines to follow in determining residency for military personnel and their family members:

a. One must have or had physical presence in the state and simultaneous-

ly the intent to remain or make the State his or her home or domicile.

b. One may only have one legal residence at a time, but may change residency each time he or she is transferred to a new location.

c. One must make a conscious decision to change residency; it cannot be done accidentally.

There must be certain specific actions which may be interpreted as conscious decisions; for example, registering to vote, registering a car, qualifying for in-state tuition, obtaining a driver's license, etc.

Once residence is changed, a person may not revert to the previous residence without reestablishing new physical presence and intent to remain or return.

"Home of Record" should not be confused with legal residence. Home of

Record is the address a military member had upon entry into the service. It does not change.

Home of Record and legal residence may be the same address and usually are, when a person enters military service. It can remain so even though the person or his relatives no longer live at that location, as long as the military member has not established a residence elsewhere after entering on active duty.

If a military member changes legal residence after entering on active duty, he may not revert to claiming the Home of Record as legal residence without re-establishing physical presence and intent to remain in or return to that state.

Family members of active duty military personnel may each have a different legal residence.

A spouse does not automatically assume the legal residence of the active duty member upon marriage. The spouse must meet the physical presence and intent to remain or return criteria. Minors typically assume the legal residence of either parent, and when they become 18, they also have the option of establishing their own legal residence which can be different from either parent, assuming they have met the guidelines of physical presence and intent to remain or return. These are general guidelines for determining your legal residency for voting purposes.

Always consult your legal or Judge Advocate General office for specifics.

If you have any questions about voting, contact your unit voting assisting officer or the installation voting officer at 526-8419.

Greenback

DITY moves require authorization

by 1st Lt. Theodore Stutz
4th Finance Battalion

For your upcoming Permanent Change of Station or End Term in Service moves, you have the option of either having the government move your household goods or doing a "Do It Yourself" move. The DITY program is a voluntary program which allows service-members, or a deceased member's next of kin, to move their household goods personally and be paid an amount equal to 95 percent of what it would have cost the government. The transportation office (building 1220) must authorize a DITY move.

In addition, the member must have orders authorizing PCS, Temporary Duty (with HHG entitlement) or assignment to or from government quarters. The transportation office furnishes the member a DD form 2278 (application for DITY move and counseling checklist). This form shows the constructive Government Bill of Lading or contract cost for moving the HHG.

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

PCS Allowances include:

1. Mileage Allowance in Lieu of Transportation
15 cents per mile for one occupant

- 17 cents per mile for two occupants
- 19 cents per mile for three occupants
- 20 cents per mile for four or more occupants.

2. Flat per diem

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

\$86 for one traveler

\$63.75 for each traveler 12 years or older

\$42.50 for each traveler under 12 years of age

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

The following are needed to process DITY advances:

1. Servicemember needs to fill out the request for an advance, which can be done through your Personnel Actions Command or through finance customer service section bldg. 1218 room 160.

2. Four copies of orders and any amendment(s).

3. Four copies of DD Form 2278.

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

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

1. One copy of orders with any endorsements or amendments

2. One original DD Form 2278

3. One voucher for advance operating allowance

4. One certified empty weight ticket with name, Social Security number, signature of weight master

5. One certified loaded weight ticket with name, SSN, signature of weight master

6. One original DD Form 1351-2 with address, dates and member signature

7. One copy of registration(s) for POV(s), boat(s) or trailer(s), if possible

8. Receipts for all operating expenses

- Be sure name and SSN are on all documents.

- Be sure all documents are dated properly.

- Be sure all documents requiring signatures of member are signed.

- Be sure to keep a copy of everything turned in for payment.

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

Community



Photo illustration by Justin Pospisil-Marciano

Freedom of religion . . .

Army accommodates all faiths

by Pfc. Stephen Kretsinger
Mountaineer staff

America has often been called the great melting pot. The founding fathers understood that with the different ethnic groups coming to this country that the right to freedom of religion would be important.

The first line of the first amendment to the Constitution of the United States of America states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof," and Soldiers are no exception.

Army Regulation 600-20 states, "The Army will approve requests for accommodation of religious practices unless accommodation will have an adverse impact on unit readiness, individual readiness, unit cohesion, morale discipline, safety and/or health."

The Army will accommodate Soldiers' religious preferences when it is able. The Army does this because it places high value on the rights of Soldiers to observe tenets of their respective religious faiths, according to Army regulations.

There are three main requests for religious accommodation: a change in diet, duty time or uniform.

Certain religions adhere to strict diets, such as vegetarian diets or the way food is prepared. Some religions require members to pray at certain times of the day or a certain amount of times. Other religions may require or forbid the wearing of a certain type of clothing.

"The Army has gone out of its way to do religious accommodation by the production of MREs (Meals Ready to Eat) that are halal, which is for Islamic groups, and kosher, for Jewish groups,"

said Chap. (Lt. Col.) Scottie R. Lloyd, deputy command chaplain, United States Army Garrison. "We have whole sets of meals that are kosher and halal and we have those in the field all the time.

"In fact, some of the Soldiers who are not Jewish or Islamic love those things and we have to try to fence them off saying, 'No, no, no, these are for special dietary groups,'" said Lloyd.

"Other groups are vegetarian by tenant of faith so we have vegetarian meals that were produced for MREs," said Lloyd.

A number of dining facilities have gone to salad bars and soups and have altered their menu to accommodate different religious needs, said Lloyd.

"We had a possibility of a Reserve rabbi coming to help us out for a short period of time," said Lloyd. "One of the things we had to consider was that he was an Orthodox Jew. Therefore, not only does the food have to be kosher, but also it has to be prepared a certain way. It can't be mixed with other items."

When it is not possible to accommodate a Soldier's religious dietary needs in the dining facility, separate rations may be authorized for the Soldier, said Lloyd. The Soldier must first go through an interview before they will be approved for separate rations.

"The chaplain is one of the people a commander can send somebody to be interviewed," said Lloyd. "This can help assist the commander in making the decision on whether or not that person should get separate rations on the basis of religious needs.

Part of the interviewing process is to try to determine if the person is truly affiliated with the

religious group they claim.

"One of the things we will check is whether the person is really affiliated with a certain religious group," said Lloyd. "Some people will try to use a religious route to try to get separate rations, but that's illegal."

It's not a good idea to try to pull the wool over the eyes of the chaplaincy. The chaplains know a lot about different religions. Everything from Islam to Mormons, these chaplains are well informed.

The chaplaincy has a manual called "Religious Requirements and Practices of Selected Groups, a Handbook for Chaplains" and it has the requirements and other information on almost every major religion practiced around the world. It has information on Christian, Wicca, Indian Heritage, Islam, Judaism, Scientology and plus the many subgroups of such religions. The list goes on and on.

"For example, we have Wiccans on post," said Lloyd. "I know their dietary considerations. I know what their burial practices are. I know what their holidays are. If I need to know, it's in this manual and this is according to the Wiccans. It's not an arbitrary or subjective decision on my part as a Christian. I go back to their guide to see what is a legitimate part of their faith.

"If I get somebody who comes in and says, 'I'm Jewish, so therefore, I can only have kosher food and there is no way the dining facility can do that and I'm orthodox too,'" said Lloyd. "Fine, we accept that, on the surface. Then we'll start utilizing things right out of that faith. 'Well, do you

Community provides phones, food to troops

by Pfc. Stephen Kretsinger
Mountaineer staff

Deploying and redeploying Soldiers are well supported by Fort Carson. The post provides training, family readiness groups, reunification counseling, mental health resources, block leave, and various other services and benefits. But there are those off post chipping in as well.

