

Mountaineer

Vol. 62, No. 20

Published in the interest of the 7th Infantry Division and Fort Carson community
Visit the Fort Carson Web site at www.carson.army.mil

May 21, 2004

Cowboy up ...

Steer wrestler Luke Branquinho, one of eight Army-sponsored competitors in the Professional Rodeo Cowboys Association, wrestled this steer to the dirt to make it into the U.S. Army championship final round at the Pace Picante Pro Rodeo Chute-Out in Las Vegas Saturday. Branquinho won the steer wrestling competition and won more than \$20,000 at the rodeo.



Photo by Cpl. Matt Millham



Photo by Spc. Jon Wiley

Welcome home ...

The 52nd Engineer Battalion passes the reviewing stand on Pershing Field during a welcome home ceremony for the 43rd Area Support Group Wednesday. The ceremony was held to honor the achievements of the various 43rd ASG elements that deployed to Iraq. Many of the 43rd ASG Soldiers were among the first to deploy there from Fort Carson.

Post seeks volunteers

by Spc. Jon Wiley
Mountaineer staff

The Fort Carson garrison staff is looking for a few good men and women willing to volunteer to keep the children in post housing areas safe.

The garrison is seeking volunteers to perform crossing-guard duty at the major intersections near post schools before and after school hours, said Sgt. 1st Class Daniel McClure, noncommissioned officer in charge of the Housing Liaison office.

Currently, Soldiers are tasked to do crossing guard duty, but this system will be phased out by the end of next school year, McClure said.

"In most school districts

off post, there are volunteers who do crossing-guard duty," McClure said. "(The garrison staff) wants the community to pull together and realize this is a parent and volunteer responsibility."

Area coordinators and mayors in each of the post's 14 villages are assessing which areas need crossing guards. Once their evaluation is made, they will report it to the Housing Liaison Office, McClure said. They will also determine what hours volunteers are needed based on school hours.

Those interested in volunteering should contact their

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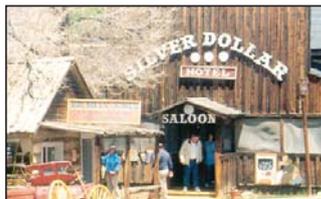
Feature



Colorado Springs celebrates Join-R-Forces Day at Memorial Park.

See Pages 24 and 25.

Happenings



An 1850s town is a tourist attraction and movie set near Cañon City.

See Pages 31 and 32.

Countdown to the Army Ball

22 days until Fort Carson's Army Birthday Ball June 12. For ticket information, call your unit point of contact.

Post Weather hotline:
526-0096

Respect Islamic faith, not fanatics

Commentary by Staff Sgt.
Russell Bassett
Army News Service

FORT EUSTIS, Va. — Religion is never a very easy topic to talk about. It tends to divide more than it unites.

Religion gets to the heart of what we believe and what we value, and strong emotions are wrapped around those beliefs and values. Even atheists strongly defend their right not to believe in God.

Through history, religion has been used to justify great injustices, including war and genocide.

Today, one religion — Islam — is facing close scrutiny as its radical fringe terrorizes the world through violent attacks.

That Islam has produced its share of fanatics should come as no surprise. Every religion has its extremists, and there can be no denying that militant Islam's rigid and intolerant orthodoxy is making the world a more dangerous place.

But is Islam itself the reason for terrorism, or is it something else? Has the backlash against terrorism created intolerance for Islam? And are those of us in the military doing enough to ensure that Muslims in uniform are enjoying the same tolerance of their faith as those from different religions?

Islam is the second largest religion in the world, totaling more than 1.3 billion believers. Less than 20 percent of the Muslims in the world are Arab, and all Arab countries have populations that believe in other religions. Indonesia has the world's largest Islamic population — 88 percent of citizens are Muslim.

In the United States, Islam is the fastest growing religion. There are currently five to seven million Muslims who are U.S. citizens.

There is also a substantial number of Muslims in the U.S. military; between 10,000 and 20,000 U.S. servicemembers consider themselves fol-

lowers of Islam.

In the U. S. Army, Muslims are afforded the same rights to worship as any other religion.

"The Army tries to accommodate different religions," said Col. Hanson Boney, Fort Eustis chaplain. "There have been Muslims in the Army for the past 40 years. There are times we can't accommodate religions, like in times of war, but Muslims have no harder time worshipping in the Army than any other religion."

Some Muslims are finding that the backlash against terrorism has made it harder for them to practice their faith.

Matthew Hicks, a Soldier in Company E, 71st Transportation Battalion, said he had trouble after Sept. 11. "People get the wrong idea about Muslims," he said. "They think I'm a terrorist or going to blow something up."

In 2002, Hicks changed his name from Abdulaziz Gazah so he wouldn't have to face the prejudice associated with an Islamic name.

After joining the Army, Hicks also faced discrimination.

"When I was in basic," he said, "I told my drill sergeant that I wanted to attend Muslim service and he at first didn't believe me and then started ranking on me, so I stopped going to the services all together."

After that incident, Hicks decided he was not going to tell anyone he is a Muslim. He arrived on Fort Eustis two weeks ago and had not even told his battle buddy about his Islamic beliefs.

One of the five pillars of the Muslim faith is to pray five times a day. As an Initial Entry Soldier, it has been difficult for Hicks to find time to pray.

"I have had zero time to pray," he said. "But in the Islamic faith it is not so much that you have to pray, it's if you have the time or make the intent. It is all about your intent."

The Jacksonville, Fla., native who

speaks Arabic said he joined the Army to work as a translator in the Persian Gulf.

Hicks, whose parents are from Saudi Arabia, said he spent some time in that country growing up, but that he is "born and raised American."

"I am so loyal to the United States," he said. "My grandfather served in the U.S. (Army) Air Corps and even when I was in Saudi Arabia I told everyone I was American."

Spc. David Burgos, operations clerk for the 492nd Harbormaster Detachment, who has been an active Muslim for 25 years, said Islam helped give him direction and hope.

Burgos has spent eight years on Fort Eustis, and he said working here has enabled him to actively pursue his faith.

"My unit has always been accepting," he said. "They let me go to Jumah (prayer) at 1300 on Friday, and they always inquire about me during Ramadan, especially for PT (physical training). Since Ramadan is a time of fasting and no liquids during the day, they have allowed me to do PT later in the day."

Burgos said he has experienced no discrimination or prejudice here, even after Sept. 11.

"The whole year after Sept. 11 I had people asking me questions about Islam, but I don't believe any of them were in a negative manner," he said. "Fort Eustis has been good for me as far as being Muslim and wearing the green uniform."

The United States has several allies among the Arab nations, and many Arab countries send their Soldiers to the Transportation School here for training.

Sebastian Velilla, international military student specialist with the T-School, helps ensure that Muslims who visit Fort Eustis to train are allowed to practice their beliefs.

Friday, 15 Arabs from the school joined together at the Islamic Center

here to pray. Sgt. Maj. Alkhedaaid Aazib, an aviation soldier from Saudi Arabia, led the prayers.

"Because we are working with Americans here, they get to know us and we get along well," he said. "We are treated like equals."

"Islam is actually a peaceful religion," said Hicks. "When Muslims say hello we say, 'Peace be upon you' and when we return the greeting we say 'Peace be back to you.'"

Burgos said the Koran teaches peace and nonviolence.

"I have read the Koran several times," he said. "Islam teaches its followers to be peaceful. Islam is all about giving life, not taking it."

However, the question still remains: If Islam is such a peaceful religion, why then are there schools in such traditionally allied nations like Pakistan and Saudi Arabia that teach intolerance and hatred? And why do terrorists use Islam to justify their violent actions?

Hicks believes it has to do more with the political situation than the faith. "Islam is not Islam," he said. "It's certain people with messed up ways. Bin Ladin's hatred comes from his hatred of the United States, not his religion."

Burgos agreed.

"Some people who call themselves Muslims are angry about what is going on in the politics of their region," agreed Burgos.

Despite a few isolated cases, Muslims who serve in the United States armed forces are proving their loyalty to this country. They should be afforded the same rights and privileges afforded their non-Muslim brothers in arms.

As Americans, we set the example. Let's be sure that example is one that includes tolerance for people of all religious faiths.

Editor's note: Staff Sgt. Russell Bassett writes for the Fort Eustis Wheel newspaper.



What kind of training do you best think would help prevent POW abuse?



"Newcomer briefings and awareness classes for new personnel."

Tanya Piker
Retired Air Force



"Really what it comes down to is your moral ethics. It's your leader's responsibility."

Capt. Steve Williams
Co. M, 3rd Sqd., 3rd ACR



"It wasn't a problem with training it was the individuals behind it."

Spc. Jeremy Welkley
66th Military Intelligence Battalion



"Some cultural training with regards to Islamic differences in religious backgrounds."

