

# Mountaineer

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April 30, 2004



Photo by Pfc. Stephen Kretsinger

**Pfc. Brian Charley, 5025th Garrison Support Unit, ground guides a truck during the unloading of equipment at the Mountain Post railhead. The equipment was used by Fort Carson troops in support of Operation Iraqi Freedom and the Global War on Terrorism.**

## OIF vehicles shipped back to Fort Carson

by Pfc. Stephen Kretsinger  
Mountaineer staff

Many post Soldiers have made their way home from Iraq after serving in support of Operation Iraqi Freedom and now their equipment is coming back to the Mountain Post as well.

Equipment used in support of Operation Iraqi Freedom is being returned to Fort Carson from Kuwait. Vehicles used by the 52nd Engineer Battalion were unloaded Monday at the railhead here.

"We are unloading a few different units with property anywhere from bulldozers to bucket loaders," said Sgt. Ronnie Hatheway, shop foreman and noncommissioned officer in charge of the mobilization maintenance team, 3650th National

Guard. "There's 'Humvees,' trailers, bobtails and tractor trailers. There are tanks, Bradleys and 113s."

Units assisting in the unloading of equipment were the 52nd Engineer Bn., 3650th Maintenance Company and other units that have redeployed to the Mountain Post.

The equipment has been trickling in for the last 30 days and Hatheway said he expects there will be plenty more in the weeks to come.

"For the last two to three weeks at least, we've been tasked to come down here and work on the railhead," said Hatheway.

Larger equipment and vehicles, to include tanks and Bradleys, will be arriving in the coming weeks.

## MPs begin traffic crackdown

by Spc. Zach Mott  
Mountaineer staff

A rash of traffic violations has sparked an increase in the number of tickets being issued by Mountain Post military police.

"We have so many speeding violations that it's hard to stop everybody," said Sgt. Michael Kerley, a traffic accident investigator with the Provost Marshal's Office.

The PMO has added two new vehicles to its fleet to combat these violators. There are now two unmarked vehicles to aid in traffic enforcement. The PMO has also increased the number of radar-equipped cruisers and added laser radar to some as well.

Kerley said the area where the largest number of violations occur is on Magrath Avenue between 6 a.m. and 6 p.m.

"(The speed limit) is 20 miles per hour on Magrath, most people are doing at least 15 or 20

over," he said.

Divers should be aware that if driving more than 20 mph above the speed limit, it's considered careless driving and can result in arrest. If a driver is going more than 25 mph above the speed limit, it is considered reckless driving and the driver can be arrested and the car impounded.

Other problem areas for speeding that Kerley noted were on Specker Avenue near the Outdoor Recreation Center; on Berkeley Avenue between Prussman Boulevard and Specker Avenue by the Colorado Inn on Sheridan Avenue and Woodfill Road and in some of the housing areas.

Speed limits around all entry and exit gates will be enforced as well, Kerley said.

"There are officers at the gates with radar guns and they will enforce those 15 to 20 mph speed limits," he said.



Photo by Spc. Zach Mott

**Sgt. Ian Larson, a military policeman from the 148th Military Police Detachment, issues a ticket to a speeding motorist along Magrath Avenue Tuesday.**

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**Royal Gorge Bridge honors military during May with a special low admission price.**

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### Feature



**Fort Carson Youth Services Center offers children a place to unwind after school.**

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### What's new

The Tax Center is now open until June 15, Monday through Thursday 9 a.m. to 4:30 p.m. and Friday 9 a.m. to 4 p.m. It is closed on all federal and training holidays.

Post Weather hotline:

526-0096

# Soldier reflects on Afghanistan

Commentary by Spc. Bryce D. Cunningham  
American Forces Press Service

KANDAHAR AIR FIELD, Afghanistan —

Helicopter engines start up, emitting that ever familiar whistle. The rotor blades begin to circulate, sounding off that loud, but important, whoop, whoop, whoop. The wind whooshes around like a blustery morning in Oklahoma. The smooth rumble is humming in my ears, I'm buckled in, ready for lift off and ready for yet another journey across Afghanistan full of memorable experiences.

Memorable experiences fill the days of deployment, giving me memories that I will take with me wherever I go, to share with family members, to swap with old Army buddies, and to tell outlandish stories to my grandchildren. Stories I will remember sitting on my porch swing, making me crack a smile, utter a chuckle or slip a tear down my cheek. And through the smile and tears I will always remember the courage, pride, love and strength of every Soldier.

On my trip across the mountains and deserts of Afghanistan visiting the different firebases, I chatted with some fine Americans fighting for their country. They all had their own stories and as the new face in town, I was fortunate to hear a story or two.

One Soldier shared the first time he was in a fire-fight. Only being 18 years old, straight out of high school, he had never encountered such a spectacle. At first, he dove for cover and remained there. He watched as his buddies returned fire. He knew he couldn't hide behind a rock forever, so joining his buddies in danger, he returned fire until the enemy fled.

An artilleryman told me about rockets exploding all around the camp. He said it was all so fast and confusing; the radio springing to life with all kinds of chatter, rounding up his gun section, throwing on his "battle rattle," getting the howitzer in a posture to fire and sending that first 105-mm round downrange. Sure he had fear, but he had a job to do.

I talked with a Soldier who was folding Old Glory with care and precision to send home to his father, a Vietnam veteran. He had just taken it down and he told me, "I had a grandfather in WW II and a father in Vietnam. I idolized them growing up. And now, here I am, defending my country just like they did. Never thought I would be like them. My dad is going to love this flag!"

A medic told me of his time at the firebases. He said when local children come in for medical attention it's his favorite time. Not that he enjoys that these children are hurt or sick, but that he can help them with a splint, medicine for their cold or just a smile. He said, "The greatest satisfaction is seeing them smile when they leave. It's then I know I've done something to help."

Every Soldier has loved ones at home. And those loved ones send care packages and cards that we are all so thankful for.

The brightest moment in the day is definitely mail call. Seeing the look in a Soldier's eye is priceless when he receives a card from his wife that also contains a coloring from his 2-year-old daughter. Sure the coloring isn't inside the lines, but it's beautiful. The tears well up but are hidden. Happiness fills his heart and, for a

moment, he's not in Afghanistan.

I was walking around one day and saw a basketball game in progress. A squad of infantry guys was playing a little 3-on-3. I watched the players struggle with the game but the level of play wasn't what was important, but the friendships being built. I watched the high-fives, heard the laughs and watched six guys have some fun.

What fascinates me the most is the strength of Soldiers; not necessarily physical but their inner strength. Most days, Soldiers tell me they feel like they are in the movie "Groundhog Day." And I confess I feel the same way some days. But every day we press on.

Many Soldiers have been on tough missions up in high altitudes, snow, bad weather, freezing cold, etc. They keep putting one foot in front of the other.

They have to, not only for themselves but also for their buddies to their left and right, who are walking the miles, and braving the same conditions right along with them. They do it for their little ones at home, their families and the America they're proud of.

My trip took me many places and now the rotor blades are winding down. The whistle of the engines is dying down and I'm stepping off that helicopter having returned from my journey.

One day, I'll be leaving Afghanistan to arrive back home in Fort Drum. I'll step off that plane completing my trip and head home to see my loved ones. I'll always remember "the 'Stan" and the memories it has given me. Most of all, I'll remember the Soldiers and their stories of courage, pride, love and strength.

**Editor's note:** Spc. Bryce D. Cunningham is a chaplain's assistant for the 3rd Battalion, 6th Field Artillery.

## 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 situ-

ation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR 360-1, under which the Mountaineer is published, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The Mountaineer, 6150 Specker Ave., Fort Carson, CO 80913 or dropped off at the Mountaineer office, building 1550, Room 2180.



Pvt. Hazard



What will you remember most about your time in Iraq?



"Don't take anything for granted."

Sgt. Patrick Grant  
HHC, 1st Bn.,  
68th Armor



"The camaraderie built among each other."

Sgt. Xavier Almeda  
HHT, Support Sqdn.,  
3rd ACR



"Seeing new surroundings and people."

Spc. Philip Grant  
HHC, 1st Bn.,  
68th Armor



"It was hot a lot and it was hard to sleep at night."

Sgt. Sheila Priest  
Support Sqdn.,  
3rd ACR

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Sgt. 1st Class Dee McNutt  
Chief, Command Communications:  
Douglas M. Rule  
Spc. Jon Wiley  
Spc. Zach Mott  
Pfc. Stephen Kretzinger  
Pfc. Clint Stein  
Happenings: Nel Lampe  
Sports Writer: Walt Johnson  
Layout/Graphics: Justin Pospisil-Marciano

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# News

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## Rumsfeld to print media: tell 'whole story' of Global War on Terrorism

by Jim Garamone

American Forces Press Service

WASHINGTON — Defense Secretary Donald H. Rumsfeld appealed to American newspaper editors April 22 to tell the whole story about the Global War on Terrorism.

Rumsfeld spoke at a conference of U.S. newspaper editors and told the group their publications are uniquely posed to help debate in the United States because they have the room for detail and nuance.

"To know the whole story about what's going on in Iraq today, America and other nations need to hear not just the truth that there are attacks and setbacks ... but also why these attacks are happening and why the terrorists and the regime remnants are lashing out," he said.

"And this is where the print media can play a special role. You have the space to give context — to inform the public about things that don't make the sound bite on evening news. Terrorists and bomb-throwers get headlines, to be sure. The good people of Iraq and Afghanistan do not."

Nor do the courageous men and women of the coalition who have deployed to those countries, Rumsfeld

*The vast majority of Iraqi people are not rioting, they're not looting, they're not shooting. For every bomb that goes off in Baghdad, there are many bombs that are defused as a result of coalition soldiers acting on information they receive from Iraqi people.*

**Donald H. Rumsfeld**

added. Military and civilian personnel have deployed to help Iraqis and Afghans get on a path to self-government and to self-reliance, he said. "They do not make headlines, but they are making a difference," the secretary told the editors.

"The vast majority of the Iraqi people are not rioting, they're not looting, they're not shooting," he continued. "For every bomb that goes off in Baghdad, there are many bombs that are defused as a result of coalition sol-

diers acting on information they receive from Iraqi people.

"For every building that's damaged by mortar fire, there are many schools and hospitals and clinics that are being built and repaired," he continued. "And for every Iraqi soldier who was reluctant to fight in the past few weeks, there are tens of thousands of Iraqi security officials who are fighting every day for the Iraqi people, and there have been over 300 Iraqi security forces that have been killed in recent months."

The secretary had harsh words for the Arab television news services Al-Jazeera and Al-Arabiya. He said the two media outlets "are routinely telling the world lies about coalition actions."

He said that as the Arab population becomes used to freedom, it will be able to discern truth from lies. "Afghans and Iraqis are now free," he said. "After decades of being fed lies by dictatorial regimes and the controlled press, they are starting to thirst for the truth.

"Just as Americans have, so too free Afghans and Iraqis will eventually develop their own sense of balance, their own inner gyroscopes, and an ability to absorb what they hear," he said.

# Initiatives to improve Army education system

by Joe Burlas  
Army News Service

**WASHINGTON** — Today's methods of training the force and growing leaders are not broke, but they do need some tweaks to ensure continued success on tomorrow's battlefields, according to the findings of Task Force Leader Development and Education.

Leader Development and Education is one of 17 focus areas Army Chief of Staff Gen. Peter Schoomaker has directed the Army to examine closely for recommendations to channel Army efforts in winning the Global War on Terrorism and increasing the Army's relevance and readiness.

"We have what I consider a world-class Army and world-class leaders today — you have to recognize they are products of the (education) system we have in place today," said Brig. Gen. James Hirai, Army Command and General Staff College deputy commanding general. "Recognizing that level of competence, we still need to grow. We need to anticipate and prepare for the unknown."

As part of its charter, the task force reviewed the findings from the officer, warrant officer, noncommissioned officer and civilian Army Training and Leader Development Panel surveys that were conducted over the past few years. The task force validated the majority of those findings, Hirai said.

However, the task force didn't limit itself to validating past studies. It has taken a broad look across the Army, Hirai said. He talked about what the task force has determined to date under several categories.

