3-16-01pg1.qxd 8/12/2002 1:56 PM Page 1

Mountaineer

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INSIDE

Feature

Wellness Center offers ways to exercise your mind, body and soul.
See page 14 and 15.

Military

Deployment training for NTC in full swing.
See page 11.

Happenings

Old Colorado City offers a touch of historic charm to community members.
See Page B-1.

Energy tip:
Set temperatures in unoccupied buildings and your home when you go to sleep to 55 degrees. Fort Carson can save an estimated $250,000 a year with this effort.

Post Weather hotline:
526-0096

CONTENTS

Commander's Corner Page 2
Community Page 5
Military Page 11
Sports Page 19
Classifieds Page 24

Soldier killed in Kuwait training accident

Soldier killed in Kuwait training accident

by Spc. Stacy Harris
Mountaineer staff

A Fort Carson soldier from the 764th Explosive Ordnance Detachment was killed during a training accident in Kuwait Monday.

Staff Sgt. Richard Boudreau was attached to the 707th EOD in Kuwait. While performing his duties as an explosive ordnance disposal specialist, a U.S. Navy F/A-18 dropped a bomb near an observance post at Al Udairi Range, a training facility located about 45 miles northwest of Kuwait City.

"Staff Sgt. Boudreau was an excellent soldier and he was also an excellent leader," said Capt. Bryan Ryder, 764th Explosive Ordnance Detachment Company Commander.

The F/A-18 aircraft is from the U.S.S. Harry S. Truman, operating in the Northern Arabian Gulf. The aircraft was participating in a routine close air support training exercise involving joint

See Memorial, Page 4

Photo by Sgt. Bryan Beach
Staff Sgt. Richard Boudreau was killed during a training accident.

10th Special Forces Group receives AAME

10th Special Forces Group receives AAME

by Spc. Stacy Harris
Mountaineer staff

Members of 2nd Battalion, 10th Special Forces Group (Airborne) were presented the Army Award for Maintenance Excellence Friday morning by Lt. Gen. Bryan D. Brown, U.S. Army Special Operations Command, Fort Bragg, N.C., during a ceremony held in the Special Forces' 2nd Battalion classroom.

The award recognized participants of the heavy category, which consists of over 1,501 pieces of equipment. To get the award, the unit must first send in a packet that covered areas such as problem solving and resolution, said Chief Warrant Officer Thomas Waltman, group maintenance officer.

"It's a great honor to get recognized," he said. "It gives you a sense of pride and puts you up on a pedestal."

The annual AAME competition evaluates the unit on readiness, maintenance management, maintenance training, leadership and innovation, Waltman said.

Overall, Waltman said he believes it is a good leadership tool, and also lets the Special Forces soldiers know where they stand with their maintenance compared to other posts.

"I am extremely thrilled; everybody is (extremely thrilled) that we've been recognized for our maintenance," he said. "They (the maintenance soldiers) put a lot of hard work and a lot of time in making sure the maintenance was of the appropriate standard to receive the award."

Other groups that also placed in the AAME were Headquarters and Headquarters Company, 10th Special Forces Group (A), for the Light Category. The Light Category consists of 500 pieces or less of equipment.

Fort Carson soldiers receive bad conduct discharges

Fort Carson soldiers receive bad conduct discharges

by Spc. Stacy Harris
Mountaineer staff

Two Fort Carson soldiers were sentenced to a bad conduct discharge during separate court martial hearings that happened during the past week.

A soldier from I Troop, 3rd Squadron, 3rd Armored Cavalry Regiment was sentenced to ten months of confinement and a bad conduct discharge at a court martial here, Monday.

Spc. David K. Simpson was found guilty of one specification of larceny of government property The stolen materials include C-4, detonation cord, and an artillery simulator which were found in a storage shed at Simpson's home and in his car after a search completed by the Colorado Springs Police Department.

The pretrial agreement limited Simpson to 12 months of confinement. Overall, he was sentenced to reduction to E-1, total forfeiture of all pay and allowances, confinement for ten months and a bad conduct discharge.

A soldier from C Battery, 144 Air Defense Artillery, 3rd Brigade Combat Team, also received a bad conduct discharge.

On March 6, Pvt. Dujuan Smith was found guilty of absence without leave,

Commander's Corner

Post celebrates women of courage, vision

Soriano

"We have women of courage who serve our country through military service in areas of potential dangers"

March is designated Women's History Month. Our country celebrates the tremendous achievements and contributions made by the diverse women that comprise our great nation.

The Mountain Post will observe the celebration next Thursday at the Elkhorn Conference Center from 1 to 3 p.m. This year's theme is "Celebrating Women of Courage and Vision." The guest speakers are Juliet Draper, a former Fort Carson soldier and firefighter, and Sondra Bell, a professional musician.

Women have been instrumental in the development of our great nation. Without their hard work, the first European colonies would have certainly failed. Many of their accomplishments have not been fully recognized in the history of our country.

Sarah Winnemucca, daughter and granddaughter of Paiute Indian chiefs and a chief in her own right, was one of these women of courage. She was one of the first published Native American authors and an activist that fought diligently for Native American rights.

In the fight for independence from England, the fledgling American colonies could not have claimed victory without the support of the women colonists. When supplies were short for Washington's army, women throughout the colonies sewed clothes and blankets or helped in collecting food and other supplies. Molly Pitcher, whose real name was Mary Hays, ran pitchers of water to the men firing the cannons during the Battle of Monmouth. When her husband was overcome by the heat, she reputedly took over his position on the firing line.

Sojourner Truth stood up for the rights of freed slaves and actively campaigned against slavery. Harriet Tubman, in addition to her role with the Underground Railroad, was a spy and scout for Union troops during the Civil War.

During World War II, women flew thousands of trans-Atlantic flights as pilots, delivering airplanes to the Allied airfields in Europe.

When she thought that children were being abused by the owners of mills and factories in the Northeast, Mary Harris "Mother" Jones led a 125-mile march of child workers from the mills of Pennsylvania to President Theodore Roosevelt's vacation house to protest the working conditions of children.

For most of American history, women were not allowed to vote, nor were they even allowed to participate in affairs outside the home without the risk of public censure. Against that background, the accomplishments of these women are even more amazing.

Today, we still have women of courage, those women who stand up for issues of importance in the face of adversity. We have women of courage who serve our country through military service in areas of potential danger.

Join with me on Thursday in recognizing the great contributions made by women to our Army, our communities and the nation's defense. Remember, it is the women of the Mountain Post Team who help make Fort Carson the best place in the Army!

Mission First...People Always...One Team.

Bayonet!

Major Gen. Edward Soriano
Commanding General
7th Infantry Division and Fort Carson

The word of the month for March is 'Diversity'

by Sgt. 1st Class Debra Kessler
Fort Carson Equal Opportunity Office

Diversity simply means differences. Diversity may be defined as a quality or state of being different. It is further defined as the traits which make people different along one or several dimensions such as race, color, religion, gender, national origin, age, experiences, values and beliefs. We are an Army of great diversity for many reasons. There are many factors that affect our awareness, acceptance or non-acceptance of others' diversity. There may be just as many ways to address negative attitudes about diversity.

The Mountain Post Family benefits from a proactive approach to this problem, as cohesion within our units, families and communities will be affected, dependent upon how we address differences.

We are introduced to the extensive diversity in the Army when we arrive at our first day of basic training. This can also include the first time a civilian works for the Army, or when a family member is first introduced to Army life.

A new socialization begins, and it may be one that conflicts with our previous upbringing. When we join the Army team, we bring with us the values and beliefs of our family, friends, teachers, media exposure, and hometown. Although we may have to change some behaviors, our values are instilled; and it will take a significant emotional event to change them. One goal we have in the Army is to achieve total teamwork. One way to do this is awareness and understanding of diversity.

We are trained to work as a team, and to live our Army core values of loyalty, duty, respect, selfless-service, honor, integrity, and personal courage (LDRSHIP). The Consideration of Others Program helps us to increase respect and teamwork among the Mountain Post family. This is accomplished by teaching individuals to listen and interact more productively, despite the diversity of one another. Units may send leaders to receive facilitator training, providing them with additional tools to help implement and maintain the Consideration of Others Program.

Commanders may also send members of their units to the Equal Opportunity Leaders Course, which is taught quarterly. The EOLC will increase their awareness of diversity's impact on human relations and our mission. The graduates return to their units, changed to some degree, and definitely more informed; and they are ready to provide equal opportunity training and assist with issues that may arise when diversity is not accepted. Both of these courses allow unit members to be better leaders, regardless of their positions. They are exposed to the impact of intolerance on all members of the Mountain Post family.

Our civilian work force introduces an entirely different spectrum of diversity. Many of our almost 2,200 civilians have been prior military, or have worked with the Army longer than many soldiers. Their experiences can bring insight to many issues we may have not considered. We come in contact with civilians daily, but who has stopped to talk to them beyond what we need from them? The most remarkable person you will meet may be that civilian working beside you. Don't miss this opportunity.

Another important area we must proactively address is teaching children about diversity. While we may take extra precautions in an effort to protect them from possible violence, we must take as much time to teach them about diversity.

Do our future adult citizens understand what "race" is? Do they understand why there are different races, religions, values, and beliefs? We may be assuming their exposure to Army family life may be sufficient for them to adapt to diversity or "differences." All of the perpetrators of the recent media headline violence have been individuals who are "different" or hate others for their differences. The time to stop that hatred is now.

As members of the Army team, we need to embrace and celebrate diversity. Whether we came from Fort Knox or Fort Shafter, Fort Drum or Fort Bliss; Germany, Korea, Panama, or any other part of the world, we all have different experiences to share with each other. These different experiences give us a variety of means to accomplish the mission and take care of our Army family. We have such a diverse population at Fort Carson; we can not afford to waste this precious resource.

Here at the Mountain Post, we conduct various special and ethnic observances in order to increase awareness and education about other cultures than our own. This education may be passed on to children by encouraging them to participate in or attend these entertaining and informative events. The event is for all members of the Mountain Post team to join in celebrating diversity.

If we are willing to attempt to learn and understand each other's differences, we will grow as a community.

MOUNTAINEER

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News

SGLI to automatically increase to $250,000

by Gerarda Kieselstein
B Detachment 4th Personnel Services Battalion

The top rate of Service Members' Group Life Insurance will automatically increase to $250,000 starting April 1.

The current premium payment of $.80 per $10,000 of coverage will continue. For those members who currently have the maximum coverage amount of $200,000, the premium payment per month is $16. With the increase in coverage, the premium will now be $20 per month for the maximum coverage. A remark appeared on the February 2001 Leave and Earnings Statement, advising of this increase.

If a member desires the full increased coverage ($250,000), no action is necessary. Every soldier's coverage will be automatically increased to $250,000. However, if any service member desires a reduced amount of coverage, or no coverage, that soldier must prepare a new VA SGLV 8286 indicating the desired amount of coverage. The new VA SGLV 8286 must be prepared, signed, dated and submitted no earlier than April 1, 2001 and no later than April 30. Any requests for reduced coverage received during this period will result in a refund of any over-collection of the premium in the month of April.

The April 1 to 30 time frame is critical. Requests for reduced SGLI coverage, or no SGLI coverage dated and received after April 30 will be processed to reduce the coverage, or stop the coverage, effective in May, but will not result in a refund of the maximum premium withheld for the month of April.