Capt. Joe Kelly
Colorado National Guard

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

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

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All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printercraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The *Mountaineer's* editorial content is

edited, prepared and provided by the Public Affairs Office, building 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

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

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News

2nd ID deploying from Korea to Iraq

by Jim Garamone
Army News Service

WASHINGTON — About 3,600 Soldiers of the 2nd Brigade, 2nd Infantry Division will deploy to Iraq this summer from the Republic of Korea, Defense Department officials said Monday.

The deployment will reduce U.S. troop strength in Korea by about 10 percent. This reduction decision can be made with impunity, a senior Defense Department official said speaking on background, because of the beefed-up capabilities the United States has on the Korean peninsula.

More capable air assets, a Patriot-3 brigade, rotating Stryker battalions, and far better command, control, computers, communications and intelligence facilities more than make up for the drop of U.S. troops in South Korea to 34,000, the official said.

“Ongoing global posture review is strengthening our position in Asia and Korea,” said Richard Lawless, deputy defense undersecretary for Asia-Pacific policy. “This strengthened global and regional posture, including our efforts under way in Korea to realign U.S. forces and enhance our capabilities, allows us to employ our forces worldwide in a more flexible manner.”

Lawless said that if needed, the United States can quickly augment air and naval presence in the Asia-Pacific region.

Officials said Korean and Japanese leaders were informed of and agreed with the U.S. decision to send the 2nd Brigade, 2nd ID to Iraq. They said it is part of the overall look at U.S. global posture.

The troops will spend one year in Iraq. Since military tours of Korea are typically one-year unaccompanied tours, some Soldiers will spend up to two years separated from their families. Officials said the majority will spend between 12 and 18 months away from home. No decision has been made on whether the brigade will return to Korea following its tour of duty in Iraq.

A senior military official said the troops are fully combat ready and that this will allow the stress to be “balanced” throughout the force. He said DOD also is looking at changing the tour length of Marine forces assigned to Iraq. Currently,

Marines spend seven months in Iraq and seven months home.

Troops of the 2nd Brigade, 2nd ID, now stationed near the demilitarized zone in Korea, will begin deploying to Iraq in mid-summer, a senior DoD official said.

Headed to Iraq

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northern Iraqi provinces Feb. 5 from the 101st Airborne Division (Air Assault) in Mosul.

This summer’s deployment of the 2nd Brigade will place two of 2nd Infantry Division’s three brigades in Iraq. The 1st Brigade of the 2nd ID will remain in Korea.

The 3rd Brigade of the 2nd ID, also known as the Stryker Brigade Combat Team, has been in northern Iraq since early this year. The SBCT deployed to Iraq from its home base of Fort Lewis, Wash., in November. The brigade became part of “Task Force Olympia” early this year and took over operational control of

Army Suggestion Program goes online

by Joe Burlas
Army News Service

WASHINGTON — Soldiers and Department of the Army civilians can now go online to offer Army suggestions — and possibly win some cash.

The Army Suggestion Program, <https://armysuggestions.army.mil>, went online Monday. Logging on requires an Army Knowledge Online user name and password.

While there are several advantages to an Army central online program, the biggest plus is anyone with access to the Web can make a suggestion in a timely manner — no matter where they are, said Brenda Scott, a suggestion program official with the Office of the Chief of Staff Strategic Management and Innovations Division.

In the past, deployed Soldiers who came up with good ideas when away from home station would often wait to submit that idea through channels until they returned home, Scott said. The reasons for the wait, she said, were several: getting a copy of Army Regulation 5-17 that outlines submission require-

ments, keeping the hardcopy submission form clean in the field while filling it out and lack of research resources.

“We have more than 100,000 Soldiers deployed overseas right now and thousands more DA civilians with them,” Scott said. “Any one of them with a suggestion can now go online and submit ideas without fear of getting the paperwork dirty, and there are links on the page that give lots of research material.”

The site also has a link to AR 5-17.

There is even a save function that allows suggestors to fill out the submission packet over a period of time rather than during just one session.

The program seeks suggestions that improve work methods, materials, processes, equipment, logistics, utilities or tools that will benefit the Army. Implemented suggestions that save the Army money are often eligible for a cash award. The more money saved, the larger the potential award.

The suggestion must present a problem or situation, propose a solution and state the benefit to the government.

The new Web site also allows supervisors to nominate a suggestor for recognition as the top suggestor of the year in Soldier and DA civilian categories during the annual Secretary of the Army Awards ceremony.



Military

Ropin' and ridin'...

Army's new cowboy ready to ride

by Spc. Curt Cashour

14th Public Affairs Detachment

He's not a combat infantryman doing battle in Iraq or Afghanistan. He's not a civil affairs representative vying for the hearts and minds of citizens from war-torn nations. In fact, he's not even a Soldier. He is, however, an important piece of the Army's mission at home and abroad.

Fred Whitfield is one of the newest athletes sponsored by the Army. As part of the Army's partnership with the Professional Rodeo Cowboys Association, Whitfield and his seven teammates travel the country representing the Army in the nation's premier rodeo competitions.

Whitfield, a tie-down and team roper from Houston, got his introduction to the sport when he was 6 or 7 at a ranch owned by his mother's employers, the Moffitt family. The aspiring cowboy used to travel to the ranch from his home in the city each day after his mom got off work, he said.

"They had horses and calves and stuff, and I just started playing around with them," he said.



Photo by Cpl. Matt Millham

Professional Rodeo Cowboys Association Army team member Fred Whitfield ropes a calf Saturday during the Pace Picante ProRodeo Chute-out. Whitfield, who has won more than \$2 million since joining the PRCA, is currently ranked third on the 2004 ProRodeo Tour.

See Cowboy, Page 10

Military Briefs

Misc.

Commissary Awareness Month — The Better Opportunities for Single Soldiers is sponsoring a day at the Commissary to promote the benefits of shopping at the store Tuesday from noon to 3 p.m. There will be tours of the Commissary, gift certificates and free food and gifts. Call Community Events at 526-4494 or 524-2677 or 321-7711 for more information.

Warrant officer recruiting — A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., will brief all interested Soldiers on the qualifications and application procedures in becoming U.S. Army Warrant Officers at the Grant Library, building 1528 Sunday to Thursday at 9:30 a.m. and 1:30 p.m.

For more information, call Sgt. 1st Class Joseph Osborn at (502) 626-0466 or DSN 536-0466, or e-mail at Joseph.Osborn@usarec.army.mil.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned 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/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

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

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 suppression — 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, Tuesdays 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 end of time in servicing? 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

Education Center hours of operation — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

Counselor Support Center — Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

Defense Activity for Non-Tradition Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 4:30 p.m.

eArmyU Testing — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

eArmyU Office — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Military Occupational Specialty Library — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 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.



Boss meeting — 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.

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.

May 21 to May 27

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

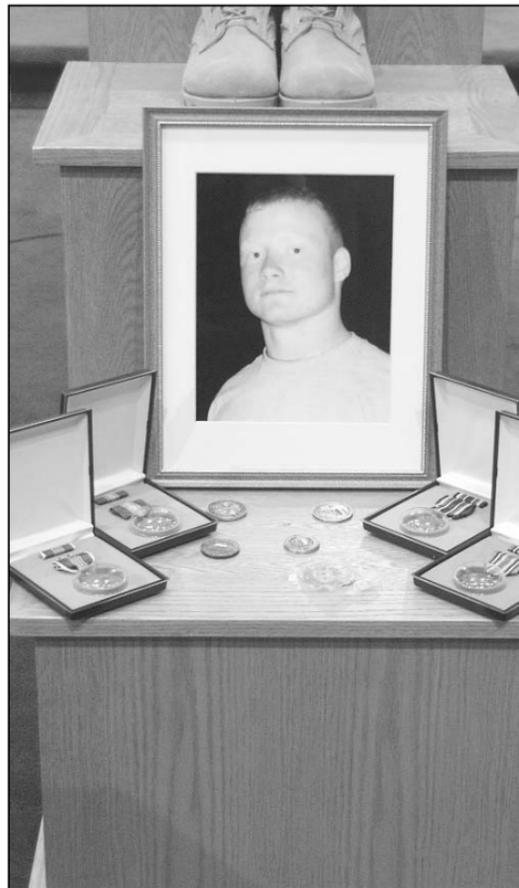
Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)



Photos by Pfc. Stephen Kretsinger

In memory ...

The 7th Infantry Division Honor Guard, above, fires a volley at a memorial service for Pfc. Nicholas J. Parisi May 12, command post truck driver, Headquarters and Headquarters Company, 1st Battalion, 68th Armor Regiment, 3rd Brigade Combat Team. Parisi also served as training room and post command assistant, and as a generator maintenance repair technician for his unit. Parisi's awards and decorations include the Army Commendation Medal, National Defense Service Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal and the Army Service Ribbon. Parrisi died in a rock-climbing accident April 28.



Armed Forces lunch honors Carson Soldier

by Pfc. Clint Stein
Mountaineer staff

The Colorado Springs Chamber of Military Affairs Council invited servicemembers as well as other members of the community to celebrate Armed Forces Week with a luncheon and awards presentation at the Broadmoor International Center at Colorado Springs May 14.