## Lifelong Learning

While the Army has long espoused a culture of lifelong learning in leaders of all levels, accountability for that lifelong learning has not been well defined. The individual Soldier, the organizations the Soldier belongs to during an Army career and the institution itself all have roles to play in that journey, Hirai said. Those roles need to be clearly defined and understood by each player, he said.

Additionally, there must be some form of formal standards-based assessment and feedback mechanism in place in order to determine if lifelong learning goals are being met and to adapt to changing learning needs or emerging technologies.

## High-Payoff Initiatives

The task force is recommending that Army schoolhouses move toward a common scenario based upon today's asymmetrical threat. Working off a common scenario may allow different career field training centers to build synergies in conducting collective joint exercises via linked simulators and computer networks, Hirai said.

Another high-payoff initiative the task force recommends is conducting a formal recurring training needs assessment across the Army, Hirai said.

## Education System

Task Force Leader Development and Education is also reviewing content delivery and timing of training. Part of that is determining when a Soldier should get resident training and the duration of that training.

"The question is what type and amount of training does the Soldier or leader need to be comfortable with in current and future operations," Hirai said.

Joint operations training is one area that should be done at a lower level than most Army school curriculum — likely at the basic qualification course, the general said.

"Joint interoperability, joint operations (training), is not at the right level," Hirai said. "We are finding in the contemporary operating environment today that joint operations are done by junior leaders."

Not all institutional training may need to be done at the schoolhouse, Hirai said, especially with off-the-shelf technology that allows for more distance education than available 10 years ago.

## Leveraging Technologies

Leveraging technologies includes distance learning via linked simulators and distance learning via the Web, but it is more.

"We are looking at the human dimension — how people learn," Hirai said. "It's about identifying what leaders and Soldiers have to do and how to most effectively deliver the training needed for the tasks."

## Single Education Proponent

Agreeing with the Civilian Army Training and Leader Development Panel finding, the task force is recommending a single education proponent for all Soldier and Department of the Army civilian training.

Under the current system, civilian training is managed through the Office of the Deputy Chief of Staff for Personnel, G-1, with major commands footing the bill. Soldier training management is an Office of the Deputy Chief of Staff for Operations, G-3, responsibility, with the Human Resource Command paying travel and other costs.

Hirai said he envisions a single organization responsible for managing the training of both the military and civilian workforces. Whatever that organization ends up being, it would still need to coordinate with G-1 and G-3 to ensure legal mandates are met.

As far as civilian leader development, Hirai said there are many courses, but none tied to career progression. The task force recommends the Army establish a specific civilian leader development program.

## Integration

The Leader Development and Education Task Force has been in close contact with the other area task forces, Hirai said, as what each finds often impacts other areas.

The focus areas are all linked and all designed to improve the readiness of the Army. When one of the other task forces recommends a new piece of equipment or process, Army training will play a role in ensuring Soldiers know how to use that equipment or procedure, Hirai said.

"Current and past leader development and education programs have served our nation very well," Hirai said. "Our leaders have been well prepared to plan and execute complicated operations in combat."

# Military

## Denver-based Reserve unit seeks Soldiers

by **Spc. Zach Mott**  
Mountaineer staff

Retention rates at Fort Carson are at the highest levels in years. Unfortunately, that creates a problem for one unit currently stationed at the Mountain Post.

The 3rd Battalion, 361st Regiment, Training Support, is seeking qualified applicants to join its ranks. The 361st TSB is a Reserve unit that is part of the 91st Division and is based in Denver.

"All of my slots are staff sergeant and above. I have very little room for anything below the grade of staff sergeant," said Command Sgt. Maj. Scott Williams, the 3rd Bn., 361st Regt. command sergeant major. "However, we can take sergeants. We will get them OCT (observer, controller, trainer) certified, and if we need to get them MOS (military occupational speciality) qualified."

The 361st TSB is currently conducting training for Reserve and National Guard units mobilized for duty overseas. However, their mission, when not mobilized, is different.

"The easiest way to communicate our mission is we're a Reserve component NTC (National Training Center) only on a much, much smaller scale," Williams said. "We'll work with our supported units and throughout the year we'll go to their yearly training brief and coordinate training in conjunction with that unit."

Of the six teams that are part of the 361st Regt., there are positions available for staff through master sergeants. The officer in command of each team is a major position as well.

"What we are looking for are those Soldiers who have some experience, yet they want to continue in the military but they've decided the active component isn't the way to go," Williams said.

Currently the most needed military occupational specialties for the 361st Regt. are: 21H, construction engineer supervisor; 21N, construction equipment supervisor; 31B, military police; 31U, signal support systems specialist and 31W, telecommunications operations chief.

However, that's not to say that Williams won't take Soldiers with a different MOS.

"We always have a vacancy somewhere," he said. "I've got a myriad of MOSs available. Sometimes we have to double slot. But we have a pretty consistent turnover rate."

Those who are worried about constant deployments for Operations Enduring and Iraqi Freedom that seem to be prevalent in many Reserve and National Guard units may find a sanctuary in the 3rd Bn., 361st Regt.

"Today, if you come to the Reserve component within this unit, you might not get mobilized. But, it is the Army and I make you no promises," he said.

In order to qualify for these positions you must be able to serve at least 20 years prior to turning 60.

"We really need experienced Soldiers, those guys at the end of their first enlistment, those young bucks and, those mid-termers that are deciding to get out," Williams said. "If you're a mid-term Soldier and you've got eight to 10 years invested in the active component, if you do come into the Reserve component that all counts toward your retirement from the Army."

In addition to the aforementioned benefits, there are also educational benefits to being in the Reserves. As a reservist, you are entitled to 100 percent tuition assistance up to \$4,700 per year in addition to your Montgomery G.I. Bill entitlements.

In addition to time-experienced Soldiers, Williams also said that Soldiers who have combat experience are a vital part to his unit.

"I need experienced Soldiers — especially those Soldiers that have been overseas. Any one of us in the Reserve component can benefit from their knowledge and their experience," he said. "Those Soldiers with that kind of experience also lend to our credibility as trainers."

If you're interested in the opportunities provided by the 3rd Bn., 361st Regt., or would like more information, contact Capt. Geanne Dorweiler at 526-5640 or the unit recruiter at (303) 956-8390.

# 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](http://www.usarec.army.mil/warrant) or DSN 536-0484/0458/0488/0478/1860/0271.



"Better Opportunities for Single Soldiers"

The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

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

**DECAM dust supresion** — Starting Monday, for three days the Directorate of Environmental Control and Management will be spraying magnesium chloride on all of Fort Carson's dirt roads to help suppress the dust. The chemical is not harmful, but will collect on vehicles as a washable residue.

## CIF Hours

**Central Issue Facility hours of operation:**

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

**Initial/partial issues**  
Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30

to 3 p.m.

## Direct exchange

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

## Partial turn-ins

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

## Full turn-ins

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

Effective immediately:

Replacement will be scheduled 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. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays.

For more information, call 526-8806 or 526-8804.

## Briefings

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

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

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

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

## Hours of operation

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

Hours are:

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

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

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

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

Personnel Claims hours:

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

Receive documents for filing:

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

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

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

# Dining Schedule

## Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)  
3rd ACR CAV House (building 2461)  
Mountaineer Inn (building 1369)  
10th SFG (A) (building 7481)  
3rd BCT Strikers Cafe (building 2061)

## Weekday Meal Hours

Breakfast 5:30 to 9 a.m. (All facilities)  
5:30 to 8:30 a.m. (Cheyenne Mtn. Inn)  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m.

April 30 to May 6

## Exceptions

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



## Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)  
43rd ASG (building 1040)  
Mountaineer Inn (building 1369)  
3rd BCT Strikers Cafe (building 2061)

## Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)

# Officials warn against diploma mills

by Kara L. Motosicky  
Army News Service

**WASHINGTON** — Expect to get promotion points for a college degree that requires no class work or tests? Think again, warn Department of Defense education specialists.

A diploma mill is a college or university that operates primarily to make money, often offering college credit for life experiences rather than any formal education.

Diploma mills prey on naïve people who are often too busy with families and careers to attend classes. The school isn't properly accredited and issues degrees without ensuring an education occurs. Diploma mills used to be the province of mail-order schools, but with the Internet, many more such schools are popping up.

The best defense against diploma mills for Soldiers are Army Education Centers, according to one Department of Defense official.

"Before they make any contact, sign anything, they should visit their education center," said the official. "That way, the counselor can help them find out if the school's accredited."

Nancy B. Adams, an education services specialist at the Fort Belvoir, Va., Army Education Center, agrees that the education center should be a Soldier's first stop.

"Our job is to help the Soldier define his educational goals," Adams said. "If they have a school they're researching, they should bring (the name) in to the office. We'll let them know if it's accredited."

Deployed Soldiers must be savvier, said the official.

"If Soldiers are deployed, you usually have an (education service officer), but they may not know which schools aren't accredited," said the official.

The Army will not recognize a degree from a non-accredited school, said Adams. For schools to be recognized as accredited by the U.S. Department of Education, they have to meet certain standards, including quality of education, library size and student/faculty ratio, said Adams.

Schools can be accredited on a regional or national level, but not all accrediting agencies are recognized by the Education Department, she said.

One particular school, Trinity College & University, is actively pursuing the Soldiers in Iraq. The school, which is based out of Metairie, La., is not accredited by a recognized accrediting agency. The school, though similar in name, is also not affiliated with Trinity International University in Deerfield, Ill.

Soldiers who don't have access to an education center can go online to check a school's accreditation.

"It can be difficult to validate a school's accreditation," said the DOD official. "Many diploma mills bury their accreditations, if they have any, so deep in an official-looking Web site that they are impossible to find."

Do not discount all distance-learning schools, though.

"There are some very reputable online schools out there," said Adams. "They're held to the same standards as a brick-and-mortar school, except they may have an

online library."

Also, there are some accredited institutions that do give credit for work experience, usually awarding a degree in conjunction with credit hours earned through attending normal college courses.

Soldiers who pursue degrees from nonaccredited schools will quickly learn some hard lessons.

"With a degree from a diploma mill, you're not going to get financial aid," said the DOD official.

"Soldiers only receive \$4,500 per fiscal year for education," said Adams. "We want them to be good stewards of their tuition money."

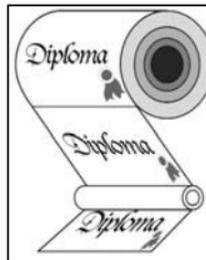
Having the diploma mill degree can leave a permanent black mark on your record, even after leaving military service for the civilian sector, the DOD official said.

"More and more articles are popping up, employers are getting savvy," said the official. "There's always a risk that you will be demoted or fired."

Some tips in recognizing diploma mills:

- The school does not require studying, tests or essays.
- The school boasts of accreditation, i.e., "fully, nationally or worldwide accredited," but has no legitimate accreditation.
- The school relies on "portfolio assessments" or "life experience."
- The school advertises through e-mail messages sent to millions.

For more information on school accreditation, visit the Education Department at [www.ed.gov](http://www.ed.gov).



## Greenback

## DFAS making travel pay changes

by Capt. Theodore Stutz  
4th Finance Battalion  
Travel Pay

Good news for the Army active duty traveler — effective May 10, Army active duty Soldiers will have the option to establish a separate Electronic Funds Transfer travel pay account through MyPay. This is for all travel payments made by Defense Finance and Accounting Service to include our beloved temporary duty money.

This option is only for those Soldiers who want their travel reimbursements to be deposited into a different bank account than where their military pay is being deposited. If the Soldier wants his travel payments to be deposited into the same account where they receive their military pay, then they do not need to take any action as the MyPay default for travel payments will be the military pay bank account. This option would come in handy for those who do not want their paychecks to vary from month to month when travel pay is deposited, or those who want to pay off civilian credit cards that they used for their travel expenses.

Soldiers can start, stop or make changes to this EFT travel account by

logging into their MyPay account, going under "Direct Deposit" and selecting "Travel EFT," then following the instructions. The MyPay "Travel EFT" option will verify if the Soldiers' routing number and bank information are correct before executing this option when they attempt to save or change.

This option is available for Army active duty only. Reserve, National Guard and government civilian personnel will be phased in at a date to be determined. April 2004 leave and earning statement and Army Knowledge Online will also be used to alert members of this new option.