Changes to the VA SGLV 8286 may be accomplished at the 4th Personnel Services Building (1118) on a walk-in basis on Monday, Tuesday, Wednesday or Friday from 9:15 a.m. to noon and 1 p.m. to 4:30 p.m. Enlisted personnel should report to Room 208 and officer personnel should report to Room 209. Copies of the revised VA SGLV 8286s will be forwarded weekly or more frequently as deemed necessary to Finance for adjustment in the soldier's pay. Remember, everything must be forwarded after April 1 and before April 30, 2001 for proper adjustment of a soldier's pay.

Point of contact for any further information for Officer Records is Gerarda Kieselstein, Supervisor Officer Records, 526-8444 or Sgt. Billy Frittz, NCOIC Officer Records, 526-8442. Point of contact for Enlisted Records is Staff Sgt. Pablo Falcon, NCOIC Enlisted Records, 526-6480.

Service members need to keep emergency records updated

The Service Members' Group Life Insurance will only be effective if soldiers' records are properly maintained. Information regarding the next of kin and personnel to be notified in an emergency must always be kept current.

The legal document, DD Form 93, is a form filled out by soldiers and Department of the Army civilians to designate the people that are to be notified in the case of an emergency, sickness or death. The form allows an individual to designate a person to receive certain benefits or entitlements such as death gratuity and unpaid pay and allowances.

It is essential that everyone understand the importance and uses of the form. All soldiers and certain categories of DA civilians and contract employees should maintain it. The next of kin information must be complete and accurate and it is particularly important that the address and number information be as complete as possible.

At a minimum, individual addresses should include the street address, city, state, country, and zip code/APO/FPO. Each individual on file should have the telephone numbers listed in pencil.

If any information changes the form should be updated immediately at a servicing personnel center. Often, delays in next of kin notification are associated with an incomplete or outdated DD Form 93.

For more information call the Department of the Army Casualty Operations at (703)325-8629 or (703)325-9201.

Memorial

From Page 1

He was scheduled to return to the United States. May 30. His home of home of residence was Florida.

"Personally, I will remember him as a soldier who volunteered for anything that his country asked for," Ryder said. "As an EOD soldier, he was always looking forward to performing his job. Anytime he (got) to do his job, he (was) happy."

He was one of six military personnel confirmed dead. Dead are: Staff Sgt. Troy J. Westberg, of Wisconsin, assigned to the 3rd Special Forces Group, Fort Bragg, N.C. as a Special forces medical sergeant; Sgt. Phillip M. Freligh, of Nevada, attached to the 707th EOD, Ft. Lewis, Wash., as an explosive ordnance disposal specialist; Spc. Jason D. Wildfong, of West Virginia, assigned to the 707th EOD, Ft. Lewis, Wash., as an explosive ordnance disposal specialist; and Air Force Staff Sgt. Jason M. Faley, 19th Air Support Operations Squadron, Fort Campbell, Ky., as a tactical air controller. Also dead was an officer from the New Zealand military.

Five more U.S. military personnel were injured during the accident and taken to a local military hospital. Two were treated and released, while three remain hospitalized with non-life threatening injuries.

Central Command has appointed an accident investigation board to determine the facts and circumstances of the accident, and to provide conclusions and recommendations. The board will arrive in Kuwait this week.

A memorial service for Boudreau is scheduled at the Fort Carson Soldiers' Memorial Chapel, today at 10 a.m.

Photo by Spc. Christopher Smith

Headgear, weapons, dog tags and boots act as a reminder of the death of six military personnel in a training accident Monday. The static display was part of a memorial service held at Camp Doha, Kuwait, Wednesday.

Photo by Spc. Roy Gomez

Staff Sergeant Clarence Self, left, and Sgt. 1st Class Terry Pevehouse, right, both from 5th Special Forces Group, bow their heads during the memorial ceremony for the servicemembers killed during Monday's bombing accident. Self and Pevehouse were part of the 21-gun salute during the ceremony.

Community

Medical records no longer in hands of patients

by Julie Welch
Mountaineer Staff Volunteer

Evans Army Community Hospital will no longer permit patients to handle their original medical records to ensure security and accessibility of medical records for the best medical care possible. This plan was effective as of Jan. 15.

The Department of Defense has mandated that all military treatment facilities must have "better control and custody of patients' medical records," said Capt. Lenny Denaro, chief of patient administration at EACH.

Formerly, patients had to get their records at the Outpatient Records Office, check in at the appropriate clinic, and then wait for their provider. With this new "no records" policy, the long wait is eliminated and the patients are able to receive faster care.

"This is a monumental, mind-set change," Denaro said.

Medical records are not the property of individuals, but rather of the U.S. government. In the past, medical records were given to individual patients. Hospitals are ultimately responsible for records, but this was not properly enforced in the past. Hospitals are now being asked to assume complete responsibility.

Civilian treatment facilities have long since controlled all of their patients' medical records. Now military facilities are following suit.

While in the hands of the patients, records were being either lost or forgotten, causing problems for both the patients and the medical facilities. Without a complete medical history to reference, doctors were unable to administer the best possible care and the hospitals were being held accountable for lost or missing records, he said.

Some people were either forgetting to return their records or were choosing to keep their records at home for easier access, Denaro said. This creates a problem because current medical reports may be missing due to the absence of a record. As a result, the patients' medical records can not be properly updated.

The Joint Commission on Accreditation of Healthcare Organizations requires medical records for hospital accreditation. Medical documentation is a large part of accreditation because they are able to substantiate and provide proof of care, explained Denaro.

Patti Hunnell, supervisor of Outpatient Records, said her office now pulls patients' records the night before an appointment and disperses them to the appropriate clinics.

Walk-ins and acute patients simply go to the clinic, and the clinic requests the records through the Composite Health Care System, a record-tracking system. The records are then hand carried to the clinic within an average time of seven minutes, Hunnel said.

The records are also hand carried back to outpatient records, thus ensuring they never enter the patients' hands and are kept secure.

Denaro said the new policy is not a problem for scheduled appointments, but may be more inconvenient for patients going for specialty care because patients are now required to go to the medical release office to obtain a copy of a portion of their records.

"Be prepared to answer some questions about your appointment because we will not present the entire record, but rather only the pertinent medical information that is necessary. Any time you know about a civilian appointment and need information from your medical records, you need to go to Evans ASAP," he advises.

According to a medical information packet on this new policy, an authorization request must be signed to ensure privacy of medical information. Expect three days to receive copies. A civilian provider may also request portions of the medical record; in an emergency, information will be faxed directly.

Although medical records are officially the property of the government, patients are entitled to review their records and obtain a free copy of their complete records through the Hospital Medical Release Program, said Hunnel. The first copy of the record is free, but a charge will be assigned to any additional copies. A complete copy of a patient's medical records may be obtained two weeks after filling out a written request.

When changing stations, dependents need to bring in their sponsors' orders and their medical records will be forwarded directly to the new military treatment facility.

"They will be shipped Fed Ex mail with a receipt," assured Patty Hunnell.

Currently active duty soldiers are still required to bring their records to appointments, but this "no records" policy is expected to be implemented at a future date.

To allow this new system to work effectively, the community's assistance is requested. If holding onto medical records, community members are asked to bring the records to the hospital to be placed into the CHCS.

***Editor's Note**: See next week for a story on how the pharmacy has improved their services.*

Spacecom 2001 cites cyber space as next battlefield

by Julie Klooster
Space Command

The battle for cyberspace was the key theme of the Space Command 2001 symposium held at the Sheraton Hotel in Colorado Springs last month.

The U.S. Army is also taking advantage of the cooperative efforts between government and industry. Demonstrated at the QUALCOMM exhibit booth was the Balkan digitization initiative, a program to install vehicle-tracking systems on Humvees in Bosnia. Prompted by the capture of three U.S. soldiers in Macedonia by Serbian forces during NATO's bombing operation and building on technology used by commercial truckers, the selected tracking system allows commanders to track and locate their Humvees at all times. The units on patrol can also track their own position on computer monitors installed on the Humvees.

Developed by the government and TRW, commercial equipment components include the Fieldworks 2000 computer manufactured by Fieldworks Computer systems and a modified QUALCOMM vehicle tracking system used in the commercial trucking industry.

"The experts delivered the goods," said Michael Varner, Rocky Mountain Chapter president of Association for Communications, Electronics, Intelligence and Information Systems Professionals. "They provided the latest information on the issues relating to our national security on computer network defense and the availability of satellite communications to sustain the warfighter."

More than 400 participants, including high-ranking military officers and their industry counterparts, attended panel discussions, toured exhibits, and listened to and presented lectures on cutting-edge technology at the four-day symposium sponsored by the Rocky Mountain Chapter of the AFCEA and U.S. Space Command. AFCEA is composed of military and civilian members in the command, control, communications, computers, and intelligence fields.

The hotel's main ballroom bristled with high-tech hardware, software, and satellite communications equipment as 41 exhibitors from throughout the information technology industry showed off the latest in communication technology.

In his opening address, Lt. Gen. Edward G. Anderson III, deputy commander-in-chief and chief of staff, U.S. Space Command, remarked on the timeliness of the symposium in light of recent virus attacks on computer networks, including his own computer, and the growing dependence of both military and civilian industries on information technology.

"The virus attacks underscore the importance of topics discussed here," said Anderson. "Satellite communications and computer network operations are absolutely critical to us warfighters." According to Anderson, the vulnerability of communication networks worldwide tends to level the playing field for low-tech countries bent on damaging their high-tech neighbors.

"Cyber attack allows nations with lesser capabilities a means where they can degrade our operations," said Anderson. He also stressed the importance of incorporating more commercial satellite communications to meet military needs.

Army Family Action plan concentrates on health services

By Megan M. Costanza
Fort Carson Army Community Service

This is a continuing story, bringing you the latest updates from the Fort Carson December 2000 Army Family Action Plan. This week will highlight the work accomplished by the development group concentrated on Health Services.

The top priority for the health services delegates was Dental Care Coverage for family members. The delegates stated that the high cost involved with dental care creates a situation where some families opt to neglect their dental needs.

The delegates recommended a decrease in copayments with and increase in benefits and implementing a pricing structure similar to that of the TRICARE medical system. The delegates also recommended a change in legislation to make on post dental care available to family members. TRICARE management activity has developed a benefit package for the new TRICARE family member dental plan which includes coverage for general anesthesia, raises the lifetime maximum orthodontic benefit, and increases the maximum age limit for orthodontic coverage. The implementation of the new benefits began Feb. 1.

This is similar to an issue that has recently been briefed to the General Officer Steering Committee of the Army Family Action Plan. TRICARE officials told the committee that the increased benefits would increase premiums to the point where soldiers would be paying more than the cost of the actual service.

The second top action for the delegates of this group was to address the waiting period at the pharmacy. The delegates stated that the pharmacy wait period is too long. They went on to say that the workload of the pharmacy appears to continue to increase, while the staffing level continues to decrease. Delegates wrote that soldiers and other beneficiaries are waiting an inordinate amount of time, increasing the dissatisfaction and frustration with the military health care system.

The recommendations from the delegates are to hire more pharmacists and technicians and to offer pro-pay for pharmacists. The delegates also recommended offering cold packs and educating customers on how to treat minor sprains and injuries.

Progress towards a better experience for pharmacy customers was put in place Feb. 1 when Evans Army Community Hospital implemented some changes to greatly reduce waiting times.

Medical care for retirees in remote locations was also a priority from the Health Services Development Group. The group wrote: "There is no medical care for retirees in remote locations. Retirees have to travel a far distance to receive military medical care. The lack of availability of TRICARE programs in remote areas has caused undo financial burdens for retirees choosing to reside in those areas."

The delegates recommended expanding the current TRICARE remote program to include all eligible beneficiaries.