Deploying troops can look forward to receiving a calling card for use overseas and redeploying troops can look forward to a 100 percent American meal when they get off the plane.

MCI is handing out calling cards to all deploying troops for use in Iraq and several local McDonald's restaurants are providing a truly American meal for when the troops get back.

"We specifically had cards printed up for use in Iraq by the Soldiers," said David Hyde, Team Lead Disaster Recovery, MCI.

"Also, we have a trailer set up behind McKibben Physical Fitness Center for deploying troops to make free phone calls while they wait to head to Peterson Air Force Base or the Colorado Springs Jet Center," said Hyde.

"Big Blue" is a 53-foot semi trailer that MCI also uses to provide emergency communications via satellite link for victims of natural and man-made disasters such as earthquakes, floods, tornadoes and hurricanes.

"With the deployment of troops to Iraq, we were privileged and proud to utilize both versions of Big Blue to provide free phone calls to the deploying soldiers, again worldwide and at no charge, as well as free phone calling cards for use in Iraq," said

Hyde.

The cards provide 60 minutes of call time back to the states while in Iraq. Calls made from the trailer can be made anywhere in the world for free without time limit or restrictions. MCI has given out more than 14,000 calls so far, between Fort Carson and Fort Hood, Texas.

Hyde came out to Fort Carson personally to man the trailer, as did several local volunteers.

"We wanted to go to Walter Reed Army Hospital during Christmas, but that didn't work out," said Hyde. "We decided to go to Fort Hood for this project instead. Rafael Santos (deputy adjutant general, Military Personnel Division, Fort Carson) came down and saw our operation and asked if we could recreate it at Fort Carson."

"It's all about the troops," said retired Capt. Steve Bigari. Bigari was the former adjutant for the 4th Engineer Battalion and is now an owner/operator of several McDonald's restaurants locally.

Several McDonald's restaurants owners got together with Bigari and decided to put their time and money together to give the redeploying troops a little taste of home.

When the returning Fort Carson Soldiers get off



Courtesy photo

Deploying Soldiers use "Big Blue" to make free phone calls anywhere in the world while waiting to be bused to the airport. Big Blue is a 53-foot semi trailer that MCI also uses to provide emergency communications via satellite link for victims of natural and man-made disasters.

the planes from Iraq, they are treated to a quarter-pound cheeseburger, cookies and soda pop.

Restaurants from Pueblo to Monument have all chipped in and expect to serve upwards of 15,000 meals to the troops they are all so proud of.

"If the troops are getting off the planes at 2 a.m., we will be there," said Bigari. "Being woken up from our warm beds at two in the morning just doesn't compare to what they do for us."

Miscellaneous

Teen Night — There will be a Teen Night Karaoke Contest today 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, for more information.

Welfare requests — The Fort Carson Officers' Spouses' Club is now accepting welfare request applications for spring 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 McConaughay, FCOSC Welfare Chairperson, at 310-7693 or e-mail at ftcarson_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.

Better Breathers — Better Breathers is an educational 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 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 call you to remind you of the meeting three to five days in advance. Family members are encouraged to attend with the patient.

Past topics include 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 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.

Pharmacy Hours Change

Effective May 7, the Evans Army Community Hospital Outpatient Pharmacy, located in building 7500, will close at 5 p.m. on Fridays.

Leave Donation Request

Ronald Casados and Dave Benett, Department of Defense civilians who work at Fort Carson, are ill and on sick leave. They are out of leave and would greatly appreciate a donation of leave from those moved to do so. For more information on donating leave to either of them, contact Tilicia Rose at 526-1841.

Thrift Shop

The Fort Carson Thrift Shop is having a "10 cents Sale" 10 a.m. to 1 p.m. Wednesday. All clothing marked "TSP" will be sold for 10 cents a piece. All sales are final.

Yard Sale

The annual Fort Carson Mayor's yard sales are scheduled to begin April 3. Yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; April 3 and 17, May 1 and 15, June 5 and 9, July 3 and 17, August 7 and 21, September 4 and 18, October 2 and 16, November 6 and 20 and December 4 and 18.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Each resident is responsible for the conduction of their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-1082/1049.

Summer School

If you are interested in extending your child's learning opportunities, the Fountain-Fort Carson School District is once again offering summer school for Kindergarten through 11th grade.

The elementary program will be offered at Aragon and Patriot Elementary schools June 7 to July 15, Monday - Thursday 8 a.m. to noon. The middle school and high school program will be held at Fountain-Fort Carson High School June 7 to July 15, Monday - Thursday 8 a.m. to noon.

A variety of challenging and stimulating classes are being offered as choices that will engage your child in the learning process.

Whether your child needs to review, enrichment or course credit, our programs will provide for your child's needs.

To enroll, stop by one of our schools for the registration packet for that school's level or the



Army Community Service
Family Readiness Center
719-526-4590

Career Fair



Teen & College Students

Friday 23 April

10:30am to 2:30pm
Special Events Center,
Bldg. 1829

Employment Readiness in partnership
with private companies from Colorado
Springs will be hosting a Career
Fair for Teen & College Students.
For details call 526-4590/0452.

administration building.

Bowling for Children

The Big Brothers and Big Sisters Pikes Peak is hosting its 22nd Annual Bowl for Kids Sake Event May 1 at the Peak Bowling Center. This is an opportunity to have fun with friends, while supporting a very worthwhile and highly respected organization. Bowlers will be organized into teams of four, and each bowler is expected to collect a minimum of \$75 in pledges. Each bowler will receive a free T-shirt, Old Chicago Pizza and a soft drink. The bowler who collects the most money will win a round-trip ticket for two to anywhere in the continental United States. For more information, contact 633-2443 ext. 201.

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 Chief Warrant Officer 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 Chief Warrant Officer Ver-Gina Smith-Kundinger at 526-9512 or 338-1420.

Claims against the estate — With deepest regrets to the family of Chief Warrant Officer Stephen Wells, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Steven Templeton at (334) 714-5050.

Claims against the estate — With deepest regrets to the family of 1st Lt. Michael Adams, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Brady Adams at 526-9660.

Claims against the estate — With deepest regrets to the family of Chief Warrant Officer Matthew Laskowski, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Michael Stultz at 526-6514.

Family members with special needs must be enrolled in EFMP

by Bert Fischer

Evans Army Community Hospital

Do you like to jump through hoops or be more stressed during a Permanent Change of Station? Would you like to know how to safeguard your family's health? Then do yourself and your family a favor and check whether your family member needs to be enrolled in the Exceptional Family Member Program.

EFMP "is designed to provide a comprehensive, coordinated multiagency approach for community support, housing, medical, educational and personnel services to families with special needs" according to Army Regulation 608-75. The medical aspect of the EFMP is coordinated from Evans Army Community Hospital, "B" Hallway, room 1244.

EFMP is a mandatory program designed to make sure that if a servicemember has a family member with special health-care needs, be it medical, educational, mental health or any physical disabilities, that family member must be enrolled in EFMP.

Below are some of the conditions that would warrant enrollment:

Asthma, allergies (requiring an allergist), high blood pressure, attention deficit hyperactivity disorder/attention deficit disorder, developmental delays (speech, motor, cognitive), seizure disorder,

diabetes, thyroid dysfunction, cardiac conditions, premature/high-risk infants, Down's syndrome, multiple sclerosis, spina bifida, fragile X syndrome, AIDS, any educational related services, depression, anxiety disorder, manic depressive/bipolar disorder, conduct disorder, Oppositional Defiant Disorder, any mental health services, sickle cell disease, cancer, Alzheimer's disease, Parkinson's disease or arthritis. This is not an all-inclusive list.

