# Mountaineer

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Visit the Fort Carson Web site at www.carson.army.mil

Photo by Sgt. Jon Wiley

**Spc. Doug Winchester, Company D, 64th Brigade Support Battalion, mans an M249 squad automatic weapon atop a "Humvee" during a convoy live fire training exercise Friday.**

# 64th BSB trains up for next deployment

**by Sgt. Jon Wiley**
**Mountaineer staff**

The 64th Brigade Support Battalion conducted a convoy live-fire training exercise at Fort Carson's Range 127 Nov. 29 through Friday.

Capt. David Wood, commander, Company A, 64th BSB and range officer in charge, said the training is vital for the troops.

As a logistics unit, Wood said the 64th BSB's "primary mission is to supply the 3rd BCT. That means we're out on the roads moving to the forward maneuver battalions and providing them with the support they need. This training is of the utmost value for the Soldiers' eventual deployment back to Iraq. This is what will make them successful."

Wood added that coming into contact with hostile fire while doing a vehicle convoy is the most likely combat engagement 64th BSB Soldiers will experience during their upcoming deployment.

To complete the range's course, Soldiers practiced moving in a vehicle convoy with loaded weapons and reacting to enemy fire.

"Our focus is to get everyone in the battalion to a base line. We want to make sure everyone knows how to react to contact, actions on contact or if they're forced to stop what the base line training is so they can react to it in the appropriate way," Wood said.

Pfc. Terrance Mitchell, who deployed with the

**See 64th BSB, Page 4**

# Army court delays trial

**by Spc. Stephen Kretsinger**
**Mountaineer staff**

The Article 32 investigation into the death of Iraqi Maj. Gen. Abid Mowhosh has been delayed due to a stay issued by the U.S. Army Court of Criminal Appeals.

The stay is the result of a petition issued by The Denver Post Corporation concerning media access to the hearings.

The hearings, originally scheduled to begin Dec. 2, have been halted until the Army Court of Criminal Appeals makes its ruling.

Steven D. Zansberg, attorney for The Denver Post Corporation, argued before Capt. Robert Ayers, investigating officer for the hearings, that public knowledge outweighed confidentiality in this incident.

"This is information that the American people are

**See Article 32 investigation, Page 4**

# *Dual-military: check your SGLI*

**by Sgt. Shauna McRoberts**
**Mountaineer staff**

The U.S. Congress enacted Title 38 of Chapter 19 of the U.S. Code Nov. 1, 2001. The public law created the Family Service Group Life Insurance, giving all married servicemembers the opportunity to acquire additional life insurance.

Additional coverage could be obtained in $10,000 increments with the maximum covering being $100,000 and costing between $20 and $30 a month. Soldiers who didn't want the additional coverage had a grace period to decline it through their personnel services battalion by Dec. 31, 2001. If a Soldier did not do this, he or she automatically received the maximum coverage and the premium was deducted

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## INSIDE THE MOUNTAINEER


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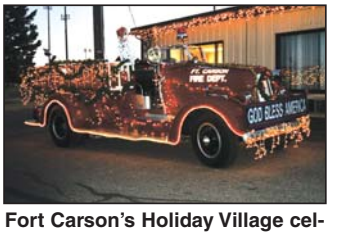
## Feature




**Fort Carson's Holiday Village celebrates cultures from around the world.**

**See Pages 16 and 17.**

## Happenings

**Events such as"Wildlights" are offered in Denver. Pueblo has its share of events as well.**

**See Pages 25 and 26.**

## Last *Mountaineer* of the year

The *Mountaineer* will publish its last newspaper of the year Dec. 17. The first issue of 2005 will be published Jan. 7. Classified ads are due Jan. 4 by noon.

**Post Weather hotline:**
**526-0096**

# To military spouses: Thank you

**Commentary by Pfc. Clint Stein**
**Mountaineer staff**

Many people have heard the old saying "there are only two things that are certain in life, death and taxes," but for those in the military there is a third — sacrifices.

During recent and past years we have heard so much about the sacrifices made by men and women serving in our military, but what we don't seem to hear a lot about are the sacrifices made by their spouses.

Behind every married servicemember there is a spouse who provides an equal or even greater service. They are the support system of the family. They are an intricate part of what holds their military family together. They are the backbone.

More than half of military servicemembers are married and with that brings sacrifices, especially during deployments. No one ever wants to be separated from his loved ones, but for those of us in uniform it's sometimes part of our duty and we proudly accept it. For those spouses left behind they accept it too, but with gracious reluctance.

When a spouse sees her husband packing his things for deployment, they may start to feel vulnerable and empty inside and can only pray for his quick and safe return. She may even cry and get weak in the knees as she watches him kiss his children for what could possibly be the last time, but she remains strong and proud — she has to.

When Soldiers are deployed their spouses take on a different role in the family. They become both mother and father, providing both the tender love and care for their children as well as upholding the rules of the house. They are the accountant, teacher, cook, coach, carpenter and protector of the family. They become the provider, at least for the next six months to a year.

While a Soldier is deployed, many people don't take the time to consider the trials and tribulations that still go on in everyday lives of military families. Just because a Soldier is gone doesn't mean life gets any easier for his spouse. On the contrary, it gets much more difficult. The spouse must now handle the responsibility and workload of two, while not burdening her loved one with the everyday stress she feels because of what effects it may have on him as he tries to focus on his mission abroad. The very same mission she is reminded of every night before going to bed without him.

Aside from the worried and lonely nights a spouse spends away from her or his trooper and the extra chores a spouse has to endure, she or he may have made a personal sacrifice just by marrying into the military. Many spouses out there, like my wife, had careers before becoming a military spouse. Some still do, but for many it's hard to have a long-term career when they don't know if they'll be moving to another duty station or if their spouses will be deploying. It takes a lot of courage and trust in a Soldier for his or her spouse to put their careers on hold for a while, and married couples should recognize that commitment.

These spouses know, just as the Soldier knows, that when they joined the military, sacrifices would have to be made, personally and professionally. Their lives change and they must give up much of what they once had in order to conform to the military way of life. It's not a bad life, just a different one.

Since I joined the Army I have been thanked for my service to our country on many occasions and many times with my family standing right at my side, and yet there was no acknowledgement to my wife. Except for Spouse Appreciation Day once a year and the occasional second mention at a promotion or reenlistment, our spouses rarely hear the words, "Thank you for your service."

Our military spouses have provided so much for so many Americans who can't always see the military way of life from the outside. They have given tremendous sacrifices in order for their loved one to provide the freedom our nation holds so dear and for that we should commend them on a regular basis. Servicemembers and civilians alike should look deeper into the military family and realize there is an honorable service being provided, one that sometimes goes unnoticed. It's the day-to-day service our military spouses provide. Whether it's big or small, it's important.

As a Soldier and a husband, I salute my wife and all military spouses for the sacrifices they have made not only for me, but also for our country.

Thank you for your service.

# Shortened PLDC course the way to go

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

Becoming a sergeant has been a goal of mine since I enlisted in the Army more than seven years ago. Various reasons and circumstances have inhibited my advancement beyond a specialist. I had hoped to make it before my initial enlistment of five years expired — obviously, it didn't happen.

Recently, I made the most significant step toward that promotion when I attended —and graduated from —the 15-day Primary Leadership Development Course at Fort Hood, Texas. I can now say I am a proud member of the 3-05 graduating class.

Because of the current Global War on Terrorism, and more specifically Operation Iraqi Freedom, PLDC classes at Fort Hood were shortened to 15 days from the normal 30. As we arrived, and began classes, our Small Group Leader informed us the 15-day course covered the same material as the typical 30-day class, minus one lesson and contained only one written exam instead of three.

Typical days began with a 4 a.m. wake up, followed by various physical training instruction blocks and other classroom instruction. Most nights, Soldiers went to bed from 10 to 11 p.m.

With the massive amount of information being crammed into half the time, the extended hours were mandatory. Also included during the 15 days of instruction were a situational training exercise, land navigation evaluation and an Army Physical Fitness Test.

To me, I cannot imagine PLDC needing to be longer than 15 days. I understand that many of you have attended the 30-day class and found it to be the appropriate length. Soldiers are now conducting more training in their units than ever before. Sergeant's Time Training is emphasized to the lowest levels. Because of this, PLDC does not need to get into the minutia of every task. Giving sergeants the basic building blocks of a noncommissioned officer are all that is needed. Sergeants should be able to learn from a mentor within their unit and military occupational specialty.

The 15-day PLDC class is designed for Soldiers who are highly motivated and are able to learn quickly. To help shorten the learning curve, it helps to arrive with a base knowledge of common Soldier tasks such as land navigation, map reading and drill and ceremony.

With a class full of already promoted or soon-to-be sergeants, motivation and preparation go without saying.

PLDC class 3-05 began with 329 students and graduated 326 — an unprecedented success according to our SGLs. Many of the 326 graduates were very knowledgeable in the basics, but other students within the class mentored those who needed help.

For those worried about going to PLDC — as I was — as long as you prepare and listen to the instruction and guidance from your SGL, it will be an easy 15 or 30 days.

This was one of the best experiences of my military career. I enjoyed the people I was with, the information I learned and the instructors who provided that information.

Although I am a bit behind my own power curve, I now feel as though I am back on track and prepared for the challenges of being a noncommissioned officer.

**LETTERS TO THE EDITOR**

The Mountaineer invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is published, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

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

***MOUNTAINEER***

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# News

## 3rd ACR troopers re-enlist en masse

**by Sgt. Shauna McRoberts**
**Mountaineer staff**

History was made Dec. 1 when the 3rd Armored Cavalry Regiment held the largest mass re-enlistment ceremony at Fort Carson known to date.

In recent months, close to 500 Soldiers have re-enlisted to stay with 3rd ACR and more than half of these Soldiers participated in Wednesday's ceremony.

"I've never experienced anything like it before," said Sgt. Michelle Calder, a truck driver with the regiment's Supply and Transport Troop and a recent re-enlistee who participated. "It was a really nice event for the Soldiers."

A team of 3rd ACR career counselors and retention noncommissioned officers spent several months planning the massive re-enlistment ceremony. Sponsors donated flowers for spouses and a large flag, the 3rd Cavalry Museum provided historical items, and Fort Carson's Harmony in Motion sang the national anthem and the Army Song.

"To set up an event like this takes real teamwork," said Master Sgt. Scott Leeling, 3rd ACR's senior career counselor. "Every career counselor and retention NCO are passionate about their work because it's all about taking care of Soldiers and their families."

On the day of the ceremony, Fort Carson's Waller Physical Fitness Center was packed with Soldiers and family members. Brig. Gen. Joseph Orr, 7th Infantry Division and Fort Carson deputy commanding general, and Command Sgt. Maj. Terrance McWilliams, 7th ID and Fort Carson command sergeant major, also attended. Orr told the Soldiers he was proud of their decision to stay in the Army.

"Today marks a huge milestone in the careers of these proud troopers and the ceremony today ensures the continued legacy of a proud tradition of selfless service to the 3rd ACR," he said. "Standing before us are over 200 troopers who have made a commitment to themselves, the Army and the nation. And no doubt, they are America's finest young men and women."

According to Sgt. 1st Class Mi Hui Baker, operations NCO with the 3rd ACR retention office, the ceremony was held so Col. H.R. McMaster, commander, 3rd ACR, could personally thank the re-enlistees and their families.

"The regimental commander recognizes the sacrifices and dedication of these Soldiers and their families and he wanted to show his gratitude," said Baker.

The regiment, which spent a year in Iraq during Operation Iraqi Freedom's first rotation, is preparing to deploy again in coming months in support of OIF's third rotation.