Sgt. 1st Class John Kent, representing the Army and Fort Carson, won the E-7/E-8 category as the Outstanding Enlisted Person of the year.

There were three different categories with four candidates in each of them, E-1 through E-4, E-5/E-6 and E-7/E-8.

Before the announcement of the winners in each of the categories, all 12 candidates were awarded a medal for their personal achievements and service.

Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, congratulated all of the candidates before giving the keynote address.

The three main reasons there is an Armed Forces Week is to provide education projects about the military for civilians, to have a day where the military can display the latest in equipment and technology, and honor our fellow servicemembers, said Wilson. "There has been outpouring support from the community," he said. "The theme, 'united we stand' rings true to this community."

This week we recognize all servicemembers, said Wilson. The military is about a jointness, working together, he added. "Jointness is the key, the ability to work together as a team is the reason for success in Iraq."

This past year has tested the skills of our servicemembers during the War On Terrorism, said Wilson. "America is privileged to have such a fine military and I am proud to stand in your formation."

After the closing remarks, Wilson presented the three Outstanding Enlisted Personnel awards, with Kent taking top honors.

Along with a medal and trophy, Kent also received \$8,000 worth of prizes and certificates from hotels, restaurants, and many other area businesses.

"I was completely taken by surprise," said Kent. "There were so many other good candidates."

Kent had to first undergo a board review at Fort Carson along with other Soldiers in order to be chosen as an Army candidate. After winning the Fort Carson nomination, he then had to go before the Chamber of Military Affairs Council judges, made up of six retired servicemembers.

"It was basically like a promotion board," said Kent, "they (judges) took everything into account." They looked at military career as well as how well the candidates improved themselves personally, Kent added. "They wanted to see if you've been trying to better yourself with education and volunteer work."

"The judges looked at the overall package and I'm honored to have won," Kent said.

Kent is currently assigned to Battery A, 2nd Battalion, 362nd, 91st Division, as an observer/controller and trainer.

Before arriving at Fort Carson, Kent was assigned to many different places expanding his military experience and resume.

Kent graduated from United Community High School at Boone County, Iowa, in 1988. Afterward, he entered Army active duty September 1990 at Des Moines, Iowa. Once completing basic training, technical training and basic airborne school, Kent volunteered to go to Iraq and participate in Operation Desert Shield, Desert Storm and Provide Comfort.

In July 2002, Kent was deployed to Afghanistan in support of Operation Enduring Freedom, where he was awarded the Bronze Star. He was also an instru-



Photo by Pfc. Clint Stein
Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson, commanding general, gives Sgt. 1st Class John Kent an award for outstanding enlisted person of the year during the Armed Forces Luncheon May 14.

mental part in helping his Battery win the Henry Knox Award for best battery in the Army.

Preventive medicine important part of Soldiering

by Sgt. Chris Smith
Mountaineer staff

For a unit to accomplish its mission, technical and tactical proficiency are generally among the first priorities that come to mind but Soldier health is also paramount because a large percentage of Soldiers have died from illnesses in combat situations rather than combat itself.

On Fort Carson, as with the rest of the Army, there is a Preventive Medicine Office. The office's responsibilities include communicable disease service, occupational health, hearing conservation, industrial hygiene, environmental service, radiation protection and the wellness center.

PM is a service with a broad range of expertise which is consistently overlooked, according to Staff Sgt. Chris Armijo, preventive medicine NCOIC.

"Soldiers aren't accessing services here," said Armijo, "some are, but it's a smaller percentage than you'd expect."

PM is responsible for not only Soldiers on post but civilians as well. They accomplish this mission

by not only having a plethora of information, but through ensuring that providers of food, drinking water, mosquitoes, arthropods, radiation and noise levels are safe.

"Everything that we do here is what we do in a field environment as well," said Armijo. "It's a critical component of any operation; you have to factor in the PM aspects."

In the motor pool alone there several PM aspects to be aware of such as proper ventilation. Primarily, PM makes areas such as the aforementioned medically safe through the education of leaders in units on post.

Educating leadership is important to Armijo, but he said that the leadership must not only ensure health safety is taking place but that their Soldiers know what proper preventive medicine entails so

that when they leave they won't be lost. The majority of PM's duties not only ensures proper PM is taking place on post but in the field or while deployed, such as the safety of water buffalos,

waste disposal and overall proper hygiene.

Carson's PM not only has responsibility for post but also Pueblo Army Depot, Dugway Health Clinic, Utah, and Tooele Health Clinic.

Armijo said there is one thing for Soldiers and leaders to remember about preventive medicine.

"The basic premise is that people need to take care of themselves." He said that could be accomplished

through the proper education, knowledge his office can provide.

To contact PM for more information or classes, call 526-7375.

"Everything that we do here is what we do in a field environment as well. It's a critical component of any operation, you have to factor in the PM aspects."

Staff Sgt. Chris Armijo,
preventive medicine NCOIC

Cowboy

From Page 5

Whitfield became so close with the Moffitts, they bought him a small horse to practice on, said Roy Moffitt, who grew up on the ranch.

Whitfield's daily riding and roping sessions on the ranch began to pay off when, at the age of 10, he made it to the final round of his first rodeo competition.

As he worked his way through rodeo's amateur ranks, he started earning respect and compliments from older riders around him, including Moffitt.

"He was always good with a horse, and horsemanship is 90 percent of the battle," Moffitt said.

The words of encouragement, coupled with his continued amateur-rodeo success drove Whitfield to become even better at his craft and he eventually joined the PRCA in 1990.

Competing in the PRCA is a ride-at-your-own risk venture, with most cowboys and cowgirls footing the bill for their own horses, trailers and trucks. To save money for his first year of competition, Whitfield worked as a warehouse manager and drove a gas-delivery truck, he said.

"It was just to get by so I could save up some money, buy a good

horse, get a good truck — all the things that it took to get me on the road and stay gone rodeoing for a year," he said.

Now, with more than \$2 million in career earnings, the 14-year PRCA veteran can rodeo all year and then some. Typically, he's on the road five to seven months a year, he said.

Although Whitfield is usually able to make it back home for a day or two between competitions, the long weeks on the road can be tough on the family, said Cassie Whitfield, Fred's wife.

To keep the family together as much as possible, the couple and their two daughters — 3-year-old Savannah and 6-month-old Sydney — travel together in a trailer equipped with all the comforts of home.

"Its got a shower, microwave, (digital video disc), surround sound — everything you need. It's basically our home when we're at the rodeo," he said.

With seven PRCA world titles under his belt, a Pro Rodeo Hall of Fame induction scheduled for Aug. 14 and legions of loyal fans, Whitfield is one of the most accomplished cowboys in the PRCA. The secret of his success, he says, has to do with attitude.

"Mental attitude is the key to being successful in rodeo, the busi-



Photo by Cpl. Matt Millham

PRCA Army team member Fred Whitfield chats with a fan Saturday after the rodeo. PRCA events typically feature autograph sessions after every event.

ness world and in life. I've always been a positive person and I think that's propelled me to the top," he said.

Because he has several endorsements, one might think the 36-year-old Whitfield would view the Army deal as just another sponsorship. But, as he explained, that isn't the case.

"I got the phone call (from the Army) one day. I didn't want to let

them know how excited I was, and when I hung up the phone I just went to jumping up and down," he said.

Whitfield said he will do his part, along with the other Army team members to carry the Army torch. According to PRCA rider Joe Beaver, his word is good.

"He's solid. If he says he's going to be there and stand with you, he'll stand with you, he said.

Community

Buckin' broncos

Army sponsors rodeo athletes

by Cpl. Matt Millham

14th Public Affairs Detachment

In Las Vegas, the U.S. Army and the Professional Rodeo Cowboys Association officially announced a partnership that makes the Army the official military partner of the PRCA Saturday. As part of the partnership, the Army is sponsoring seven cowboys and a cowgirl to represent the Army in hundreds of rodeos throughout the United States and Canada.

The partnership with PRCA will allow the Army to reach out to a segment of Americans "that we were certain we were missing," said Maj. Gen. Michael D. Rochelle, commander of U.S. Army Recruiting Command. The partnership, which will run through the end of this year with an option to renew for 2005 is "part of the overall Army team," which includes partnerships with NASCAR, Professional Bull Riding and the Arena Football League among others. But, said Rochelle, "What we are doing is, more than anything, in support of" the troops overseas.

Steven J. Hatchell, commissioner of the PRCA, expects the partnership to be a boon to his organization as well as to the Army because, he said, traditional rodeo sponsors such as alcohol and tobacco companies made televising the events problematic. "We are a television society and this helps us with television in a significant way."

Hatchell said that with the Army partnership the PRCA is planning an expansion that will lead to increased television exposure similar to that of the Professional Golf Association.

Already, he said, rodeo is seventh over-

all in attendance for all sports and saw an increase in attendance of 4 percent last year — the highest of any sport.

An estimated 23 million people attended the PRCA's roughly 700 sanctioned rodeos last year. The PRCA's premier events appear on CBS, ESPN, ESPN2 and Outdoor Life Network.