In progress, the Medical Department Activity commander recognizes that this issue is at the Department of Defense and Congressional level and that we can impact little at the Fort Carson level.

For details of all the programs, choices, requirements, contact TRICARE through the service center at EACH, through the toll free number 1-888-999-5195 or through the web site: www.tricare.osd.mil .

There are several issues within the AFAP process that already address the key issue contained here also.

Chapel

Lenten Lunch — Christians prepare for Good Friday during the season of Lent. As part of this preparation a lenten devotion time including a light lunch will take place each Wednesday, through April 11, 11:30 a.m. to 12:45 p.m. at Soldiers' Memorial Chapel. All are invited.

Soldiers' Memorial Chapel will present "The Living Last Supper" dramatic event April 12. Help is needed in many facets of the production — actors, props, set construction, makeup, costumes and general support. To join in this exciting project please contact Bob Kwiatkowski at 392-4883.

Protestant Lenten Easter Schedule

Wednesdays in Lent Ecumenical Lenten Lunches — March 7 to April 4, lunch provided 11:45.

Palm Sunday Regular Protestant Worship Service Schedule — 11 a.m.

Easter Thursday Maundy Thursday Service — 11 a.m. at Healer Chapel.

Liturgical Communion Service — noon at Soldiers' Chapel.

Seder Meal with Communion April 12 — 6 p.m. at Soldiers' Chapel.

Living Lord's Supper — 7:30 p.m. at Soldiers' Chapel.

Good Friday Ecumenical Good Friday Service — noon at Soldiers' Chapel.

Good Friday Service Last Saying of Christ — noon at Healer Chapel.

Easter Sunday Ecumenical Sunrise Service — 6 to 6:40 a.m., outdoors at Soldiers' Chapel.

Continental Breakfast — 7 a.m. at Soldiers' Chapel.

Regular protestant worship schedule

Special Lenten-Easter Catholic Services

Fridays Lent Stations of the Cross — 11:30 a.m. at Healer Chapel.

Stations of the Cross — 7 p.m. at Soldiers' Chapel.

Soup/Bread Supper — 5:30 to 7 p.m. at Soldiers' Chapel.

March 28th Communal Penance Service — 7 p.m. Confessions.

Holy Thursday-April 12th Holy Thursday Mass — noon at Healer Chapel.

Holy Thursday Mass — 7 p.m. at Provider Chapel.

Good Friday-April 13th Good Friday Service — noon at Healer Chapel.

Good Friday Service — 7 p.m. at Soldiers' Chapel.

Holy Saturday-April 14th Holy Saturday-Easter Vigil — 8 p.m. at Soldiers' Chapel.

(regular Saturday evening Mass at 5 p.m. canceled)

Easter Sunday-April 15th Easter Mass — 8 a.m. at Veteran's Chapel.

Easter Mass — 9:30 a.m. at Soldiers' Chapel.

Easter Mass — 12:15 p.m. at Provider Chapel.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
ROMAN CATHOLIC					
M-W-F	noon	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-5769
Tues-Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahlc/526-5769
Sunday	8 a.m.	Mass	Veterans'	Magrath & Titus	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Ms. Feldman/526-0478
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers'	Nelson & Martinez	Chap. Olson/526-5772
CONTEMPORARY CHRISTIAN					
Thursday	7 p.m.	The "ROCK" Service	Spiritual Fitness Center	Barkeley & Ellis	Chap. Thornton/526-1374
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans'	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL PROTESTANT					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703

For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.

Daily Bible Readings In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 99 & Deuteronomy 25-27
Saturday — Psalms 100 & Deuteronomy 28-30
Sunday — Psalms 101 & Deuteronomy 31-347
Monday — Psalms 102 & Luke 1
Tuesday — Psalms 103& Luke 2-3
Wednesday — Psalms 104 & Luke 4-5
Thursday — Psalms 105 & Luke 6-7

The Army Cycle of Prayer — You are invited to join with the Chaplain community and pray for these individuals and organizations. **Unit:** For the soldiers, families and leaders of the United States Army Special Operations Command (USASOC), headquartered at Fort Bragg, North Carolina. **Army:** For the dedicated officers, non-commissioned officers and soldiers of the Special Forces, whose regimental home and school (USAJFKSWCS) is also located at Fort Bragg. **State:** For all soldiers and their families from the state of Florida. Pray also for Governor Jeb Bush and the state legislators and municipal officials of the Sunshine State. **Nation:** For the Senate Majority Leader, the Hon. Trent Lott (R-Mississippi) and the Senate Minority Leader, the Hon. Tom Daschle (D-Minnesota). **Religious:** For the clergy and congregations of the Southern Baptist Convention, and for the chaplains endorsed for military ministry by that community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's website at www.usarmychaplain.com .

Chaplain's Corner

by Chap. (Capt.)James L. Drake
3rd Squad 29th Field Artillery Battalion

St. Patrick's Day has always held a special place in my life because of my Irish heritage. As a child I can remember making sure I wore green so I could avoid being pinched and be able to do my share of pinching of those unlucky souls who didn't wear green. I also remember one year we tried to have a unique St. Patrick's Day meal — everything was green. Mashed potatoes and gravy just aren't very appetizing when they are green, reminding you of the green yuk aliens beings slime you with in your dreams.

St. Patrick's Day is more than just childhood memories or that once a year excuse some of us have to go to an Irish pub and sing Irish ditties. It is a memorial to St. Patrick, the genuine patron saint of Ireland and Nigeria. Yes, Nigeria. He was declared by the Sacred Congregation of Rites to also be the patron of Nigeria in April 1961.

St. Patrick is not Irish, but a Welsh-Italian by the name of Succat. He was kidnapped by raiders at the age of 16 and carried into slavery in pagan Ireland. Upon his return to England he studied at the monastery of Lerins and spent 15 years in the ministry at Auxerre. About 432 he was consecrated a bishop and sent to Ireland to succeed St. Paulinus. Consequentially, he was the second missionary of the Catholic Church to Ireland. He ministered three decades among the Celts and made the island a stronghold of Celtic Christianity. Because of this, Ireland became a center of culture from which missionaries and scholars were sent to the European continent during the Dark Ages.

St. Patrick was a missionary and scholar who worked to preserve and forward Christianity and civilization. It is well that we remember and celebrate him as a fellow Christian.

God Bless you as you celebrate and remember St. Patrick.

P.S. I don't worry about being pinched anymore, I'm in the Army and I wear green every day.

On the road to fame...

Two local girls took their first steps to becoming famous actresses during the Pikes Peak Youth Theater's production of the classic fairy tale, Cinderella.
From left, Dan Tantanella, places the glass slipper on April Celotto's foot as Kristen Brooks watches. Both of the females played the part of the wicked stepsisters.
Celotto, a freshman at the Fountain-Fort Carson High School, is the daughter of Col. Paul and Susan Celotto of Fort Carson. This summer she plans to attend the American Academy of Arts in New York City, N.Y.
Brooks, a sophmore at Widefield High School, is the daughter of Kenneth and JoAnne Brooks. Her father is former U.S. Army soldier and is currently working at Fort Carson as a Department of the Army civilian. Recently she completed the John Roberts Powers' acting program and will participate in a talent competition in Los Angeles, Calif. this weekend.

Courtesy photo

Military

Sabre Squadron deals with challenging road to NTC

by Staff Sgt. Gary L. Qualls Jr.
Public Affairs Office

PINON CANYON MANEUVER SITE, MODEL, Colorado - Despite many annoying "alligators" nipping at their heals in the "swamp," 2nd Squadron, 3rd Armored Cavalry Regiment, is steadily progressing toward readiness for next month's "Mother of All Training Events" - the National Training Center.

The squadron, along with the rest of the regiment, is having to adjust from executing a peace-keeping mission in Bosnia, which it returned from in September, to honing its war-fighting skills in the event of an always possible call to combat. In addition to making the transition from a peace-keeping to a war-fighting mission, the squadron and regiment had to quickly shift gears from a low intensity operational tempo following its deployment recovery period to the high one it's experiencing now. Other challenges, such as a high turnover in personnel since the Bosnia deployment and morale issues caused by a nearly non-stop training and deployment cycle, continue to nip at the squadron and the regiment.

"We're facing a lot of challenges, but everything seems to be coming together as far as the mission," said Spc. Jesse Max, a fire support specialist in Howitzer Battery, 2nd Squadron, 3rd ACR. The squadron was busy training on attack, movement to contact, zone reconnaissance and defense drills during troop and squadron lanes Feb. 28 through March 2.

The transition from training for a peace-keeping mission to getting ready for the possibility of a war-fighting operation is not an easy one says Captain James Hayes, battle captain for 2nd Squadron, 3rd ACR.

"It's really two completely different missions and you don't just automatically switch gears from one to the other," he said. "There's an adjustment period involved."

Moreover, switching from the low intensity of a recovery from a difficult "real world" deployment in Bosnia to the high optempo, high pressure intensity of a full-scale war fighting exercise is like shifting from playing Bingo at the Senior Center on Friday nights to going shirtless and ranting wildly at an XFL game.

The squadron is staffed with many experienced officers, noncommissioned officers and troopers, but the large turnover, in personnel, it has experienced since the Bosnian deployment is another challenge often on unit leaders' minds.

"You're only as good as your last bunch of new people," said Maj. Mark Bleise, squadron executive officer.

Photo by Staff Sgt. Gary L. Qualls Jr.

Spc. Thomas Healer, HHT, 2nd Sqdrn., 3rd ACR, and 2nd Lt. Christopher Gibbons, squadron chemical officer, prepare graphics for the unit's squadron lanes.

The regiment does plan on giving its troopers block leave after the NTC deployment, but some soldiers said they will not receive the benefit of this. Members of the squadron's Fire Support Team, for example, say that they will be training on some new vehicles the unit will be fielding during that time. They won't be in the field, but the training will be a "seven day a week" type of event, they say.

Despite such "alligators" lurking about, squadron leaders, and troopers, are confident about how the squadron and the regiment will do at the NTC.

"Because of the hard work of our troops, I am very confident of their ability to see the enemy and kill them. We've seen that time and time again out here," Bleise said, adding "We've come a long way in a few short months and we'll continue to get better."

Helping the squadron get "rough and ready" for the NTC next month has been the Tiger Squadrons main focus. They were the opposition force during 2nd Squadron's, 3rd ACR's troop and squadron lanes.

"They gave us a lot of different looks and came at us from many different places," Bleise said. "They really kept us on our toes figuring out new solutions to the problem."

"I think we'll be ready," Max said. "We're actually doing out here what we'll be doing at the NTC and that will help. "I think we'll do a bang up job."

"We're showing a lot of teamwork," added Pfc. Michael McQuade, a fire support specialist in Headquarters, Headquarters Troop, 3rd ACR. "Everyone's working real well together."

However, those ominous 'gators remain.

"The hardest thing is being separated from my beautiful wife, Kathy," Bleise said. The squadron executive officer expressed appreciation for all the spouses of the Sabre Squadron for their support and patience.

The life of a trooper has never been a painless proposition.

From Counsel

The basics of renter's insurance

by Mark Silla
Legal Assistance Attorney
Staff Judge Advocates Office

If you are renting a house or apartment and believe yourself to be fully protected by your landlord's insurance coverage, you are wrong. The landlord's insurance coverage generally covers only damage to the building itself and damage resulting from the negligence of the landlord. It will not cover your belongings lost or damaged as the result of theft, vandalism, fire and falling objects. This is why you, as a renter, should have renter's insurance to protect yourself from potential financial disaster.