Photo courtesy of Carol Lawrence Gazette staff

**More than 200 Soldiers take the Oath of Enlistment during 3rd Armored Cavalry Regiment's re-enlistment ceremony Dec. 1 at Waller Physical Fitness Center.**

According to Leeling, this did not deter Soldiers from re-enlisting to stay with the regiment.

"It's about camaraderie," he said. "They want to be part of a team. They've been there and done that and want to do it again."

"The troopers of this great regiment have answered our nation's call to duty in time of war," said McMaster. "I want to express my thanks on behalf of our Army and our nation to these great troopers and their families for their dedication to duty, their courage and their selflessness. You are all heroes."

## Article 32 investigation

From Page 1

profoundly interested in hearing," said Zansberg. "The court must have evidence for closing (these proceedings)."

After a recess to consider Zansberg's arguments, Ayers decided to keep all parts of the hearings closed for security reasons and for the safety of all those involved. Ayers stated that it would be near impossible to separate classified and unclassified information in this particular case.

Zansberg argued that much of the specifics of the case were already public knowledge, but Ayers stated that the public "knowledge that was already out there was due to unauthorized leaks."

The Army was given 10 days from Friday, the day the stay was issued, to file an answer outlining why the hearings should remain closed to the public. Should the Army come to the decision that the hearings should remained closed, the Denver Post Corporation will have 7 days to rebut.

The hearing is to investigate whether four Fort Carson Soldiers were involved in events that took place near Al Qaim, Iraq, Nov. 26, 2003.

The Soldiers have been charged with dereliction of duty and murder.

The Soldiers charged are Chief Warrant Officer Jefferson L. Williams, Company A, 297th Military Intelligence Battalion, 513rd Military Intelligence Brigade, Fort Gordon, Ga.; Chief Warrant Officer Lewis E. Welshofer, 66th Military Intelligence Company, 3rd Squadron, 3rd Armored Cavalry Regiment; Sgt. 1st Class William J. Sommer, 66th MI Co., 3rd Sqdn., 3rd ACR; and Spc. Jerry L. Loper, Aviation Maintenance Troop, Support Squadron, 3rd ACR.

An Article 32 hearing is a preliminary hearing to see if there is enough evidence to take a case to trial. Ayers was appointed by Col. H.R. McMasters, regimental commander, 3rd ACR, to be the investigating officer. It is the task of the investigating officer to consider all evidence presented by the government attorneys and the attorneys of the accused during the hearing. Upon completion of the hearing, Ayers will present all evidence and his recommendations to the commander. McMasters will then present his recommendations to Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson, who makes the final decision as to whether the case will proceed to court martial.

## 64th BSB

From Page 1

64th BSB to Iraq in 2003, said the training is similar to the scenarios he witnessed while moving tactically with his unit along Iraqi routes.

"We went on convoys every Monday, Thursday and Friday to Tikrit from Baghdad for water missions, to deliver food, do pick-ups and what not. On every road you travel there are people on the side of it so you never know if they are going to shoot at you or what," he said.

Wood said that the Soldiers' understanding of the real-world implications of the training kept them motivated.

"Even though it was cold out there all week, they came out with their game face on and kept up the enthusiasm," he said.

Sgt. Matthew Camp, a 64th BSB Soldier, said the Soldiers know they need to practice these skills.

"Just like with other Army training, we need to do it over and over again until it becomes second nature. If fire comes to you from one side of the vehicle, you just know to exit the other side and take cover instead of wondering what you're supposed to do. You just know what you have to do and you do it," he said.

# Military

## Fort Carson to enforce safety belt use

**by Sgt. Chris Smith**
**Mountaineer staff**

In response to two recent Soldier deaths related to the failure to wear a seat belt, Fort Carson will be more stringently enforcing seat belt laws.

Currently on Fort Carson, failure to wear a seat belt is a primary offense, meaning a driver can be pulled over for not wearing one. Military police will be looking for seat belt usage with the help of employees from the safety office, according to Jenny James, safety specialist.

The increase in seat belt enforcement is due to the recent Soldier deaths. Both were killed when ejected from their vehicle in an accident and were not wearing their seat belts.

Of the 37,772 vehicle occupants killed in crashes in 2002, 67 percent were not wearing safety belts, according to Buckle Up America. Of people injured in motor vehicle crashes in 2002, 71 percent were unrestrained.

The increased enforcement is only for on-post driving because in Colorado, failure to wear seatbelts is a secondary offense, meaning that drivers can only be ticketed if they are pulled over for something else. James said the enforcement on Fort Carson should help create a force of habit with drivers that will carry on to off-post driving as well.

Safety belt use is mentioned in newcomer briefings for both Soldiers and family members, according to James.

"We keep drilling this and drilling this," said James. "There are some people that just won't."

The failure to use safety belts is prevalent among young males ages 18 to 34. According to Buckle Up America, 68 percent of passengers and drivers who were killed or severely injured in 2002 were not wearing seat belts. Fifty-two percent of women of the same age range were not wearing seat belts.

According to James, many Soldiers and family members who don't wear safety belts fail to see the effectiveness of them. In the past 26 years, safety belts have prevented 135,000 fatalities and 3.8 million injuries. That has saved an estimated $585 billion in medical bills and other costs. If everyone had used safety belts every time they were in a vehicle during that period, nearly 315,000 deaths and 5.2 million injuries could have been prevented and $913 billion is costs saved, according to the National Highway Traffic Safety Administration.

Many fail to see the need behind wearing a safety belt, feeling they are good drivers and don't need to, according to Capt. Christopher Wendland, assistant secretary of the general staff.

"It's not how you drive," said Wendland. "It's how the other person drives, and if you're not wearing your seat belt, you're the one who suffers."

Photo by Sgt. Chris Smith

**Proper wear of a safety belt may not only save your life; it will save you the possibility of receiving a ticket by the military police on Fort Carson.**

# Military Briefs

## Misc.

**Special Forces briefings** — Special Forces briefings will be conducted weekly in building 7450, room 100 at the 10th Special Forces Group compound. The briefing times are Wednesdays at 10 a.m. and noon.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

## CIF Hours

**Central Issue Facility hours of operation:**

**Regular business hours**

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

**Initial/partial issues**

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

**Direct exchange**

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

**Partial turn-ins**

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

**Full turn-ins**

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

Effective immediately: Replacement will be scheduled 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 at end of time in service?** 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-Traditional 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, closed Fridays.

To make a personnel claim, one must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, one must submit a DD 1840/1840R.

Submit completed claims Tuesdays and Thursdays from 9 to 11:30 a.m. and 1 to 4 p.m. Closed on Fridays.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

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

# Staying Army: *Soldiers who re-enlisted last quarter*

**Courtesy Fort Carson Retention Office**

***Editor's note:** This is the second half of the list of Soldiers who re-enlisted at the end of last quarter.*

## 3rd Armored Cavalry Regiment

Sgt. Mario Villegas
Sgt. 1st Class Ronald Barteau
Sgt. James Courtney
Spc. William Oraa
Sgt. Darrell Hill
Spc. Andrew Searles
Spc. David Alves
Spc. Jason Martinez
Sgt. Sean O'Neil
Sgt. Michael Musarra
Sgt. Joel Braun
Spc. Steven Whitmire
Spc. Brian O'Brien
Sgt. James Carroll
Spc. Mark Mong
Sgt. Jared Smith
Spc. Danny Thompson
Staff Sgt. Holli Miller
Spc. Willis Brockington
Spc. Emilio Ramos
Staff Sgt. Joshua Galland
Sgt. Dallas Jones
Sgt. Eric Galindo
Sgt. Jerry Schiffhauer
Spc. Aeron Stokes
Sgt. William Martinez
Sgt. Dante Langston
Spc. Casey Reeder
Spc. Leonard Bowen
Pfc. Nathan Kibler
Sgt. Dustin Penn
Sgt. Nickolas Anderson
Sgt. Deandre Garrett
Sgt. Joab Mejia
Spc. William Dunbar
Spc. Edward Fletcher
Sgt. Russell Dilka
Staff Sgt. Christopher Kempton
Staff Sgt. Jeremy McLean
Sgt. 1st Class Theodore Petersen
Spc. Eric Jones
Spc. Braulio Chapa
Sgt. Sean Downing
Spc. Aramis Vazquez
Sgt. Rose Pabon
Staff Sgt. Robert Valentine
Sgt. Michelle Calder
Sgt. Tushanna Dilka
Spc. Ibraham Malcom
Spc. Heather Penn
Sgt. Iverson Rhome
Sgt. Edward Crowder
Spc. Kyle Hetcel
Spc. James Sipes
Sgt. Justin Jenness
Spc. Ruperto Estrada
Spc. Scott Frechette
Spc. Nicholas Haynes
Sgt. David Gilmore
Spc. Mark Russo
Pfc. Ryan Kistner
Spc. Lucas Mahlstadt
Spc. Raul Garcia-Perez
Spc. Joseph Christopher
Sgt. Alban Karalash
Spc. Robert Rogness
Sgt. Vincent Dumol
Spc. Joseph McDonald
Spc. John Ellison
Sgt. David Street
Spc. Taran Dailey
Spc. Ernesto Segura
Sgt. Omar Hoyecki
Staff Sgt. Brent Yates
Sgt. Joseph Isakson
Spc. Richard Schatz
Sgt. Michael Moede
Sgt. Eric Boyd
Spc. Flavio Camesi
Staff Sgt. Ernesto Escobar
Sgt. Nathan Hanson
Sgt. Stephen Stanko
Sgt. Derek Patterson
Spc. Robert Houston
Sgt. Gilberto Caro
Sgt. Nicholas Virden
Pfc. Lawrence Talento
Sgt. Anthony Schneider
Pfc. Andrew Torres
Pfc. Nicholas Conavay
Spc. Jeanluders Saintable

**See Staying Army, Page 7**

# Dining Schedule

**Dec. 10 to 16**

### Wolf Inn (building 1444)

| | Weekdays | Weekends |
|---|---|---|
| Breakfast | 7 to 9 a.m. | 7:30 to 9 a.m. |
| Lunch | 11:30 a.m. to 1 p.m. | 11:30 a.m. to 1 p.m. |
| Dinner | 4:30 to 6:30 p.m. | 4:30 to 6 p.m. |

### Striker Inn (building 2061)

| | Weekdays | Weekends |
|---|---|---|
| Breakfast | 7 to 9 a.m. | 7:30 to 9 a.m. |
| Lunch | 11:30 a.m. to 1 p.m. | 11:30 a.m. to 1 p.m. |
| Dinner | 4:30 to 6:30 p.m. | 4:30 to 6 p.m. |

### Patton Inn (building 2161)

| | Weekdays | Weekends |
|---|---|---|
| Breakfast | 7 to 9 a.m. | 7:30 to 9 a.m. |
| Lunch | 11:30 a.m. to 1 p.m. | 11:30 a.m. to 1 p.m. |
| Dinner | 5 to 7 p.m. | 4:30 to 6 p.m. |

### Exceptions

- Open Dec. 10 and 11, Cav Inn and Wolf Inn.
- Open Dec. 11 and 12, Cav Inn and Striker Inn.