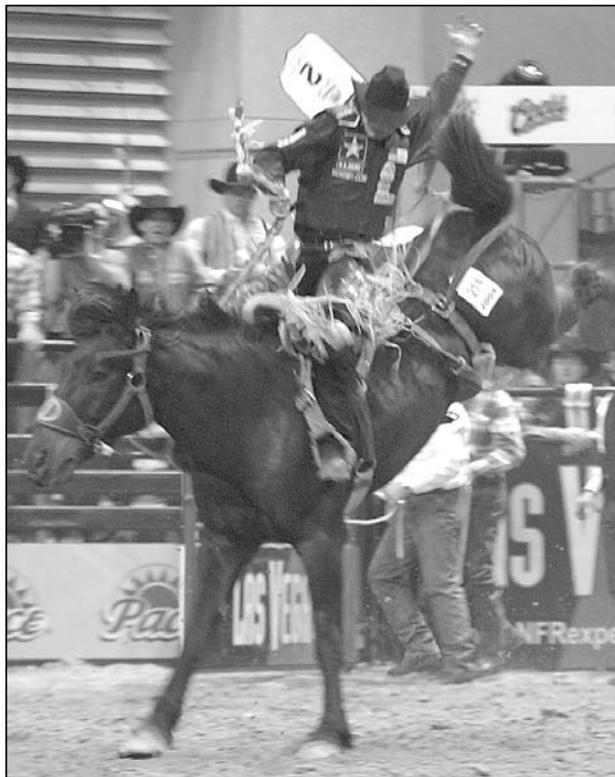
The announcement of the partnership came against the backdrop of one of professional rodeo's biggest competitions, the Pace Picante ProRodeo Chute-out at the Orleans Arena in Las Vegas, where \$500,000 in prize money was up for grabs. Three of the Army's newly sponsored cowboys competed in the three-day event that ended Saturday.

All three of the Army's competitors made it to the semifinal round, but only one, steer wrestler Luke Branquinho, made it to the final round of the rodeo. The PRCA has renamed the final round of its rodeos the U.S. Army Championship Round for all future rodeo events as long as the Army partnership lasts. Branquinho won in the final round and took home more than \$20,000 in prize money.

The Army's other rodeo competitors are:

Trevor Brazile, who competes in tie-down roping, steer roping and team roping, won back-to-back all-around world titles in 2002 and 2003 at the Wrangler National Finals Rodeo. He was the first cowboy ever to qualify for the Wrangler NFR in four events.

Fred Whitfield has a total of seven world titles — six in tie-down roping and one all-around. He will be inducted into the Pro Rodeo Hall of Fame in



Photos by Cpl. Matt Millham

Cody "Hot Sauce" Demoss, one of eight Army-sponsored Professional Rodeo Cowboys Association competitors, rode in the semifinal round of the Pace Picante Pro Rodeo Chute-out in Las Vegas Saturday.



Steer wrestler Luke Branquinho, one of eight Army-sponsored cowboys in the Professional Rodeo Cowboys Association, leaps off his horse and onto a steer at the Pace Picante Pro Rodeo Chute Out in Las Vegas Saturday. Branquinho won the steer wrestling competition and took home more than \$20,000 from the rodeo.



Demoss looks for his score after riding out his horse in the semifinals of the saddle bronc competition.

See Rodeo, Page 17

Just the FACTs ...

Credit reporting act helps combat identity theft

by Capt. Clay Compton
Office of the Staff Judge Advocate
Legal Assistance Division

President George W. Bush signed the Fair and Accurate Credit Transactions Act, or FACT Act, into law Dec. 4, 2003. This law updates the 1970 Fair Credit Reporting Act, which controls the area of credit reports and credit scores.

The 1970 version had unclear rules and few methods of enforcement. This, combined with the arrival of the Internet, helped produce 10 million victims of identity theft in the United States in 2002 alone.

The FACT Act makes sure that lenders make decisions based on full and fair credit histories and not on discriminatory stereotypes. This new legislation also creates national standards to improve the accuracy of credit reports and help fight the epidemic of identity theft by providing consumers with numerous protections and rights.

In order to improve the accuracy of credit reports, the FACT Act requires all three credit bureaus to provide a free credit report to everyone once a year. Once this provision comes into effect, consumers will be able to order the reports by calling a single toll-free number. For a reasonable fee to be set by the Federal Trade Commission, consumers can also get a copy of credit scores and an explanation of what they mean. The new law also requires financial institutions to inform consumers prior to or within 30 days of negative information being reported to their credit reports.

The FACT Act provides consumers with numerous tools to help fight identity theft. One of the

most important provisions provides that merchants are allowed to display only the last four numbers of a credit card on store receipts. This applies only to electronically printed receipts and not to handwritten or imprinted receipts. This obligation will become effective Jan. 1, 2007, for machines in use before Jan. 1, 2005. Machines first used on or after Jan. 1, 2005, must automatically comply with this obligation.

Additionally, the FACT Act provides identity theft victims with a single telephone number to call in order to receive advice and set off a nationwide fraud alert. Initial fraud alerts will be placed in the consumer's file for 90 days unless the consumer personally requests that the alert

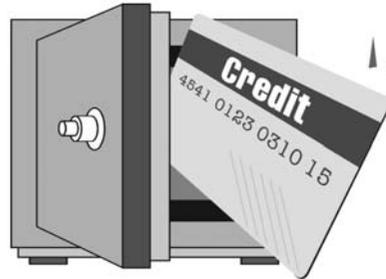
be removed. The consumer can also request that the alert remain in effect for seven years if the victim gives an identity theft report to the credit-reporting agency. A credit-reporting agency receiving a fraud alert must follow procedures to make sure that the actual consumer, and not the identity thief, makes any future requests. The FACT Act also allows active duty military personnel to have special alerts placed on their files for up to 12 months when they are deploying overseas. Active duty military consumers include military personnel

assigned to service away from their normal duty station who are on active duty, or reservists called to active duty.

The new law also requires credit card companies that get requests for additional or replacement cards shortly after a change of address is received to inform the cardholder at both the previous and new addresses or use other means to verify the consumer's correct address. It also requires credit-reporting agencies to block fraudulent information on a consumer's credit report when the consumer files a police report claiming fraud.

Finally, the FACT Act requires the FTC to prepare a summary of rights for consumers who think they have been victims of identity theft. Credit reporting agencies must give this summary to the consumer, as well as information on how to contact the FTC to get more information. The statute of limitations for violations is extended from two years from the violation to two years from the discovery, but no more than five years total.

If you have questions about the FACT Act, or concerns about your credit, call the Fort Carson Legal Assistance Office at 526-5572 or 526-5573. Office hours are Monday through Thursday 9 a.m. to 4 p.m.



Community Briefs

Miscellaneous

Father-Daughter, Mother-Son Dance —

Celebrate your family's reunion with a special date with your son or daughter. There will be a Father-Daughter, Mother-Son Dance at the Fort Carson Special Events Center Saturday from 7:30 to 9:30 p.m.

The dance is for youth in grades 5 through 12 and semi-formal/formal attire is required. Tickets are available at the Youth Center in building 5950 for \$5.

Formal photos will be available and food and music will be provided. Call 526-2680 for more information.

Youth sponsorship training — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to their new home.

Classes are offered one Saturday per month at the Family Connection Center in building 1354 from 2 to 4 p.m.

Upcoming classes are June 19, July 17, Aug. 21, Sept. 18 and Oct. 16. For more information on youth sponsorship, call 526-1070.

Bulk trash pickup change — In order to help maintain a refreshing curb appeal, we are dropping bulk pickup to one time per week. As of May 7, bulk pickup is scheduled every Friday only. Please place items to be picked up at the curb in front of your home first thing Friday morning. Bulk pickup begins at 7 a.m., and continues until all items are picked up. In order to help us keep the curb looking sharp, please help us by not storing items outside, other than Friday morning for bulk pick up. We thank you in advance for helping make our community a better place to call home.

CID seeking information — The CID office is seeking information leading to the apprehension and conviction of the person responsible for the wrongful damage of private property and larceny of private property.

Between April 21 and 22, unknown persons broke into a 2001 Honda Civic, and stole the stereo system and several hundred compact music discs. The vehicle was located in the parking lot adjacent to building 1954 on Fort Carson.

If anyone has any information about the larceny, contact Special Agent Jason Dailey at 524-1086 or the military police at 526-2333. Reference: case number 0169-04-CID056-76127

Voting information — For voting information or voting materials, see your unit's Voting Assistance Officer or contact the Fort Carson Voting Assistance Officer at 526-8419. You can also find voting information by going to the Federal Voting Web site at www.fvap.gov or the Fort Carson Web site at www.carson.army.mil, click on links.

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 Prievé, at 524-4043.

Commissary news — A commissary customer newsletter is now being delivered through e-mail. Shoppers can sign up for it now at 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 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.

Soldier Readiness Processing site — The Fort Carson Soldier Readiness Processing site will close at 12:30 p.m. today. The Identification Card/Defense Eligibility Enrollment Reporting System will also be closed. In case of an emergency, Peterson Air Force Base will issue identification cards. For more information, contact Mary Foster at 524-3704.