Renter's insurance works in two ways — it protects the personal property you own and provides you with liability coverage in case you are sued for an accident, either in or out of your home, excluding motor vehicle accidents.

When buying renter's insurance, be sure to determine whether the coverage you are buying is "actual cash value" or "replacement cost coverage."

Actual cash value coverage will only pay for what your property was worth at the time it was damaged or stolen. For example, if you bought a television five years ago for $300, it would be worth significantly less today and your insurance company will only pay you for what the old television is worth, minus your deductible.

A "replacement cost coverage" policy will cost a bit more, but you will be reimbursed for what it actually costs to replace the items damaged or stolen. Generally, it is better to buy replacement cost coverage instead of ACV coverage.

Be sure to let your insurance agent know about any particularly valuable items you may own. Things like jewelry, antiques and electronics may only be covered up to a certain dollar amount and if you have some items that are unusually expensive, you will probably have to purchase a separate rider to recover the loss of those items.

If your apartment becomes uninhabitable due to fire, burst pipes or for any other reason which is covered by your policy, renter's insurance will usually pay for your additional living expenses to live elsewhere while your apartment is being renovated.

The cost of renter's insurance is quite reasonable and generally will cost between $150-$300 (per year) for $30,000 of property coverage and $100,000 of liability coverage. You can keep premiums low by increasing your deductible, but you should be certain that you can afford whatever deductible you choose. Costs of renter's insurance will also vary, based upon factors such as distance to the fire station, high crime areas, age of the apartment building, etc.

It is a good idea to videotape or photograph all the items of value in your home once a year. Place the videotape or pictures, along with any receipts, in your safety deposit box or some safe place away from your home. You will then be able to substantiate your claim if required by the insurance company.

If you have any further questions about renter's insurance, you should contact the legal assistance office at 526-5572 to schedule an appointment to consult with an attorney.

Greenback

Ketz

by 1st Lt. Brian J. Ketz
4th Financial Battalion

Servicemembers have until October 31, to make the conversions from the Veterans' Educational Assistance Program to the Montgomery GI Bill.

You have 18 months from the date of your election to pay $2,700, and you may not receive the GI Bill benefits until you make the full $2,700 payment. You can't receive VEAP benefits once you make a conversion. Therefore, you need to carefully time your conversion and payment of the $2,700 to avoid a lapse in benefits.

In the mid-80s, service members who had opened a VEAP account were encouraged to withdraw their funds and deposit them into interest-bearing accounts. Soldiers understood the contributions could be added back to the VEAP account prior to separation from active duty without penalty. Because thousands of service members took advantage of this option, they were excluded from the VEAP to the GI Bill conversion authorized under public law 104-275, 9 OCT 96. This law was passed without prior official notification and was open only to active duty service members who had money in the VEAP account on the effective date of the law.

For more information on this topic consult AR 621-202 paragraphs 4-7c and 4-8.

Question and Answers for VEAP

Q. I need to know if I'm eligible for VEAP conversion to the GI Bill program?

A. If you are an active duty soldier who entered active duty after Dec. 31, 1976 and before July 1, 1985, you may be eligible for VEAP. If you had money in the VEAP program and withdrew all or part, you have an opportunity to place money back into the VEAP program awaiting the change to the New GI Bill.

Q. How do I place money into or back into the VEAP conversion to the GI Bill program?

A. Soldiers can make a cash collection or start an allotment to VEAP to place money into the program. The cash collection can be more than $2,700 or an amount that will place the soldier over the $2,700 ceiling. The allotment must be in an amount equal to or greater than $25, in $5 increments and not more than $100 per month.

Q. Can I determine if I have any VEAP benefits under the current program?

A. The Leave and Earning Statement identifies all soldiers with VEAP benefits quarterly with the information printed in the remark section. The information is confusing, but it does identify the soldiers who are eligible for this change. The soldiers should use the LES to determine their VEAP benefits and not call DFAS-IN requesting the same information.

Veap conversions Fact Sheet

You have until October 31, 2001 to make the election.

You have 18 months from the date of your election to pay $2,700.

You may not receive MGIB benefits until you make the full $2,700 payment.

Caution: You can't receive VEAP benefits once you make an election and you can't receive MGIB until you pay the $2,700. Therefore, you need to carefully time your election and payment of the $2,700 to avoid a lapse in benefits.

Factors To Consider

Your basic monthly rate under the MGIB is $650 for 36 months of full-time training. Under VEAP it's a maximum of $300 a month for 27 months of full-time training or $225 a month for 36 months of full-time training. If you have a VEAP kicker, it will transfer over to the MGIB.

MGIB requires a nonrefundable $2,700 pay reduction on your part. On the other hand, VEAP allows you to contribute any amount up to $2,700. If you stay in VEAP, any unused portion of your VEAP contributions is fully refundable to you. Only the amount you contributed to VEAP is refundable, not the amount added to your contributions by the government.

MGIB provides annual cost of living increases. VEAP does not.

You can use a maximum of 48 months of entitlement under more than one VA education program. For instance if you have already used 20 months of VEAP benefits, you would have 28 months (48 - 20) of entitlement under the MGIB.

If you plan to go to school more than 36 months at full time, you may be able to maximize your total benefits by using VEAP right now and electing MGIB at a later date before Oct. 31.

VEAP pays more than the MGIB in certain limited situations. This can happen if you attend low-cost schools while on active duty, or, if discharged, you attend low-cost schools at less than one-half time training (generally 5 credits or less in a standard quarter or semester).

When Not To Elect. You should not elect the MGIB in the following situations:

You have received or believe you will receive a less than honorable discharge.

You do not plan to go to school at least six months at full time under the MGIB. (Six months is the break-even point for comparing MGIB with VEAP.)

You plan to pursue only correspondence training because VEAP reimburses 100 percent of the cost of correspondence training, whereas the MGIB reimburses only 55 percent of the cost.

You plan to use your VA benefits extensively while on active duty for low-cost courses or, if discharged, for training at less than one-half time for low cost courses.

You do not have a high school diploma or equivalent and you do not believe you will obtain one before applying for MGIB benefits. A high school diploma or equivalent is a requirement to receive the MGIB.

How to Get the Application for VA Education Benefits

If you're unable to get the form from our Internet site at www.vba.va.gov/pubs/educationforms.htm,, you can try several other ways:

Check with the school or training facility

Send us an e-mail at http://iris.va.gov/foxweb.exe/irissele?d1, or Call 1-888-GIBILL-1 (1-888-442-4551) and request the form.

(Unfortunately you may have difficulty getting through quickly at the toll-free number, especially when school enrollments are heavy. You may have more success by going to the Internet site.)

3-16-01dt.qxd 8/12/2002 11:44 AM Page 14

W ellness Center: Get fit both mentally

Staff Sgt. Jonathan Gonzalez, 158th Aviation, 4th Squadron, runs on the treadmill at the Wellness Center as part of his total body fitness program.

Photo by Spc. Stacy Harris

Spc. Jarrod McGee, Wellness Center physical trainer, shows Julie Welch how to use the relaxation chair.

by Spc. Stacy Harris
Mountaineer staff

Has your resolution once again gone down the drain? Do you wish to achieve a healthy state of mind and body, but don't know who or where to turn? Then, the Wellness Center on Fort Carson might be your final destination.

The Mountain Post Wellness Center, located on the second floor of the Family Readiness Center, bldg. 1526, provides a wide variety of programs for health promotion and disease and injury prevention for soldiers, family members, retirees and Department of Defense civilians, said Staff Sgt. Michael Fetzer, Wellness Center noncommissioned officer in charge.

"It's like a one-stop," he said. "You can come up here and get everything you need instead of hooking up appointment after appointment."

The Wellness Center opened in June 1998 as a way to encourage a healthy lifestyle for the Fort Carson community. The hope was to prevent disease, sickness and injury because this will eventually cost the military less money than fixing soldiers after injury or sickness has already happened.

The center offers programs on education, fitness equipment and screening, according to a fitness center brochure. It also provides a self-help library and a relaxation room.

"The purpose of the Wellness Center is overall Army Readiness. It makes the Army as a whole, strengthened," Fetzer said. "And it helps to decrease lost man-hours due to injury or sickness."

The center offers many benefits that any ID card holder can take advantage of to reach his or her maximum potential.

"They get here what they can't get anywhere else," he said. "We can set them (participants) up on a program that can help them (participants) with their goals."

Fetzer said the information is available for those who really don't know how to set up their own program. Once they have one, participants can take it with them anywhere and work out anytime.

"It's basically the same thing a personal trainer does, only we do it for free," he said.

The main focus of the Wellness Center is nutrition and exercise, said Sgt. 1st Class Ken A. Carlson, installation fitness coordinator. The nutrition class, which is part of the Active Duty Overweight Evaluation, is also held at t

Nutrition plays a vital
Chris Rolack, dietician.

"Food is the best medi
healthy, the risk for high bl
down. Proper nutrition can
weight.

The main goal is to ha
long life a person needs to

"If you had three wish
wise man would wish for a
happy, you are probably he

The Wellness Center a
Carlson said.

Civilian participants ar
week to participate in the p
the forms and getting appr
start out with a health risk
after 90 days. At the end o
receives a complete reasse

The Wellness Center is
center to assess the overall
ders to see where the highe
said. Right now the progra
request this program by co

Even so, the Wellness
said. A lot of people don't
be gained.

"A lot of soldiers don't
is out there," he said.

Soldiers and communi
receiving fitness training a

"Soldiers who are havi
give them an individual pr

Overall, the Wellness
munity healthy, whether it
bers, he said.

"(The Wellness Center
a more productive workfor

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and

Photo by Richard Bridges

Photo by Richard Bridges

Sgt. Chris Rolack, Wellness Center dietician, uses a Fitlinxx program to get the most out of his morning workout.

the center.
role in maintaining good health, said Sgt.

icine," he said. Rolack said that by eating
lood pressure and bad cholesterol levels go
also help a person stay at the proper

ve a long life, Rolack said, and to have a
be healthy.
es, what would you wish for?" he said. "A
a long life and happiness. Because if you are
ealthy."
lso conducts the Civilian Wellness Program,

re allowed three hours and 45 minutes per
program, after visiting the center, filling out
oval from their supervisor. The participants
appraisal and receive another assessment
f the six-month program, the participant
ssment, Carlson said.
s also trying to bring different units into the
l health of each soldier, allowing comman-
est risk factors are for their unit, Carlson
m is on a volunteer basis only. Units can
ntacting the Wellness Center.
Center is geared toward everyone, Fetzer
realize the education and benefits that can

t use (the center) because they don't know it

ity members can benefit from the center by
t any skill level, Fetzer said.
ing problems with their PT test, ... we can
ogram based on their goals," Carlson said.
Center aims to keep the Fort Carson com-
is soldiers, DOD civilians or family mem-

makes) a more productive community, and
rce," Carlson said.