### Cav Inn (building 2461)

| | Weekdays | Weekends |
|---|---|---|
| Breakfast | 7 to 9 a.m. | 7:30 to 9 a.m. |
| Lunch | 11:30 a.m. to 1 p.m. | 11:30 a.m. to 1 p.m. |
| Dinner | 5 to 7 p.m. | 4:30 to 6 p.m. |

### La Rochelle Inn (building 7481)

| | Weekdays | Weekends |
|---|---|---|
| Breakfast | Closed | Closed |
| Lunch | Closed | Closed |
| Dinner | Closed | Closed |

### Long Knife Inn (building 9612)

| | Weekdays | Weekends |
|---|---|---|
| Breakfast | 7 to 8:30 a.m. | Closed |
| Lunch | 11:30 a.m. to 1 p.m. | |
| Dinner | Closed | |

## Staying Army

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Spc. Jameson Price
Sgt. Fernando Aguirre
Spc. Michael Olivas
Spc. John Walter
Spc. George Tedrow
Spc. Deotha Hollis
Staff Sgt. Scottie Bright
Spc. Marques Jones
Sgt. Sean Dillon
Spc. Charles Brown
Staff Sgt. Michael Moyer
Sgt. Arteaga Uvaldo
Sgt. Brian King
Spc. Gregory Rizzo
Sgt. Timothy Greene
Spc. Brandon Caplinger
Spc. Jason Bewley
Spc. James Kercheval
Pfc. Cody Minor
Staff Sgt. Charles Myers
Spc. Rusty Groat
Spc. Eddie Barrier
Spc. James Trupin
Spc. David Wheatley
Sgt. Mike Hatch
Spc. Neil Schmidt
Spc. Nathan Rees
Spc. Christopher Norton
Staff Sgt. Raymond Perron
Spc. John Smith Jr.
Spc. Cesar Alvarado
Spc. Steven Gellineau
Spc. Alexis Camacho
Sgt. Ryan Macey
Sgt. Jason McCullough
Spc. James McKeehan
Sgt. Gerardo Bustamantes

### 3rd Brigade Combat Team

Sgt. Scott Thomas
Sgt. Robert Cooley
Sgt. Thomas Benton
Spc. Brandon Callahan
Pfc. Robert McManus
Pfc. Jeremy Wallis
Spc. Jeremy Weber
Sgt. Patrick Brunell
Spc. Jeremy Pearce
Pfc. Mark Bishop
Spc. Ryan Zessin
Spc. Ryan Hill
Staff Sgt. David Rocha
Spc. Timothy Sutherland
Staff Sgt. Gary Hayward
Sgt. Ryan Hawbaker
Sgt. Nicholas Harrison
Spc. Joshua Rackley
Spc. Joseph Barker
Spc. Brian Dillard
Spc. Brian Burkey
Sgt. James Rose
Staff Sgt. Frank Solis
Sgt. Bobby Zed
Sgt. Kevin Griffin
Sgt. Jose Padilla-Jimenez
Sgt. Michael Collier
Staff Sgt. John Lohnes III
Sgt. Michael Alward
Staff Sgt. David Wilkins
Sgt. Jamel Rand
Spc. Kristian Furia
Sgt. Richard Zinger
Staff Sgt. Clifton Robinson
Spc. Ronald Badger
Sgt. Jamie Boone
Spc. Ronald Blair
Spc. Joshua Harms
Spc. Daniel Basden
Sgt. Reginald Reid
Pfc. Michael Seiffert
Spc. David Hosier
Spc. Shane Joy
Spc. Noe Alfaro-Valencia
Sgt. Francisco Ortiz
Sgt. Christian Beyer
Sgt. Derek Bayne
Sgt. Andrea Moore
Sgt. Ryan Pritchard
Spc. Stephen Brodbeck
Spc. Chilon Wibstad
Spc. Travaris Strowbridge
Spc. Carmela Cereno
Spc. Everardo Fraustoalmazan
Sgt. Luis Hernandez
Spc. Matthew Weddle
Spc. David Duran
Spc. Matamuli McCollough
Sgt. Sheldon Pajimola
Spc. Sheamonique Daniel
Spc. James Catherson
Spc. Leah Willis
Spc. Timothy White
Spc. Harold Moore
Sgt. Lee Nelson
Sgt. Eric Farrar
Spc. Christopher Wright
Spc. Andrew Messick
Spc. Timothy Mahlstadt
Spc. George Gonzales
Staff Sgt. Kanisha Prestridge
Staff Sgt. Daniel Geurtsen
Spc. James Lax
Staff Sgt. Casheryl Flint
Staff Sgt. Roy Crow
Spc. Kenneth Jamerson
Staff Sgt. Monte Chambers
Sgt. Art Hoffman
Staff Sgt. Nanette Damon
Spc. Heather Couch
Sgt. Kwame Letts
Sgt. Milo Lafferty
Staff Sgt. Raymond Quintana
Sgt. Vitautas Bucevicius
Spc. Alex Garcia
Sgt. Miguel Sanchez
Spc Daryl Mackie
Spc. Ron Taylor
Sgt. Hiram Gutierrez
Spc. Joel Rodriguez
Staff Sgt. Koblah Ahedor
Spc. Jeremy Harrell
Spc. Jonathan Edens
Sgt. Lyle Snavely

### 43rd Area Support Group

Sgt. Jason Cecil
Spc. Rafael Velasco
Sgt. David Ray
Spc. Shuntrenda Harris
Spc. Jason Lloyd
Spc. Charles Welling
Spc. Tanya Brown
Spc. Christopher Liby
Spc. Justin Smith
Staff Sgt. Marlon Hall
Sgt. James Gordon
Staff Sgt. Tanya Sizemore
Sgt. Antwain Powell
Sgt. Dwayne Scott
Sgt. Rashad Harris
Staff Sgt. Bradley Greer
Spc. James Ramey
Spc. John Santos
Sgt. Heather Clawson
Spc. Trevor Peters
Staff Sgt. Brian Ratterree
Spc. Trinity Avilla
Sgt. Sean Sands
Sgt. Donald Bowen
Sgt. Richard Schroeder
Sgt. Gerald Wagner
Staff Sgt. Jose Olmos-Ramirez

### 7th Infantry Divsion

Spc. Christina Matney
Sgt. Scott Havner

## Insurance

From Page 1

from his or her pay each month. However, for dual-military couples, each Soldier was identified as only a sponsor by the Defense Enrollment Eligibility Reporting System and therefore was not charged the premium, although they were receiving the additional coverage. Unlike Soldiers married to civilians, many dual-military couples did not even realize they were receiving the extra coverage since nothing was reflected in their Leave and Earnings Statement.

Last month, a spouse in a dual-military marriage retired from the Army, changing his or her DEERS status from sponsor to spouse. Only then did it become apparent that the spouse had been receiving the extra coverage and owed close to $2,000 in back payments for the insurance premiums. The couple contacted Fort Carson's Inspector General office, but, according to Robert Gwynn, IG's chief of assistance and investigations, there is little the IG office can do in this situation.

"If a dual-military couple did not decline this life insurance coverage, they are responsible for the back payments when one spouse separates," said Gwynn. "Because it is a matter of public law, there are no waivers and no exemptions to policy."

Gwynn said there may be more than 700 dual-military couples at Fort Carson and thousands more Armywide that could be affected by their FSGLI premiums becoming due once one member separates or retires. The IG office encourages anyone who thinks they may be in this situation to contact their PSB immediately to either decline the coverage or to make arrangements for the premiums to be paid on a monthly basis.

"The bottom line is that any dual military couple on Fort Carson or in Colorado Springs needs to go see their PSB and ask if they are being affected by what we've learned," said Lt. Col. Douglas Brimmer, Fort Carson's IG. "We're looking at around $330 a year that a dual-military couple might be getting charged. If they wait another 10 years and one members gets out of the Army, they're going to owe a large amount of money."

For more information, contact Chief Warrant Officer Winfrey, a personnel technician with Detachment C, 502nd PSB, at 526-8428.

# Army takes care of Soldiers, families

**by Sgt. Jon Wiley**
**Mountaineer staff**

The cross representing help, the gyroscope representing stability and equilibrium and the heart representing care and compassion — these are probably not the first images people think of when they think of the Army, but maybe they should be.

While the Army's primary mission is to mould individuals into a fierce fighting force capable of engaging and destroying the nation's enemies, it has another, more compassionate mission as well. It is also committed to caring for and sustaining the well-being of Soldiers and their family members. In areas ranging from finances to child rearing to couple's communication, the Army provides assistance and services to its Soldiers.

For the past four decades, the Army Community Service program — which uses the cross, the gyroscope and the heart in its emblem — has served on the front line of this effort.

Capt. Katia Collette, deputy director of Fort Carson's ACS, said that before she was assigned to it she didn't know ACS did half of the stuff it does. "It's taken me a long time to learn about each program."

Most of what ACS does can be boiled down into strengthening the Mountain Post community by "keeping families healthy and together," Collette said.

"A lot of our programs focus on preventing problems before they arise," she said. She explained that since deployments can put a lot of stress on military families, the various programs that fall under ACS put a lot of emphasis on preparing families for them.

Jeanne Koss, the ACS Family Advocacy Program manager, said that she encourages commanders to send their married Soldiers to couples' communication classes before they deploy. These classes are designed to teach couples how to communicate more effectively, solve problems and enhance the quality of their relationships.

"If Soldiers do these classes before they go overseas, then the communication they will have over the telephone or through e-mail will be more conducive to harmony in the family and not stir up conflict," Koss said.

Koss said FAP also has several programs for parents of newborns and expectant parents.

"I have assistants who visit homes with infants up to age 3. We go in and provide support and information. For instance, we have a lactation consultant for moms who may be breastfeeding, and we also provide activities and parenting tips," she said.

Koss explained these parenting services can be especially vital for families with a deployed servicemember.

Jill Nugin, an ACS FAP coordinator, said that since the Operation Iraqi Freedom deployments from Fort Carson in 2003, ACS has developed a program called the Family Intervention Team to specifically address the needs of the children of deployed servicemembers.

"One of the things we learned from the last deployment is that kids are going to have some issues with their moms or dads being deployed that put stress on the mom or dad because the kid was acting out. FIT was developed in response to that. We want to make sure that families know where to go for therapy, for information for schools or maybe for more child-care — basically, for all things relating to kids," Nugin said.

She said that FIT has established a hotline that rear detachment commander, families or anyone in the Fort Carson community can call if they have questions or concerns about children. The number is 884-1853. "If you call and leave some information about your situation, a specialist in the area you have a concern about will get back to you," she said.

Additionally, Nugin said FIT is also setting up a mentor program that will connect kids who have a deployed parent with community volunteers comprised of military retirees and Soldiers who did not deploy.

"We're going to do an application process and match these folks up with kids, and then as mentors they will spend some time with them," she said.

Once completed, it will be similar to the Big Brother and Big Sister program, Nugin said.

Besides caring for the emotional needs of Soldiers and their families, ACS has programs that address their financial concerns and issues as well.

Patricia Randle, the ACS Financial Readiness Program manager, said that all initial-term Soldiers who in-process at Fort Carson must attend a financial brief.

"At the brief, we teach them basic budgeting, how to handle large purchases, credit, banking, consumer frauds and scams and we give them general information on investing and saving," she said.

While this financial training decreases the likelihood that Soldiers will need emergency financial assistance, Randle said that the FRP also provides that as well. Soldiers who are having trouble paying their bills or purchasing food for their families can contact the FRP at any time. Through programs like the Army Emergency Relief Fund, which provides no-interest loans and grants, chances are the FRP can help Soldiers who have fallen on hard times financially get back on track.

The FRP also focuses on financially preparing Soldiers and their families for deployments, Randle said.

"There are a lot of issues Soldiers don't think about before they deploy. One of the big things we do is to try to get them to save the (extra) money they receive (from hazard-duty pay, family-separation pay, etc.). What we found during the last deployment is that people saw the dollar signs in their head and they saw the money, but they didn't really have a plan for those dollars and when they got back they found they had a lot less money than they anticipated," she said.