Yard Sale — The annual Fort Carson Mayors' 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, 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.

Saluting veterans — Colorado will celebrate the long-awaited formal dedication of the World War II Memorial in Washington, D.C. May 29 from 9 to 10 a.m. 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 from 11 a.m. to 1:30 p.m. The event is free and open to everyone.

School Information

Fountain-Fort Carson High School Senior Class — The Fountain-Fort Carson High School Senior Class invites everyone to attend the Senior Gift Dedication Ceremony today at 1 p.m. in front of the school.

The seniors raised more than \$5,000 to build a statue that will be dedicated to the members of the United States Armed Forces. Attendance would be greatly appreciated in order to help promote and highlight the great efforts of the graduating class.

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.



Army Community Service
Family Readiness Center
719-526-4590

63 YEARS OF HELPING THE
ARMY TAKE CARE OF ITS OWN...

ARMY EMERGENCY RELIEF (AER) CAMPAIGN

Over the past year, Fort Carson has provided an estimated \$400,000 of aid to it's Soldiers, Retirees and Family Members.



Support AER

Call CPT Lobrecht at
526-0450 or contact your
unit representative.

SHOW YOUR SUPPORT!

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.

Enhanced 911 Survey — The Directorate of Information Management will be conducting building-by-building telephone survey starting the week of June 1 in support of the E-911 implementation. The Fort Carson E-911 system will use government administrative telephones, identified by prefixes 524 and 526, to provide emergency response coordinated through the fire department.

Several survey teams will visit buildings to verify telephone numbers, unit identification, room, floor, building and address. Team members will be wearing hats and vests identifying them as 911 survey team members. Facility managers and telephone control officers will be contacted for assistance in this survey process.

For information on E-911 service on nongovernment telephones, contact the service provider (i.e. Sprint, Qwest, Nextel).

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 of his estate should contact Chief Warrant Officer John Dowling at 524-3277.

Claims against the estate — With deepest regrets to the family of Pvt. Nicholas James Parisi, deceased. Anyone having claims or indebtedness of his estate should contact 2nd Lt. Bradley Rudy at 526-6960 or (845) 216-3026.

Service dog gives girl sporting gift

by Pfc. Clint Stein
Mountaineer staff

Running on a soccer field as a child with others your age and playing a game you like may seem trivial to some people, but for Samantha Spitzer it's a dream come true.

Thanks to the Exceptional Family Member Program and Canine Assistants, Inc., Samantha, a 9-year-old girl with cerebral palsy, has been able to play with others her age and enjoy being part of a team.

Samantha plays in a Child and Youth Services soccer league on Saturdays with the help of her best friend Christopher, a golden retriever service dog.

"He's done a lot for her confidence," said Denise Spitzer, mother of Samantha, "She does things like ride a bike because of him."

Although Denise has two other children — Joshua, 8, and Veronica, 7 — she feels as if she has four children total. Christopher is like another child in the family, said Denise.

It was important to put the children in sports because it helps to relieve the frustration of their dad being deployed, said Denise. Sgt. Robert Spitzer returned from Iraq in December and re-enlisted for Korea in March.

Life always has its curves, but sports seem to help the children get through it, said Denise.

"I wanted Samantha to feel like she was a part of something." Christopher has been able to help Samantha accomplish so much, added Denise.

"After soccer, I plan to put them through baseball," she explained, "They're going through all the sports." Denise also plans to put her two daugh-

ters in cheerleading as well.

Samantha was able to have Christopher on the soccer field with her after the Special Needs Resource Team met with Denise to discuss the special condition that Samantha has.

The SNRT is made up of members from CYS and Army Community Service.

"We got everybody together and made it happen," said Susan Moyer, Director of EFMP. "We talked with the coach and she thought it was a great idea to have her (Samantha) play."

Moyer first met Denise and Samantha when the Colorado Springs Cerebral Palsy Association contacted her regarding a family that had a special need. The Canine Assistants, Inc. had a service dog that it wanted to give to a deserving military family.

"I called Denise and thought she should apply for the dog," said Moyer. Several fliers were posted advertising to the Air Force bases in Colorado, and Fort Carson, yet only a handful of applications were turned in, added Moyer.

In June the Spitzer family received the service dog, but not before going to an all-expense-paid training camp in Alpharetta, Ga. Along with the service dog came a lifelong supply of dog food as well as veterinary services when needed.

Although Christopher was fully trained, the family had to learn how to talk to the dog and understand his full capabilities. After two days of the Spitzer family training with Christopher, his capabilities became blatantly obvious.

While Samantha was taking a swim in the pool, Denise, lounging in a chair



Photo by Pfc. Clint Stein

Samantha Spitzer escorts her service dog, Christopher, off the soccer field Saturday during a CYS league game as her mother, Denise, leads the way. Samantha has cerebral palsy but can play soccer with the help of Christopher.

nearby, had Christopher attached to the chair. Christopher, sensing that Samantha was about to have a seizure, jumped into the pool, bringing the lounge chair and Denise with him.

"That's when we knew he was a godsend," said Denise, "he is extremely protective of her."

Aside from being Samantha's guardian, he is also her helper. Christopher knows 96 different commands, said Denise. He turns the lights on and off, opens and closes doors and is trained to pull a wheelchair if that time ever comes.

"It's nice having him around,

because I'm not so much on my guard," Denise said. "She (Samantha) can go outside in the backyard and I don't have to worry."

"It's amazing what Christopher has done for Samantha's self-esteem," said Moyer. These service dogs help the handicapped break barriers, Moyer added. "They are able to do things they have always wanted to."

Although Christopher is a service dog always on duty, he's also part of the Spitzer family.

"He's done so much for us," said Denise, "he's not just a service dog, Christopher is Samantha's best friend."



Trevor Brazile, the 2002 and 2003 world all-around title leader, poses for pics before the official unveiling of the Army's partnership with the PRCA.



Members of Fort Carson's Mounted Color Guard participate in the opening ceremony Saturday at the rodeo.

Rodeo

From Page 13

August.

Andy Bolich, a bareback rider, has won titles in Kalispell, Mont., and Omak, Wash.

Wayne Folmer, a team roper, is a three-time Wrangler NFR qualifier and was fourth in the world in 2003.

Cody DeMoss, a saddle bronc rider, qualified

for his first Wrangler NFR and was 12th in the world in 2003. He is in second place this year and has a shot at winning the saddle bronc title.

Brittany Pozzi, a barrel racer, became the first rookie to qualify for the Wrangler NFR at the top of the standings in 2003. She finished seventh overall in her first PRCA season.

Zack Oakes, a bull rider, won RodeoHouston and the PRCA's Xtreme Bulls in Clovis, N.M., earlier this year.

Springs' residents show troop support



Erica Cruz, 7, muscled her way through a set of pull ups as Marine Sgt. Forest Bernard, a recruiter in the Colorado Springs area, assists her efforts.

by Spc. Zach Mott
Mountaineer staff

Colorado Springs celebrated the more than 20,000 servicemembers of the community during the Join-R-Forces Day festivities at Memorial Park Saturday.

Soldiers from Fort Carson and the Colorado National Guard. Airmen from the surrounding Air Force installations and Marine Corps recruiters set up displays and interacted with visitors to the daylong events.

There was a CH-47D Chinook display, a glider aircraft from the Air Force Academy, musical entertainment, food booths and many other military-themed displays.

"We came out here today to show our support for the armed forces in Colorado Springs," said Clemente Cruz, a Colorado Springs resident.

With the help of Marine recruiter Sgt. Forest Bernard, Cruz's 7-year-old-daughter Erica attempted to do as many pull-ups as she could. Erica said she wants to become a police officer when she grows up.

"It's important to say hi to people and to see who we are, instead of what we do," he said.

In addition to the local com-

munity showing their support, the military members felt the pride in the appreciation displayed.

"It's an amazing environment," Bernard said. "They're pro military all the way."

One of the most popular displays was the Chinook helicopter. The dual-rotor aircraft stood alone on the open field as people flocked to the Army helicopter.

"(We're here today) to show people we're still around, we're still active, we still care about our country," said

Chief Warrant Officer 4 William Sinischo, the maintenance platoon leader from Company A, 7th Battalion, 150th Aviation.

Besides showing their support for the community, Sinischo said it was good to see the community showing their support for the troops as well.

"I think they're proud of us. They're proud of the job we're still doing," he said. "No matter what their beliefs are, they're still proud of the people that are serving."



Main photo: Visitors gather around the CH-47D Chinook helicopter at the Join-R-Forces Day celebration at Memorial Park Saturday. Inset: People gather inside the Chinook where Staff Sgt. Len Tidey of the 7th Battalion, 150th Aviation answers questions about the Chinook.



Paul Espeland, the 5-year-old-son of 1st Battalion, 8th Infantry Chap. (Capt.) Leif Espeland, sits in the driver's seat of the U.S. Air Force Academy Fire Department's truck at the Join-R-Forces day at Memorial Park Saturday in downtown Colorado Springs.