If your family member has any of the above listed conditions, or has a health care need that cannot be otherwise taken care of by a family practice provider, please call or come to the Exceptional Family Member Program office at Evans Army Community Hospital to determine if your family qualifies for enrollment in EFMP.

You may reach us by calling one of the contact numbers: 526-7805 — Sol Wainwright Jr., EFMP special needs advisor and case coordinator or 526-7886 — Bert Fischer, C-PNP, EFMP medical chief.

AR 608-75 mandates that servicemembers enroll family members who are eligible for enrollment. Knowingly and willingly refusing to do so is punishable under the Uniform Code of Military Justice.

If your family member is already enrolled, please remember that it is also your responsibility

to update your enrollment every three years, or sooner if there is a marked change in the condition, either needing less care or more, or there is a new condition not previously known.

Enrollment does not preclude you, the servicemember, from going anywhere. It is only intended to assure that the care your family member deserves is available without hardship to you or your family members.

You do not need to be on orders to enroll your family member. In fact, the sooner we can get the enrollment process started and completed, the smoother your next PCS should be.

The sooner you can let us know, the sooner we can provide you, and your career manager, with information regarding availability of health care providers in a particular region.

This should make it easier for your career manager to make assignments without having to redo everything once they discover your family member cannot relocate to a certain area because of a known medical condition. Instead of career managers getting upset and sending you to an undesirable location, by you being proactive to assist them, you might be helping your career and promotion potential.

Call us to see if you need to make an appointment, or you can come by to pick up the necessary forms to start the enrollment process.

Chaplain's Corner

Sorry Charlie . . .

Apologies mean little without change

**Commentary by Chap. (Capt.) Jesse Staunton
1st Battalion, 157th Field Artillery**

Have you ever had an argument with your spouse that went something like this: "Honey, I said I'm sorry! What more do you want?" To which he or she replied, "Every time I find out about it you say you are sorry." You: "Here we go again ... you're bringing up the past." Spouse: "Look, each time I find out you come back with tears and sad puppy dog eyes saying I'm sorry ... will you forgive me ... give me another chance. So I forgive and give you a chance, and, boom, you're at it again. I'm tired of trying."

Unresolved conflict separates couples and divides families. Each conflict left unresolved is like a brick with mortar laid between the couple. Typically, one spouse will see the brick dividing them and will seek to talk about it, striving to resolve the issue. The researchers at PREP (Prevention Relationship Enhancement Program) have found that typically, women desire greater intimacy and men want to fight less. Thus when a woman brings up that annoying subject she probably isn't picking a fight, she is pursuing intimacy. And if the man picks up the newspaper or the remote control when his wife "hits him with a brick" his goal is not to withdraw from the relationship but to avoid another fight.

Left unresolved, each brick symbolizes a life event or subject that cannot be discussed for fear of a fight breaking out. As life goes on, more unresolved conflict occurs, slapping more and more bricks

together, creating the wall of issues that must be avoided at all costs. The longer this goes on the more superficial our relationship becomes with the one whom we have vowed before God to love, honor and cherish. Left to itself, the law of atrophy will kick in, causing the relationship to further disintegrate so that it becomes increasingly tempting to find someone else to talk to ... even opening the door for someone else.

When "I'm sorry" isn't enough, what can be done? In 2 Corinthians 7:14 the Scripture reads, "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death." Godly sorrow brings about repentance or change of mind and involves turning away from sin toward faith, trust and obedience in the living God. Sin is first and foremost an offense against God, thus we must seek forgiveness from God through his son, Jesus Christ.

We can see the godly sorrow which led the tax collector (a man who extorted more money from Jewish citizens than they were legally obligated to pay) to repentance and salvation when, "the tax collector stood at a distance ... (and) beat his breast and said, 'God have mercy on me, a sinner' (Luke 18:9-14). This is not the prayer of a man who was caught, but the prayer of a man who was grieved at his sinful state before almighty God. Are you grieved about the effects of sin on your relationship with God ... with your spouse?

Repentance also results in acts of volition to make things right. This is clearly seen in Luke 19:1-10, when Zacchaeus, another tax collector, tells Jesus, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." Who besides the Lord was impacted by your sin? What can you do to make up for the sin? How can you make them whole?

Finally, repentance involves a change in the way we think. In Romans 12:1-2, the Apostle Paul exhorts us to, "not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good pleasing and perfect will." If we want to understand the Lord we must spend time reading the Bible and praying to know and understand him. In our marital relationship, we should pray: Lord, help me to spend more time trying to understanding my spouse instead of trying to be understood.

Saying, "I'm sorry," is not enough. We must change. Real lasting change only occurs when you start from the inside out. In other words, change starts with God changing our heart as it reads in Ezekiel 11:19-20, "I will remove from them their heart of stone and give them a heart of flesh. Then they will follow my decrees and be careful to keep my laws. They will be my people, and I will be their God."

Chapel

Protestant (postwide events)

Maundy Thursday (Holy Thursday), April 8 — will be at Soldiers' Memorial Chapel 6 to 9 p.m. There will be a Jewish-Christian Seder dinner in the tradition of Jesus and his disciples. Learn what the feast teaches about prophesy and the future. Seating is limited. For more information and reservations, contact Annette Powledge at 331-9182.

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

Easter Sunrise — service is an ecumenical event at 6:30 a.m. Soldiers' Memorial Chapel. All other regular services will be held.

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 is at noon.

Editor's note: More chapel events, such as the Catholic Easter service schedule, will appear in upcoming 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. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kennedy/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. Schreck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Nelson & Martinez
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Schreck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
JEWISH					
WICCA					
Monday	6:30 p.m.		Family University	Building 1161	Melissa Dalugud/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
NATIVE AMERICAN SWEATLODGE					
Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for ceremonial information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.					

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 109 & Luke 14-15
- Saturday** — Psalms 110 & Luke 16-17
- Sunday** — Psalms 111 & Luke 18-19
- Monday** — Psalms 112 & Luke 20-21
- Tuesday** — Psalms 113 & Luke 22
- Wednesday** — Isaiah 64:1-9 & Luke 23-24
- Thursday** — Isaiah 25:1-9 & Romans 1-3

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the soldiers and leaders of the 77th Reserve Support Command, located in Flushing, N.Y.

Army: For the citizen soldiers, non-commissioned officers and officers of the United States Army Reserve. May these servants of our nation always feel the touch of God's deepest blessing upon them and their families.

State: For all soldiers and families from the state of New York. Pray also for Gov.

George Pataki, the state legislators and municipal officials of the Empire State, especially as they continue to recover from the attacks upon the World Trade Center.

Nation: For the companies that make up the New York Stock Exchange and the National Association of Securities Dealers Automated Quotation (system) Pray that these companies would lead our nation's economic recovery and create productive jobs for our people.

Religious: For the soldiers and families from the Churches of God. Pray also for the chaplains endorsed to military service by 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.

Motorcycle safety creates wise riders

by Spc. Zach Mott
Mountaineer staff

Cruising down the highway, feeling the wind whip across your freshly shaved high and tight creates a sense of freedom, a closeness with the open road. Motorcycle riders have often been more free spirited than conventional motorists. But, when it comes to safety, freedom rides sidecar to protection.

Those who operate a motorcycle inside the gates of Fort Carson — and any other military installation —

must follow certain guidelines. Department of Transportation approved helmets and full-fingered gloves are a must, as are long pants, long-sleeve shirts, boots or over-the-ankle footwear and goggles or wrap-around glasses. Reflective gear is required at night, but high-visibility clothing should be worn at all times, according to Installation Safety Officer Chief Warrant Officer Scott Dillon.

These guidelines are also meant for off-post riding as well, he said. A

rider in violation of these procedures can be cited for failure to obey a lawful order.