### Know your credit history before buying a car

Knowing your credit score before going to make a major purchase that will require a loan will keep the dealer or salesperson from making you think that your credit score is worse than it really is. By convincing you that you have "bad credit" you will be offered a very high-interest loan. If you think that this is happening to you, especially when dealing with used cars, go to any bank before buying the car and apply for a loan and see what amount and

interest rate the bank will approve you for. You do not have to finance the car through the dealership or their lenders. Dealers can make money off your loan, don't let them.

### Keeping an eye on your credit

A credit report is a snapshot of how you are viewed by potential lenders. If you have missed or been late on payments, or if you carry an excessively large amount of debt, you will appear to be more risky to an institution that is considering lending you money for a home, a car or any other major purchase. Your risk level is based on a very complicated scoring system. The bottom line is that scores above 650 get loans, around 650 should get loans, and way under 650 may have trouble getting loans.

As a Colorado resident, you are entitled to receive one free credit report per year (as are residents of most other states). It's always a good idea to review your credit report on an annual basis, or any time you plan to apply for any type of loan, to ensure that nothing fishy appears.

In this day and age, identity theft

can be a legitimate concern.

Reviewing your credit report also allows you to determine if there are any loans or attempted loans that have been made in your name by an identity thief. The earlier you catch these, the less damage will be done to your credit.

Contact one of the three reporting bureaus directly using the contact information provided. Request a free credit report and they will provide one for you by mail.

### Credit reporting bureaus

Experian  
[www.experian.com/](http://www.experian.com/)  
(888) 397-3742

Equifax  
[www.equifax.com](http://www.equifax.com)  
(800) 685-1111

Transunion  
[www.tuc.com](http://www.tuc.com)  
(800) 916-8800

## Beat the heat . . .

# Avoid heat injuries: stay hydrated

by Pfc. Clint Stein  
Mountaineer staff

During a three-mile company run, a Soldier begins to feel his right calf muscle tighten as he falls out of formation, and he begins to limp in excruciating pain; he is suffering from heat cramps.

Most people may have experienced heat cramps if they are physically active or do strenuous activities; but what are heat cramps?

Heat cramps are the least severe of heat injuries, but can be quite painful if not treated properly.

The best way to help prevent heat cramps is to stay hydrated, said Richard Scott, safety specialist at the Installation Safety Office.

Cramps are caused by sweat pulling water and salts from the muscle cells, which is a result of dehydration.

The next stage of a heat injury, also caused by dehydration and over exertion, is heat exhaustion.

More severe than heat cramps, heat exhaustion may cause dizziness, headache, nausea, vomiting or feeling faint.

During heat exhaustion, the body is dilating blood vessels to dissipate heat through the skin. The body muscles are using blood for activity and an increasing heart rate offsets vasodilatations to

give fairly normal vital signs. The result is a person with good blood pressure, but blood pooling in the vascular system diminishes blood flow to the brain and organs causing the person to become ill or faint.

If a person is suffering from heat exhaustion he should be moved to a cooler location as soon as possible. After the person is out of the heat, it's advised to treat him as if they were in shock. Lay the person down, elevate the feet and allow him to drink water, if conscious.

People are better off drinking water while performing physical activities and adhere to work/rest cycles according to the heat index, said Scott.

For temperatures between 78 and 82 degrees, the recommended time of hard work is 40 minutes with 20 minutes rest. For the more extreme temperatures above 90 degrees, 10 minutes of hard work with 50 minutes rest is advised.

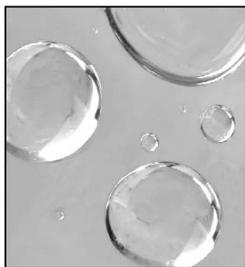
The last and most severe heat injury is a heat stroke. Heat strokes are the worst cases of dehydration and overexertion.

During heat stroke, the body becomes so hot and dehydrated that it is unable to cool itself through normal means, such as sweating. As the body temperature increases to more than 105 degrees, cells and tissue damage start causing injury or even death.

To help treat a person during a heat stroke, the first thing should be to remove them from any heat source. After removed from the heat, an attempt to cool the person by any means possible is recommended.

Get the person medical help as soon as possible, said Scott. "Make sure you know the number to EMS (Emergency Medical Services) at all times.

"The most important thing to prevent against heat injuries is to stay hydrated," said Scott. "Drinking water is the best thing for you."



### Heat injuries and treatments

**Heat cramps:** The least severe of heat injuries but often painful. Drink water to protect against them.

**Heat exhaustion:** More severe than heat cramps — this injury can be treated by moving the person experiencing it to a cool location, lay him down, elevate his feet and give water, if conscious.

**Heat stroke:** As the most severe heat injury, heat stroke should be treated with medical care as soon as possible. If you suspect someone is having a heat stroke, you should try to cool them down with any means possible.

# Community

## Broncos cheerleaders visit Mountain Post Soldiers

by Pfc. Clint Stein  
Mountaineer staff

Members of the Denver Broncos cheerleading team visited Fort Carson's Evans Army Community Hospital Wednesday to get immunized for an upcoming trip to the Middle East.

The cheerleaders are scheduled to depart for the Sinai Desert May 24 and needed to get their overseas immunizations before leaving.

As 13 members of the Broncos cheerleading team sat nervously in the waiting room during their briefing, hospital employees got the chance to speak with some of the women about being a Broncos cheerleader.

Sarah Silva, from Denver, works for an insurance agency whenever she isn't on the road with the team.

"This is my fun job," said Silva, "I love being a cheerleader

and doing things like this."

Most of the women need about four different shots, said Pfc. Joseph Florence, Medical Department Activity, giving the immunizations.

As each of the cheerleaders stepped up for their shots, the next one in line offered her support.

"I have never had this many shots before at one time," said Michelle Beisner, cheerleader from Denver. "I cry when getting those little pricks in the finger for a blood test."

Beisner, along with several other cheerleaders, had to sit down while Florence gave the injections.

It's all worth it to be able to go overseas and perform for the Soldiers, said Beisner. "We are so excited about this trip. The cheerleaders are practicing twice



Photo by Pfc. Clint Stein

Pfc. Orlando Lovato, Company H, 2nd Squadron, 3rd Armored Cavalry Regiment, enjoys a visit from Bronco cheerleader Sara Lockhart, a Littleton native, at Evans Army Community Hospital Wednesday. Lockhart and her fellow cheerleaders visited the Mountain Post Soldiers to help raise morale and in preparation for the cheerleaders' overseas tour.

**See Cheerleaders, Page 28**

## Miscellaneous

**NSPS briefings** — Briefings on the new National Security Personnel System will be held at Fort Carson from Monday to Friday. NSPS is scheduled to replace the current Department of Defense personnel management system and will change how civilian employees are hired, assigned, rewarded, advanced and removed.

A town hall meeting, open to all civilian employees, will be held Wednesday 11 a.m. to 1 p.m. at the Elkhorn Conference Center.

For more information on times and locations, call the local American Federation of Government Employees office at 526-0776.

**Red Cross Volunteer Recognition Ceremony** — American Red Cross Volunteer Recognition Ceremony will be held Thursday 11:30 a.m. at the Elkhorn Conference Center. For more information, call Lucille Redding at 526-2311 or 526-7144.

**Sexual Assault Prevention** — The United States Air Force Academy will host "Moving Mountains to End Sexual Assault" Saturday, noon to 5 p.m. in the Clune Arena at the Academy. This educational event geared toward teaching what sexual assault is and how it can be prevented is free of charge and open to everyone. For more information, call Staff Sgt. Tracey Habeck, 333-3912.

**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.

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.

**Commissary news** — A commissary customer newsletter delivered through e-mail is being launched in late April. Shoppers can sign up for it now at [www.commissaries.com](http://www.commissaries.com). The newsletter will keep customers informed about sales and promotional offers — even offering links to manufacturer and vendor sites where they can enter shopping sprees and contests.

Also, the Fort Carson Commissary will be closed May 31 in observance of Memorial Day. Regular hours will resume June 1.

**40 Days of Purpose Campaign** — The Protestant Service at Soldiers' Memorial Chapel will host a spiritual campaign April 24 through 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 still 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.

**Free Concert** — The music students of Widefield High School will perform a free "Heroes Welcome Concert" for active duty and retired military personnel and their families at the Bowers Gym at Widefield High School 7 p.m. Monday.

**Pharmacy Hours Change** — Effective Friday, the Evans Army Community Hospital Outpatient Pharmacy, located in building 7500, will close at 5 p.m.

Fridays.

**Fort Carson Restoration Advisory Board** — holds open meetings for the public to learn about environmental restoration projects on post. The next meeting will be May 13 6:30 p.m. at the Elkhorn Conference Center.

**Yard Sale** — The annual Fort Carson Mayor's yard sales began April 2. Yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are Saturday, May 1 and 15, June 5 and 9, July 3 and 17, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 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 conducting their own 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 or 526-1049.

**Federal Employee Health Benefits** — The next Federal Employee Health Benefits Service Day will be held May 19, 8 to 9:30 a.m. in classroom B of the Directorate of Information Management Building. Representatives from Blue Cross/Shield, Mail handlers, Kaiser and GEHA will be there to meet with employees already enrolled in the FEHB program to answer questions. It is not open season; this is just an opportunity to ask questions of representatives. For more information, contact Michele Magrini at 526-8334.

**Civilian Wellness Program** — The next Civilian Wellness Program begins Thursday at the Mountain Post Wellness Center in building 1526. The program allows employees to have three hours of duty time (with supervisor's approval) to pursue fitness. Interested applicants are encouraged to start completing the paperwork early — at least two weeks prior to the class date. Enrollment packets are available at the wellness center. Call Sandra Ensmann at 526-4264 for more information.

**Saluting veterans** — Colorado will celebrate the long-awaited formal dedication of the World War II Memorial in Washington D.C. May 29 9 to 10 a.m. at the at the Colorado Veteran's Monument at Lincoln and Colfax in Denver. Afterward, Denver will hold its annual Memorial Day Parade, and then there will be a tribute to veterans 11 a.m. to 1:30 p.m. The event is free and open to everyone.

**Armed Forces Day Celebration** — The Rotary Club of Colorado Springs Interquest is sponsoring "Join-R-Forces Day," a celebration of Armed Forces Day at Memorial Park in Colorado Springs May 15, 10 a.m. to 3 p.m. The event is to honor military members and families and is open to all. Colorado Springs Mayor Lionel Rivera will be present, and there will be live entertainment, an awards ceremony, demonstrations of military dog training teams, displays of military equipment, outdoor booths and concessions, local vendors and more.

**Returning Heroes Golf Classic** — The Fort Carson Officers' Spouses' Club is hosting its annual golf tournament May 13 at the Fort Carson Golf Course. Sign-ups begin at 8:30 a.m. with a shotgun start at 10 a.m. The tournament is open to the public. Registration forms are available at the golf course. To make a donation or have the registration form e-mailed to you, contact Judy McLeary at 632-2574 or email



**Army Community Service  
Family Readiness Center**  
719-526-4590

Military spouses...stand tall, stand proud...we salute you, you are truly our unsung heroes.

## Military Spouse Appreciation Day

### Tuesday May 11, 2004

**10:00 a.m. - 2:00 p.m.**

Armed Services YMCA - 2190 Jet Wing Dr. beside Storra High School

**FREE**



**FREE**



**FREE**  
Hair Cuts, Healthy  
Cooking, Massage,  
Fashion Show,  
Self Defense, Crafts  
and Much More!



Limited childcare available. For reservations, call (719) 622-9622.  
Presented in partnership by the ASYMCA, Fort Carson Army Community Service, Peterson AFB, Schriever AFB and USAF Academy Family Support Centers.

[mclearytj@msn.com](mailto:mclearytj@msn.com)

## School Information

**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, Mondays to Thursdays 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, Mondays to Thursdays 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.

To enroll, stop by one of the above schools for the registration packet for that school's level or the administration building.

**Kindergarten Registration** — School District 8 will be having early kindergarten registration Tuesday to Thursday. Please contact your neighborhood elementary school for registration times. To register, parents need to bring a birth certificate, current immunization records and all updated emergency contact information. Your child must be 5 years old by Sept. 15 in order to qualify for kindergarten.