Photos by Spc. Zach Mott

Buckskin Joe

1850s Colorado mining town

Story and photos
by Nel Lampe
Mountaineer staff

Buckskin Joe is a typical 1850s Colorado mining town, west and south of Canon City.

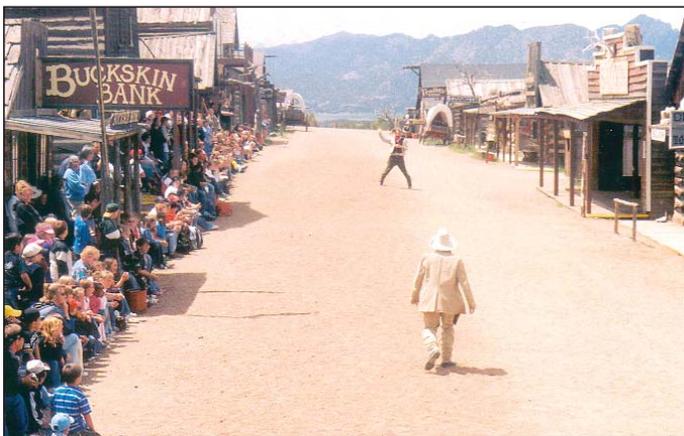
Buckskin Joe really existed, but it was in a different location about 90 miles away, closer to Breckenridge. During the Colorado gold rush, Joseph Higgenbottom, called "Buckskin Joe" because he always wore buckskin clothes, established a mining district when gold was found in a nearby river.

Within a year the area was inhabited by prospectors, people seeking adventure, merchants and other mining camp followers. Soon a gold mill was built. Gambling halls, stores, saloons, hotels, an assay office and a court house soon followed.

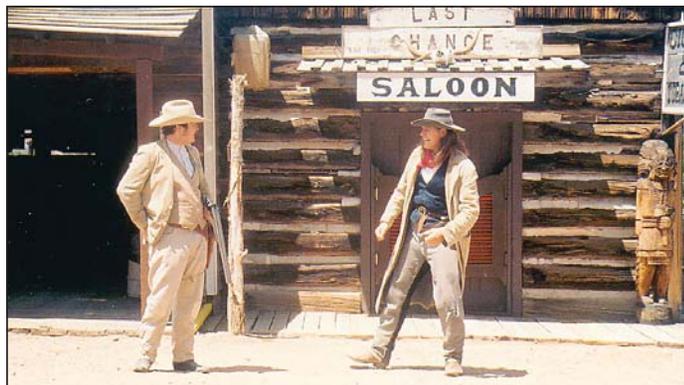
The town of Buckskin Joe was devastated by a smallpox epidemic, followed by depletion of the gold. When the mill closed, townspeople moved on to other mining districts, leaving the town deserted.

Almost 100 years after Buckskin Joe was founded, three businessmen, Don Tyner, Karol W. Smith and Malcolm F. Brown, decided to recreate the old mining town at its present site, near the Royal Gorge Scenic Railway. One building, the general store operated by H.A.W. Tabor actually stood in the original town.

Thirty buildings found in Colorado ghost towns were moved to the site to represent the buildings found in the original Buckskin Joe. The buildings are the same age and style as the original buildings and are in the same layout as the first Buckskin Joe. The result: a realistic western town so authentic it



Visitors watch from the sidewalk as the Buckskin Joe sheriff approaches a citizen making a ruckus on main street. The street has been in several movies.



The sheriff, left, confronts a troublemaker during one of the re-enactments staged on Buckskin Joe's main street.

has served as a movie set for 20 movies and numerous commercials.

Buckskin Joe Frontier Town and Railway also serves as an attraction for families.

Visitors to Buckskin Joe Frontier Town and Railway are able to walk through history, visiting an 1859-style general store, a church, saloons, a bank and a school. There's a blacksmith shop, corrals, barns, dentist office and a candy store. Visitors can take a self-guided tour through a gold mine, visit a fort and a museum and make their way through a maze. Free magic shows are scheduled several times each day after Memorial Day. Horse-pulled trolley rides leave regularly from the trolley depot.

And about every hour and 15 minutes, a gunfight re-enactment takes place on main street, beginning at 10:45 a.m. The shootouts are based on actual events that happened in the original Buckskin Joe. A narrator recites the historic event during the re-enactment.

Townspeople and shopkeepers wear period costumes to lend authenticity to the town.

Buckskin Joe's main street, with its wooden plank sidewalks, stagecoaches parked along the streets and backdrop of snow-covered mountains has been seen in several movies, such as "Cat Ballou," "True Grit" and "How the West Was Won." Other movies featuring the town of Buckskin Joe are The Sacketts," " Brothers O'Toole," "Lightning Jack," "Conagher" and "The White Buffalo."

The Gold Nugget dining room is the place to stop for a hearty lunch. The favorite menu item is a large buffalo burger, accompanied by fries or a salad for \$7.50. Quarter-pound burgers in several combinations are also on the menu, starting at \$5, depending on the number of additions, such as cheese, bacon and mushrooms. Other sandwich selections are barbecue, turkey and chicken. All sandwich plates include fries, onion rings, potato salad or a din-



Visitors pan for gold at Buckskin Joe Frontier Town.

Happy endings



Places to see in the Pikes Peak area.

May 21, 2004

Buckskin Joe

From Page 31

ner salad.

Vegetarian and salad selections are also on the menu.

Appetizers on the menu include curly fries, nachos, cheese sticks and Rocky Mountain Oysters.

There's a mesquite chicken lunch special, grilled cheese and hotdogs and several Mexican food selections.

A menu for children lists hamburgers, hot dogs, chicken strips or corn dogs for about \$4, including fries and a small drink.

Soft drinks include coffee, iced tea, lemonade and colas for \$1.50 to \$2.25.

Miss Maybelle's Sweets and Treats next door to the Gold Nugget offers ice cream cones, sundaes, shakes and floats.

Visitors can bring their own lunch which may be eaten at the fort. Ask at the ticket office about procedures for retrieving your lunch once you've entered the park.

Most attractions are included in the admission fee if you choose the combination ticket. If not, you can add on the horse-drawn trolley ride or the mystery house.

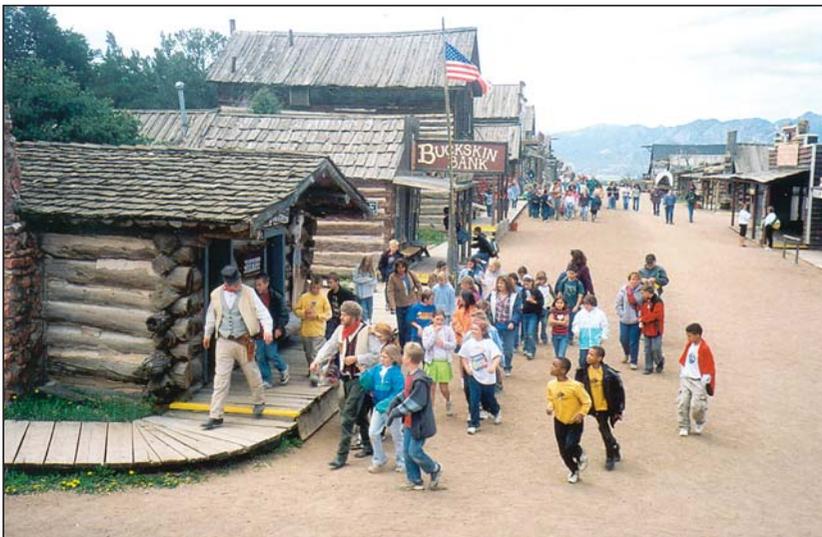
The magic show, street fights, gold mine and Silver Dollar Saloon entertainment are included in admission price.

Shopkeepers in period costumes operate various shops in Buckskin Joe. Vintage pictures can be made in one shop; Sacketts houses a candy and souvenir shop. Old fashioned candy and more familiar candy bars are sold. Souvenirs include caps, T-shirts, cups, toy holsters and guns and other souvenirs.

Located just before Buckskin Joe Frontier Town is the Royal Gorge Scenic Railway, a related attraction to Buckskin Joe. Buy tickets or shop for souvenirs at the bright red building just before the archway leading to the frontier town.

Visitors take a 30-minute ride on the 15-inch gauge track to the edge of the Royal Gorge. People can take the train ride for a separate price or buy the combination ticket and visit the town, take the horse-drawn trolley ride in Buckskin Joe and ride the train for \$16 for adults, \$14 for children ages 4 to 11. Children under age 3 are free.

Visit the town only for \$10 and ride the train only for \$8 adults and \$7 for children.



Members of the audience try to catch up to one of the actors after a street confrontation re-enactment at Buckskin Joe.

Military members and their immediate families receive a 50 percent admission discount until Labor Day by showing military identification.

Buckskin Joe Frontier Town is open from 10 a.m. to 5 p.m. Thursdays through Mondays until Memorial Day, when it is open daily from 9 a.m. to 6 p.m. The railway is open about an hour after the town closes.