Also, during the last deployment, Randle said a lot of Soldiers and their family members financed purchases of big ticket items based on their deployment incomes.

"Many people bought cars based on their deployment income and when they got back they no longer had those incomes, but they were still contracted to pay for those cars," she said.

Randle said in addition to discouraging Soldiers and their family members from making these negative financial decisions, FRP tries to raise their awareness about deployment expenses so they can budget properly.

"One of the lessons we learned from the last deployment is how expensive postage can be. Some families had monthly postage bills of $200 or more (from sending items to Iraq). They also didn't take into account R&R (rest and relaxation) expenses," Randle said.

Randle said the FRP pre-deployment briefs have been revised to include this new information, and they also cover the basics, such as working out who is going to pay the bills, making sure the person staying behind knows how to pay the bills and communicating about check writing to ensure there are sufficient funds in the

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## ACS

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checking account.

"We found that it can sometimes take two months for a check to clear (if it is written in Iraq), so families have to coordinate to make sure they are covered," Randle said.

In addition to providing them with information, another way ACS helps Soldiers and their families maintain financial stability is through the Employment Readiness Program.

"The purpose of my program is to assist spouses, servicemembers, retirees and family members with career assessment, job skills and workshops that focus on things like how to do resumes, dress for success, do successful interviews and put together portfolios," said Mercedes Jamieson, ERP manager.

Jamieson said military spouses most often use the ERP's services.

"As a military spouses myself, I believe this is a good way to assist them with earning extra income and learning jobs skills so they can be self-sufficient in the work arena," Jamieson said.

More than equipping spouses with job skills, the ERP also functions as a job referral agency, Jamieson said. She said she maintains contacts with many local employers, and she often matches their needs with the needs of spouses who are looking for employment.

Additionally, "we provide two job fairs a year to family members free of charge," she said.

Through the ERP, military spouses can also apply for the military grant program that is provided by the Pikes Peak Workforce Center. This grant program is designed to assist military spouses who lost their jobs at their servicemembers' old duty stations get employment in the Pikes Peak region. Program benefits include career counseling, comprehensive assessments, GED preparation, ESL, and computer classes and access to a series of job readiness workshops designed to increase employability. Military spouses may also receive vocational and occupational skills training in marketable occupations at little or no cost.

> ***As a military spouse myself, I believe (the Employment Readiness Program) is a good way to assist them with earning extra income and learning job skills so they came be self sufficient in the work area.***
>
> Mercedes Jamieson
> Employment Readiness
> Program Manager

Many of the same services that are provided to military spouses through ERP are also provided to Soldiers who are separating from the Army through the Army Career and Alumni Program. While not an ACS program, ACAP is involved in the same mission of caring for Soldiers and their family members by helping servicemembers with their transition out of the Army and into the civilian world.

Ruben Blackmon, a retired sergeant major who once served as Fort Carson's post command sergeant major and now heads ACAP, said the program is designed to help Soldiers find civilian employment. He said Soldiers who are separating from the Army with less than 20 years of service can start using ACAP's services one year prior to their End of Term of Service date, and Soldiers with 20 years of service or more can start two years prior to their ETS date.

Through ACAP, Soldiers separating from the service receive free job counseling and training that would cost thousands of dollars if they went through a commercial agency. They not only learn how to do interviews, prepare a resume and conduct job searches, they also have access to free job fairs that ACAP arranges for them.

Blackmon said he tailors the job fairs to meet the needs of the Soldiers and employers.

"The companies I bring in here are focused and excited about the quality of Soldiers here who are qualified to fill the positions they have," Blackmon said. "One job recruiter said last time it was the most productive day she had in recruiting," he added.

He explained that he invites companies to job fairs based on the particular skills of his Soldiers. So for example, if Blackmon knows a Soldier with a military police specialty is planning on attending a job fair, he invites local police departments he knows are hiring.

This needs-matching approach has lead to a high rate of hiring.

"In the last two job fairs, we've had 48 Soldiers who were interviewed here and were hired on the spot. Additionally, we have an indeterminate amount of Soldiers who passed their pre-interview here and went on to the next interview level," Blackmon said.

In order to take advantage of ACAP services, however, Soldiers must have an Army Knowledge Online account. They will not be able to log into the ACAP system without one. To set up an AKO account, go to www.us.army.mil/suite/login/welcome.html, click on "register for AKO" and follow the instructions.

From civilian employment, to financial support, to family counseling services, to information about parenting — whatever the need, chances are Fort Carson has a program to provide for it. To learn more about ACS and the programs it provides, visit www.community.carson.army.mil/ACS/. To learn more about ACAP, visit www.carson.army.mil/acap/acap.htm.

# Community

# Staying fit through the holidays

## *Battle the bulge before packing it on*

**by Sgt. Jon Wiley**
**Mountaineer staff**

Ho, ho, ho, merry Christ-mass of food pushed in your face and probably more than a few morsels down your throat.

Every year, it starts off innocently enough with buying a little Halloween candy "for the kids," picking up steam mid-November with turkey and pie and then it's full steam ahead with a train of fudge, cookies, chocolates and eggnog that doesn't relent until January.

You don't have to pack extra pounds onto your caboose this holiday season, however. If you follow a few simple guidelines, you can still celebrate and stay fit.

Cpl. Paula Bruneau, a diet technician at Mountain Post Wellness Center, said one of the keys to staying healthy is to indulge one's taste for rich food sensibly.

"As a nutrition expert, I always tell people not to take their favorite things to eat out of their diets. If you like to have a certain sweet throughout the day or throughout the holiday, don't take that out — just enjoy it in moderation," Bruneau said.

So go ahead and swallow a little fudge, but don't make a meal out of it. Do, though, consider making fruits and vegetables a bigger part of your meals.

"Fruits and vegetables are a major thing; a lot of people don't get enough of them. It's recommended that you eat five servings a day, (and) the thing about them is that they have a lot of fiber which increases your metabolism and actually helps you burn more calories," Bruneau said.

If you're like most people, and you're not eating enough fruits and vegetables, now might be a good time to start. A plate full of Christmas cookies look a lot less tempting when you have a belly full of apples. Rather than starving yourself before attending a holiday party where you know there will be lots of festive treats, consider tanking up on healthy foods.

Another important factor to staying fit through the holidays is exercise.

"Keep up with your fitness schedule. Nutrition and physical activity go hand in hand, so if you maintain one, you usually maintain the other," Bruneau said.

With the cold weather, and the extra time needed for shopping, decorating and traveling during the holidays, there is the tendency to exercise less this time of year, but you should keep up with a fitness routine that includes cardiovascular activity, muscle strength training and stretching "at least three times a week for each at a minimum," Bruneau said.

She added that those who want to keep the pounds off should engage in "walking, swimming, jogging, going to the mall — anything to keep moving."

Don't let Jack Frost keep you at home. There are plenty of ways to stay active and stay warm at the same time. Military identification card holders have access to four physical fitness centers on post, an indoor swimming pool and the wellness center, which has gym equipment and personal trainers on site. Those who are really motivated to stay or remain active can even make an appointment with one of the trainers at the center and have a personal workout regimen designed specifically for them. Why wait until New Year's Day to resolve to take your fitness to the next level?

In addition to exercising, another important thing to remember during the holidays is to get plenty of sleep. Stress levels go up for a myriad of reasons during the holidays, which can interrupt one's normal sleep pattern, but a recent study by researchers at Columbia University in New York found that people who get two hours or less sleep a night are 73 percent more likely to be obese than normal sleepers, those who get five hours or less are 50 percent more likely to be obese, those who get six are 23 percent more likely and those who get 10 hours or more are 11 percent less likely to be obese. The message is clear: get some shut eye.

By remembering three things — indulge tastes for rich food moderately, stay active and sleep — you can enjoy the holiday season without waking up Jan. 2 with the horrible realization that you look like Santa Claus.

### Fort Carson fitness centers

*Garcia: building 1856*

*Waller: building 2357*

*McKibben: building 1160*

*Forrest: building 1843*

*Outdoor pool: building 1231*

*Indoor pool: building 1446*

*Wellness center: building 1526*

*Little helpers ...*

# Santa's Workshop opens on post

**by Pfc. Clint Stein**
**Mountaineer staff**

There will be a few extra gifts under the tree on Christmas morning for many Mountain Post children, thanks to the Santa's Workshop organized by the Fort Carson Officers' Spouses' Club.

A ribbon-cutting ceremony held at the Waa-Nibe Carson House marked the grand opening of Santa's Workshop Monday through today for those Fort Carson Soldiers who qualified for toy assistance.

The qualified Soldiers were given a designated time slot to go to the Waa-Nibe Carson House sometime between Monday and Thursday, with today being the make-up day.

"We were able to raise enough toys to provide about 1,130 children with two toys apiece this year," said Katie McMaster, FCOSC member and Santa's Workshop organizer. "Everyone worked so hard on this project, but there was a core of about seven people who worked everyday for the last three weeks to make this come together."

The project started several weeks ago with toy drives and Soldier qualifications. In order for a Soldier to be eligible, he had to first be sponsored by his financial noncommissioned officer, commander, first sergeant or chaplain. Then an application verifying things such as rank, unit, number of children and residency was completed and processed for review. Soldiers were later notified of qualification and given their particular time slot Nov. 15.

Several members of the FCOSC had been soliciting various companies for toys or donations the weeks before leading up to Monday's opening. "There was so much support from the local community as well as Fort Carson," said McMaster. "The PX (post exchange) gave a tremendous amount of donations."

There was also help from the chaplains, Morale, Welfare and Recreation, Directorate of Community Activities and the 3rd Armored Cavalry Regiment, that provided $3,000 to the Santa's Workshop. McMaster said there was a lot of giving people this year who wanted to help and without them Santa's Workshop would not have been such a success.

During the ribbon cutting ceremony, Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general said he was impressed with the amount of work that went into the Santa's Workshop project. "This was such a huge undertaking for the people involved, but it's a great thing what they did for the children and families of Fort Carson."

After all the hard work and efforts of collecting thousands of toys for Santa's Workshop, Monday the FCOSC and other volunteers were finally able to see their work pay off as each Soldier was able to pick out gifts for his children.

Photo by Pfc. Clint Stein

**Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, helps members of the Fort Carson Officers' Spouses' Club open Santa's Workshop during a ceremony Dec. 6.**

In addition to receiving two toys per child, each child was also given a game and a book. There was also a free raffle drawing for a bicycle to be given out during each of the four days of scheduled visits.

If a Soldier was not able to find the right toy for his older children, there were several gift cards available for teenagers.

After Soldiers browsed at their leisure through the different rooms packed with toys, they could wrap the gifts personally free of charge before leaving. To make the whole experience even more pleasant for the Soldier or his spouse, there were free snacks and beverages for their enjoyment while there.

Although McMaster said this year's Santa's Workshop started from scratch for her and the others involved, it was a great success.

"Everyone got into the Christmas spirit and made a lot of children happy this year."

# Community Briefs

## Miscellaneous

**Community blood drive —** Bonfils Blood Center will host a blood drive Dec. 15 at the Special Events Center from 10 a.m. to 3 p.m.

The blood drive is open to civilians, military and family members. Walk-ins are accepted, but appointments are encouraged. Information on eligibility can be found out and appointments can be scheduled by calling 526-7304 or 526-7303.

**Community of heroes** — The Community of Heroes Award Program 2004 is now accepting nominations.

The Community of Heroes Award Program was designed to blend the missions of the American Red Cross and the Better Business Bureau, which is to help those in need and recognize excellence. The Fort Carson community is invited to nominate an individual or organization in one of seven categories:

Act of Kindness Award — Adult and Youth

Community Service Award — Individual and Business and/or Organization

Courageous/Lifesaving Award — Professional and General Public

Heroic Animal Award — Animal

Both the nominator and the nominee will be recognized at an awards breakfast Feb. 25 at the Antlers Hilton Hotel.