## Claims against the estate

**Claims against the estate** — With deepest regrets to the family of Chief Warrant Officer William Howell, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer David Bishop at 524-1569.

**Claims against the estate** — With deepest regrets to the family of Master Sgt. Richard L. Ferguson, deceased. Anyone having claims or indebtedness to his estate should contact Chief Warrant Officer John Dowling at 524-3277.

# Sustaining environment aids mission

by Susan Galentine-Ketchum  
Directorate of Environmental Compliance and Management

The natural resources on Fort Carson and Piñon Canyon Maneuver Site sustain an impressive amount of activity and uses. These lands are foremost to successful Army training and preparation for real-world applications. Keeping those lands as close to natural conditions as possible is vital to our mission of training combat-ready Soldiers.

The lands also provide natural habitat for a wealth of animal and plant species. Cultural resources from bygone eras have a protected status on these lands. Also, these lands are used for a variety of recreational opportunities including hunting, fishing and wildlife viewing.

Fort Carson and PCMS encompass a large amount of acreage — 373,000. More than 45,000 military personnel use these diverse training areas annually from Fort Carson and other installations.

Both installations are rich in cultural resources. The cultural resources on Fort Carson and the PCMS represent all major prehistoric and historical cultural periods recognized on the Great Plains and in the Rocky Mountain region.

Historic sites managed by Fort Carson and PCMS include shepherd camps, cattle and sheep ranches (buildings and support features), homesteads, stage-coach stations, coal mines, helium wells, roads, trails, rock art and World War II Army hospital and military engineering facilities. The historic Santa Fe Trail passes west of the PCMS.

Soldiers arriving at Fort Carson receive information on how to protect the natural resources they train

on. This ensures that future generations of Soldiers will also have these assets for training exercises and weapons qualification. Environmental training includes topics such as:

- How to maneuver around sensitive wetland areas
- Proper spill control
- Cultural artifact discovery notification process
- Procedures for the disposal of hazardous waste
- Education on “packing it in, packing it out”

when it comes to waste that inevitably accompanies a downrange mission

This training can also offer commanders and Soldiers the chance to incorporate certain “off limits” areas in their training scenarios as taught during Maneuver Damage Control classes. Environmental requirements do not have to be seen as a liability, they can be viewed as a challenge to incorporate into a training mission. An example is considering an environmentally-sensitive area as a chemically or biologically contaminated area to be avoided.

People enjoying recreational opportunities on post also need to be aware of their impact on the training lands. When fishing, dispose of fishing lines to prevent birds from getting ensnared in discarded lines. Use trash dumpsters for their intended purpose — not to dispose of old furniture.

Most of the wildlife on Fort Carson lands have a federal protected status and require awareness and education as to how to interact or not interact with them. These diverse habitats are home to many animals from mountain lions and black bears, to a variety of raptors and the very small Texas horned lizard. Coexistence is crucial to ensure both these species



Photo by Michael Dunning

**One of the sensitive species inhabiting Fort Carson lands is the Mexican spotted owl.**

and the training mission survive.

For more information on the Army's Natural Resources Program, log on to the U.S. Army Environmental Center's Web site at <http://aec.army.mil/usaec/natural/natural03.html> and to find out more about the Army's Cultural Resources Program, visit their site at <http://aec.army.mil/usaec/cultural/index.html>.

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**Chaplain's Corner**

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# God rewards faithful followers

Commentary by Chap. (Capt.) Terry E. Romine

## 10th Special Forces Group (Airborne)

One thing that is very clear in the scripture is that God requires faithfulness of his people. The apostle Paul expresses the requirement of faithfulness of those who are entrusted with some responsibility: "Now it is required that those who have been given a trust must prove faithful." (1 Corinthians 4:2)

Jesus indicates that he rewards faithfulness in Matthew 25 in the parable of the talents. "His master replied, 'Well done, good and faithful servant!' (Matthew 25:21)

Faithfulness is the thing that pleases the master and the thing the master rewards. It seems that Jesus is explaining the thing that pleases the master is not the amount of responsibility, but the faithfulness to one's responsibility. Faithfulness is something that can be observed and quantified.

It is quite easy to determine when a man is faithful to his responsibilities at home or work. At work, if he does not show up for work we know he has not been faithful to that responsibility. Habitual tardiness is another sign of being unfaithful to responsibility.

On the other hand, the man who is present, on time and doing the work assigned to him displays

a certain degree of faithfulness. Keeping in line with this analogy, faithfulness would also include a desire to know more about what the employer wants or expects of this man. It is rather difficult to be faithful if knowledge is lacking. The more one knows about what is expected of him, the more he will be able to be pleasing to his employer.

It is important that the employer communicate his expectations if he expects his employer to meet those expectations.

This analogy translates very well into our faithfulness to God. It is important that God has communicated his expectations to us if he expects us to be faithful to that responsibility. This may seem a bit over simplified, but God has recorded his expectations of us in his word, the Bible.

One of his expectations of faithfulness is that we read and study his word. Only then can we be faithful to what he expects of us. We, of course, can not be faithful to do what we do not know to do. It is, therefore, very important that we be faithful in this first point to learn more of what God says to do.

Next, to know the expectations is not the same as doing the expectations. Once we know what God wants, we must then do them. We should be doers of God's word and not hearers

only.

When my daughter was in her early teens, on occasion her mother would give her instruction to clean her room or some other task. She knew what was expected and exactly what faithfulness would look like. Some time later, the task not being done, her mother would say, "I told you to clean your room." Our daughter would say, "I am" while still watching television. Intention or claiming obedience is not faithfulness.

Finally, in addition to commitment to knowing and doing what God says, persistence and trust are also part of being faithful.

Again, when my daughter was very young, she went into the street to play. When we told her to come back into the yard to play, she ran away down the street. She was not mature enough to understand the reason for not playing in the street. The more mature adults had to enforce what was best for her even though she thought we were being unfair.

There are those times when we do not understand why God wants us to do something. We should do it any way. He wants what is best for us.

Faithfulness in any relationship builds closeness. God wants a close, intimate, trusting relationship with all of us.

## Chapel

**Native American Services** — The He Ska Akicita Inipi is located on Fort Carson. All native and nonnative people, military personnel, family members and Department of Defense personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at (h) 382-5331, (c) 330-9537 or (e-mail) [michael.dunning@carson.army.mil](mailto:michael.dunning@carson.army.mil), or Charles Erwin at (h) 382-8177, (e-mail) [erwin106@juno.com](mailto:erwin106@juno.com), or Zoe Goodblanket at 442-0929, for more information and directions.

**Vacation Bible School** — Registration will begin May for the Fort Carson Summer Vacation Bible School, Lava Lava Island which will be conducted June 14 to 18, 9 a.m. to noon daily at Soldiers' Memorial Chapel. Registration may be completed at Soldiers' Memorial Chapel during normal duty hours and on Sunday mornings. Spaces are limited so register early.

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

*Editor's note: More chapel events will appear in upcoming editions of the Mountaineer.*

Chapel Schedule			
ROMAN CATHOLIC			
Day	Time	Service	Location
M-W-F	noon	Mass	Evans Army Hospital
Tues., Wed., Thurs.	noon	Mass	Nelson & Martinez
Saturday	5 p.m.	Mass	Soldiers'
Sunday	8 a.m.	Mass	Prussman
Sunday	9:30 a.m.	Mass	Soldiers'
Sunday	10:45 a.m.	CRE	Nelson & Martinez
Sunday	11 a.m.	Mass	Evans Army Hospital
Sunday	12:15 p.m.	Mass	Barkeley & Ellis
Tuesday	6:30 p.m.	RCIA	Nelson & Martinez
Saturday	4 p.m.	Reconciliation	Nelson & Martinez
PROTESTANT			
Sunday	9 a.m.	Protestant	Healer
Sunday	9 a.m.	Protestant	Provider
Sunday	11 a.m.	Protestant	Soldiers'
Sunday	11 a.m.	Prot./Gospel	Prussman
Sunday	9:30 a.m.	Sun. School	Prussman
Sunday	9:30 a.m.	Sun. School	Soldiers'
Tuesday	9 a.m.	PWOC	Nelson & Martinez
Sunday	11 a.m.	Contemporary	Magrath & Titus
Sunday	6 p.m.	PYOC	Nelson & Martinez
Friday	noon	Prayer	Nelson & Martinez
LITURGICAL			
Sunday	10:45 a.m.	Lutheran	Provider
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 Dalugdug/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 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 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** — Isaiah 25:1-9 & 2 Timothy 3-4  
**Saturday** — 1 Sam. 2:1-10 & Titus & Phil.  
**Sunday** — Psalms 121 & Heb. 1-4  
**Monday** — Psalms 122 & Heb. 5-7  
**Tuesday** — Psalms 123 & Heb. 8-10  
**Wednesday** — Psalms 124 & Heb. 11-13  
**Thursday** — Psalms 125 & James 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 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 Army, Navy, and Air Force Special Operation Forces, forward deployed for Operation Iraqi Freedom.

Army: For the Soldiers, noncommissioned officers and officers of the U.S. Army Inspector General Agency in their mission to investigate the discipline, effi-

ciency, and economy of the Army in support of training and combat readiness.

State: For the soldiers and families from the state of Illinois. Pray also for Gov. Rod Blagojevich, the legislators and municipal officials of the Prairie State.

Nation: For the Secretary of Defense, the Honorable Donald Rumsfeld. May God bless Secretary Rumsfeld as he advises the president on matters of our nation's Defense.

Religious: For the National Day of Prayer on Thursday, that our people will lift up their communities, their leaders and their nations to God, and seek his blessing.

For more information or to pray for items from previous weeks, visit the church's Web site at [www.usarmymchaplain.com](http://www.usarmymchaplain.com).

*Turkey season ...*

# Location scouting aids hunters

by **Al Brown**  
**Fort Carson Wildlife Office**

Just as sports athletes prepare for the season, it is important for turkey hunters to visit the woods prior to opening day. Sure, any novice can wander into the woods, stumble across a tom and put a bead on him. But to enjoy consistent success, a hunter needs a game plan that carries throughout the entire season.

To do this, hunters should get out before the season starts and find where the birds like to hang out.

Fall turkey hunters, for example, should find food sources that can lead to successful turkey hunting. Food sources such as mast (acorns and nuts) and fruits, such as grapes, crabapples and berries, are important in areas without grain fields or when hard mast is low. Turkeys will also feed on insects in leaf litter.

Get out early and listen for gobbling, look for evidence of feathers and turkey droppings — this may reveal roosting areas. Documenting this information for use during the regular season may be helpful. Efforts such as these can make turkey season a fun and memorable experience.

Veteran and novice hunters alike need to remember that unlike their domestic cousins, wild turkeys can tip the scales at up to 30 pounds.

Wild turkeys on average are 18 pounds, and

are sleek, alert and built for speed and survival.

Wild turkeys can also wing away from predators at 45 mph and maintain that speed for up to one mile.

Soldiers and family members need only look south to find prime turkey hunting here on Fort Carson.

With more than 50 training areas available for recreational hunting, scouting doesn't have to include hours of driving just to get to a decent hunting area.

During the regular spring and fall turkey seasons, Soldiers, family members, civilians and the public can enjoy hunting one of the toughest game birds in the world right here close to home. An over-the-counter Colorado Division of Wildlife turkey license, a Fort Carson hunting permit and coordination with G-3, Range Division, on available open areas and range passes are all that's required.

Spring Turkey Season began April 10 and ends May 23. Fall Turkey Season starts Sept. 1 and ends Oct. 3.