If you are caught on post in violation, you will be cited by the military police and be subject to a fine under Fort Carson Regulation 385-1.

These laws and regulations were not established to inhibit a rider from “looking cool” while they cruise the streets. Dillon said it’s for safety.

“The number one reason for a (motorcycle) accident is that the individual was not seen by the driver,” he said. “That’s why it’s important to wear high visibility gear.”

With many Soldiers returning from Operation Iraqi Freedom, some will find the need to purchase a motorcycle. Before you first ride your bike on post, you should contact the Safety Office.

Soldiers, and anyone planning to operate a motorcycle on Fort Carson, must attend a motorcycle safety course. These courses are sponsored by the Safety Office and are scheduled every two weeks. Advanced, intermediate and basic classes are offered.

The next advanced course is Tuesday beginning at 7:15 a.m. in building 1117, room 302A. This class is full, but standbys are being accepted. The same is true for the April 6 and April 20 classes. The first class with slots available is May 11. Classes continue every two weeks

throughout the summer. The last scheduled advanced class is Sept. 19. Contact the Safety Office at 526-2123 for information about what is required for this class.

The next basic motorcycle course is Wednesday through April 2 in building 1550, classroom B. The basic course is 15 hours and riders must attend the entire course.

The first class with open slots available is April 26 to 28 in building 1117, room 302A. Classes begin at 1 p.m. on the first day of instruction. The last scheduled class is June 14 to 16.

Call Beverly Crabtree at 526-2123 for more information about these and any other safety courses offered through the Safety Office.

Classes may seem like a mundane thing for something as adventurous as riding a motorcycle. But, as with everything the military does, there is a reason.

During fiscal 2003 there were 43 motorcycle fatalities involving Soldiers throughout the Army. At Fort Carson there have been two automobile fatalities and zero motorcycle fatalities this year.

Dillon said he attributes those statistics to more awareness from motorcycle riders and motorists.

“At every large post there are more motorcycle training courses being offered (every year),” he said. Fort Carson is no exception.



Courtesy photo

A rider demonstrates the proper riding gear: a Department of Transportation approved helmet, full-fingered gloves, long sleeve shirt, long pants, boots, visor or goggles and high visibility clothing.

Heroes

From Page 1

General Assembly of the state of Colorado, recognize the courage and unflinching dedication of the men and women of the United States Armed Forces, especially those from Fort Carson, in protecting American liberty and security during these uncertain times.”

Representative William D. Sinclair thanked the Soldiers for joining house representatives for the passing of House Joint Resolution 1035, concerning the recognition of Military Appreciation Day and expressing gratitude and support for Fort Carson troops.

Sinclair also highlighted a few heroes from Fort Carson. He talked about the sacrifice of one family of a fallen Fort Carson Soldier.

That family included Melissa Givens, whose husband, Pfc. Jesse A. Givens, 2nd Squadron, 3rd Armored Cavalry Regiment, died in Iraq May 1. when his M1A1 Abrams tank fell into the Euphrates River. Givens was the first Fort Carson Soldier to die in Operation Iraqi Freedom. Melissa has two sons, Carson, 10 months, and Dakota, 6.

Givens was one hero highlighted, but several more Fort Carson Soldiers were recognized as well.

Spc. Dellis C. Morris, 1st Squadron, 3rd ACR, was recognized for single-handedly neutralizing an enemy attack. He fatally shot one combatant and then engaged in hand-to-hand-combat with another to successfully subdue the enemy assailant. Dellis was awarded the Bronze Star with V for his actions.

Sgt. Curtis Campbell, 183rd Maintenance Company, 43rd Area Support Group, was with the 507th Maintenance Company from Fort Bliss, Texas, when his unit was ambushed in the town of An Nasiriyah. Campbell received a gunshot wound to his thigh, but still managed to form a perimeter where wounded Soldiers were dragged for safety. Ammunition and weapons were rounded up and the enemy was held at bay until Marines rescued the Soldiers an hour later. Campbell received the Bronze Star with V and the Purple Heart for his actions.

Cpl. John C. Buckley IV, Headquarters and Headquarters Company, 7th ID, deployed to Afghanistan and Iraq with 3rd Battalion, 75th Ranger Regiment, Fort Benning, Ga. He conducted two combat parachute jumps and was awarded the Combat Infantry Badge, two Army Commendation Medals and the Purple Heart for wounds suffered in Afghanistan.



Photo by Sgt. 1st Class Dee McNutt

From left, Melissa Givens and her son, Dakota, 6, talk to Gov. Bill Owens and Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, at the Capitol Monday during military appreciation day.

The fourth Fort Carson Soldier recognized was Spc. Brian B. Wilhelm, HHC, 1st Battalion, 8th Infantry, 3rd Brigade Combat Team. While conducting security for a convoy near Balad, Iraq, Wilhelm was shot by a rocket-propelled grenade. While severely wounded, Wilhelm engaged in a 31-minute battle until he

was removed from the fight and flown to Walter Reed Army Medical Center. There he chose to have his lower left leg removed rather than undergo years of reconstructive surgery. Wilhelm was awarded the Bronze Star Medal, the Purple Heart and the Combat Infantryman's Badge for his actions against an armed enemy.

Faith

From Page 11

enjoy the Seder?" we might ask. If the Soldier looks at me and says, 'No, I never wear those things,' we know there is something unethical going on."

The manual is frequently updated to make sure it stays up-to-date with all the religions of the world and their requirements.

When it comes to uniform, the Army will take into consideration a plethora of religious issues, from headgear to the amount of skin a Soldier may expose.

"There was a Soldier in the basic training environment," said Lloyd. "She came out of a very conservative Pentecostal Christian background where exposing flesh was something that you just don't do.

"She had made her religious accommodation request to wear, at that time, the spandex, longer shorts verses the shorter shorts," said Lloyd.

"The drill sergeants were all upset because they wanted everyone to look the same," said Lloyd. "But it was a religious accommodation issue and the commander said she could wear the longer shorts. It wasn't a matter of modesty. It was a part of her particular religious faith."

Some religious accommodations are harder to

fulfill. For example, some faith groups use a sword in their ceremonies, but it is against most post's policies to have a blade longer than three inches in a Soldier's room.

Policy may not allow this in the barracks, but the chaplaincy may try to provide a location where a Soldier could have a blade longer than three inches so that they could practice their religious ceremonies, said Lloyd.

"The military chaplaincy of the American forces is probably the most fascinating, most accommodating of any group anywhere in the history of humankind. I would challenge anybody to find anywhere else in history such a grand experiment."

Chap. (Lt. Col.) Scottie R. Lloyd
Fort Carson deputy command chaplain

Some groups encourage, but don't require, a worship service to remain faithful to their religion, so it is not required for the chaplaincy to accommodate for their ceremonies, but they will try to if they are able.

"The point is, I will respect that person to practice their faith whether that's my particular belief or not," said Lloyd.

"It is every Soldier's right, in so far that it does not impinge on the rights of others around them and/or endanger people, whether in peacetime or war," said Lloyd. "We have duty as a military system to accommodate people as well as we can."

Why does the Army want to accommodate Soldiers' religions?

"The Constitution of the United States," said

Lloyd. "Every one of us raised our hands and said, 'I will protect and defend the Constitution of the United States from all enemies, foreign and domestic ... ' The cornerstone of the Constitution of the United States is the Bill of Rights. The first (amendment of the Constitution) is freedom of religion. It's not a privilege; it's a right."

The Army is truly unique in its pursuit to protect its Soldiers' right to practice their religions, said Lloyd.

"The military chaplaincy of the American forces is probably the most fascinating, most accommodating of any group anywhere in the history of humankind," said Lloyd. "I would challenge anybody to find anywhere else in history such a grand experiment.