Nomination forms may be picked up at the Family Readiness Center, Army Community Service, building 1526 or call Patricia Ann Randle at 526-4590 for more information. Nominate your hero today.

**Disbursement applications —** The Fort Carson Thrift Shop is now accepting applications for disbursements for 2004. Any nonprofit agency may request funds. Please submit an official request on company letterhead.

Also, the Fort Carson Thrift Shop is now accepting requests for continuing education grants. Please submit the following: a 500-word essay, grade point average, school registration, three personal references, two professional references, and a copy of a military ID, front and back. Deadline for requests is Dec. 9; no exceptions.

For more information, call 526-5966 or visit the Fort Carson Thrift Shop at building 1008 on Wetzel Avenue.

**Santa's Workshop donations —** Santa's Workshop is now accepting toy donations for children ages 1 to 17 years old. Last year we provided 1,500 toys to Fort Carson children in need. Look for toy donation boxes throughout the Fort Carson community. Donate new or unwrapped toys in the price range of $10 to $15. Look for our "giving tree" at the post exchange. For more information, call Katie at 559-9512.

**Child-care openings —** Child and Youth Services currently has openings for children ages 6 weeks to fifth grade. Call 526-1101 for more information.

**Santa suits for rent** — Fort Carson's Officers' Spouses' Club is renting Santa suits to units, family readiness groups and private parties. Don't delay — they are booking up fast. The cost is $25 and includes one top, one bottom, one hat, one beard, two boot coverings and one belt. Call Leslie Glad for reservations at 393-4072.

**The Waa-Nibe Carson House** — is available for family readiness group meetings, unit functions, promotion parties or personal use. It's located beside the thrift shop in building 1007.

For more information, call Leslie Glad at 392-4072.

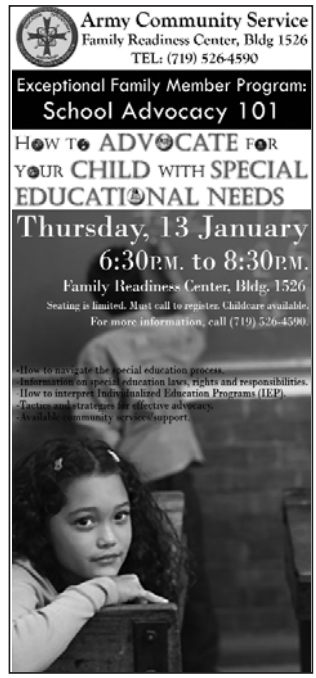
**SKIES Unlimited** —Fort Carson Child and Youth Service's instructional program has added a variety of new classes this fall. Registration is being taken for piano and keyboard, Spanish, arts and crafts, sign language, Tae Kwon Do, ballet, swimming and gymnastics lessons.

Additional classes beginning this fall will include defensive driving, hand bells, public speaking for teens, roller skating for ages 3 to 18 and tutors. Call 524-2896 for more information.

**Women's research study** — Military women (past and present) are invited to participate in "Women in the Military Self-Diagnosis Study."

If you are active duty, retired, prior active duty, or a reservist and eligible for military healthcare and have symptoms of a vaginal infection (vaginal discharge that looks or smells abnormal; itching, burning, pain inside or outside your vagina) or an urinary tract infection (pain or burning upon urination; frequent urination; or greater than normal urge to urinate), you are invited to participate in a research study to test military women's ability to use a newly developed self-diagnosis kit to determine the cause of their vaginal or urinary symptoms.

If you are not on your period and are not pregnant, call DiRaimondo Troop Medical Clinic at 524-2047 or 526-2051 to schedule an appointment with Lynn Money, research nurse practitioner. When you call for an appointment, you must mention that you want to participate in the research study. For more information, contact Money at 524-3511.




## Claims against the estate

With deepest regrets to the family of Sgt. Sara M. Richardson, deceased, anyone having claims against or indebtedness to her estate should call 2nd Lt. Matthew Haistings at 526-1438 or 526-5340.

With deepest regrets to the family of Spc. Robert Thomas, deceased, anyone having claims against or indebtedness to his estate should call 2nd Lt. Daniel Bryant at 524-2985.

# Units, individuals take home CFC awards

**by Sgt. Chris Smith**
**Mountaineer staff**

Individuals and units in the Pikes Peak region who performed exceptionally well during the Combined Federal Campaign were presented awards in a ceremony at the Elkhorn Conference Center Dec. 3.

John Karroll, anchor with KRDO, was the master of ceremonies and consistently put forth efforts to raise cheers and applause from attendees.

The ceremony and awards are a great recognition for units and individuals work and dedication to the CFC, said 1st Lt. Ryan LaVoie, Fort Carson CFC campaign director.

The best Army unit in the region was the U.S. Army Space and Missile Defense Command, which exceeded its goal by 350 percent, LaVoie said. The best units from Fort Carson were the two military police companies; each reached well over 100 percent of its goals.

The ECC was filled with the sound of noisemakers given to all the Soldiers, airmen and federal employees in attendance. Karroll presented the loudest group with an award, which was the airmen from Schreiver Air Force Base.

The host for the ceremony was Brig. Gen. Joseph Orr, deputy commander, 7th Infantry Division and Fort Carson.

"The CFC results are a direct reflection of your hard work and dedication," Orr told those in attendance.

The Pikes Peak region had 32.37 percent participation in the campaign with an average gift of $159.88 per person. The total earned by the region was $1,925,000.

Plaques were awarded to those individuals who assisted the most with the CFC. Plaques were also presented to units that achieved high participation.

However, because Fort Carson fell short of its CFC goal for the year, the campaign has been extended until Dec. 15. LaVoie said units that did not previously achieve an award can still be presented one if it is earned by the end of the extension.

LaVoie attributes deployments and personnel in transition as reasons for Fort Carson falling short of its goal. Soldiers still wishing to donate need to contact their CFC coordinators.

Photo by Sgt. Chris Smith

**Col. Michael Resty Jr., Fort Carson garrison commander, and Air Force Brig. Gen. Richard Weber, 21st Space Wing commander at Peterson Air Force Base, along with other leaders cheer on the Combined Federal Campaign awardees.**

# Don't just prepare for Christmas

## *Also prepare a way for the Lord in your life*

**Commentary by**
**Chap. (Capt.), H. Emerson Byrd Jr.**
**2nd Squadron, 9th Cavalry**

Once again we are coming into the Christmas season, a season characterized with anticipation. This season carries many implications. For most of us it means a break from the routine, more time with family, a lot of money spent on gifts, and more food than we can afford to ingest. The Gospel of Matthew, however, tells it like this:

"In those days John the Baptist came and preached in the Desert of Judea. He said, 'Turn away from your sins! The kingdom of heaven is near.' John is the one the prophet Isaiah had spoken about. He had said, 'A messenger is calling out in the desert, 'Prepare the way for the Lord. Make straight paths for him'" (Matthew 3:1-2 from the New International Readers Version).

When reading this passage, I am reminded of a period of time during which I lived in Gambia, West Africa. Gambia is about the size of Rhode Island and has one main road that goes down the length of the country. At that time, my transportation was a Honda 70 scooter and I recall several occasions on which Sir Dawda Jawara, the president of the country, came down that road. The presidential escort prepared the way with flashing lights and blaring sirens to make clear that the rest of us needed to get off the road so he could come through. It implied that keeping the same course was not an option.

"John the Baptist later states, 'I baptize you with water, calling you to turn away from your sins. But after me, one will come who is more powerful than I am. And I'm not fit to carry his sandals. He will baptize you with the Holy Spirit and with fire. His pitchfork is in his hand to clear the straw from his threshing floor. He will gather his wheat into the storeroom. But he will burn up the husks with fire that can't be put out'" (NIRV).

Lately, I have been reading a book entitled "The Question of God: C. S. Lewis and Sigmund Freud Debate God, Love, Sex, and The Meaning of Life" by Dr. Armand M. Nicholi Jr., a professor of psychiatry at Harvard Medical School and the Massachusetts General Hospital. This book examines the life of these two influential people and their differing views of the world. Freud represents the atheistic, materialistic view and Lewis the spiritual view of the world. The fact is, Lewis had been a staunch atheist.

He met and liked people in the clergy, but writes, "Though I liked clergymen as I liked bears, I had as little wish to be in the church as in the zoo." The notion of an ultimate authority who might interfere in his life made him feel nauseated: "There was no region even in the innermost depths of one's soul ... which one could surround with a barbed wire fence and guard with a notice "no admittance." And that was what I wanted; some area, however small, of which I could say to all other beings, 'This is my business and mine only'" Lewis recognized in himself a deep-seated wish that God not exist (The Question of God, Nicholi).

The Gospel of Matthew shows us that King Herod realized that his own authority could not be the same if this child lived. Herod died trying unsuccessfully to take the child's life. Lewis tried to deny God's existence for many years because he knew that if he did exist, it would mean he has the authority concerning his creation.

When Lewis finally surrendered, he realized that only God could be fully trusted to guide his life. In his book, "Mere Christianity," Lewis stated, "God designed the human machine to run on himself. He himself is the fuel our spirits were designed to burn, or the food our spirits were designed to feed on... God cannot give us happiness and peace apart from himself, because it is not there. There is no such thing."

The Christmas season is upon us. If we are honest with ourselves, we will realize that it implies that we must prepare a way for the Lord in our lives. He is real and what he has to say about our lives is crucial. He is the ultimate authority on the subject of us.

## Chapel

**Christmas and New Year's Mass at the Chapel** — Children's Christmas Eve Mass is Dec. 24 at 5 p.m. at Soldiers' Memorial Chapel

Midnight Mass is Dec. 24 at 11:30 p.m. at Soldiers' Memorial Chapel

Christmas Day Mass is Dec. 25 at 10 a.m. at Soldiers' Memorial Chapel

New Year's Day Mass is Jan. 1 at 10 a.m. at Soldiers' Memorial Chapel

**Protestant Christmas services** — Children's Christmas Program is Sunday at 11 a.m. at Soldiers' Memorial Chapel

Christmas Eve service is Dec. 24 at 7 p.m. at Soldiers' Memorial Chapel

**Protestant Religious Education** — Registration is under way at Soldiers' Memorial Chapel for Protestant Sunday School from 9:30 to 10:30 a.m., Sunday Children's Church at 11 a.m. and AWANA on Thursdays from 5 to 7 p.m.

Sunday school includes combined classes for children and four adult Bible studies with special studies for young couples and single Soldiers. Registration may be completed during business hours and Sunday mornings.

Volunteer teachers and musicians are needed. For information, contact Dennis Scheck at 526-5626.

**Catholic Family Religious Education** — Registration is currently under way for all Catholic Family Religious Education programs. Please complete the registration forms at Soldiers' Memorial Chapel during duty hours and Sunday mornings. Space is limited. Register today. For information, contact Pat Treacy at 524-2458.