Hunters are reminded that all firearms must be registered with the

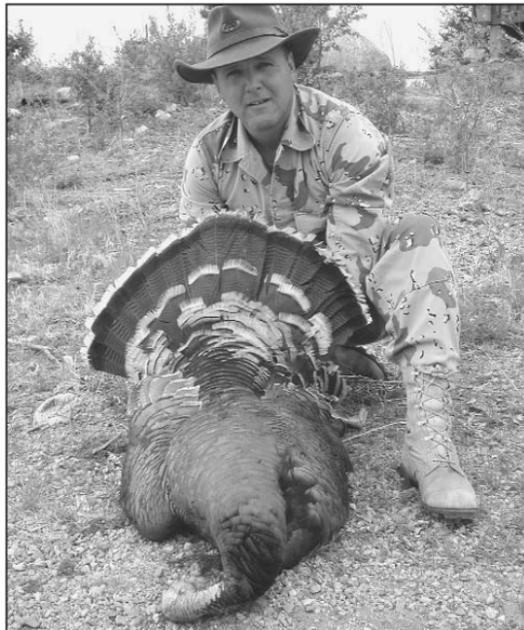


Photo courtesy Richard Bunn

**Al Brown, Fort Carson Wildlife Office, displays a turkey he hunted on Fort Carson last fall.**

**See Turkey, Page 20**

## Speed

From Page 1

The minimum fine for speeding that a driver will incur is \$50. Those fines increase as the speed increases. All fines are doubled if they occur in a construction or school zone. In addition to fines, violators will be assessed four points on their license for speeding up to 19 miles per hour above the speed limit.

The driver will receive six points for driving 20 to 24 miles above the speed limit. 12 points will be assessed to a driver who is going 25 or more miles per hour above the speed limit.

If a driver incurs 12 or more points in one 12-month period, their license will automatically be suspended by the state and military, Kerley said.

"That adds up. The tickets that we give also affect your insurance rates. It goes on your driving record under a federal citation," he said.

Kerley said there are plans to begin a driving course that will help first-time offenders reduce the points they've accrued on their license.

Although speed violations are the majority of the nearly 200 tickets issued per week by local MPs, it's not the only violation that will have the MPS pulling you over.

Noise ordinance violations with

car and personal stereos are on the rise, as is not using seatbelts.

"If we can hear your radio from more than 50 feet with the windows down or 30 feet with the windows up then you're in violation of (the ordinance)," Kerley said.

He reminds barracks and housing residents to, "give common courtesy to other people" when listening to your music.

"Nobody wants to hear other peoples' music," Kerley said. "I'm sure if they did, they'd go out and buy that CD."

If you are cited with a loud noise violation it carries a \$500 fine along with the ticket.

"We have to enforce that, and we're going to start enforcing that heavily," Kerley said.

A motorist cannot be pulled over strictly because they are not wearing their seatbelt, Kerley said. It is a secondary offense and will be added on to the other violation you were not heeding.

Motorists around the Mountain Post can expect more tickets and fewer warnings from the military police.

"If you're going to get stopped, 99.9 percent of the time you're going to be getting a ticket. There are just too many violators. 80 percent of the time they're repeat offenders," Kerley said.

## Turkey

From Page 19

Provost Marshal's Office prior to hunting.

There is no magical formula to determine which equipment is best suited for turkey hunting. Let personal preference prevail. All firearms must comply with CDOW regulations. A 12 gauge shotgun with two and three-fourths through three and one-half inch shells and numbers 4, 5, or 6 lead shot (high performance) is normally used. Barrel length varies on personal opinion and 18 to 26 inches seems to be preferred as most shooting is within 35 yards or closer.

Any shotgun used must be plugged so that it is incapable of holding more than three shells, to include the chamber. A lightweight pair of binoculars for one-hand use is nice to have.

Turkey calls vary by style and intended use. The effectiveness of calls depends on the user's abilities and skill level. Camouflage clothing is highly recommended.

In addition to Fort Carson and Piñon Canyon Maneuver Site, state areas provide excellent turkey hunting opportunities.

The CDOW 2003 Spring Limited Permit Area Harvest Report indicated 65 percent of hunters surveyed reported a 43 percent harvest success and 89 percent of those birds were mature. Hunters reported the number of days spent hunting ranged from one to 14.

The 2003 Unlimited/Over the Counter License Harvest Report indicated 9,742 licenses were sold. They surveyed 1,517 hunters, of which 86 percent reported they had actually hunted during the season, 20 percent of those hunters surveyed reported a 17 percent harvest success and 89 percent of the birds harvested were mature.

Nearly half of all hunters in this category hunted on the weekends and roughly 10 percent hunted during the week.

For more information on specific areas of harvest for the 2003 Turkey Season visit the CDOW Web site at <http://wildlife.state.co.us/hunt/turkey/>.

For more information on hunting and fishing opportunities at Fort Carson, please visit the Game Management Units 591 and 142 Web site at <http://mountain-prairie.fws.gov/gmu591>.

*Protecting the environment . . .*

# Carson school rewarded for recycling

by Pfc. Stephen Kretsinger  
Mountaineer staff

The Mountainside Elementary School student council now has an award-winning recycling program that they received a check for April 22.

The program involves students bringing products from home to be recycled. The money raised by the students recycling program goes to help fund various programs at Mountainside.

The students recycle everything from cans to newspapers and products ranging from plastic to glass.

Representatives from a local business presented a check for \$500 to Mountainside Elementary School April 22 during Earth Day activities at the school.

The check, presented to Lynn Zupans, principal, Mountainside Elementary School, by Randy Hull and Beth McElroy of a local Sam's Club, was given in recognition of the school's recycling efforts.

Mountainside's children, ranging from pre-kindergarten through fifth-grades, were present during the presentation.

The presentation came during the Earth Day activities at Mountainside April 22 where the students learned about how the Earth works and how to protect it.

Some of the areas covered were "Leave-No-Trace," a program about not disturbing nature, and Survival, Encountering Wildlife, Conserving and Recycling, The Value of Trees, and Experiencing Cultural Resources.

The Outdoor Recreation Center and the Directorate of Environmental Compliance and Management presented the activities.

"Our goal is to increase student awareness of the need to protect the environment," said Chris Zimmerman, wildlife officer, DECAM.

The money presented to the school will be used for more recycling efforts as decided by the students, said Rachael Legg, fifth-grade teacher.

"I'm really impressed with Sam's Club," said Legg. "They are very active in the community especially when it comes to the troops."



Photo by Pfc. Stephen Kretsinger

**Randy Hull, business manager for Sam's Club, presents Lynn Zupans, principal, Mountainside Elementary School, a check for \$500. The check was donated to the school as a reward for the school's student council recycling program.**

Legg was an integral part in Mountainside Elementary School being awarded this donation, said Zupans.

Sam's Club's management asked Legg if Mountainside had a recycling

initiative. When Legg told them about the student council recycling program they were impressed and decided to choose Mountainside for the donation, said Randy Hull, business manager for Sam's Club.

# ★ Fort Carson ★ Youth Services Center

Youth center prepares for summer activities ...



Christiana Lowe, 15, lines up her shot for the corner pocket during a pool match with a friend at the Youth Services Center.



Cyndi Koss, left, a staff worker in charge of homework, gives 6th grader Alexis Cavazos, right, some help with her homework. Dominique Moody, also a 6th grader, takes advantage of the extra study time during the Youth Services Center's power hour.

**Story and photos by Pfc. Clint Stein  
Mountaineer Staff**

As the school year grows closer to an end and the summer break is within sight, the Fort Carson Youth Services Center prepares for this year's upcoming summer youth activities.

The YSC is designed as a place where teens can come for a safe haven and learn various life skills as well as just play among their peers, said Steve Hanchett, Director of Youth Services Center.

During the school year, the YSC is a place where teens can come for various activities such as sports, video games or even do homework, said Hanchett. There is an hour-long optional study period called the power hour in which teens can go to a classroom and get assistance on their homework.

"There are usually about 100 kids a day who come in after school," said Hanchett, "most of whom have parents who both work." The YSC is a great place for the teens who are too old for a baby sitter, yet are still too young to be left home alone, added Hanchett.

Once school has ended for the year, June 1 will start the first day of middle school summer camp at the YSC. Youths from fifth grade to eighth grade are eligible for this year's summer camp.

"The theme this summer is the Super Survivor Summer," said Hanchett, "it's designed to help build leadership and teamwork skills." There is a sliding fee for the camp based on pay, that ranges from \$18 to \$55 a week, so a leave and earnings statement is needed when registering a child for the camp. Parents also need to bring in a current copy of their child's shot records upon registration.

Although the entire summer has a theme, each week will also have its own theme as well. "Cowboy week, fitness week and exploring week are just some we have scheduled," said Hanchett. "For example, cowboy week we'll be taking a trip to the Ghost Town Museum, sports week we're going to the Olympic Training Center."

Although the middle school camp starts at 6 a.m. and officially ends at noon, the theme of the week is carried out all day. After noon the YSC will be open to all ages of children that may participate in different contest and activities associated with the theme of that week.

The YSC will also be coordinating all day field trips for different age groups, such as spending the day at Six Flags Elitch Gardens, said Hanchett. For certain field trips the child will have to provide the cost of the ticket, but the YSC will provide the transportation and chaperones.

"We also have a four-day camping trip every summer that's a big hit with the kids," Hanchett said. "For some of these kids it's the first time they've ever slept outside."

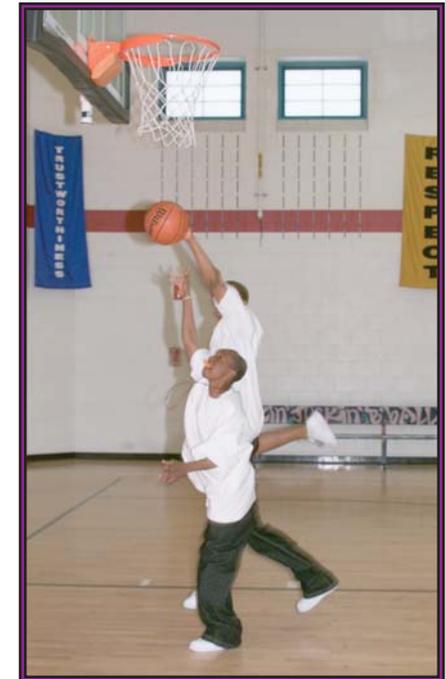
While camping, the teens are taught things such as land navigation, fishing, cooking with fire and setting up campsites. This year's camping trip is scheduled for July 7 to 10.

There are also summer sports camps and sports leagues for youths of all ages to participate in as well, said Hanchett. There are baseball and softball leagues available for youths ages 3-18 years old. The deadline for the baseball and softball league is May 17.

The YSC is also an affiliate of the Boys and Girls Club of America and coordinate with each other on several activities. Teens may enroll in the 4-H Club through the YSC and participate in many different contests, said Hanchett. "Photography and the citizenship clubs are just examples of some of the 4-H club activities."

The staff members at the YSC are fully trained in the area they work in and are here to help the teens learn and grow as people, added Hanchett. "We want this to be a fun and safe place where kids can come."

For more information on dates and events, contact the YSC at 526-2680.



Curtis Boyd, 14, blocks a shot by Darrius Hill, 13, during warm up before a pickup game at the Youth Center gymnasium. All sporting activities are supervised by the Youth Center staff.



After a full day at school, Alexis Rodriugez, 14, right, and Antanika Starks, 14, enjoy playing video games at the Youth Center.



Giving a drum roll, Jake Earls, 12, demonstrates his talent as the Youth Center's percussionist. On Tuesday evenings, Jake and his band practice at the Youth Center.



# Out & About

Apr. 30 - May 7, 2004

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

## BIKE RALLY

### IRON HORSE PARK SATURDAY, MAY 1

All Fort Carson Active Military, Retirees & Civilians Welcome!



Registration starts at 8:00 am  
Adult Race (18 years and older) 6K at 10:00 am  
Family Members & Friends Leisure Ride 6K at 10:30 am  
Childrens Mini-Race at 11:15 am  
All participants are required to sign-out a Food Harmses agreement to participate

### VENDOR DISPLAY'S • SAFETY CHECKS & TIPS

"Join In And Ride For Our Fort Carson Troops"  
sponsored by DCA Fort Carson

For more information call 526-1887 or 526-5601 [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)

## Fishing Derby

Presented by DECAM  
and the Fort Carson Directorate of Community Activities  
Recreation Division

Youth, May 8, 2004  
Adult, Sept. 24 2004  
at Womack Res.

Open to All Eligible Users.  
Ages 1 - 16 Must be Accompanied by and Adult.

Derby: 9 a.m. - 12 p.m.

Lunch: 12 p.m. - 1 p.m.