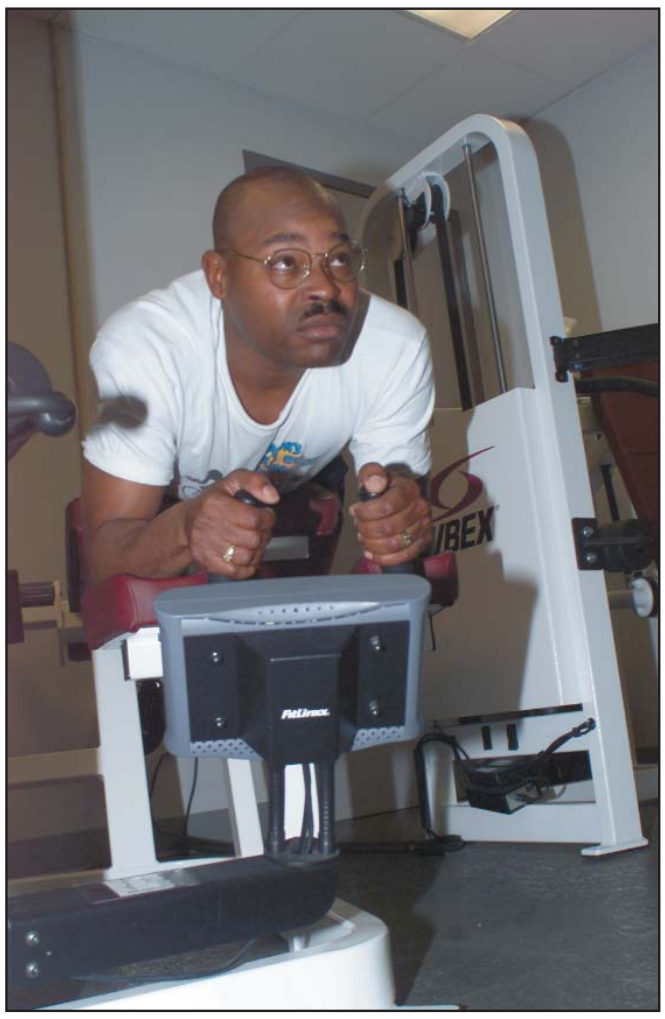


Photo by Richard Bridges

Sgt. Chris Rolack, Wellness Center dietician works out his legs during morning PT.

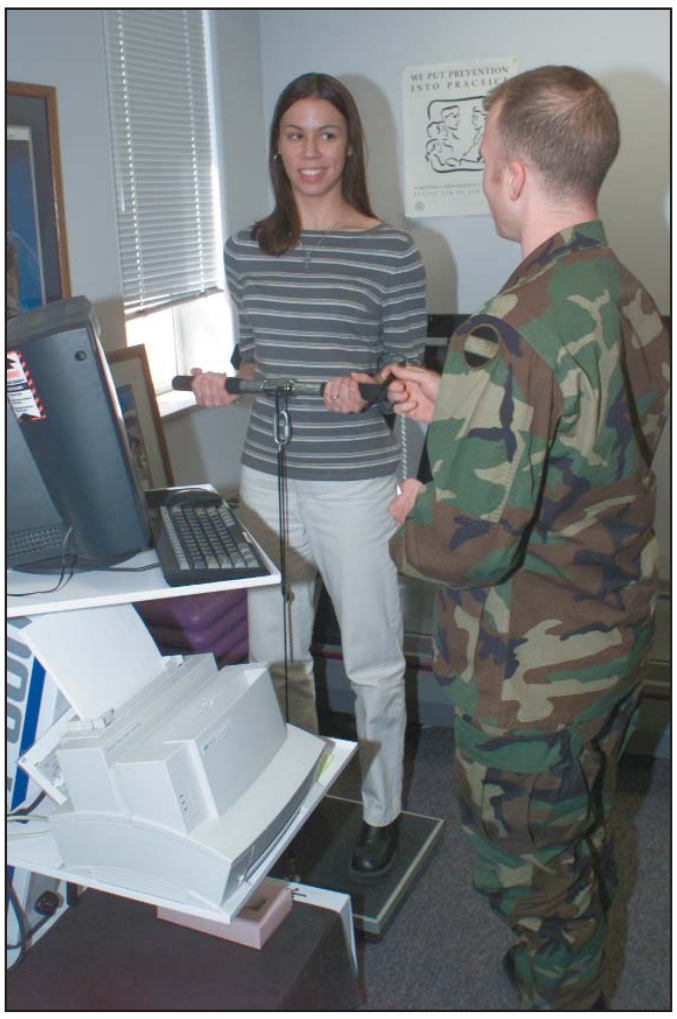


Photo by Spc. Stacy Harris

Spc. Jarrod McGee, Wellness Center physical trainer, tests Julie Welch's bicep strength.

Factoid:

Begin a new attitude about eating and exercise

1. Develop a meal schedule
2. Learn to eat before reaching starvation to help control portions
3. Incorporate physical activity three days per week to improve the cardiovascular system, help maintain lean body mass, and help prevent diseases.

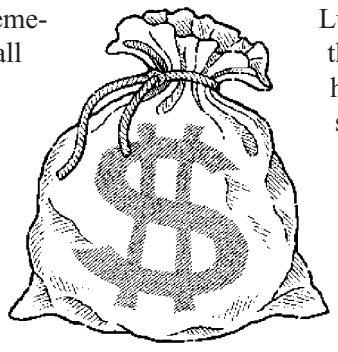
$how me the money

West

by SSG Ray West
Command Financial NCO
52nd Engineer Battalion

This article is about a soldier's experience of buying a car after arriving at Fort Carson. Sometime ago a soldier came into our battalion budget office to in-process into the unit. As part of this process, we discussed major purchases: cars, homes, or anything involving a contract. I told the soldier about some of the problems of financing a car when you're lower enlisted and recommended that she begin a savings plan with the goal of paying cash for a vehicle, making it possible to only have payments for liability insurance. It is a good sensible option for a first-time car buyer. The soldier was determined to get a vehicle and with a four-year enlistment ahead, she figured she could make the payments without problems. I informed the soldier of the expenses involved when financing a car, and full coverage insurance was on the top of the list. Her decision was that she could not live without a car that long.

The soldier found the car of her dreams and was happy to find out that she could get into a car with no money down. She was referred to a place that would finance the down payment, and she could repay it over several months at the annual percentage rate of 21 percent. She was even happier to find out that the lending institute that carried the loan for the remainder of the balance would include her insurance in the payments, again at the APR of 21 percent. It was a dream come true and extremely easy. She got the car she wanted and all was well until she got into a wreck. The soldier was not informed that the insurance was only good for comprehensive and collision, not liability. She was horrified to find out that she was driving with illegal insurance. The lender had looked after its own interests but left the soldier "twisting in the wind."



No longer able to drive the car, the deal had turned sour and she was falling into debt. The soldier had to make the car payments at 21 percent, the down payment at 21 percent, the new insurance, and the cost of the tickets from the wreck. The soldier was so far into debt she failed to pay the tickets and wound up in court with charges of careless driving and driving without insurance. Having a warrant issued for her arrest was not an experience she had bargained for. She just wanted a car. She was not interested in listening to a feasible financial plan.

After all the fines and costs involved, she came back to the office and said she wished she had listened to the advice about saving for the car. Luckily, her mother was able to loan her the money to get out of trouble and pay her court costs. It would have been so simple and cost effective to listen to the free advice from her command financial noncommissioned officer. With a little patience and planning, she could have owned a car with insurance without financial burden. We are here to help all soldiers and family members. Our motto is" " Helping you Help yourself." Please visit your CFNCOs with all your financial questions or concerns. They will be glad to help you.

Dining Schedule

Week of March 17 to 23

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mountain Inn (building 1040)
3rd BCT Iron Bde. (building 2061)
3rd ACR Butts Army Airfield (building 9612)

Standard Facilities

3rd ACR Patton House (building 2161)
10th Special Forces Group (A) (building 7481)

Weekday Meal Hours

	Mon., Tue., Wed. and Fri.	Thur.
Breakfast	7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch	11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner	5 to 6:30 p.m.	4 to 5:30 p.m.

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- 10th SFG (A) meal hours are the same Monday through Friday. No dinner meal on Fridays.
- The CAV House Dining Facility will be closed for repairs until further notice.

Weekend Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR Patton House (building 2161)
3rd BCT Iron Bde. (building 2061)

Saturday Meal Hours

Breakfast	8 to 10 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 6 p.m.

Sunday Brunch/Supper Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3:30 to 6 p.m.

Family members are cordially invited to dine at Fort Carson dining facilities.

Sports & Leisure

Boxing team looks strong as ever

by Walt Johnson
Mountaineer staff

World Class Athlete Program boxing coach Basheer Abdullah knew he had a challenge on his hands when he brought this year's all-Army team to Fort Huachuca, Ariz. this year.

For the first time in his four year tenure as the head coach of the boxing team, Abdullah wasn't sure what he was bringing to the table. Most of his boxers were young and inexperienced in this type of competition so Abdullah was in serious danger of losing the interservice title for the first time.

Before the competition began his boxing team may have been in danger of losing the title. But, after the competition was over, Abdullah and the Army boxing team had captured their fourth consecutive title in his reign, sixth consecutive title and the 11th title in the past 12 years.

It would not be a stretch to say that even a quality coach like Abdullah had some reservations about his team's chances of winning the championship this year even though he had a good nucleus of veterans returning.

"I reported to the camp a day or two after the other coaches and the athletes. When I got to the practice sight I remember saying to myself this is the youngest group of athletes I have ever seen representing the Army. I saw they were very inexperienced and I got concerned. I knew we had a big challenge ahead of us as far as bringing the athletes up to the previous standards we set.

Like all good managers, Abdullah knew he would have to do his best coaching job and depend heavily on his assistant coaches to get the team to the level needed to win the interservice title.

"I told my coaches we have to develop these guys quickly if we are going to defend our title."

It turned out Abdullah's initial concern was unfounded. The assistant coaches and he had molded a team of veterans and newcomers into champions.

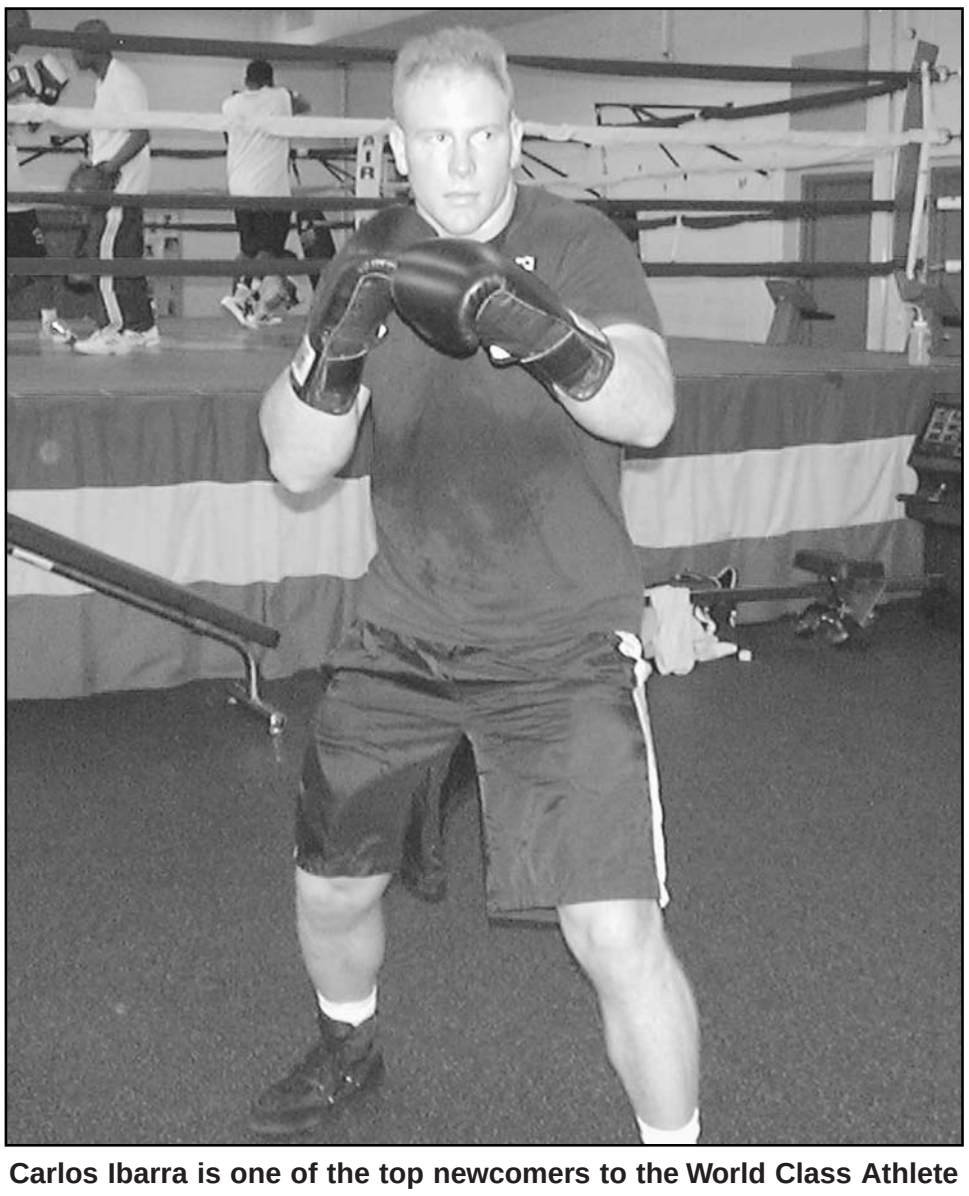
"After we had three or four practice sessions I could see the talent coming out of the athletes. My assistant coaches did a fantastic job getting them ready for the competition."