**Chapel Schedule**

| Day | Time | Service | Chapel | Location | Contact Person |
|---|---|---|---|---|---|
| **ROMAN CATHOLIC** | | | | | |
| Mon., Wed., Fri. | noon | Mass | Healer | Evans Army Hospital | Fr. Battiato/649-5260 |
| Tues., Wed., Thurs. | noon | Mass | Soldiers' | Nelson & Martinez | Chap. Amano/526-5769 |
| Saturday | 5 p.m. | Mass | Soldiers' | Nelson & Martinez | Chap. Amano/526-5769 |
| Sunday | 8 a.m. | Mass | Prussman | Barkeley & Prussman | Chap. Amano/526-5769 |
| Sunday | 9:15 a.m. | Mass | Soldiers' | Nelson & Martinez | Chap. Amano/526-5769 |
| Sunday | 10:45 a.m. | CRE | Soldiers' | Nelson & Martinez | Pat Treacy/524-2458 |
| Sunday | 11 a.m. | Mass | Healer | Evans Army Hospital | Fr. Battiato/649-5260 |
| Sunday | 12:15 p.m. | Mass | Provider | Barkeley & Ellis | Chap. Amano/526-5769 |
| Tuesday | 7 p.m. | RCIA | Soldiers' | Nelson & Martinez | Pat Treacy/524-2458 |
| Saturday | 4 p.m. | Reconciliation | Soldiers' | Nelson & Martinez | Chap. Amano/526-5769 |
| **PROTESTANT** | | | | | |
| Sunday | 9 a.m. | Protestant | Healer | Evans Army Hospital | Chap. Kincaid/526-7387 |
| Sunday | 9 a.m. | Protestant | Provider | Barkeley & Ellis | Chap. Borden/526-3711 |
| Sunday | 11 a.m. | Protestant | Soldiers' | Nelson & Martinez | Chap. Deppmeir/526-8011 |
| Sunday | 11 a.m. | Prot./Gospel | Prussman | Barkeley & Prussman | Chap. Bowman/526-5513 |
| Sunday | 9:30 a.m. | Sun. School | Prussman | Barkeley & Prussman | Chap. Bowman526-5513 |
| Sunday | 9:30 a.m. | Sun. School | Soldiers' | Nelson & Martinez | Dr. Scheck/526-5626 |
| Tuesday | 9 a.m. | PWOC | Soldiers' | Nelson & Martinez | Chap. Deppmeir/526-8011 |
| Sunday | 11 a.m. | Contemporary | Veterans' | Magrath & Titus | Chap. Martinez/526-8890 |
| Tuesday | 7 p.m. | PYOC | Soldiers' | Nelson & Martinez | Ms. Scheck/231-9511 |
| **LITURGICAL** | | | | | |
| Sunday | 10:45 a.m. | Lutheran/Anglican | Provider | Barkeley & Ellis | Chap. Mitchel/526-3888 |

**JEWISH**

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

**WICCA**

| | | | | |
|---|---|---|---|---|
| Monday | 6:30 p.m. | Family University | Building 1161 | Melissa Dalugdug/330-7873 |

**NATIVE AMERICAN SWEATLODGE**

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

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

**Friday** — Psalms 8 & Isaiah 1-3
**Saturday** — Psalms 9 & Isaiah 4-6
**Sunday** — Psalms10 & Isaiah 7-9
**Monday** — Psalms 11 & Isaiah 10-12
**Tuesday** — Psalms 12 & Isaiah 13-15
**Wednesday** — Psalms 13 & Isaiah 16-18
**Thursday** — Psalms 8 & Isaiah 1-3

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

The Army Cycle of Prayer. Please pray this week for the following:

Unit: For the Soldiers, noncommissioned officers and officers of the Army National Guard's 81st Armored Brigade, headquartered in Washington and California, mobilized in support of Operation Iraqi Freedom.

Army: For Geoffrey Prosch, acting assistant Secretary of the Army for Installation and Environment and the military and civilian staff who support this agency's activities.

State: For all the Soldiers and families from the state of South Dakota. Pray also for Gov. Mike Rounds, the state legislators and local officials of the "Mount Rushmore State."

Nation: For the president's Domestic Policy Council and its oversight of policy involving education, health, welfare, justice, federalism, transportation, environment, labor and veterans' affairs.

Religious: For Soldiers of all faiths stationed around the world during this holiday season, especially those deployed away from family and friends. For safety and a blessed reunion for all who travel to be with family.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmy-chaplain.com.

Photos by Spc. Stephen Kretsinger

Haley McFarland, 2, gazes in awe at the lighted animals of a winter wonderland at the Fort Carson Holiday Village in the Special Events Center Dec. 3. The Arctic Wonderland area provided cotton candy, snow cones and juggling lessons for visitors.

Hiede Haakenson teaches Brenden Rosson, 9, to write his name using Japanese characters. The Asian area of the holiday village also had origami and sushi rolling for attendees to enjoy.

Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson; his wife, Lynn, and their grandson, Robert "Jack" Wilson, 2, enjoy the sounds of Harmony In Motion at the Fort Carson Holiday Village in the Special Events Center Dec. 3.

# Holiday wonders from around the world

Local performers, The Yuletides, entertained the crowd at the Fort Carson Holiday Village in the Special Events Center Dec. 3. The Yuletides were one of many groups to perform at the event, including Fort Carson's own Harmony in Motion.

**by Spc. Stephen Kretsinger**
**Mountaineer staff**

Whether it is the celebration of the birth of Christ, the commemoration of a victory of faith over tyranny, a remembrance of Black American community and heritage or just a time to get together with family, December holds special meaning for thousands in the Mountain Post community. Fort Carson once again did its part to help make the season even merrier.

The Fort Carson Morale, Welfare and Recreation program presented the Fort Carson's Holiday Village at the Special Events Center Dec. 2 to Sunday with the theme "Holidays Around the World."

The Special Events Center was filled with lights and decorations. There were booths for artisans to sell their wares and displays designed to look like buildings from different cultures around the world.

The event began with a greeting from Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson, and his wife, Lynn, followed by the annual lighting of the Fort Carson tree by Col. Michael Resty Jr., garrison commander, and his wife, Maj. Ann Resty, physical therapy assistant, Medical Department Activity; with the help of a gaggle of Mountain Post children.

The event displayed the talents of many local performers including Fort Carson's own Harmony in Motion. Other entertainers included The Yuletides, Shawana Mathis and various local school choirs.

Other performances showcased various entertainment and traditions from around the world with performances by Eddie Three Eagles, an Oriental Dance, Grupo Folkorico Rajces Panamenas and a Hawaiian Holiday Celebration.

The cultural displays allowed Fort Carson residents to get a small taste of other cultures.

An Oriental display allowed attendees to roll their own sushi, write their name with Japanese characters and make various creations with origami.

The Mexican area had different types of hot peppers to sample and the African section had authentic African food.

An area called the Western World had storytelling time with Mother Goose and an area for children to watch holiday movie favorites such as a "Charlie Brown Christmas."

The Winter Wonderland booth had treats such as snow cones and cotton candy while allowing visitors to try their hand at juggling.

Attendees could also enter to win a 1981 Oldsmobile Toronado, and there was a tree-trimming contest which Soldiers in Company A, 1st Battalion, 68th Armor, won; taking the prize of $300 in MWR bucks, second-place winners, 230th Finance Company won $150 in MWR bucks. Soldiers in 1st Battalion Mechanized Unit, 3rd Brigade Combat Team pulled a third place win rounding out the top three spots.

"That's good stuff right there," said Col. Resty. "You can do a lot of bowling for $150. You can do even more bowling with $300."

What holiday event would be complete without a visit from the jolly old man with the red nose and rosy cheeks? The Special Events Center received a visit from Ole Saint Nick who took time to sit with the children, listen to what they wanted for Christmas and take a picture with them. Each child received a toy from Santa Claus, just as a teaser of what was yet to come.

The event was not only one of holiday joy but educational too. It allowed others to share their culture with the Fort Carson community and the Mountain Post Team to truly participate in holidays around the world.

Santa Claus makes a special visit to the Fort Carson Holiday Village in the Special Events Center Dec. 3. Children of the Mountain Post got a chance to let Santa know what they wanted for Christmas.

# Out & About

Dec 10 - 17, 2004

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*Happy Holidays from Harmony in Motion*

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**CALL 526-5366 FOR DETAILS!!**

*Fort Carson Golf Club*

## *Christmas Sale*

*December 10th*
*from 4 pm until 7 pm*
*There will also be a party with food, prizes, gift wrapping and more*

*December 11th*
*from 8 am until 4 pm*

*December 12th*
*from 8 am until 4 pm*

*All our merchandise must be sold, before we move into our new building!*

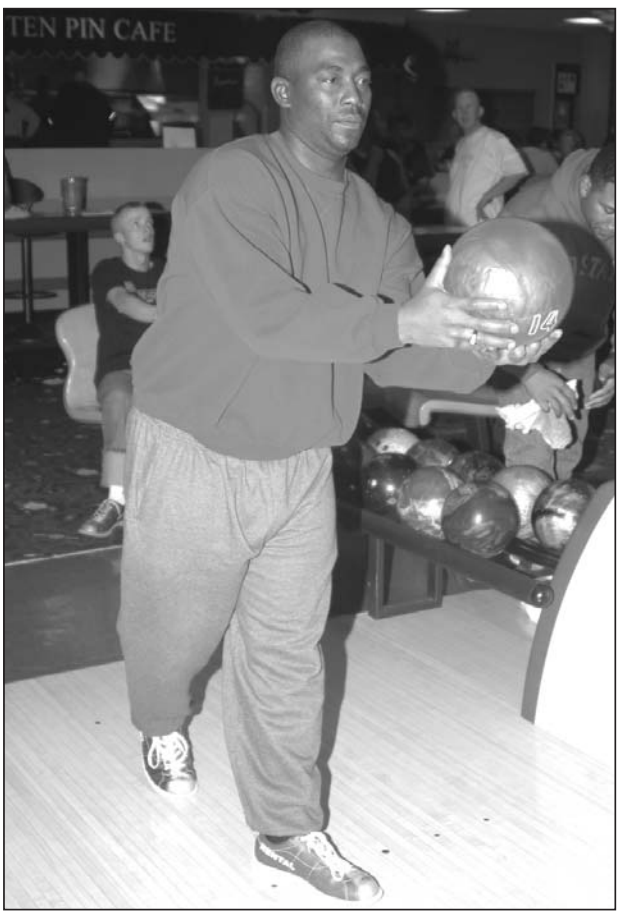
*for more information, please call 526-4122*

**CHECK OUT OUR WEBSITE www.ftcarsonmwr.com**
**FOR UPCOMING 2005 EVENTS!!**

# Sports & Leisure

## Deployment finale

# Unit finishes intramural bowling season




Photos by Walt Johnson

**59th Quartermaster Company bowler Pierre Sanders prepares to bowl during intramural action Dec. 2.**

**by Walt Johnson**
**Mountaineer staff**

Members of the 59th Quartermaster Company intramural bowling team were having the time of their lives as they played against the 183rd Maintenance Company Dec. 2 at the post bowling lanes.

It is not unusual to find people having a grand time during the intramural bowling leagues, according to Joe Lujan, assistant intramural sports director. But watching the 59th team having fun on this night meant a little more than other nights. This would be the unit's last night of bowling until it completes its Iraq deployment which it began Wednesday.

Some may think it is odd to find a group of Soldiers and family members at the bowling alley days before a deployment, but talk to the participants and it becomes clear why this is more than just a sporting event.

"You just can't beat the camaraderie you get with other Soldiers from the post when you come here. People have a good time, throw some balls and have a good event," said Cory Corbin.