"There is an old phrase in the Army chaplaincy, 'Bringing the people to God and God to people and not compromising one's faith, but allowing others not to compromise their's.'"

Women's History Month

WAC to Warrior

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

March is Women's History Month; it was established to the end of recognizing the historical accomplishments of women and the important role they've played in the paid labor force, according to the National Women's History Month Web site.

Women's military accomplishments make up much of what is being honored this month. Beginning in 1901 and in 1908 with the establishment of the Army and Navy Nurse Corps, respectively, women's involvement in the military has increased to its current status with woman serving in a variety of positions both in peace and war.

While the Army and Navy Nurse Corps opened the door for women in the military, it wasn't until World War I that the government got serious about using woman power. According to the Web site www.questia.com, nearly 12,000 women enlisted in the Navy and

Marine Corps with full status as members of the military during World War I.

By the end of World War II there were approximately 100,000 Woman Army Corps Soldiers, 86,000 in the Navy program Women Accepted for Voluntary Emergency Service (WAVES), 18,000 members of the Marine Corps Women's Reserve, 11,000 Coast Guard women, 57,000 Army nurses and 11,000 Navy nurses on active duty. By the end of the war, more than 350,000 women had served.

The Army was the first to include women with the establishment of the Women's Army Auxiliary Corps in May 1942, which later became the WAC, or Women's Army Corps. With the establishment of WAC, women who chose to join were sworn in with full military status and most benefits. Following the Army's lead, the Navy established WAVES as part of its reserve with full military status and benefits. Later that year, the Coast Guard also enlisted women in their reserve

program, SPAR, named after the Coast Guard motto Semper Paratus Always Ready.

The Marines were the last of the services to enlist women in World War II. Nov. 7, 1942, the commandant of the corps approved the inclusion of women in the Marine Corps Reserve. The women were not part of a separate organization; they were known as Marines. The last military women's auxiliary unit to be established was the Women in the Air Force, June 16, 1948.

July 12 of that same year, President Harry S. Truman signed the Women's Armed Service Integration Act. It established full military status for all women in the military, giving them the right to have field jobs in the medical area.

The Equal Pay Act of 1963 motivated women in uniform to expand their military career opportunities by being eligible for promotion to admiral and general. Their efforts resulted in a bill signed into

law in 1967 that allowed women to be promoted to star rank. Soon after, in June 1970, Anna Mae Hays with the Army Nurse Corps and Elizabeth Hoisington with WAC, were the first women to be promoted to brigadier general. And in June 1973 Air Force Maj. Gen. Jeanne M. Holm was the first woman to be promoted to a two-star rank.

Marlycee Haagenson, who was a member of the WAC during Vietnam and currently works as the 502nd Personnel Services Battalion Retirement Section chief, recalls her days in the WAC as restrictive.

"It's much, much better for women now," she said. "They're treated as equals and are offered much more training opportunities."

But, Haagenson said there was one advantage the WAC had over today's military.

"We formed strong bonds then. We took care of each other and there was a lot of esprit de corps then," she said.

There are others who see the benefits of today's Soldier, sailor, Marine and airman with distinction.

"The women today are much more effective," said Sgt. Maj. Julia Woodhouse, from the Office of the Staff Judge Advocate. "They're thrust into working alongside men and they can really hold their own."

Women's success in the military, however, would not be fully achieved until they'd reached full integration.

The years of 1976 through 1978 saw the disestablishment of the auxiliary forces as separate entities. This ushered in an era of full integration.

The achievements continued. The first black woman was promoted to general Sept. 1, 1979, Brig. Gen. Hazel Johnson-Brown. In 1996 Sgt. Heather Johnson was the first woman to guard the Tomb of the Unknown Soldier. And military women continue fighting on land, at sea and in the air, participating in the protection of the United States.

Feb. 2, 1901	The Army Nurse Corps is established	May 13, 1908	The Navy Nurse Corps is established	Dec. 7, 1941	First woman, Lt. Annie G. Fox, receives Purple Heart.	Feb. 14, 1943	Marine Corps Women's Reserve is established.	Oct. 7, 1975	Public Law 94-106 is passed. This law admits women into service academies.	Sept. 1, 1979	First black woman, Gen. Hazel Johnson-Brown, is promoted to general.	Feb. 15, 1994	First Air Force woman completes combat pilot training.	March 5, 1994	U.S. Navy assigns first woman aboard a combat ship — the USS Eisenhower.	July 17, 1996	First woman promoted to three-star rank, Vice Adm. Patricia Tracey.
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July 1, 1943

June 11, 1970



Courtesy graphic
This was one of many Women's Army Corps recruitment posters popular during World War II.



Courtesy photo
Brig. Gen. Anna Mae Hays, Army Nurse Corps, was the first woman to be promoted to a star rank in the military.

1976 - 1978



Department of Defense courtesy photo
A Marine drill instructor and his female counterpart stand at attention during a review on the parade ground. Full integration between men and women took place between the years of 1976 and 1978.

July 22, 1999



Courtesy photo
Col. Eileen Collins, U.S. Air Force, poses in the cockpit of the space shuttle she was commanding. She was the first woman to command a space shuttle.

2003 - Present



Department of Defense courtesy photo
Spc. Krystal Darcey helps provide perimeter security outside of Kirkuk, Iraq with an MK-19 October 2003 in support of Operation Iraqi Freedom.



Out & About

Mar. 25 - Apr. 2, 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

Fort Carson's "Hatching New Ideas" Information Fair

April 10, 2004
10:00 am - 2:00 pm
at the Special Events Center
Building 1829 Specker Ave.

**Come Join The Egg Hunt
and Find Your Special Egg**
Pictures with the Bunny, Prizes and Entertainment

information

526-4494

**JOINING FORCES
AT ELITCH GARDENS
APRIL 17, 2004
TICKETS AT ITR
BLDG 2429**

Fort Carson's

Spring Fling

Dinner & Dance
Friday, 16 April 2004
at the Elkhorn
6 pm - 11 pm

\$18.00 per person
(Includes food, gratuity,
entertainment, and fun)

Don't sit on the bench,
make your reservations
TODAY!

576-6646



RSVP by Wednesday, 14 April

EVERYONE IS INVITED TO ATTEND THIS FUN EVENT

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



Welcome, Guests of the Colorado Inn
to the

*Elkhorn Catering & Conference Center's
Continental Breakfast*

6:30 am - 8:30 am daily
(Colorado Inn Residents eat free)
Additional guests are \$2.00 each.





Bent's Fort looked like a "palace on the plains" to people on the wagon trains who had been on the Santa Fe Trail for six or seven months. Bent's Fort was the only civilization between St. Louis and Santa Fe.

Bent's Fort on the historic Santa Fe Trail

Travel back in time to 1833

Story and photos
by Nel Lampe
Mountaineer staff

Colorado was a popular destination after the Louisiana Purchase in 1803, as adventurers, explorers, trappers and settlers headed to the West. The U.S. border with Mexico ran along the Arkansas River in what is now southern Colorado.

Charles Bent and Ceran St. Vrain, from St. Louis, spent several years trading and trapping along the upper Missouri River and in the Rocky Mountains. In 1830 the two decided to become partners in a trading company. Bent and St. Vrain took wagonloads of goods to Santa Fe. St. Vrain stayed in Santa Fe to sell or trade the goods while Bent returned to St. Louis with furs and silver to sell. He bought more supplies and took the goods back to Santa Fe, an 800-mile trip. The partners made a lot of money trading goods at Santa Fe. The two partners decided to expand their market by trading with the Indians and William Bent's younger brother Charles joined the company.