Abdullah had a game plan going into the competition that focused the team on one goal and was pivotal in the team's success.

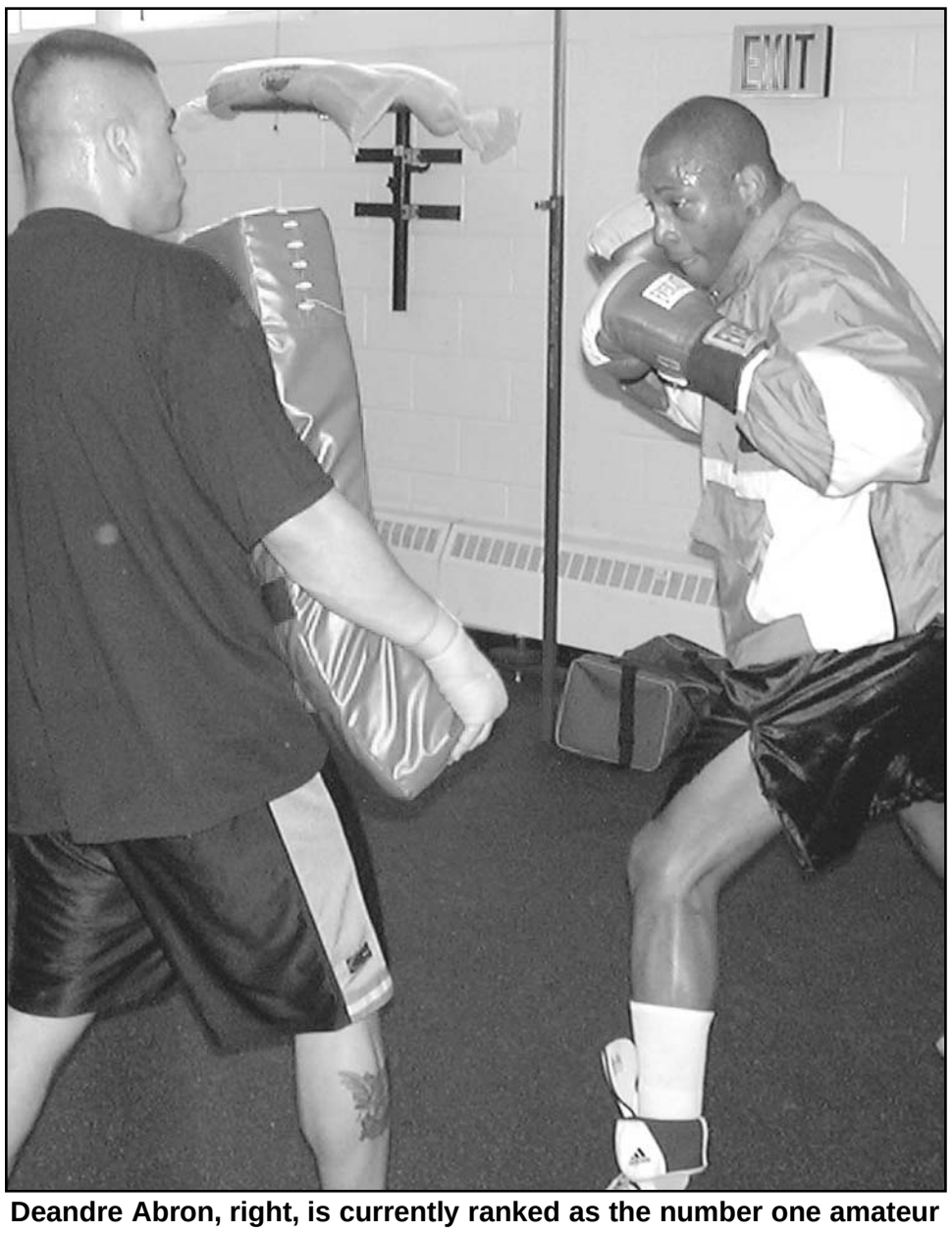
"Our (the coaches) focus during the training camp was to work on our (the boxers') defense because that was my biggest concern. The athletes accepted the challenge we placed on them and they responded by winning the interservice championship," Abdullah said

Many of the all-Army boxers are currently participating in the U.S. Championships at the Olympic Training Center today. If they advance to the championships the boxers will perform at the finals Saturday night at the Colorado Springs Auditorium on Weber Street in Colorado Springs.

Photos by Walt Johnson
John Medina, coming off wrist surgery, is once again one of the leading contenders in the 112 pound weight class.



Carlos Ibarra is one of the top newcomers to the World Class Athlete Program boxing team.



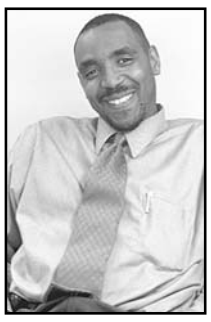
Deandre Abron, right, is currently ranked as the number one amateur light heavyweight in the country.

On the Bench

So, who is going to be the next college national champ?

by Walt Johnson
Mountaineer staff

As the late Jackie Gleason used to say, "How sweet it is!" The best three weeks of basketball began Thursday and will run through April 1. The National Collegiate Athletic Association tournament to crown the next national champions is underway and this is about as unpredictable a tourney as there has been in some time. with that in mind your humble servant has some thoughts in this column, and members of the Mountain Post community will predict who will be this year's champion on page 22.


Johnson

And the next time you want to do us a favor, please don't.

If the brackets play out Duke may have the toughest road to the final four. The Blue Devils would have to face Georgia, UCLA and Kentucky to make the trip to Minneapolis.

Northwestern State and Winthrop will play in the "play in game." The winner gets to play Illinois. Enough said.

What did we do?

The University of Texas gets Temple in the first round and if they win and the brackets play out they will face Florida in the second round. Doesn't the new president of the United States, who is from Texas, have any pull with the committee?

Alabama State, Monmouth and the University of North Carolina-Greensboro each got a number 16 seed in the tournament and with it the right to meet Michigan State, Duke and Stanford respectively.

Teams most likely to get a tail kicking and like it.

Holy Cross, Hampton University and Eastern Illinois will play Kentucky, Iowa State and Arizona respectively. They will have two choices concerning the tail kicking they are about to receive, take it like men and like it. These teams are just glad to be in the tournament and they will not have any problem putting their tail between their legs and going home.

Most likely top seed to make it to the final four.

Stanford Cardinals. The Cardinals have the easiest road to Minneapolis. Their toughest game may be in the regional final where they could meet Maryland or Iowa State, two teams they should be able to handle.

Most likely top seed not to make it to the final four.

Michigan State Spartans. Any team that loses its two major test, at Illinois

See Bench, Page 21

Photo by Walt Johnson

Going to the hoop ...

Fort Carson Youth Center Lakers assistant coach Gerald Gilmore won't let a little thing like a broken ankle keep him from coaching the young hoop stars at the youth center.

Bench

From Page 20

and in the first round of the Big 10 tournament, can't be counted on to win a big game in the tournament. Even if the Spartans get to the round of 16, they will have to beat a very good Oklahoma or Virginia team and they don't look like they have the goods this year.

You tell me who the women's champ will be.

All right, gang, try to stay with me on this one, its going to get complicated. The University of Connecticut has lost two of their top players and they are seeded number one in the east region.

Notre Dame is number one in he west region but they just lost to UConn. Tennessee is number one in the Mideast but they have lost to UConn this year and lost to Vanderbilt in the Southeastern Conference tournament to Vanderbilt. Duke has enough holes to make you wonder if Rutgers or Oklahoma won't be able to beat them.

If you know who is going to win the title then let me know so I can call the boys in Vegas, for entertainment purposes only of course.

They got a number what seed?

North Carolina got a number two seed in the south region and they probably couldn't beat Sierra High School the way they have been playing lately. Temple is one of the most dangerous teams in the country and they get an 11 seed. Likewise, Georgetown which got a number 10 seed is in the same category. Tennessee got a number eight seed and they should not have even made the tournament the way they have played lately.

Anything you can do I can do as well.

The women's basketball team at Duke got a number one seed in the women's tournament just as the men's team got a number one seed in their tournament. Also worth noting, the women's teams from Georgia State, Penn State, Wisconsin, Maryland, Texas, Duke, Florida, Stanford, Iowa State, Notre Dame, Iowa, Virginia, Oklahoma, Holy Cross, Arkansas, Missouri, Georgia and Tennessee join the men in representing their university in this year's NCAA tournament.

Best second round game we could possibly see.

I get goose bumps just thinking about Charles "Lefty" Driesell, former Maryland coach, facing his old team if both win their first round game.

Ohio State and UCLA should be just a fantastic game in the second round also. Syracuse and Kansas could be the best game of the tournament in the second round if Virginia and Oklahoma isn't.

Never mind the teams, here are the four coaches I'd like to see in the final four

If Bobby Huggins' Cincinnati Bearcats win the West Region, John Cheney's Temple Owls win the South Region, Tubby Smith's Kentucky team wins the East and Roy Williams' Kansas team wins the Midwest Region there will be some intense coaches in the final four and that alone would be worth the price of admission.

I'm going to miss these coaches in the tournament.

Could you ever see a tournament without Robert Montgomery Knight coaching the Indiana Hossiers? How about perennial tournament teams like Purdue with Gene Keady, UConn with Jim Calhoun and Utah with Rick Majerus not being in this year's field?

Teams seeded lower than sixth that could make it to Minneapolis.

In two weeks don't be surprised if St Joseph's, Temple, Oklahoma State, Fresno State, Arkansas, Tennessee, Penn State or Georgetown sneak their way into the tournaments final four.

The best lower seed matchups you ever wanted to see, and now you can see them.

Whatever you do don't miss the Tennessee vs. Charlotte, Georgia vs. Missouri and Georgia Tech vs. St. Joseph games. They may be the best games in this year's tournament after all is said and done.

The matchups I would have loved to have seen in the first round but I won't.

Would it not have been something special to see Georgetown play Princeton. Princeton coach John Thompson III (yes he is the son of former Georgetown coach John Thompson) would have been super-motivated going against his dad's old team.