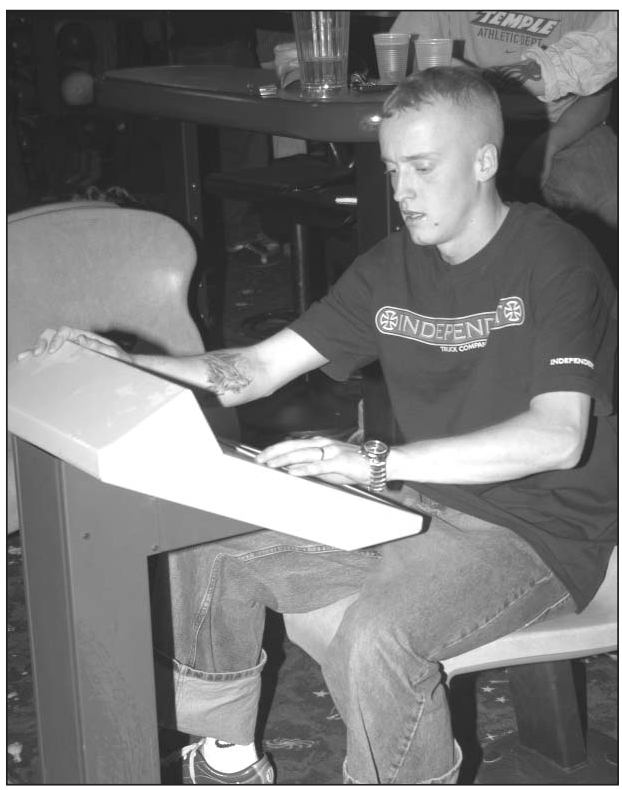
"Look around the lanes tonight and you see that families are here to support their husband or wife who is about to deploy," said Pierre Sanders, 59th QM Company.

"This is a lot different than the day-to-day soldiering that we do. During the day my Soldiers and I perform our specialties and prepare to defend our country. Here, we can just come out in a relaxed atmosphere and compete against Soldiers from other units. You learn a lot about how other Soldiers view the Army here. One of the things you learn is that you can come out here and have a good time whether you win or lose. But you also learn that other Soldiers know the same thing we do, that on the battlefield there is no winning and losing, its only about winning," Sanders said.

Besides the obvious fact of missing family and friends, Sanders said the one thing that will be on his mind until he gets back to the United States is the chance to knock down some pins.

"You look down the lanes and you see the challenge that comes from trying to knock down those 10 pins. One of the things I will truly miss while we are serving in Iraq is the intramural league," Sanders said.

**Jesse Simone, left, and Nicholas Hatten, 183rd Maintenance Company rent shoes for a night of bowling with the 59th Quartermaster Company team.**




**Joshua Bosford, 59th Quartermaster Company, checks the score while his teammates bowl.**

Photo by Walt Johnson

## *Go for it ...*

**Fort Carson's Jermaine Dotson, 33, and Ontario Washington, 35, battle a Buckley Air Force Base defender for a loose ball during second-half action at Garcia Physical Fitness Center Sunday.**

On the Bench

# Post Basketball team loses heartbreaker to Air Force Buckley 87-85

**by Walt Johnson**
**Mountaineer staff**

**The Fort Carson men's varsity basketball team lost a heartbreaking 87-85 decision to Buckley Air Force Base's** varsity team Sunday at Garcia Physical Fitness Center.

The post team's first home game was an exciting affair from start to finish as neither team could put much distance between them.

After battling for 59 and a half minutes, the game came down to the last 30 seconds. Buckley converted the field goal that would eventually win the game but the post team had a chance to make the outcome different on two occasions.

Twice the team had a decent shot to make a basket that would have forced overtime or possibly won the game, and both times the shot fell short.

**If you are looking for a fun way to exercise after the upcoming holiday season, the Department of Community Activities recreation program may have the answer for you.**

Beginning Jan. 4, the DCA staff will be sponsoring a lunch-time fun walk in support of Fitness for Life that will begin at Forrest Fitness Center at noon on Tuesdays and Thursdays. The walk will be held each day and is open to anyone on post who would like to participate. Contact Robert Nieto at 526-3944 for more information.

**Remember these upcoming dates for registering or having your child compete in an upcoming youth center sport:**

Youth basketball registration period is now through Dec. 18. The season is set to begin Jan. 22 and will run through March 12. Teams will be formed in the following age groups: 3 to 4 years old, 5 to 6 years old, 7 to 9 years old, 10 to 12 years old, 13 to 15 years old and 16 to 18 years old. There

See Bench, Page 21

## Bench

From Page 20

will be a skills assessment for children 7 to 9 (6 to 7:30 p.m. Jan. 4) and 10 to 12 years old (6 to 7:30 p.m. Jan. 5).

Cheerleading registration is now through Dec. 18. Teams will be formed in the following age groups: 5 to 6 years old, 7 to 9 years old, 10 to 12 years old, 13 to 15 years old and 16 to 18 years old. The season is set to begin Jan. 22 and will run through March 22. Coaches are also needed for the cheerleading program. Each activity requires physical and military identification cards. Call 526-1100 or 526-1101 for more information.

**Forrest Fitness Center has an exciting aerobics schedule that should be helpful in losing pounds gained over the holiday season.**

Cycling classes are held six days a week while aerobics classes are held five days a week.

The aerobics schedule is: Monday (free) at noon and 5:30 p.m.; Tuesday 20/20/20 at 4:30 p.m. and yoga at 5:30 p.m.;Wednesday (free) at noon, body tone at 4:30 p.m. and kickboxing at 5:30 p.m.; Thursday 20/20/20 at 4:30 p.m. and pilates at 5:30 p.m. and Saturday cardio tone at 9 a.m. and yoga at 10:30 a.m. The cycling schedule is: Monday at 4:30 p.m.; Tuesday at 6:30 a.m. and 9 a.m.; Wednesday at 6:35 a.m. and 5:30 p.m.; Thursday at 6:35 a.m. and 5:30 p.m.; Friday at 9 a.m. and Saturday at 9 a.m. For more information, contact Forrest staff members at 526-2706.

**The Fountain-Fort Carson Trojans boys basketball team will play Saturday at home against Air Academy High School at 7 p.m.**

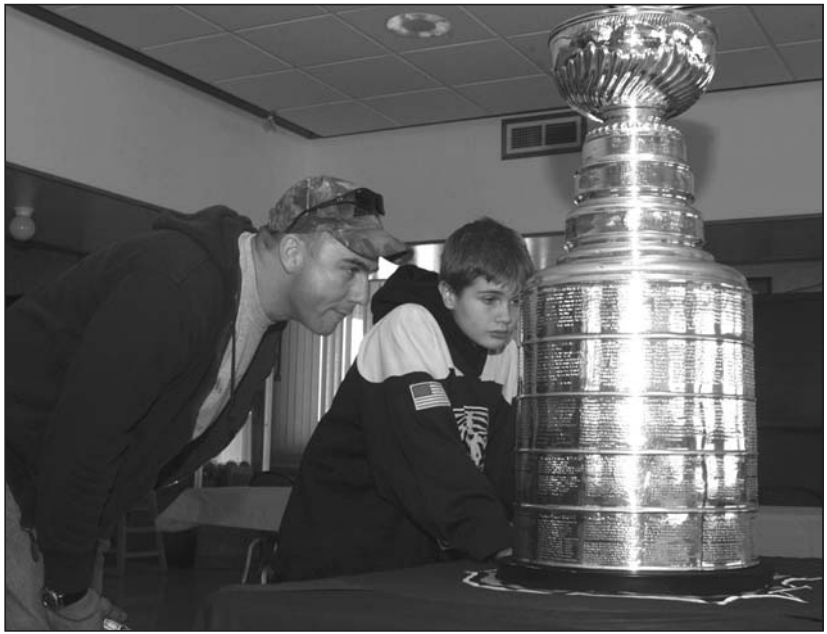


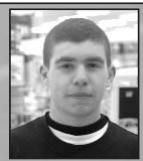
Photo by Sgt. Chris Smith

## *Hockey's grail ...*

**1st Sgt. Jim Miller, Troop N, 4th Squadron, 3rd Armored Cavalry Regiment, admires the Stanley Cup with his son Daniel on post Dec. 3. The National Hockey League's award for the best team was brought to Colorado for 3rd ACR troopers to see before they deploy in support of Operation Iraqi Freedom.**

# Pigskin Picks

## NFL Week 14

| | Peter Anderson 3rd ACR | Tina Carrell Family member |  Andrew Desselle 2nd Infantry Div. | Michael Graham 4th Infantry Div. |
|---|---|---|---|---|
| Oakland at Atlanta | Atlanta | Atlanta | Oakland | Atlanta |
| N.Y. Giants at Baltimore | N.Y. Giants | Baltimore | N.Y. Giants | N.Y. Giants |
| Cleveland at Buffalo | Cleveland | Cleveland | Cleveland | Buffalo |
| New Orleans at Dallas | New Orleans | Dallas | Dallas | Dallas |
| Indianapolis at Houston | Indianapolis | Indianapolis | Indianapolis | Houston |
| Chicago at Jacksonville | Jacksonville | Chicago | Chicago | Chicago |
| Seattle at Minnesota | Seattle | Seattle | Minnesota | Minnesota |
| Cincinnati at New England | New England | New England | New England | New England |
| Miami at Denver | Denver | Denver | Denver | Denver |
| N.Y. Jets at Pittsburgh | Pittsburgh | Pittsburgh | N.Y. Jets | N.Y. Jets |
| San Francisco at Arizona | San Francisco | San Francisco | San Francisco | Arizona |
| St. Louis at Carolina | St. Louis | Carolina | Carolina | Carolina |
| Detroit at Green Bay | Green Bay | Green Bay | Detroit | Green Bay |
| Tampa Bay at San Diego | Tampa Bay | Tampa Bay | Tampa Bay | Tampa Bay |
| Philadelphia at Washington | Philadelphia | Washington | Washington | Philadelphia |
| Kansas City at Tennessee | Kansas City | Kansas City | Tennessee | Kansas City |

# Mountaineer Youth Sports

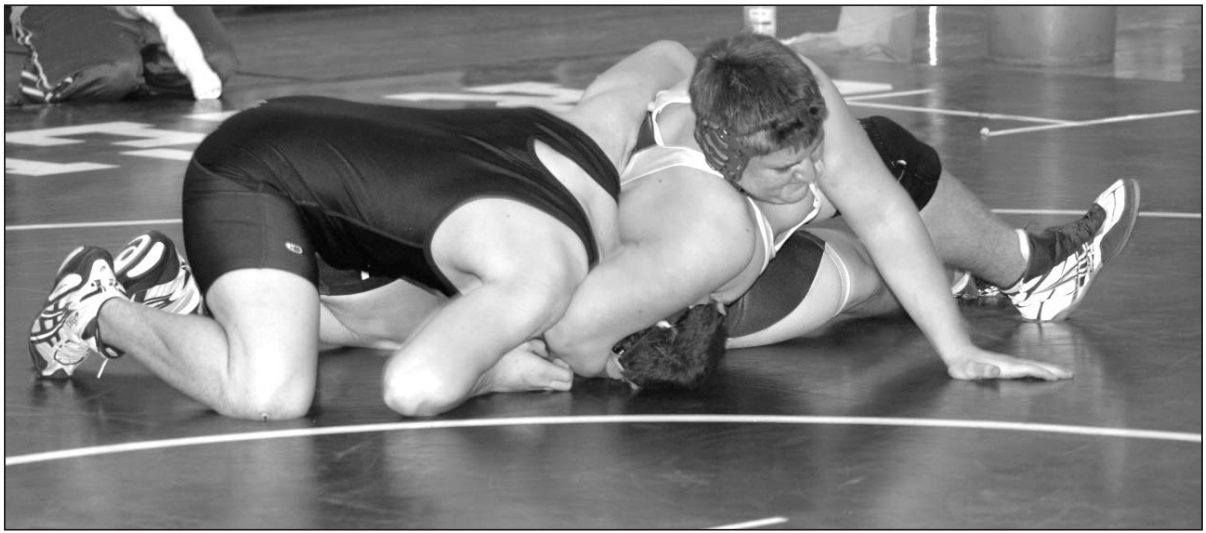


Photo by Walt Johnson

## *Trojans compete in wrestling tourney ...*

**Fort Carson and Fountain-Fort Carson High School wrestler Brad Tallon, right, takes down his opponent from Alamosa Saturday at Cherry Creek High School in Denver. The Trojans finished sixth of 10 teams in the Steve Foster Invitational Wrestling Meet. Other schools competing in the tournament in the order of finish were: Alamosa, Cherry Creek, Denver East, Salida, Regis, the Trojans, Lakewood, Mullen, Lincoln and Ralston Valley. The Trojan wrestling team will be in action again Saturday when it competes in the Lewis Palmer Tournament at Lewis Palmer High School in Monument at 9 a.m.**

Denver's Parade of Lights starts in front of the colorfully lit Denver City and County Building. The building will be lit through the middle of January.