Rocky Mountain trappers were eager to trade beaver pelts for supplies and the Plains Indians were willing to

trade buffalo robes, so the Bent brothers made a good business decision.

The Bent brothers and St. Vrain built a fort on the north bank — the United States side — of the Arkansas River, along the mountain branch of the Santa Fe Trail which opened in 1821, in what is now Colorado. The Arkansas River location was close enough to trappers in the Rockies and the Indian hunting grounds to be accessible. The fort was the first civilization along the Santa Fe Trail between Missouri and Santa Fe and was a stop for wagon trains heading west.

The fort took three years to build. Skilled adobe laborers from Taos were brought to the Bent's Fort construction site. Clay, straw, water and sand were mixed together, made into bricks, dried in the sun, then covered with mud. The adobe construction was ideal for the dry climate of the Colorado plains.

The original fort was 25,000 square feet and had walls 14-feet high and nearly three-feet thick. There were 25 rooms on two levels surrounding the courtyard. The fort had two towers and a walkway around the top of the fort to provide visibility.

Charles Bent eventually moved on to Taos and ran a trading company



A worker portrays the cook at Bent's Fort, making pies from dried fruit.

there. He married into a prominent Taos family and was appointed the first U.S. governor of New Mexico. Kit Carson was his brother-in-law.

St. Vrain ran one of the company's stores in New Mexico, leaving William Bent at Bent's Fort.

William Bent got along well with the Indians who lived in the area and frequented the fort. He eventually married a member of the Cheyenne Tribe. Because of William's good relationship with the Indians, many important peace talks were held at the fort.

Bent's Fort was an important trading fort on the frontier and was important to the civilization of the western frontier. The fort was a cultural cross-road: every settler headed west on the Santa Fe Trail stopped at Bent's Fort along the way. The fort also was visited by trappers, gold seekers, soldiers, adventurers, Indians, farmers and ranchers.



Clifton Kelley learns about beaver pelts which were traded for goods in the Bent's Fort store.



Places to see in the Pikes Peak area.

March 25, 2004

Bent's Fort

From Page 31

Kit Carson was from Missouri and probably made his first trip west with one of the Bent wagon trains when he was a teenager. He later was employed at Bent's Fort as a hunter.

Visitors to Bent's Fort enjoyed the luxuries available there. The fort had a billiard table; a water-well provided fresh water; ice harvested from the Arkansas River was used in lemonade.

Charlotte Green, wife of the fort's blacksmith, was well known for her cooking. She prepared meals for the owners and their guests. The dining room was one of the fort's largest rooms and was used by Bent's invited guests — usually traders, hunters or guides.

Other visitors at the fort cooked in their quarters or used the community cooking pot.

Trade goods brought in by the Bent and St. Vrain Company included cloth, hardware, wool blankets and tobacco. The fort's blacksmith helped repair wagons.

When beaver top hats went out of fashion, the demand and profit for beaver pelts declined. The traders stocked more Indian trade goods such as axes, firearms, powder horns, cloth, beads and mirrors, which were traded to the Indians for furs, silver, blankets and horses.

Bent's Fort played a part in military strategy in the 1840s when the fort was used as a staging point for Soldiers during the war with Mexico.

Overuse of the fort ultimately led to its downfall. Increased traffic by gold seekers, Soldiers and settlers disrupted life at the fort while the accompanying livestock ate all the grass. Trade began to dwindle.

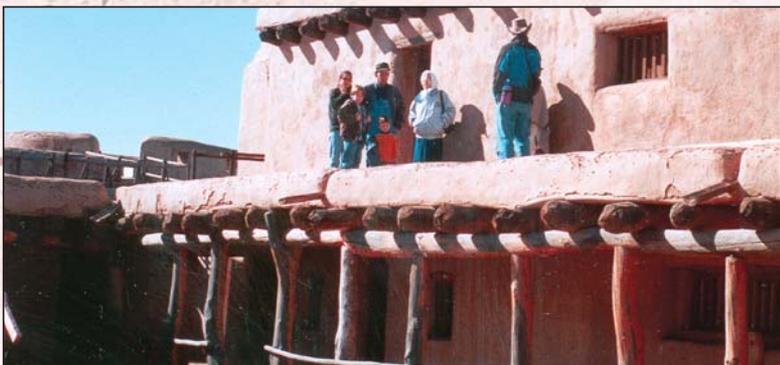
After Charles Bent, then governor of New Mexico, was killed, William Bent tried to sell the fort but was not successful. He eventually abandoned Bent's Fort and built another fort 40 miles away.

The old fort was partially burned but continued to serve as a shelter for people passing through.

In the early 1900s some La Junta citizens wanted to mark the old fort's existence, with little success. The stone archway near the



An Indian back rest, which served as a chair, is set up in Fitzpatrick's Room, named for an Indian Agent who was at Bent's Fort.



Visitors on the second level of the fort learn about the room used by hunters and trappers as their quarters when they at Bent's Fort.

entrance to the fort site was built in 1929 but it was many years before historians became involved in restoring the fort.

Using drawings made by Lt. James W. Abert, an engineer who had twice been at the fort, a diary written by 18-year-old Susan Magoffin who spent some time at the fort recovering from an illness, reconstruction began in 1974. Using building materials similar to that used in the 1830s and using remnants of the original foundation and walls as guides, the reconstructed fort is believed to closely resemble the original. Reconstruction was completed in 1976.

The fort is operated by the National Park Service and staffed by people in 1840s period costumes who role play. A fort visit provides an opportunity for children to learn first-hand about the settling of the West and the western frontier. It is often visited by Scout groups and students on field trips.

A 20-minute video covers the history of the fort for self-guided visits. Guided tours, the best way to see the fort, are conducted at 11 a.m. and 2:30 p.m. daily in winter. In summer, guided tours begin at 9:30 a.m. Other tours are at 11 a.m., 1 p.m. and 2:30 p.m.

Bent's Old Fort is open year-round. Entrance fees are \$3 per adult, \$2 for ages 6 to 12 and children under 5 are admitted free.

From September through May, hours are 9 a.m. to 4 p.m. The fort is closed Thanksgiving, Christmas and New Year's Day.

From June 1 through Labor Day, the fort is open from 8 a.m. until 5:30 p.m. daily.

Bent's Fort also holds special events, such as a "Santa Fe Trail Encampment" in July, a "Kid's Quarters," in August and a "Traditional Holiday Celebration" in December. Call (719)

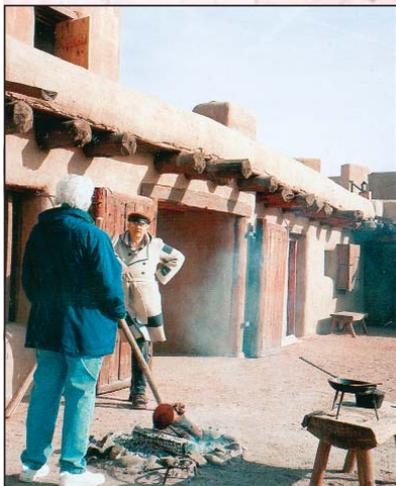
383-5010 for information.

It gets very hot on the Colorado plains during the middle of the day in summer or early fall. Plan a couple of hours or more for a visit, and bring strollers, water and sunscreen if needed. There's a paved parking lot and a gift shop that sells books about the fort, other historic sites, the Santa Fe Trail and some western history explorers. Post cards, videos, maps and a few souvenirs round out the inventory.

It's about a quarter-mile walk from the parking lot to the fort. There are no refreshments for sale at the fort, but La Junta has a few fast food outlets and restaurants.

While in La Junta, you may want to visit the Koshare Indian Museum, located on the campus of Otero Junior College.