Awards Ceremony: 1 p.m. - Grand prize for longest fish

Grand Prize for Youth: \$100.00

Grand Prize for Adult: \$500.00

Entry Fee for Youth:

\$5 pre-registration

\$7 day of derby

Entry Fee for Adult:

\$15 pre-registration,

\$20 day of derby

Registration Form on Back.

Day of Derby Registration 7 a.m. - 8:30 am

To Register, contact ITR at 826-2151, Bldg 2429

For More Information and Registration,

Please Call 719-526-2151 or 524-1388.

Or visit our website at [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)

## Sat, May 8 10 a.m. to 2 p.m. at Iron Horse Park

For Information,  
please call 526-2151



## FORT CARSON FREEDOM RUN MAY 15, 2004

SPECIAL EVENTS CENTER BLDG. 1829  
DAY OF RACE REGISTRATION / 6:30 AM - 8:30 AM

10K RUN - 9:00 AM  
CHILDREN'S RUN - 10:00 (FREE)

AWARDS CEREMONY IMMEDIATELY FOLLOWING CHILDREN'S RUN

10K PRE-REGISTRATION BEFORE STARTING APRIL 20, 2004 AT ITR BLDG. 2429 -  
\$17.00 INCLUDES T-SHIRT

DAY OF RUN REGISTRATION -  
\$19.00 INCLUDES T-SHIRT

SHIRT ONLY - \$13.00

OPEN TO THE COLORADO RUNNING COMMUNITY

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FOR MORE INFORMATION 524-1388

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## AMBASSADORS HARLEM

VS.

All Army Basketball Team

May 11, 2004  
6 p.m. to 8:30 p.m.  
(Doors open at 5 p.m.)

Special Events Center  
Bldg 1829



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Better  
than Your Grandfather's  
Basketball  
Show  
FREE!!!

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## Cheerleaders

From Page 11

a week to get ready for the performance.”

The cheerleaders are also scheduled to do a dress rehearsal at Fort

Carson in May before leaving to the Middle East, added Beisner.

Once the cheerleaders were finished with their shots, they made a quick transformation into their cheerleading uniforms. The women then sat at a table and autographed posters in

the lobby of the hospital at Healers Chapel, while four others visited patients at the Family Care Ward.

Several people lined up for the opportunity to meet the Broncos cheer team and get a signed poster, but the posters of the entire cheerleading team

seemed to go to quickly for some fans. Many people at the end of the line had the cheerleaders autograph notecards after supplies ran out, yet some patients of the hospital got a personal visit.

Denise McCluur, mother of two boys, got her 6-year old son on the phone with Sara Lockhart, from Littleton, after the cheerleaders entered her hospital room.

“My son loves the Broncos,” said McCluur.

The four Broncos cheerleaders also gave all the patients autographed posters to help brighten their day.

It was a nice surprise to have the Broncos cheerleaders come here, said Pfc. Orlando Lovato, Heavy Troop 2nd Squadron, 3rd Armored Cavalry Regiment. “I was hurt near Fallujah and came back from Iraq in December,” said Lovato, “I think it’s great that you’re going to help morale over there,” Lovato told the women.

“The girls can’t wait to get over there to show their support for the troops,” said Shelly Trujillo, assistant director and choreographer.

There will be two alumni cheerleaders going in addition to the 11 current cheerleaders, said Trujillo.

We are so excited to be able to give back to the troops, said Brieanna Daddio of Denver.

“They do so much for us,” said Daddio, “this is the least I could do for them.”



Photo by Pfc. Clint Stein

Tashasha Wilbon, a Broncos cheerleader, grimaces as Pfc. Joseph Florence, a medic from the Medical Department Activity, gives her a shot. The Broncos cheerleaders were at the Mountain Post visiting Soldiers and receiving shots in preparation for their trip overseas.

*Bicycle Safety Month ...*

# Mountain Post prepares for bicyclists

by **Spc. Zach Mott**  
**Mountaineer staff**

Saturday, bicyclists from across the Mountain Post will converge on Ironhorse Park for a bike rally in recognition of National Bicycle Safety Month.

But, if you are unable to attend the rally, there are some rules and regulations that you should be aware of before you begin riding your bicycle on Fort Carson.

Fort Carson Regulation 190-5 and Department of Defense Instruction 6055.4 govern the use and apparel necessary to operate your bicycle on post.

Under the rules of these provisions, a bicyclist must wear an American National Standards Institute-approved bicycle helmet while riding on and off the installation; ride as near to the right of the roadway as practical; come to a complete stop and yield the right-of-way to immediate approaching traffic whenever emerging from a driveway or alleyway and never ride two abreast.

When wearing a helmet, bicyclists must ensure it fits snugly and does not obstruct the field of vision. The chin strap must always stay firmly buckled as well.

The regulation also states that when riding a bicycle between sunset and sunrise your bicycle must be equipped with a suitable headlight that is visible at 500 feet to the front and a red reflector on the back that is visible at 300 feet. Bicycles must also be equipped with working hand and pedal brakes.

For those wishing to take their friends for a ride, riding double on a bicycle that is not a tandem bicycle is prohibited. However, child carriers are authorized.

"To help prevent accidents you really need to be seen out there. You're just one little person on one little bike," said Jenny James, a safety specialist from the Installation Safety Office. "You don't see kids especially because they're shorter and the bikes are smaller."

In addition to rules governing what you can wear, there are also

directives dictating what you cannot wear as well.

Headphones, loose clothing, inappropriate shoes and dark clothing make the list of prohibited clothing items and accessories.

There are also safety tips to consider when trekking out on the open road for a ride.

Bicyclists should always wear a helmet, bright fluorescent clothing during the day, ride with traffic, learn the rules of the road and stay alert.

"Drivers have a tendency not to see people on bicycles or motorcycles. Wearing reflective clothing helps with that," she said.

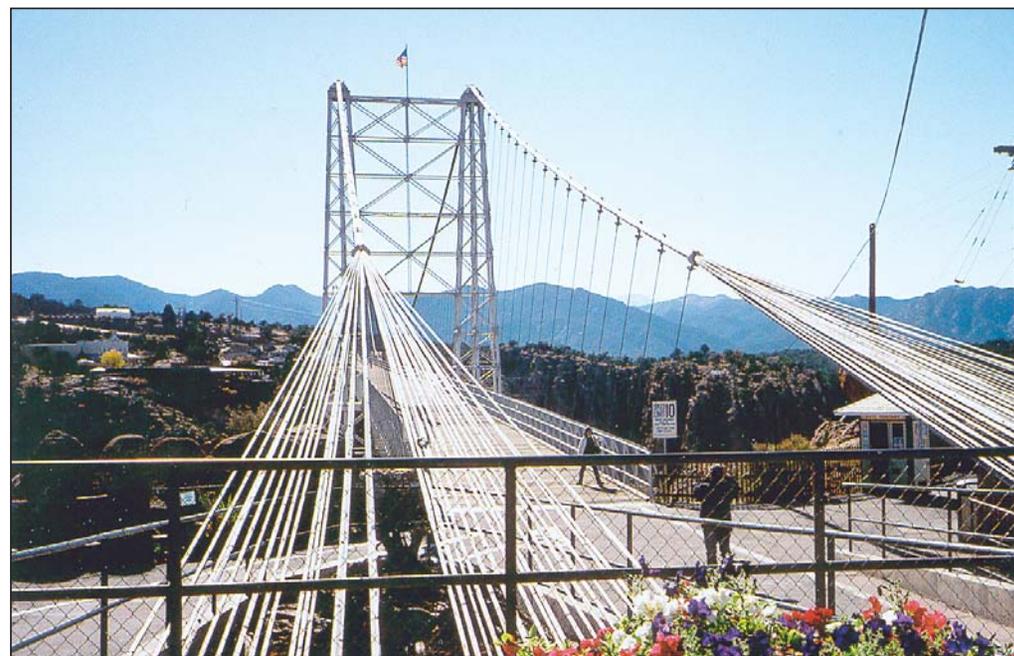
Bicyclists should also be aware of danger zones. Danger zones are wet leaves, puddles of water, patches of ice, loose gravel, rocks, broken glass and cracks in the road.

The bike rally Saturday includes an adult and children's ride. The adult ride begins at 10 a.m. and the children's ride begins at 11:15 a.m. Call 526-1867 or 526-5601 for more information on the bike rally.

## Bicycle safety tips

- **Protect your head** — Wear a helmet
- **See and be seen** — Wear bright fluorescent colors during the day
- **Avoid biking at night** — If riding at night, equip your bicycle with head and tail lights and wear reflective clothing
- **Stay alert** — Keep a lookout for obstacles in your path
- **Go with the flow** — Ride with traffic
- **Check for traffic** — Be aware of traffic around you
- **Learn the rules of the road** — Obey traffic laws
- **Assure bicycle readiness** — Is your bicycle properly adjusted?
- **Check your wheels** — "Quick release" wheels should be securely fastened.

*Editor's note: This information was provided by the Installation Safety Office.*



A good view of the cables holding the bridge in place is seen from the south rim of the Royal Gorge.

Royal Gorge Bridge

## May is armed forces month at bridge

**T**he world's highest suspension bridge is about 40 miles from Fort Carson near Cañon City. The Royal Gorge Bridge, one of the world's wonders, spans a deep gorge cut by the Arkansas River over several million years.

The Royal Gorge Bridge celebrates its 75th anniversary this year and honors military members and their families during May with a reduced price. Beginning Saturday, for \$7.50 per person, people with military identification can cross the 1,260-foot long steel bridge. The Arkansas River is 1,053 feet below the bridge.

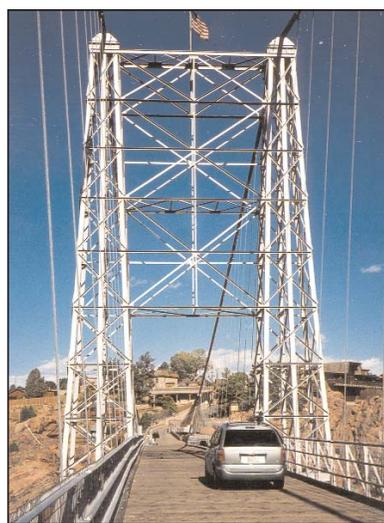
Choose to drive over the bridge, ride a free trolley or walk over the 1,292 planks composing the bridge's floor.

The city of Cañon City was deeded the property by Congress, to use as a park. It was decided to span the gorge by building a bridge as a tourist attraction. The Royal Gorge Bridge and

Amusement Company was formed and bridge construction started. Under the supervision of a Texas company with experience in bridge building, the bridge was built by local workers in an incredibly short time — less than six months. All the steel and wire used in bridge construction was manufactured at the Colorado Fuel and Iron plant in Pueblo. About 80 workers built the bridge at a cost of \$350,000. To build the bridge today, it would cost more than \$20 million.

The 150-foot towers, supporting cables weighing 300 tons, anchor the bridge to either side of the gorge's solid granite walls. The design of the support towers allows the bridge to withstand high winds, but like any suspended bridge, it does move in high wind.

The bridge indeed became a tourist attraction; visitors arrived first by train and then by car, as automobiles became more widely used. The Royal Gorge



Visitors may drive or walk across the Royal Gorge Bridge.

Bridge became a vacation destination.

"Royal Gorge Bridge and Park has a long and outstanding record of popularity as a great place to visit," said Mike Bandera, general manager. Millions of visitors have crossed the bridge.

But there's more than just a bridge. Over the years, attractions have been added to the 360-acre park which now has several attractions for children, families and the more adventurous.

Admission to the bridge includes all rides and attractions in the park.

The first attraction, added to the park in 1931, is the world's steepest incline railway, near the visitor center. Construction of the railway actually took longer than did construction of the bridge, and it was built by the same



Passengers leave the dock for the five-minute tram ride across the gorge.



Places to see in the Pikes Peak area.

## Bridge

From Page 31

crew. The incline railway is built in a crack in the gorge wall. It has special passenger cars and safety equipment, such as .75 inch hoist cables and 1.75 inch safety cables. The cars now used were installed in the 1970s. Alternately, two cars glide down on side-by-side tracks along the 1,550-foot track at a 45-degree angle, each carrying 30 passengers. The ride takes about five minutes, then passengers disembark at the bottom, take a closer look at the raging waters or wave at passing rafters or the Royal Gorge Route Railroad as it passes by. Visitors get a close up view of the unique "hanging bridge," an engineering feat which anchors the railroad track to the side of the gorge, in the one spot in the gorge where there wasn't enough room beside the river for the tracks.