Wisconsin and Brigham Young would be the second game I would have loved to see because they could have bored each other to tears in one game instead of boring the fans to death in two separate games.

I said it before and I'll say it again.

Nothing against the good people at CBS because they put on a great tournament, but I wish the tournament was on ESPN. Nobody does the tournament with the quality and sharpness of ESPN. One good alternative is if you have Satellite TV. You can sign up for a package to get all the games if you are a basketball junkie like me.

If the brackets hold up how about these second round matchups?

Virginia vs. Oklahoma, Syracuse vs. Kansas, Indiana vs. Cincinnati, Mississippi vs. Notre Dame, Boston College vs. Southern California and UCLA vs. Ohio State.

Did I mention who I thought would win this year's tournament?

You may have noticed by now that I haven't picked a winner of the tournament yet. That is because I don't have the first clue who is going to win this thing.

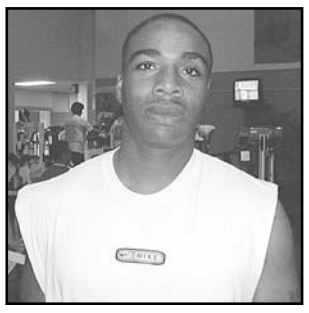
The popular choices are Duke and Stanford right now. I would not be at all surprised to see Arizona, Iowa State, Kentucky or Oklahoma in the championship game.

Right now I like the Kentucky Wildcats to win the title, but check back with me in two weeks. I picked Temple to win it last year and you know how that turned out.

Carson community makes "Final Four" picks

Archie Bates
4th PSB
Michigan State

Mathew Delloust
Charlie 1/8
Michigan State



Ron Findlay
C Troop 1/3 ACR
Duke

Jonathan Harvey
1/8 HHC
Wisconsin

Stan Kearns
Hazmat Control Ctr.
Duke

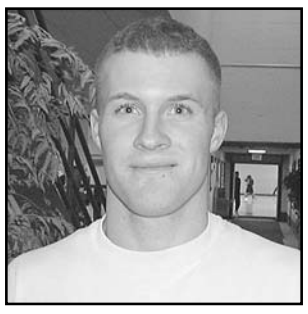
Michael Lamey
4th Eng Bn, C Co.
Notre Dame

Ricky McCadden
Retired
North Carolina

Casey Parks
CID
Kansas

Ouida Rivera
CID
Duke

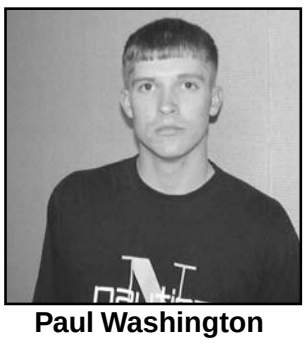
Kevin Ryan
1/8 Infantry
Arizona



Jeremy Stradling
HHC 1/8 Infantry
Michigan State

Mark Sterling
AR Perscom
Duke

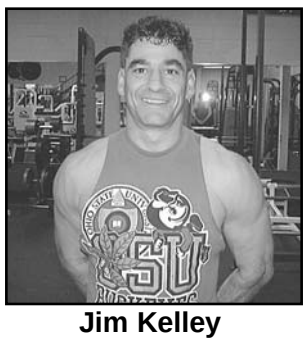
Andre Romell Tate
360th Transportation
North Carolina



Paul Washington
B Co. 64th FSB
North Carolina

Jason Walther
B Co. 64th PSB
Duke

Nadia Calderolli
Public Affairs
Duke



Jim Kelley
Retired
Ohio State

Aaron Sallade
S&T Spt. Sqdn, 3rd ACR
Penn State

Mountaineer Sports Spotlight

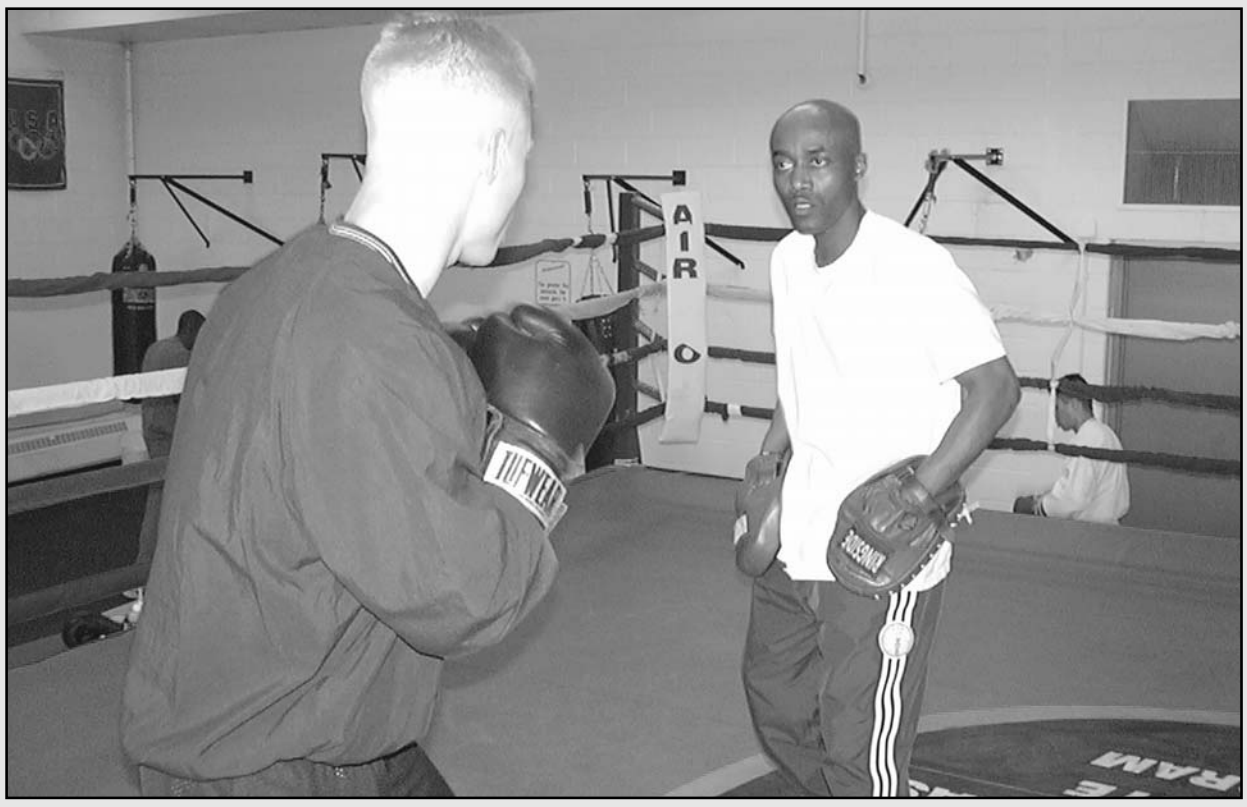


Photo by Walt Johnson

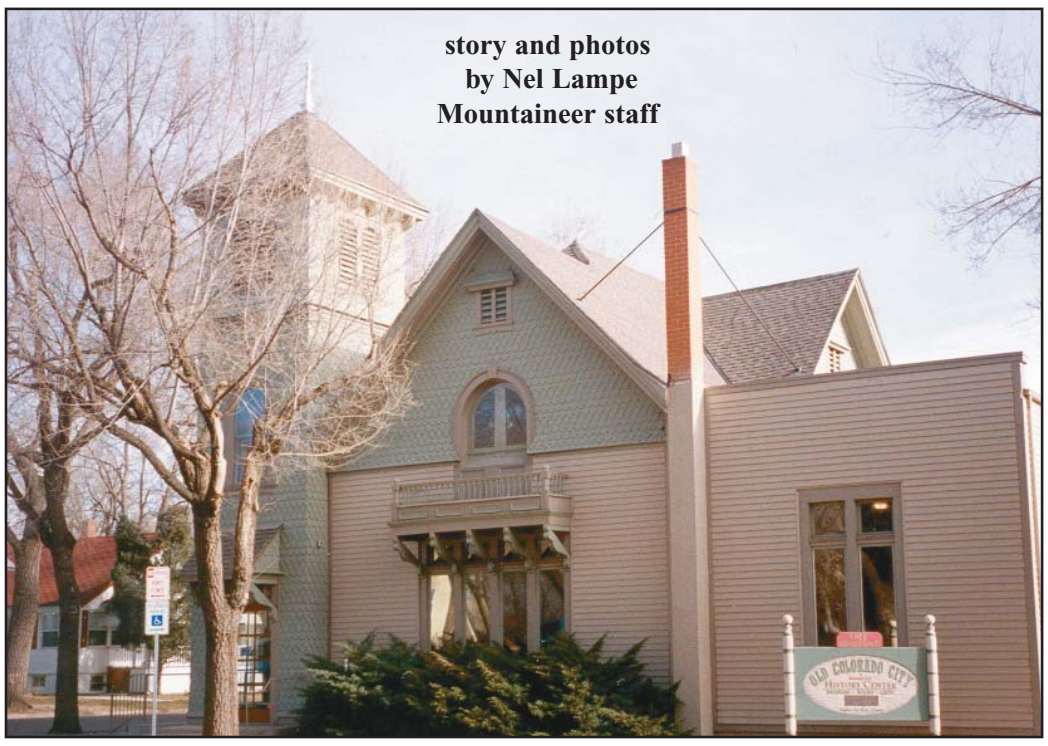
A coach with winning intensity ...

World Class Athlete Program head boxing coach Basheer Abdullah, right, helps WCAP boxer Marshall Christmas on his punching skills during a recent training session at the WCAP boxing facility. Abdullah was one of the coaches for the 2000 U.S. Olympic boxing team and has coached his boxing team to four consecutive interservice championships.

Old Colorado City: Historic, charming neighborhood

Heading Springs

story and photos
by Nel Lampe
Mountaineer staff



The Old Colorado History Center is in an old, historic former church.

Located on Colorado Springs' west side, the town called "Old Colorado City" occupies a few blocks — between 22nd and 27th Streets of West Colorado Avenue.

The historic community hosts its 18th St. Patrick's Day parade Saturday, beginning at noon, which attracts hundreds of spectators, most of them wearing a bit of green to honor the holiday.

The settlement of Colorado City, was already in existence when General William Palmer, Colorado Springs' founder, made his first visit to the area. Simply called Colorado City at the time, it was founded in 1859.

Colorado City's roots were in the gold rush, although no gold was ever found within its borders. Prospectors traveled through this area, using the Ute Indian trail to reach South Park about 100 miles west of Colorado Springs. Some of the prospectors decided to forget the gold and make their fortune by selling supplies to other prospectors.

Copper kettles are ready for making candy in the Rocky Mountain Chocolate Factory.

These potential businessmen apparently had a good idea; in just one year the town grew to contain some 300 buildings.

Just a few years later, Colorado City got its 15 minutes of fame when it was named the first capital of the Colorado Territory. The Colorado Territorial Legislature convened in Colorado City in 1862. After four days of meetings and politics, the Denver delegates managed to get the capital moved to Denver.

Bancroft Park, in the heart of Colorado City contains a log cabin from the time period when the city served as the territorial capital.

Colorado city grew into a Western town that movies could be made about; stage coaches from Denver and Canon City arrived regularly. The 21 saloons — within four blocks — were doing a booming business. Behind the saloons were the bordellos. But that was just one part of town — on the other side of the street were the churches and the opera house. The gentlemen citizens on the "good side" of town were quite discreet; when they wanted to visit the other side of town, these gentlemen used the 12 miles of underground tunnels to do so — sight unseen. The network of tunnels under the streets are still there, according to information passed along by the Colorado City History Center. The tunnels are closed off and unused now, but the two-hour walking tours conducted in summer months make the rounds of the sites of old bordellos, saloons and of course, the tunnels.