Bent's Old Fort is located about 100 miles from Fort Carson, near La Junta. Take Interstate 25 to Pueblo, and at exit 100A take Highway 50 east to La Junta. Go through La Junta then take Colorado 194 north, following signs. It is about eight miles farther to Bent's Fort.



Elizabeth Roberts talks with an employee in 1840s costume about life at the fort.

Just the Facts

- **Travel time** 2 1/2 hours
- **For ages** families
- **Type** historic fort
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - (Based on a family of four)

Get Out!

Academy theater

Bob Berk, a mime and clown, is in the Air Force Academy's Arnold Hall Theater April 17. Performances are at 3 and 7:30 p.m. Call 333-4497 for tickets.

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.

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.

Cirque in Denver

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

Harlem Globetrotters

The **Harlem Globetrotters** are in the Colorado Springs World Arena April 7. Call 576-2626 for tickets.

Riverdance

The **Irish dance production "Riverdance,"** is at Pikes Peak Center April 7 to 10. Call 520-9090 for ticket information.

Next in the Broadway series in the Pikes Peak Center is "**Miss Saigon,**" May 13 to 16. Tickets start at \$34, call 520-SHOW or 520-9090.

Ice skating

The **John Hancock "Champions on Ice,"** featuring Michelle Kwan, Sasha Cohen and Tim Goebel, is in the Pepsi Center April 21 in Denver. Call Ticketmaster for tickets starting at \$34; call 520-9090.

"Old Ironsides" Legacy

The **USS Constitution**, known as "Old Ironsides" is an icon of American ingenuity, courage and patriotism. The Constitution's crew and the Boston museum staff are providing a glimpse of sea life 200 years ago with its only Colorado stop at the Pioneers Museum. The program is called "'Old Ironsides' Across the Nation."

An illustrated commentary presentation is at the museum April 1 at 7 p.m. and April 3 at 2 p.m. The presentation, of more interest to older children and adults, requires reservations. Call 385-5990.

Free activities for the family are April 3 and 4, when sailors assigned to the USS Constitution present hourly demonstrations of the gun deck from 10 a.m. to 5 p.m. The sailors will discuss their time aboard a 1797 ship, teach knot tying

and reading signal flags. The event is free.

Half-price Royal Gorge Train

The **Royal Gorge Train** on rails through the **Royal Gorge** is half-price for **Soldiers, their families and other El Paso County residents.** The half-price special is for coach class and is available through April 30. For \$13.50 per adult and \$8.40 per child, take one of the Saturday or Sunday departures at 12:30 p.m. Reservations are recommended for the two and-a-half-hour ride; call (888) RAILS-4-U.

Museum Discovery Days

The **Fine Arts Center** hosts a new family program called **Museum Discovery Days** every Saturday at 10 a.m., 11 a.m. and noon, the program is recommended for children ages 6 through 10, but all ages are welcome. The Museum Discovery program is included in regular admission of \$5 for adults and \$2 for children ages 6 to 16 and free for children under 6. The center is open Saturdays from 9 a.m. to 5 p.m.

Bike show

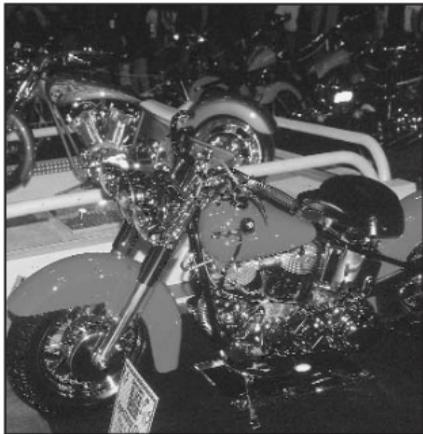
The **Easyriders Bike Show Tour 2004** is in Denver Saturday, at the convention center, noon to 11 p.m. Tickets are \$7 and up; children 5 and under admitted free; for information go to www.easyridersevents.com.

Professional bull riders

Professional bull riders are in the World Arena April 16 and 17; tickets at 574-2626.

Concert

The **Colorado Springs Choral** presents: **Franz Joseph Haydn's "The Creation,"** April 16 at 8 p.m. and April 17 at 2:30 p.m. Tickets are \$12 to \$30, with military discounts, call 520-7469. The concert is in Pikes Peak Center.



Courtesy photo

Bike show ...

The Easyriders Bike Show Tour 2004 is in Denver Saturday at the convention center, noon to 11 p.m. Tickets are \$7 and up; children 5 and under admitted free; go to www.easyridersevents.com for more information.

Ch10

Program Schedule for Fort Carson cable Channel 10, today to April 2.

Army Newswatch: stories on the Comanche program, Senate Armed Services Committee testimony and the Stryker brigade in Iraq (repeat). Airls 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 training for Operation Iraqi Freedom, hospital corpsmen and 5th Fleet chaplains in Iraq. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on Anderson Air Force Base on Guam, "legal" drugs that are off-limits and the U.S. Air Force Academy. Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting airs at 9 a.m. and 5:30 p.m.

Army Healthwatch: stories on ephedra,

whooping cough and Echinacea (repeat). Airls at 11 a.m. and 11 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.

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

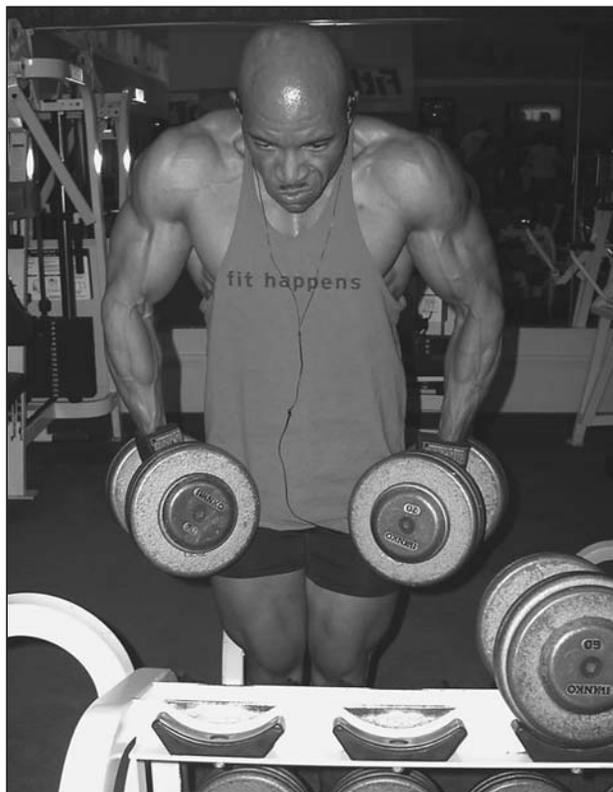
If you wish to have a training videotape shown on Channel 9 only, contact the Training Support Team at 526-5111.

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.

Sports & Leisure

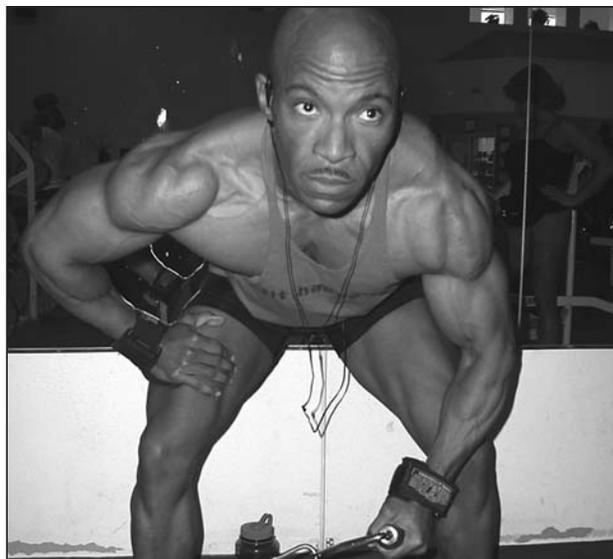
Military Fitness

Soldier looks for military fitness title



Photos by Walt Johnson

Marcus Dungen works out with weights as he trains for the upcoming Armed Forces Bodybuilding Championships.