After a few minutes, passengers catch the next car to the top.

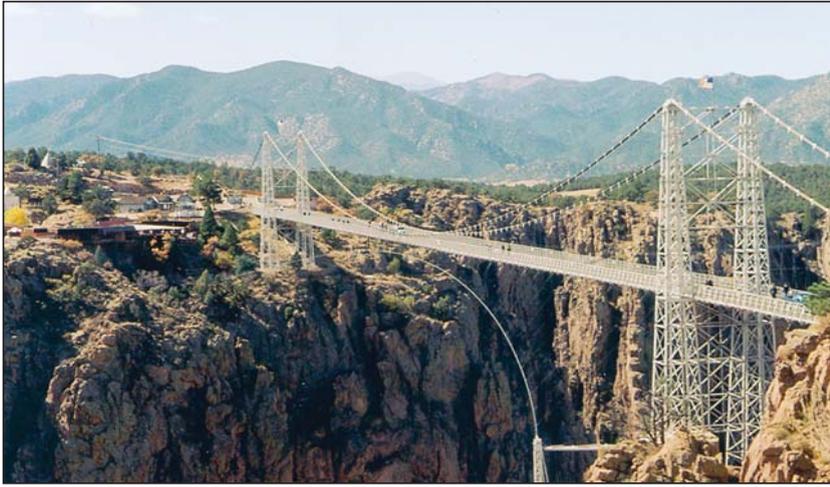
Another attraction is the world's largest single-span aerial tram, added to the park in 1968. It's an alternate way to cross the gorge for people who don't want to walk or drive over the bridge, or an exciting ride for others. The tram car silently carries 35 passengers across the 2,200 feet span. Once on the other side, passengers can make the return trip on the next tram car or explore the attractions on the other side of the bridge before returning to the north rim.

Attractions on the south rim include a theater which shows a 15-minute film about the historic "Railroad Wars" in 1879 when two companies were in dispute over the railway rights. The film also shows footage of the bridge construction.

Visitors may stroll through the new 10-acre Wapiti Western Wildlife Park, which includes a herd of elk, a rare white buffalo and big horn sheep. There's also a petting zoo with barnyard animals and free burro rides for small children.

A Mountain Man Encampment features men and women in traditional mountain clothing living the way the first trappers lived in Colorado. Mountain Man interpreters demonstrate hunting and living skills.

The newest attraction in the Royal Gorge Park is the Royal Rush Skycoaster, which has



The Royal Gorge Bridge spans the chasm created by the Arkansas River over millions of years. It is the highest suspended bridge in the world.

been called the scariest skycoaster in the world. Harnessed riders are released from a 100-foot tower, swing out over the gorge, hanging hundreds of feet above the roaring Arkansas River. The skycoaster is the only attraction not included in the entry price. Riders pay \$15 for the skycoaster ride.

Snack bars are on both sides of the gorge, offering standard selections of pizza, funnel cake, soft drinks, ice cream and sandwiches.

On the north side of the bridge is the visitor center, with a large inventory of souvenirs, T-shirts, gifts, candy and a snack bar. It's also the docking station for the aerial tram.

Near the visitor center is a rare water clock, a reproduction carousel with 30 animals, a miniature Silver Rock Railway patterned after an 1893 locomotive which takes passengers on a mile-long ride; and playground equipment.

Upon arrival, park in one of the nearby parking lots near the entrance. There are some attractions near the entrance that you might want to check out before crossing the bridge.

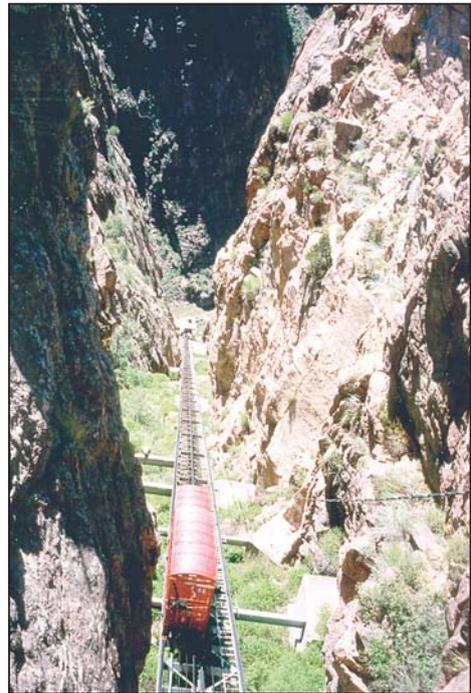
Regular admission price to the bridge and park is \$20 for adults and \$16 for children 4 to 11. Children under 3 years of age are admitted for free. During May, the admission is \$7.50 per person for active duty military families; show military ID. The bridge is open from 10 a.m. until 6:30 p.m.

Cañon City's annual Music and Blossom Festival is the first weekend in May. Events begin about 8 a.m. Saturday and include a 1 p.m. parade on Main Street. If time permits, plan to participate in the festival or at least anticipate a few minutes delay for fest crowds while driving through Cañon City Saturday or Sunday.

Attractions in Cañon City include the Dinosaur Depot (many of the world's museums have dinosaurs found in the Cañon City area), and the Prison Museum. The Royal Gorge Route train leaves from the depot in Cañon City.

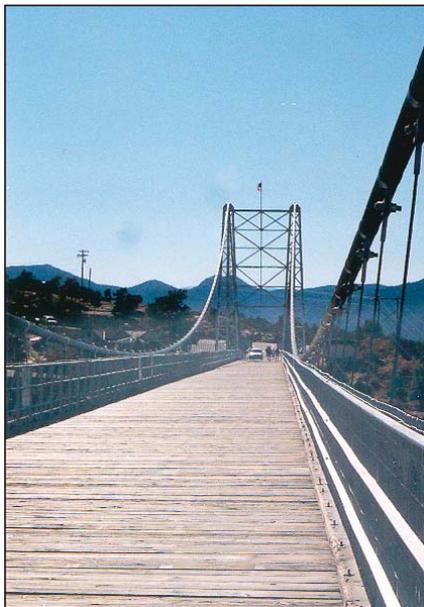
On the way to the bridge there's Buckskin Joe, a western-themed amusement park which opens Saturday. There's also a miniature railway ride adjacent to Buckskin Joe.

The Royal Gorge Bridge is west of Cañon



An Incline Railway car with 30 passengers takes the 45-degree track to the top.

City, off Highway 50. From Fort Carson, take Highway 115 to Penrose, then take U. S. 50 west through Cañon City, continuing for about 12 miles. Signs mark the way to the bridge, which is a few miles south of Highway 50. There are rafting and helicopter companies and a few tourist attractions near the road to the bridge.



The floor of the bridge contains 1,300 planks.

### Just the Facts

- **Travel time** one hour
  - **For ages** families
  - **Type** suspended bridge, park
  - **Fun factor** ★★★★★ (Out of 5 stars)
  - **Wallet damage** \$\$ during May
    - \$ = Less than \$20
    - \$\$ = \$21 to \$40
    - \$\$\$ = \$41 to \$60
    - \$\$\$\$ = \$61 to \$80
- (Based on a family of four)

# Happenings

## Get Out!

### Theater

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

### Money Museum

The first U.S. silver dollar ever made, struck in 1794, is presently displayed at The Money Museum, 818 N. Cascade Ave. The museum is free.

### Exhibit ends soon

The Denver Museum of Nature and Science features a special exhibit closing May 9, "Machu Picchu: Unveiling the Mystery of the Incas." The Denver Museum of Nature and Science is in Denver's City Park, at 2001 Colorado Blvd.

### Shrine Circus

The El Jebel Shrine Circus names military appreciation day May 5 at the National Western Complex in Denver. At the 6 p.m. show military with ID are given 50 percent off regular admission of \$10, and up to three accompanying children under age 16 will be admitted free. The complex is at

Interstate 70 and Brighton Road, exit 275B.

### Armed Forces Day concert

The Air Force Academy Band presents its annual Armed Forces Day Concert May 12 at 7:30 p.m., at the Air Force Academy's Arnold Theater. Tickets are free but required, and are available at Ticketmaster outlets.

### Concerts

The Pikes Peak Philharmonic presents "Barber of Seville" and Mozart's Symphony No. 39 Sunday at 3 p.m. at Benet Hill Center, 2577 N. Chelton Road. Tickets are at the door, \$6 for adults, \$4 for seniors or \$12 for a family.

"A Hero's Welcome Home Concert," featuring music students from Widefield High School is Monday at 7 p.m. in the gymnasium. Admission is free. Widefield High School is on Norman Drive, just off Main Street in Security.

Mozart's Requiem and Schubert's Mass in G will be presented May 15 at 7:30 p.m. at Sunrise United Methodist Church, 2655 Briargate Blvd. The free concert is presented by the 140-voice choir, Soli Deo Gloria.

The Colorado Springs Children's Chorale, the Colorado Springs Youth Symphony and the Moms and Company Choir present "Songs of

Nature" May 9 at 3 p.m. at the Pikes Peak Center. Tickets begin at \$10; call 520-7469.

Colorado Springs Philharmonic performs works by Mozart and Schubert, May 8 at 8 p.m. and May 9 at 2:30 p.m. at First United Methodist Church, 420 N. Nevada. Tickets are \$20, call 520-7469.

### Magic show

Stars of Magic is May 14, 7 p.m. at Peterson Air Force Base auditorium. Tickets are on sale for \$6 for adults and \$4 for children 3 to 12; call 554-3522 or 554-3178.

### Free rides for military

JoyRides Family Fun Center hosts Armed Forces Weekend May 14, 15 and 16. All military with ID get a free all-day wristband. Family members of military get a 50 percent discount on all-day wristbands. JoyRides is at 5150 Edison Ave., east of Academy Boulevard off Platte Avenue.

### Volksmarch

The Falcon Wanderers Volksmarch Club has a free walk at Colorado College Saturday. Register at Worner Campus Center on North Cascade Avenue between 8 and 11 a.m. Walk five-, six- or 11-kilometers. For information, call 264-0816.



Photo by Nel Lampe

## *Special exhibit ...*

The Denver Museum of Nature and Science hosts a special exhibit "Machu Picchu: Unveiling the Mystery of the Incas." The exhibit closes May 9 and includes finds from an archeological dig, dioramas and Inca art. It is included in museum admission. The museum is open daily, 9 a.m. to 5 p.m. and is in Denver's City Park.



Program Schedule for Fort Carson cable Channel 10, today to May 7.

Army Newswatch: stories on the Stryker platoon, new medals and homecomings (repeat). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Marine Corps Exposition, the Sea Shadow and sea rescues. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on rebuilding an African community, children learning about deployments and operations at Baghdad International Airport. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

Information on West Nile Virus at 7 a.m., 10:30 a.m., and 7 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@fort-carson.army.mil](mailto:CommandInfo@fort-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 email 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

## Intramural Volleyball

### Post volleyball league features good times

by **Walt Johnson**  
Mountaineer staff

The post intramural volleyball season is about three quarters of the way finished. From the beginning of the season to today one thing has been common in this league, the players are having some good old fashioned fun according to Marcus Montoya, 5025th Garrison Support Unit head coach.

"This year has been a lot of fun for a number of reasons. Joe Lujan (assistant intramural sports director) did a great job of putting the season together despite all the deployments and other things that are going on," Montoya said.

Montoya says the compact season — the season and playoffs will be decided over a five-week period with the playoffs starting Monday — is good for his young, energetic team.

"We like the compact schedule because it is allowing us to get some rhythm. When you play once a week you can get out of rhythm. Because we don't get a lot of practice time due to our mission requirements its important for us to

play a schedule like this. We don't get to practice and be around each other a lot so this helps keep our team cohesion," Montoya said.

Montoya had no real idea what to expect from his team this year. In addition to not being able to practice together, the team barely knew each other as the season began.