The wild and woolly Colorado City was probably an embarrassment for Colorado Springs' founder, who had banned the sale and consumption of liquor in that Colorado Springs, as he envisioned a refined, genteel resort city.

At the height of its growth, Colorado City had a glassworks company and an iron works company, as well as the largest paint factory west of the Mississippi. After gold was discovered in Cripple Creek, much closer to Colorado City than the South Park discovery, prosperity was good to Colorado City. Although there was no gold to be found, four gold mills operated in Colorado City. Gold ore was brought downhill on the Short Line Railroad to be processed at the gold mills. The tall, lone, cream-colored round smoke stack on the south side of Highway 24 West between 8th Street and 21st Street is the last remnant of the gold mill industry.

The Midland Railway had its roundhouse repair terminal in Colorado City — the building now occupied by Van Briggle Pottery Co., at 21st and Cimarron Streets.

Many of the dark red brick businesses along Colorado Avenue were built during the Cripple Creek gold strike, as were the Victorian houses along Colorado Avenue and the side streets. Some of those houses have been pressed into service as businesses, such as bed and breakfast establishments, an occasional antique shop, restaurant, tea shop or insurance or real

See Colorado City, Page B-2

Colorado Avenue runs past the restored historic shopping district of "Old Colorado City," the site of Saturday's St. Patrick's Day parade.

A pull-out section for the Fort Carson community

March 16, 2001

Colorado City

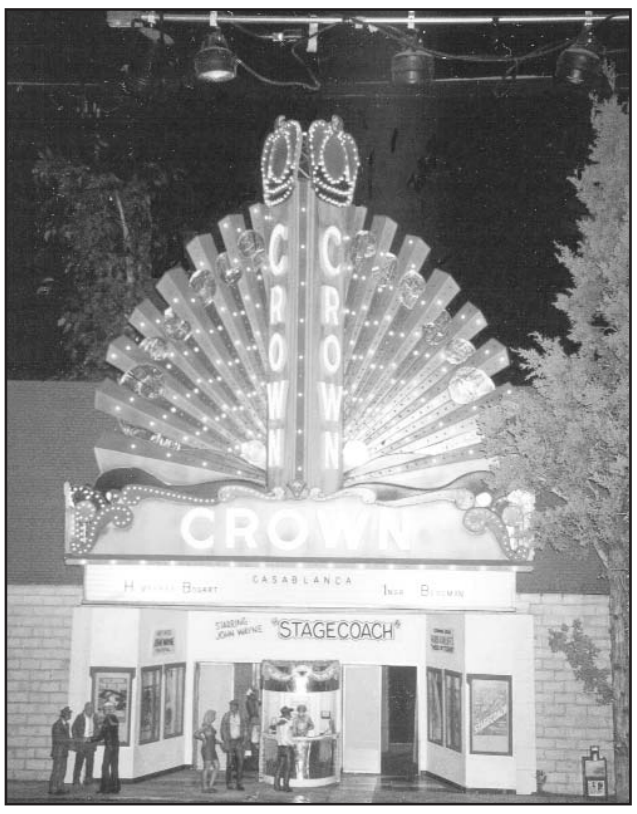
From Page B-1

estate office. The Colorado City Historical Society, located at the northeast corner of Bancroft Park, is housed in a former church, built in 1890. The building is on the Colorado Register of Historic Places.

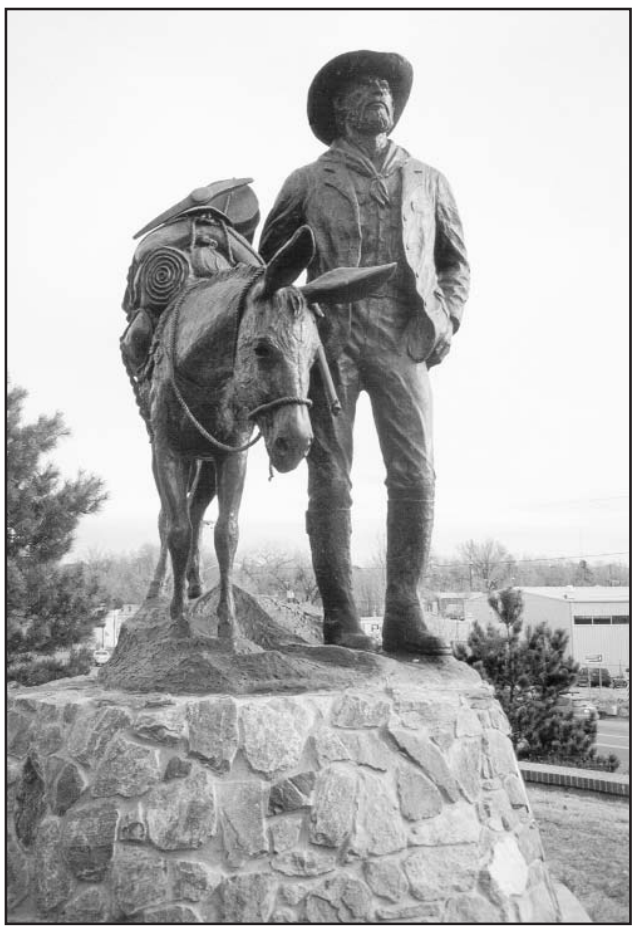
Entry is free at the History Center, which is open from 11 a.m. until 4 p.m. Tuesday through Saturday during the winter. The center has many historical photographs, mementos and artifacts depicting high school life, former industries, the gold rush and various occupations in Colorado City a hundred years ago.

When gold mining dwindled in Cripple Creek, prosperity dropped off in Colorado City. The demand for railroads to and from Cripple Creek was almost nonexistent and of course, the gold mills had no ore. Colorado City was left in a state of decline, and eventually was annexed to Colorado Springs and was referred to as the "Westside."

During the Colorado Centennial in 1976, Westside residents started a restoration movement to preserve the heritage of Old Colorado City.



The Crown Theater in 1/6 scale, is in Michael Garman's "Magic City."



A statue of a prospector and his mule welcome visitors on Highway 24 west as they approach historic Old Colorado City.

Historic structures were restored, old-fashioned light posts and benches were added. The restoration efforts created a charming shopping area and tourist attraction.

Forget looking for a fast food chain in Old Colorado City. A variety of restaurants entice visitors, such as Beau Jo Pizza, Front Range Barbecue and Henri's Mexican Restaurant. Meadow Muffins serves huge hamburgers and other sandwiches and salads in a century old building, decorated in movie set castoffs.

An employee puts the finishing touches on a doll in the Simpich Doll Factory in Old Colorado City.

La Baguette is a French bakery which sells several varieties of French bread and pastries, as well as sandwiches and soups — including French onion soup. A few doors away is the original location of the Rocky Mountain Chocolate Factory, featuring made-on-the-premises fudge, caramel apples and other candy.

The Bon-Ton Cafe serves breakfast and standard lunch and dinner selections — on the patio if weather allows. Jake and Telly's features Greek food. McKelvey's Victorian House serves coffee, tea , pastries and light lunches, and Tsukasa and Yakatori serve Japanese cuisine.

Unusual goods, such as Mexican pots, old fashioned light posts, garden statuary and European and Christmas wares are sold along Colorado Avenue.

Other places to visit include the Simpich Character Dolls where you can watch the dolls being created by artists on site.

Michael Garman's figure/sculpture showroom is in a Victorian-era store. Garman's statues are well known and frequently presented at military farewells. The store has an excellent selection of Army-type figures, such as the buffalo soldier, drill sergeant, helicopter pilot and several other military figures.

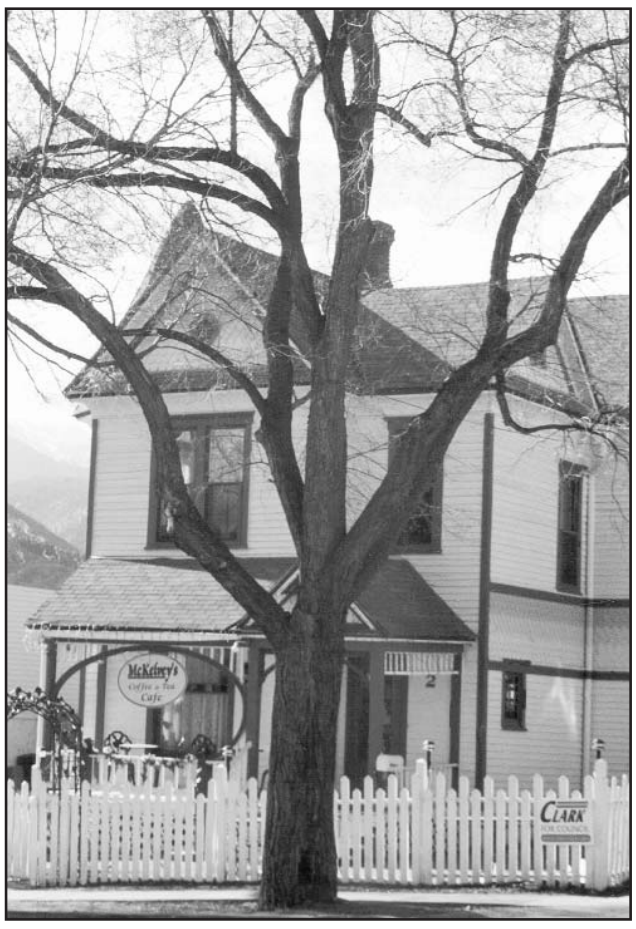
Also in Michael Garman's store is "Magic Town," a 1940s era town built in 1/6 scale, the entire miniature town is populated by Garman's sculptures. There's the Crown Movie Theater, the doctor's office, the barber shop and many more businesses, apartments and buildings, brought to life by scenes, people, sounds and holograms. Magic Town's admission is $2 for adults, $1 for children, and has a money back guarantee.

Still in Old Colorado City but just east of the historical district is a Goodwill store and perhaps the most unique Salvation Army store in town — this store specializes in antiques and vintage clothing.

At the corner of 21st Street and Cimarron are two places popular with tourists: Van Briggle Pottery Co., which has been in business for 100 years and gives free tours Monday through Saturday; and next door, "Ghost Town," which houses a Western town. It is open year around, except in very inclement weather. There is a fee.

Special events are held in Colorado City. One of the most popular events is the St. Patrick's Day 5-kilometer run and parade being held tomorrow. The run starts at Bancroft Park at 10 a.m. The Leprechaun Fun Run for children begins at 11 a.m., also at Bancroft Park. The parade begins at noon.

The largest event in Old Colorado City is Territorial Days on Memorial Day weekend.



A Victorian house has been converted to a place for tea, coffee and lunch.

To reach Old Colorado City, take Interstate 25 north to the Cimarron Exit, then take Cimarron west (U.S. Highway 24 West) to 21st Street. Go north a few blocks to Colorado Avenue, then turn west. The Old Colorado Historic District runs from 22nd Street to 27th Streets.

Parking is street side (with meters) or in several free parking lots located along West Colorado Avenue and behind the shops which face Colorado Avenue.

Just the Facts

- **Travel time** 20 minutes
- **For ages** all
- **Type** Parade, historic town
- **Fun factor** ★★★★ (Out of 5 stars)
- **Wallet damage free entry, food extra**

$ = Less than $20

$$ = $21 to $40

$$$ = $41 to $80

(Based on a family of four)