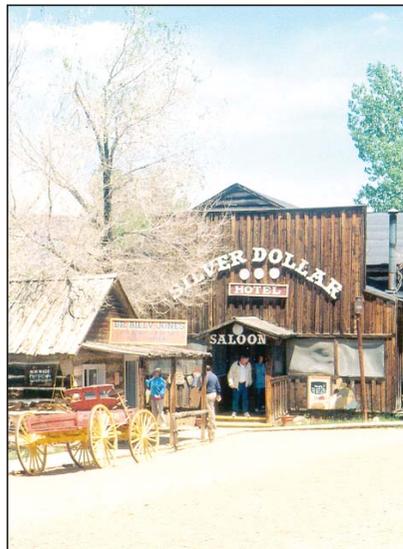
People who like mysteries may be interested in the murder mystery contest at Buckskin Joe. The contests runs through Sept. 10, and the winner receives \$5,000. "Revenge of Farrin James" clues are planted in buildings at Buckskin Joe and shopkeepers will pass clues along if you ask. Contestants must answer five questions correctly. Pick up the contest sheet at Buckskin Joe.

Buckskin Joe has an old-fashioned Fourth of July celebration.

Western Heritage Round Up is Aug. 7 and 8, filled with events, gunfight re-enactors, living historians, cavalry exhibitions and heroes and villains of the Old West.

"Town of Terror — Halloween Haunted Town" is held Fridays through Sundays, Oct. 14, through Oct. 30. Buckskin Joe is known for its ghosts, and they'll be joined by other ghosts for the haunting event.

To reach Buckskin Joe Frontier Town and Railway, take Highway 115 south from Fort



Food and entertainment are in the Silver Dollar Saloon in the frontier town of Buckskin Joe.

Carson to Penrose. Go through Penrose and turn onto Highway 50 West to Canon City. Go through Canon City and stay on Highway 50 for about eight miles. Watch for signs to Royal Gorge Bridge and Buckskin Joe, turning left (south). It's about one mile to Buckskin Joe. There's plenty of free parking at the train or the town.

With an early start, there is time to visit Buckskin Joe and the Royal Gorge Bridge on one trip. With half-price admission at Buckskin Joe and \$7.50 admission at Royal Gorge Bridge and Park during May, it's affordable to do both.



The horse-drawn trolley ride is popular with visitors at Buckskin Joe Frontier Town.

Just the Facts

- **Travel time** one hour
 - **For ages** families
 - **Type** frontier town, railway
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$\$ (with military ID)
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80
- (Based on a family of four)

Get Out!

Musicals

“Hot Mikado,” a revised version of the Gilbert and Sullivan **“Mikado,”** is the Repertory Theater’s production in the Fine Arts Center theater, 30 W. Dale St., Fridays and Saturdays through May 30 at 8 p.m.; Sunday matinees are at 2 p.m. Tickets are \$23 in advance or \$25 at the door; call 634-5583.

“Joseph and the Amazing Technicolor Dreamcoat,” is at 7 p.m. May 27, 29 and 30, at the Air Force Academy’s Arnold Hall. Tickets are \$15, call 333-4497. It’s a student production.

Denver concerts

Tim McGraw performs at the Coors Amphitheatre in Denver July 14, tickets start at \$31.75. Call Ticketmaster, 520-9090.

Van Halen is in the Pepsi Center Aug. 1 at 7:30 p.m. Tickets start at \$65; call Ticketmaster, 520-9090.

Prince has added another show Aug. 28, at 8 p.m. at the Pepsi Center in Denver; call 520-9090.

Melodramas

“The Thief of Frisco” is presented by the Cripple Creek Players in the Butte Theater in Cripple Creek, starting June 19 through the summer. Shows are Wednesday to Saturday at 8 p.m.

There are 2 p.m. shows on some days. Call (719) 689-2513 for reservations and matinee times. Ticket prices start at \$6.50.

“Run to the Roundhouse, Nellie” is at the Iron Springs Chateau through Sept. 30, Tuesdays, Wednesdays and weekends. Tickets are \$24 for dinner and a show, and \$18 for the show only. Call 685-5104 for reservations. The Iron Springs Chateau is at 444 Ruxton Ave.

Fests

Old Colorado City holds its annual Territory Days May 29 to 31. There’s arts, crafts, entertainment, vendors and food, 10 a.m. daily, until 7 p.m. Saturday and Sunday and 6 p.m. Monday. The fest is between 24th and 27th streets on West Colorado Avenue. Go online at www.territorydays.com for information.

Springspree, a downtown annual street festival is June 19, from 9 a.m. to 7 p.m., no admission fee. There’s entertainment, music, dance, crafts and food. For information call 533-1216.

Buffalo Bill

Buffalo Bill Western Heritage Day and Buffalo Commemoration is June 6, noon to 4 p.m. The Buffalo Bill Museum marks the anniversary of the burial of William F. Cody with music and the release of 87 white doves. Entertainment follows the event, including the viewing of the film “The Life of Buffalo Bill in 3 Reels.” The 25-minute silent movie was produced and directed by Buffalo Bill and will be shown at 1:30 and 3 p.m. Cost is \$3 for adults and \$1 for children ages 6 to 15. For more infor-

mation call (303) 526-0744.

Colorado State Fair

It’s almost fair time. Concerts for the Colorado State Fair concert series are on sale Saturday at 10 a.m. at the State Fair Box Office and Ticketmaster locations (520-9090). Artists signed so far include Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton John and Clay Aiken. Tickets range from \$13 to \$33. The State Fair is Aug. 21 to Sept. 5.

Dinner theater

Neil Simon’s “Come Blow Your Horn,” is playing at the CastAways Dinner PlayHouse, 107 Manitou Ave., in Manitou Springs. Dinner is from 6 to 7:30 p.m., with show time at 8 p.m. Dinner and show is \$33; the show only is \$18.

Bluegrass fest

Bluegrass on the River is at Pueblo’s Greenway and Nature Center, by the Arkansas River, 5200 Nature Center Road, just off Pueblo Boulevard. Tickets range from \$6 to \$25. The bluegrass event includes Black Rose, Fireweed and others, and begins at 7 p.m. June 4, June 5 and 6 events start at 10 a.m. Call (719) 549-2414 for information.

Lipizzaner Stallions

The world famous dancing white Lipizzaner Stallions will be in two performances at the World Arena June 19 at 2 and 7:30 p.m. Tickets are \$19.50 for adults and children’s tickets are \$17.50; call 576-2626.



Courtesy photo

Six Flags Water Park ...

Island Kingdom Water Park, part of Six Flags Elitch Gardens theme park in Denver, opens Saturday. More than 850,000 gallons of water are in the water park. Attractions include slides, wave pool and a lazy river. Entry to the water park is included in admission to Six Flags, located at Exit 212A, off Interstate 25 north.

Program Schedule for Fort Carson cable Channel 10, today to May 27.

Army Newswatch: stories on up-armored "Humvee" doors, launch of the Pentagon Channel and Army recruiters partner with bull riders (repeat). Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on Joint Project Optic Window, Marine soccer in Iraq and 20th anniversary of Navy News. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on an anti-terrorism course, the Marine war-fighting laboratory and ship-board fire fighting gear (repeat). Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

Information on West Nile Virus is at 7 a.m., 10:30 a.m., and 7 p.m.

Foreign language programming, courtesy of SCOLA, is on Channel 9, unless there is a training videotape showing. To show a training video, please contact the Training Support Team at 526-5111. SCOLA programming schedule can be found at <http://www.scola.org>.

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

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

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

Lake Pueblo State Park has water, beach

by Janine Hegeman

Directorate of Environmental Compliance and Management

Lake Pueblo State Park is a gem in Colorado's State Park system. It offers fishing for both the sport fisherman out to catch a trophy and families looking for a relaxing pastime.

The lake is popular for boating activities, including sailboats and water skiing. The water is higher than it was during last summer's drought conditions.

Camping, picnicking and biking are also available.

Visitors to the park can enjoy year-round recreation because of the mild climate. Lake Pueblo is open all year. Visitors need a parks pass to access the park — daily passes are \$5 and can be acquired at park self-service stations or the entrance gate. Annual passes are \$55 and allow holders to visit any Colorado state park.

The park's bike trails are mostly level and well-maintained. Trails next to the Arkansas River are sometimes shaded by large cottonwood trees.

The annual "Fishing is Fun Kids Tournament" is June 5, 7:30 to 11:30 a.m. The U.S. Fish and Wildlife Service stocks the fishing pond below the dam and provides free fishing poles to the first 100 participants, ages 3 to 12. The event is free but a parks pass is required.

No fishing licenses are required statewide during a "free fishing" week-end June 5 and 6.

Camping is available at the park's 401 campsites, with rates ranging from \$10 to \$16 per night. Reservations are recommended. For more information, call park headquarters at (719) 561-9320.