Marcus Dungen shows the intensity he uses during his workout sessions at Forrest Fitness Center.

by **Walt Johnson**
 Mountaineer staff

Editor's note: This is the first of a two-part article on a Soldier preparing for the Southern Colorado Armed Forces fitness title.

Marcus Dungen knows a good thing when he sees it, so when he saw how bodybuilding could help him keep fit to perform his military duties, he jumped at the opportunity.

Now, the chance for others to see the benefits of a healthy lifestyle is available as the 2004 Southern Colorado bodybuilding/fitness championships take place April 17 at Doherty High School, 4515 Barnes Road, in Colorado Springs.

Dungen said he enjoys his fitness lifestyle and the things it does for his mental and physical makeup.

"I enjoy being in this fitness lifestyle because it is a plus for my health and my wellness. I've noticed over the years the more I do this, the more I stay injury free."

Dungen has been at this level of fitness training for close to 10 years. He began lifting weights while stationed at Schofield Barracks in Hawaii and found himself wanting to know

more about what he was doing with each passing day.

"I got to the point where I would go out and find books so I could educate myself on what I was doing. I started working on my abs (abdominal muscles) by reading books which gave different variations of ab work. I also learned you had to have the right nutrition when you are into this type of fitness and I applied it," Dungen said.

When he began, Dungen would work out five times a week to get his abs to his goal. He cut out a picture from a magazine and said his goal was to get the same type of muscle definition as the person in the picture. As he got into his program, Dungen said he could see things coming together, especially after an observer commented on his abs.

"I was in the gym working out and a guy came up to me and said you've got abs like the guys in the book. That is when I knew the hard work was paying off because other people were starting to take notice," Dungen said.

His work paid off in other ways as Dungen began to compete in competitive meets. Next week Dungen tells of his first competitive experiences.



Marcus Dungen works on his posing routine after an intense workout at Forrest Fitness Center.

On the Bench

Ladies Golf Association holds season opening coffee April 6

by Walt Johnson
Mountaineer staff

For all the Soldiers that have returned from overseas duty, thank you for what you did, what you do and what you continue to do for your country.

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 is the kickoff for the ladies golf season that will begin in April and run through October, every Tuesday morning.

The league offers many chances to get together and have fun with play of the day events and a match play event each second or third Monday of each month.

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.

The 2004 National Physique Committee's Southern Colorado Natural and Armed Forces bodybuilding/fitness

championships will be held April 17.

The championships will be held at Doherty High School, 4515 Barnes Road, in Colorado Springs. Many members of the Mountain Post and Colorado Springs and Denver military community will compete this year. The guest poser for the event will be Will Owens, a captain in the United States Air Force assigned to Schreiver Air Force Base. Owens was the 2003 NPC Nationals third place winner.

Prejudging for the event will begin at 10 a.m. with the finals set for 6 p.m. Tickets for the event are \$10 for prejudging and \$15, \$20 and \$25 for the finals.

For tickets or other information go to www.jefftaylor.com or www.customized-physiques.com.

The 2004 Rocky Mountain State games will be played at the Mountain Post July 30 to Aug. 1.

Anyone interested in getting a team into the games can begin registering that team April 1 online at www.thesportscorp.org. You can also download registration materials, a volunteer handbook or request a registration handbook by going to the site.

The games are played in an Olympic-

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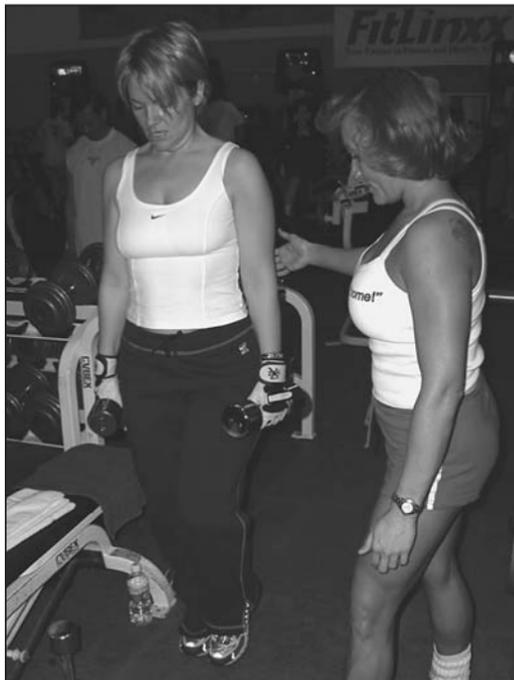


Photo by Walt Johnson

This isn't that tough ...

Cindy Dempsey, left, gets personal instruction from Danielle Dungen, a personal trainer, during a recent workout at Forrest Fitness Center.



Photo by Walt Johnson

Turning two ...

The post varsity softball team, the Aces, finished tryouts Saturday at the softball field adjacent to Forrest Fitness Center. The team will be selected in the near future and will play tournaments from April to August, with many games at the Mountain Post Sports Complex.

Bench

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style sports festival environment. It is open to Colorado residents, Colorado military people and their families and Colorado college and university students. The tournament has categories for all ages and all competitive levels. Medal winners from this event will qualify for the State Games of America.

If you don't have anything planned for this evening, you could do a lot worse than go to Waller Physical Fitness Center for the winners bracket championship game at 6 p.m.

At press time the 59th Quartermasters, the post's only undefeated team, had earned a spot in the game. The Quartermasters team is now clearly the team to beat in this year's playoffs as they have been beating the opposition by an average of 20 plus points in the playoffs.

Now, before anyone

starts handing the Quartermasters team the trophy, let us remember the best team doesn't always win. If your unit has a game against the Quartermasters why not come out and support them; it may be just the extra incentive a team needs to beat a seemingly invincible foe.

All right, I want to know one person who did not consider climbing up to the highest point of Pikes Peak and staying there after the NCAA tournament blew up in everyone's face Saturday and Sunday.

In my lifetime, I cannot remember a tournament that has had this much parity. You can't really find one team that remains that does not have a weak point in its game. By the same token, you have teams that have strong points that make you think they will win this thing going away. I like Duke, Oklahoma State, Kansas and Wake Forest to make the final four.

Mountaineer Sports Spotlight

Flames looking for talent ...

Colorado Springs Flames coach Fred Reese, left, looks over a practice session for the team that features members of the Mountain Post and military community in Colorado Springs. Anyone interested in trying out for this year's Flames football team should go to Memorial Park at 3 p.m. beginning Saturday, and every Saturday until April 13. For more information on the Flames football team, contact Reese at 390-7230.



Photo by Walt Johnson

Youth Sports



*Catch me if you
can ...*

Bam-bam basketball players had a great time running up and down the court Saturday at the post youth center. Games will be played at the center Saturday and the season finale is April 3.

Photo by Walt Johnson

Intramural tournament

Post title decided Tuesday ...

The post's only undefeated team, the 59th Quartermasters Outlawz, continued its winning ways Monday night at Waller Physical Fitness Center behind the play of Jatavius Jackson (11). The next post champion basketball team will be decided Tuesday at the post Special Events Center. The game is scheduled to begin at 6 p.m. between the winner of Monday's losers bracket championship game and the winner of the winner's bracket championship game played tonight at Waller PFC at 6 p.m. At press time none of the matchups were available.



Photo by Walt Johnson