"I knew my players from being in the unit, but as far as volleyball players, I didn't know them at all. I asked them if they knew what a 4-2 and 6-2 was and the ones that responded, "yes," gave me some idea of what type of players they were."

"What I have come to learn is the players in my unit aren't great players and they are not very technical about the game, but they have some good skills and they are scrappers. We didn't install any special offense or defense we just let the players play to their skill level," Montoya said.

Montoya and the rest of the post intramural volleyball league will begin the quest for the post championship Monday night at Waller Physical Fitness Center at 6 p.m.



59th Ordnance's Raul Renteria, 7, leaps to block a scoring attempt by a 43rd Area Support Group player.



David Kline, 41, tips a ball over the net to score a point during intramural league action April 22.



Matt Stratton, 30, spikes a ball over the outstretched arms of Joel Laurel, 13.

Photos by Walt Johnson

## On the Bench

# All-Army hoops team takes the court tonight

by Walt Johnson  
Mountaineer staff

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

(The information on the Harlem Ambassadors was submitted by the Directorate of Community Service marketing office.)

The internationally-acclaimed Harlem Ambassadors 2003-2004 "Around the World" Tour, covering Europe, Asia and North America, will include a stop at Fort Carson for a game at the Special Events Center building 1829, May 11, at 6 p.m.

The team will meet a group of all-stars from the Fort Carson military community. That is in line with the group's objectives as it goes from one area to another.

The Ambassadors do not travel with a preselected opponent or present a choreographed show. "We like to be challenged by the best local players," said Ladè Majic, the only woman

coach/player of an all men's professional team. "There are always a few tough players in any place we go."

Dealing with opposition who do not know exactly what will happen next creates an Ambassadors show that is loaded with spontaneous improvisational humor.

The Ambassadors Tour has carried the team to 39 states and 19 foreign countries. The Harlem Ambassadors are the leading provider of entertainment to the United States military, having performed at more than 100 different bases worldwide.

"We are extremely proud of our relationship with the military," Ambassadors President Dale Moss noted.

The team has performed for troops deployed in frontline positions in the Balkans and Korea. The Ambassadors also recently performed for the Marines guarding captured Al-Qaida terrorists at Naval Station Guantanamo Bay, Cuba.

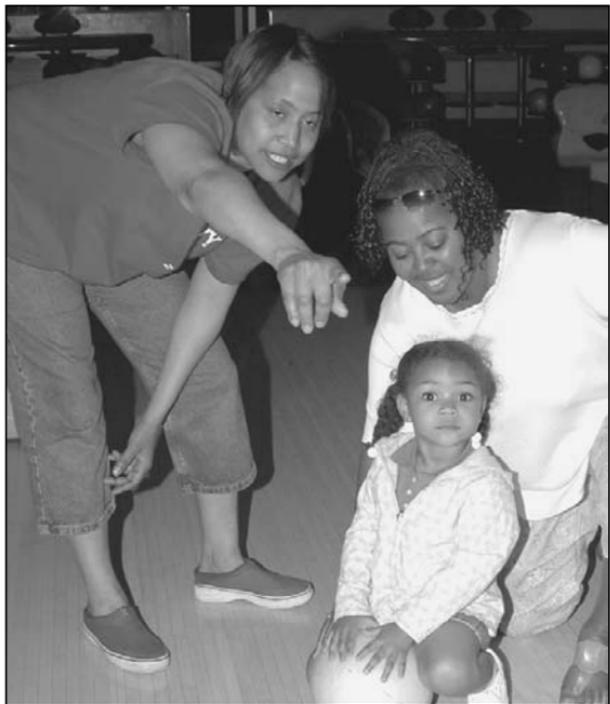


Photo by Walt Johnson

## Down the lane ...

Kennadii White, center, gets advice from her mother Kimberly White, left, and family friend Shiela Hutchins at the post bowling lanes. Summer bowling teams are currently forming at the post bowling lanes. Call 526-5542 for league information.

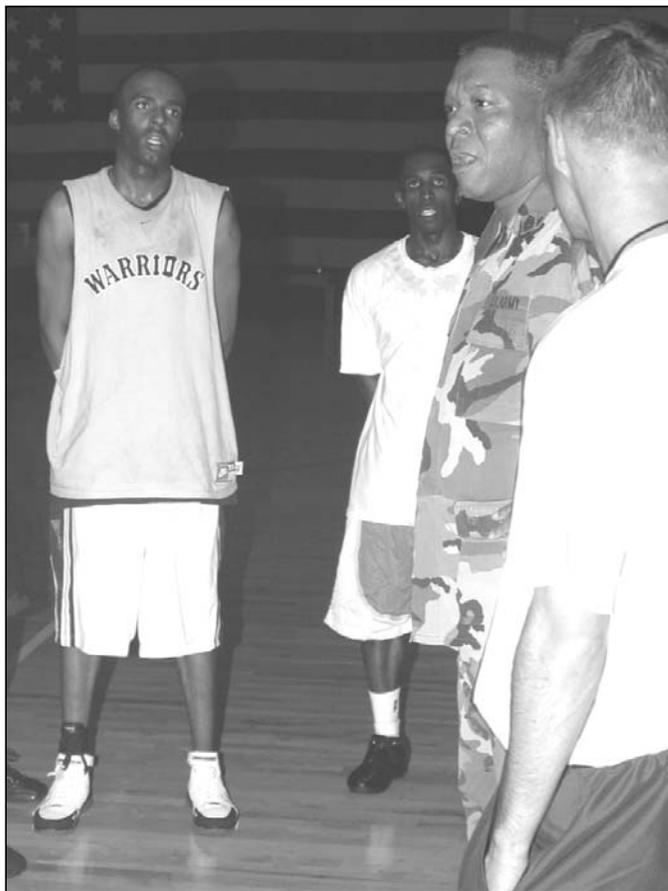


Photo by Walt Johnson

## Meet the sergeant major ...

Post Command Sgt. Major Terrance McWilliams, second from right, talks with members trying out for the all-Army basketball team Friday at the Special Events Center.

## Bench

From Page 38

The Ambassadors show features high-flying slam dunks, dazzling ball-handling and comedy routines led by Ladè Majic, Queen of Show Basketball.

Free tickets are available at the Information Tickets and Registration Office, building 2429. For information, please call 526-5366.

**I witnessed one of the most amazing things the other day at the Special Events Center, thought I would share it with you.**

The all-Army team was going through its practices when Post Command Sgt. Major Terrance McWilliams walked in to welcome the team to Fort Carson.

After the players were called over and gathered around McWilliams, he welcomed them to the post and then asked them to tell him a little about themselves. Amazingly, as each player talked about what he did and where he came from, McWilliams either was assigned to the post they came from or knew someone currently stationed at the players' location.

The knowledge of the Soldiers' background seemed to put each Soldier at ease and was a great ice breaker for the Soldiers, who felt at ease communicating with the post's senior enlisted person.

**There are going to be a couple of interesting events going on at the Fort Carson**

## Golf Club.

On May 13, the Fort Carson Officers Spouses' Club will host a golf classic honoring the "Returning Heroes."

The day will begin with a 8:30 check-in and a 10 a.m. shotgun (scramble format) start.

Prices for the event are as follows: civilians \$60; 0-3 through 0-10, warrant officer 5 and Department of Defense civilians, \$50; WO-1 through chief warrant officer 4 and E-5 through O-2, \$40, and E-1 through E-4, \$30.

Included in the price is the registration and greens fees, Global Positioning Satellite enhanced cart, complimentary use driving range, goodie bag, complimentary greens fee pass for 18 holes to play at a future date and a barbecue meal. Prizes will be awarded for first, second and third place teams in three flights and tournament championship prizes will be awarded to the top team.

The field is limited so get your entries in as soon as possible. Registration forms are available at the post golf course. For more information on the tournament contact Judy McLeary at 632-2574.

**On May 22, the golf course will host the Parent/Child Golf Outing at 3 p.m.**

Parents or grandparents pay the cart and greens fees and the child plays for free in the nine-hole scramble format.

The event is open to military families only. Call 526-4102 for more information or visit the golf course to sign up.

## Mountaineer Event of the Week

### All-Army team prepares for major challenge tonight

by Walt Johnson  
Mountaineer staff

Training camp has been going on for a week and now its time for all-Army basketball team head coach Babe Kwasniak to see what he has.

Tonight at 6 p.m. at the Special Events Center on post, the all-Army team will take on the Colorado Springs all-stars. The game will be the first of five the all-Army team will play here prior to competing in the Armed Forces Championships Memorial Day weekend in Charleston, S.C. This year it will be more important than ever for the team to play games against outside opponents because this is the first time in a few years Kwasniak has had to form a team without some old reliable players.

"This is going to be the most challenging year with most of our veterans deployed and so many new faces trying to make our team. Sometimes that is not a bad thing because you get new, younger guys in that are hungry," Kwasniak said.

The Army team will be out to cap-

ture the championship that eluded them for the first time in three years last year when the Marine Corps won the title. Kwasniak feels this could be a magical year for the Army because of the talent base he has to pick from this year and because of some unfinished business.

"We have a good mix of veterans and newcomers and we'll be ready to compete. I came back this year because it was the first time since I have been associated with the program that we didn't win the gold medal and I want to help bring the gold medal back to where it belongs, with the United States Army," Kwasniak said.

Kwasniak said his team will not be as big as its been in the past but team speed may make up for the lack of height. He said fans can expect a good show from his team tonight.

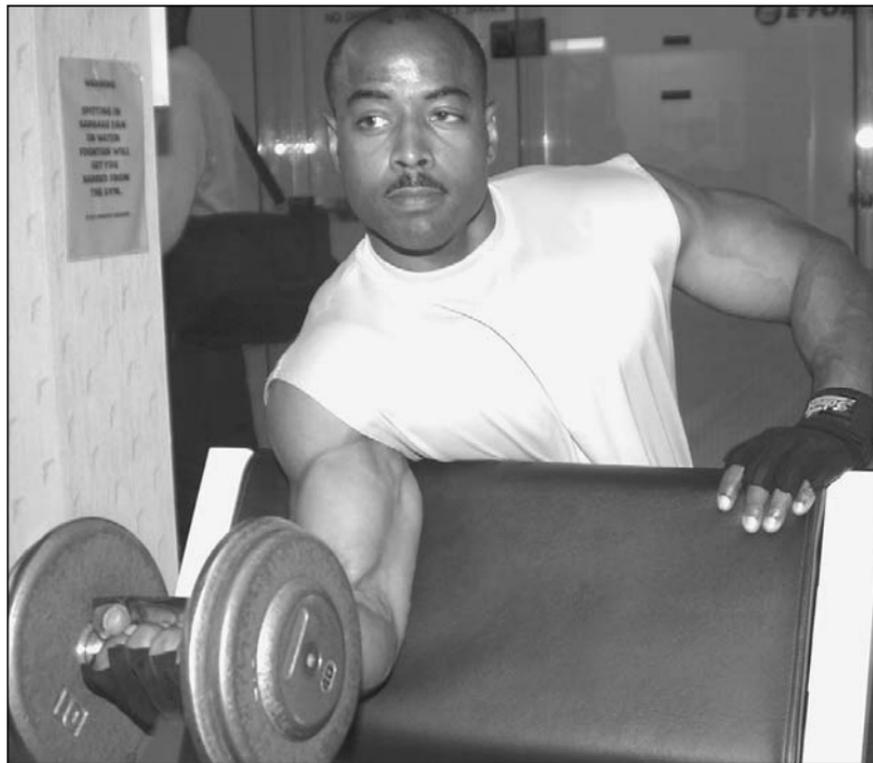
"We play basketball that is very representable to how the Army operates. We attack our opponents and we don't stand on our heels. We play smart, we play hard and we play together," Kwasniak said.



Photo by Walt Johnson

All-Army basketball team coach Babe Kwasniak, with the ball, shows players the proper post play technique.

## *Mountaineer Fitness Feature*



### *Ready to defend ...*

Tony Claiborne, defending post weight lifting champion, works out at Forrest Fitness Center Friday as he prepares for the McKibben Physical Fitness Center powerlifting competition July 24 to 25.

Anyone interested in competing in the powerlifting event should contact Jordan or Annete Wallace at 526-2597.

Photo by Walt Johnson