Rock Canyon swim beach opens Memorial Day, 11 a.m. to 7 p.m. daily. Showers, lockers and concessions are



Photo courtesy Colorado State Parks

The fishing tournament is a popular activity at Lake Pueblo State Park.

available. There is \$1 per person fee to use the swim beach, in addition to the parks use pass.

To make reservations for camping at any of Colorado's state parks this summer, log on to www.parks.state.co.us or call Colorado

State Parks at (719) 227-5250.

To reach Lake Pueblo State Park, take Interstate 25 south to the Highway 50 West exit. Go west to Pueblo Boulevard, turn left and go south to Thatcher Boulevard and follow the signs to the park.

Sports & Leisure

Volleyball champs

Guard unit earns volleyball championship



7th Infantry Division Garrison Mike Resty, left, tries to power the ball past 1st Battalion, 157th Field Artillery defender Charles Zakhem.



1st Battalion, 157th Field Artillery's Christophher Keebe, right, tries to block a scoring attempt by a 7th Infantry Division player.

by **Walt Johnson**
Mountaineer staff

The 1st Battalion, 157th Field Artillery, Colorado Army National Guard volleyball team used a dominant attack to capture the 2004 Fort Carson intramural volleyball championship May 12 at the post's Special Events Center.

The guard unit, which was undefeated during the season, defeated a game but outmanned, 7th Infantry Division team 15-6 and 15-9 to complete an unprecedented sports year. The fact that the 7th ID team was playing for a championship was a story itself. The team rallied from an 0-3 start to earn a spot against the eventual champions.

Prior to the game, Joseph Laurel, 7th ID coach, thought his team had a chance to beat the undefeated guard team.

"We know they are a good team, but we think we have found some of its weaknesses that we can exploit," he said.

The 7th ID team didn't get a chance to exploit the perceived weakness of the new champions who went to its strength to control the match.

"We think the key to victory for us is our aggressiveness to the ball. We have some pretty solid leapers and we should see a lot of kills tonight. We have some great setters and great kill players," guard coach Bill Ton said.

The champions used its strengths to dominate the match in the same way it dominated the season. So dominant were the champions during the season and the playoffs, it lost only two games all year. At the end of the game Ton said this year has been special for the guard unit.

The guard unit participated in every intramural activity the post offered this past sports year and finished first, second or third in each sport. In recent memory, no other unit can match that kind of consistency or excellence in sports activities here.

"We didn't envision going undefeated, but the season worked out very well for us. We had a couple of practices together, and that helped us. As a guard unit deployed here we don't get a chance to play together like we have here. Truthfully, putting the team together this year was a crap shoot, but it worked out really well for us."



1st Battalion, 157th Field Artillery defender Charles Zakhem powers the ball over the net during championship game action.

Photos by Walt Johnson

On the Bench

Sky Sox at home for military Monday event

by **Walt Johnson**
Mountaineer staff

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

The Colorado Springs Sky Sox will be home Monday, which is military Monday, to face the Las Vegas 51s, the Los Angeles Dodgers' farm team.

Military Monday features promotions and special ticket prices for active duty, retired, Reserve, Department of Defense and family members. Military Monday is presented by Springs Summit Group, Team Chevrolet, The Citadel, 3M and Boeing.

In addition to military Monday, the Sky Sox have special promotions Sunday through Friday at home games. The promotions are:

Sunday: Special kids' events and the Sox Kids Club Day.

Tuesday: Kaiser Permanente

and KKCS 101.9 FM present "\$2 Tuesday" with \$2 parking, \$2 box, upper reserved and general admission tickets and \$2 beer specials.

Wednesday: \$1 hot dogs (limit four per purchase) plus "Bark in the Park" — bring your dog to the park each Wednesday night, except June 16, presented by KRDO.

Thursday: "Ladies' Night" where you get a buy one, get one free ticket option. There are also food and drink specials for women, a chance to win a diamond and other activities.

Friday at Sky Sox home games is Friday night fireworks which features a post-game fireworks show.

Race fans will want to note the many upcoming events at the Pikes Peak International Raceway, nine miles south of Fountain. Saturday, the

See Bench, Page 39



Photo by Walt Johnson

Staying fit ...

4th Finance's Meyda Moyet gets her workout in at Forrest Fitness Center recently. Moyet said she loves staying in peak physical condition and works out daily.



Photo by Walt Johnson

Warming up ...

Garrett Hammond warms up in the bullpen as he prepares to pitch for his youth baseball team in the Fountain league recently. The youth league has been helping post youth strengthen their baseball skills and preparing them for successful high school careers for more than 12 years.

Bench

From Page 38

American Motorcycle Association will present superbike weekend at the raceway. Spectator gates open at 8 a.m. for this event.

The raceway will have other events throughout the summer to include:

July 3 to 4: the USAC/ASA Rocky Mountain Classic and Southern Colorado Largest Fireworks Show!

July 15 to 18, 22-25 Richard Petty Driving Experience

July 30 to 31, 2004: Martina McBride will be performing live in concert after the Colorado 250 NASCAR Busch Series Race presented by Dodge on July 31.

Colorado 150 NASCAR Autozone Elite Series Race

Aug. 21 to 22: Honda Indy 225 IRL IndyCar Series Race and the Pikes Peak 100 IRL Menard's Infiniti Pro Series Race

Sept. 10 to 12: Good Guys "7th Colorado Classic" Rod and Custom Car Show

The Colorado Springs Flames football team, featuring a number of members of the Mountain Post, will play a preseason game Saturday.

The Flames will meet the Colorado Wolf Pack at 7 p.m. at Sand Creek football stadium which is adja-

cent to Sky Sox Stadium in Colorado Springs.

One of the great things about this job is the chance to get up close and personal with some of the people I get to cover.

Such is the case with the all-Army basketball team that is in town getting ready for interservice competition May 28 in Charleston, S.C.

This group has really melded into a cohesive team that has a lot of fun being around each other. The team is talented on the basketball floor and has its share of characters off the court. The team and I went to the Garden of the Gods Saturday for a visit and in the two hours we were there, there was so much laughter and fun at the antics of the players that sides were hurting on the way back to the post. This team is destined to do some good things at the interservice meet because half the battle of team chemistry is getting people to like each other.

McKibben Physical Fitness Center will host a powerlifting competition July 24 to 25.

According to Lenwood Jordan, facility manager, this will be a chance for power lifters on post to show what they are made of and compete for the post's bragging rights. Anyone interested in competing in the powerlifting event should contact Jordan or Annette Wallace at 526-2742.

Persistency key to good physical fitness

by **Walt Johnson**
Mountaineer staff

Editor's note: This is the first of a two-part article on consistency in a workout program and how it paid off for one member of the Mountain Post family.

Danielle Dungen likes to help people realize the total benefits of a healthy lifestyle. Dungen and her husband Marcus Dungen, the reigning Colorado Military bodybuilding champion, are personal trainers who understand how a healthy lifestyle can lead to a better life.

Dungen wasn't always so knowledgeable about the benefits of a healthy lifestyle, but now that she has been on both sides of the fitness aisle, she helps people who may have been where she was, out of shape and not happy with herself.

In high school, Dungen, who grew up in New York City, weighed between 110 and 115 pounds. In New York, she was able to maintain her weight because "you have to walk everywhere in New York so it was a natural thing to maintain good conditioning," Dungen said.

In high school Dungen wasn't on a fitness program, in fact at her school, she said, they weren't into lifting weights and working out at all.

"Back when I was in school we would play games like volleyball

because there really weren't weight training or aerobics classes available at my school," Dungen said.

It was after she went away to college that Dungen realized how much walking in New York did for her fitness.

"I went away to college after high school and for two years of college and then the military I would drive everywhere instead of walking like I did when I was home. I wasn't used to driving everywhere and that led to me putting on weight. I wasn't walking which means I wasn't working out. Also, I wasn't in a healthy relationship (she wasn't married to her current husband Marcus Dungen) and I began to use food as a comfort. I got pregnant with my son and unlike my earlier pregnancy with my daughter, I put on a lot of weight. By the time I delivered I felt like a beached whale," Dungen said.

"I was so disgusted with myself that I said I was going to start working out as soon as I could after I delivered the baby because I didn't feel good about myself. Unfortunately, I started back too soon and hurt myself. I had to stop exercising for a while and put on more weight," Dungen said.

Next week, Dungen tells how she battled a weight problem that saw her twice the size she is today and how a healthy lifestyle can benefit all.



Photo by Walt Johnson

Danielle Dungen, right, helps one of her clients at Forrest Fitness Center recently with weight training.

Mountaineer Event of the Week



Photo by Walt Johnson

Welcome visitors ...

All-Army performers Lucas Lecour, center, and Eric Draper, right, pose with Fort Carson's Ian Spellman, left with basketball at Memorial Hospital May 13. The all-Army team visited Spellman to help lift the young man's spirits after he suffered an accident that left him with injuries to both his legs. The visit by the all-Army team was welcomed by Spellman and his family. Spellman asked the all-Army team to do whatever it could to win this year's interservice gold medal and team captain Craig Marcelin told him the team would do just that.