# Leisure holiday activities

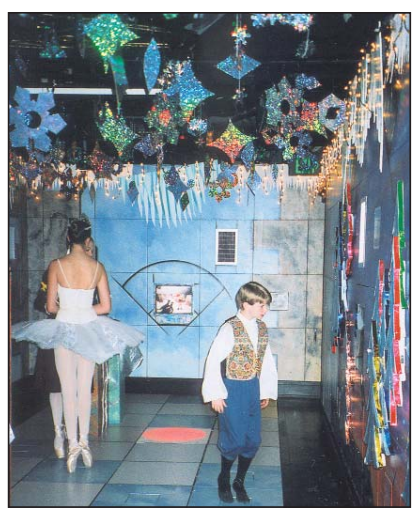
## Short trips to Denver, Pueblo

**Story by Nel Lampe**
**Mountaineer staff**

Last week's "Happenings" listed holiday activities available, mostly in the Colorado Springs area. But, there are other holiday activities to see or participate in a little further from home.

Denver is worth a visit during the holiday season, with a plethora of special events. To make a mini-vacation of the visit, take advantage of special holiday rates offered by some downtown and local area hotels. Some hotels in the Denver area have "mile high" holiday rates in effect, starting as low as $52.80 per night a takeoff on mile (5,280 feet) high city. Go online at www.milehighholidays.com/hotels.asp for a listing of hotels and rates.

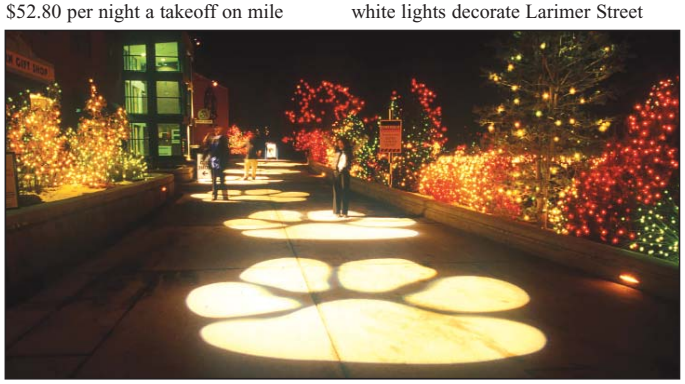
Many holiday events are in downtown Denver, such as restored Larimer Square, Denver's oldest and most historic block. The street was named for Gen. William H. Larimer Jr., who arrived with a group of people from Kansas in 1858. The town was called Denver City, named for the territorial governor of Kansas. The picturesque shopping area is sparkling with lights and decorations during the holidays. More than 300,000 white lights decorate Larimer Street and its Victorian buildings.



Dancers from "The Nutcracker" take a look at the Sensations exhibit in Buell Children's Museum in Pueblo.

A TubaChristmas Concert is Sunday at 1 p.m. in Larimer Square. The concert features more than 300 tuba players for this popular event. Larimer Street, between 14th and 15th streets will be closed for this event.

Enjoy shopping on the 16th Street Mall. No cars are allowed – only free shuttle buses. Take a ride the entire length of the mall to view the 200 decorated trees, or stroll the mall, shopping along the way or choosing a place for a meal from the myriad of choices along the mall or in the Denver Pavilions: there's Wolfgang Puck Cafe, the Cheesecake Factory, Hard Rock Café and other choices, including fast food.



"Wildlights" is the Denver Zoo's special holiday lighting, available through the month of December.

See Trips, Page 26

Places to see in the Pikes Peak area.

Dec. 10, 2004

## Trips

From Page 25

Also downtown is the Denver City and County Building, which is lit in red and green floodlights for the entire month of December – 30,000 of them. It's a spectacular sight and worth driving past for a glimpse.

The Buell Theatre in downtown Denver presents a Christmas Spectacular featuring the Radio City Rockettes, direct from New York. Shows run through Dec. 31, with afternoon matinees Wednesdays through Sundays. Call (303) 893-4100 or go online at www.denvercenter.org. Tickets start at $20.

In the Stage Theatre nearby is Dickens' "A Christmas Carol." The traditional story about Scrooge runs through Dec. 26. Tickets start at $29; no children under 4 are admitted. Call (303) 893-4100.

Head to the Cherry Creek Mall North. That's where the Cherry Creek North Ice Rink at Fillmore Plaza beckons. Located outdoors, under the sparkling lights and holiday decorations on Fillmore Plaza, the rink has been enjoyed by hundreds of skaters this winter. Admission is $6 for adults and $3 for children 12 and under. Skate rental is $2. Because of varying weather conditions, make sure the ice rink is open by calling (720) 275-9314. The rink is scheduled to be open 11 a.m. to 6 p.m. Sundays through Thursdays and Fridays and Saturdays from 11 a.m. to 11 p.m.

The German Christkindl Market is at Cherry Creek Shopping Center through Dec. 19. This is the German market's sixth year, but the first year at Cherry Creek, moving from the 16th Street Mall area. The market is in the courtyard area behind Elway's Colorado Steakhouse Restaurant and by Bed, Bath and Beyond. Awaiting visitors are decorated wooden booths, in the German tradition. European goods and foods are featured in the traditional market, including lace, nutcrackers, handcrafted gifts and porcelain, and gingerbread items, sausages and hot drinks. Children can enjoy a ride on an antique carousel.

Then head for City Park, where the annual zoo event, "Wildlights" continues through Jan. 2. Beginning at 5:30 p.m., thousands of twinkling lights, animated animal sculptures, family activities, entertainment and refreshments fill the zoo. Admission to Wildlights is $7 for adults, and $2 for children ages 3 to 11. There's free parking in front of the zoo.

"Blossoms of Light" is in Denver Botantic Gardens, 1005 York St., in the general vicinity of City Park. Tickets can be purchased at Denver area King Soopers stores or at the gate, but expect lines. The event is from 6 to 9 p.m., and includes almost a million lights. Carol-singers are in the lobby area, and hot drinks and snacks are sold. For more information, call (720) 865-3544.

To reach downtown Denver, take Interstate 25 north about 70 miles, then take the Colfax Exit downtown.

Holiday activities can be found in Pueblo as well, taking Interstate 25 south for about 40 miles. Take the First Street Exit to downtown.

Buell Children's Museum has "Everything Nutcracker" as a theme for its holiday activities. Visitors can view a collection of nutcrackers, antique to new, displayed in the museum. There's interactive exhibits, arts and crafts and visits from Mrs. Claus Saturdays from noon to 2 p.m. The museum is open Tuesdays through Saturdays, 11 a.m. to 4 p.m. Admission is $4 for adults and $3 for children. The museum is at 210 N. Santa Fe Ave. There's a parking lot as well as street parking.

The Historic Arkansas River Project in downtown Pueblo, known as the Riverwalk, is lit for the holidays. Ride one of the boats on the Arkansas River and view the holiday light display, while enjoying complimentary hot cocoa or coffee. The boat rides are 4:30 p.m. to 9 p.m. today and Saturday and again Dec. 17 to 23. Santa will be on hand Dec. 19 through 23, and rides will start at 3 p.m. Admission is $5 for adults, $4 for military and children are free. Call (719) 595-0242 for information.

Rosemount Museum is at 419 W. 14th St. in Pueblo. The 37-room mansion is one of the nation's finest Victorian mansions. It's decorated for the holidays and is a sight to behold. Admission is $6 for adults and $4 for children ages 6 to 18; parking is streetside.

And, Pueblo's Zoo, in City Park, features holiday lighting called "Electricritters." The small zoo, by Denver Zoo and Cheyenne Mountain Zoo standards, is on flat ground and an easy walk for families and strollers. The zoo is off Pueblo Boulevard on the city's west side, in City Park. There's a parking lot in front.

**Children participate in art projects with a nutcracker theme in Buell Children's Museum in Pueblo. "Everything Nutcracker" is the holiday theme.**

**"Blossoms of Light" is in the Denver Botantical Garden. Almost a million bulbs are used to light up the garden.**

**The dining table in Rosemount Museum is set in a holiday theme. The mansion is decorated in Victorian-era style.**

### Just the Facts

- **Travel time** 45 or 70 minutes
- **For ages** families
- **Type** holiday activities
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** up to $$$$

$ = Less than $20
$$ = $21 to $40
$$$ = $41 to $60
$$$$ = $61 to $80
(Based on a family of four)

# Get Out!

## Mining Museum Super Saturday

**Mining Camp Craft Day** is at the Western Museum of Mining and Industry Saturday at 1 p.m. Attendees make a gift and see demonstrations about beekeeping, quilting and woodcarving. Admission to Super Saturday is $3. Call 488-0880 for reservations.

## Koshare Indian Museum

**The renowned Koshare Indian dancers** have scheduled dances in the kiva at the Koshare Indian Museum in La Junta. Dances are at 7 p.m. Dec. 27 through Dec. 30, and at 4 p.m. Dec. 31. Reservations are necessary; adults are $5 and students 17 and under $3. Call (800) 693-5482.

## Christmas market

**A German Christkindl Market** is in Denver's Cherry Creek Shopping Center Courtyard this year, until Dec. 19. Hours Tuesdays through Thursdays are 11 a.m. to 7 p.m., Fridays and Saturdays 11 a.m. to 9 p.m. and Sundays, noon to 7 p.m. The Christkindl Market features gingerbread, German food, gluhwein, cookies, nutcrackers and hand-made ornaments.

## Art exhibit

**The Denver Art Museum has a special display "Tiwanaku: Ancestors of the Inca,"** which includes textiles, ceramics, gold and silver works, carved wood and stone sculptures. The Denver Art Museum is in downtown Denver and is open Tuesdays through Saturdays, 10 a.m. to 5 p.m. and Sunday from noon to 5 p.m. The museum is closed Mondays. For information, call 720-865-5000 or go online at www.denverartmuseum.org.

## Pipe collection at museum

**A collection of 100 antique pipes,** from the 1700s through the 1940s, is displayed in the Colorado Springs Pioneers Museum. The collection belonged to James Lee Dick, who invented the salt box metal pour spout. The museum has free admission and is at 215 S. Tejon St. It is open Tuesdays through Saturdays from 10 a.m. until 5 p.m. and Sundays from 1 to 5 p.m.

## Academy Concerts

**The Academy concert series continues with "Crazy for You"** Jan. 22 at 7:30 p.m. Tickets start at $20. "Steel Magnolias" is Feb. 25, at 8 p.m. Tickets start at $15. Call 333-4497 for tickets to either show.

## Ice show

**Disney on Ice presents "Monsters, Inc."** Wednesday through Dec. 19 at the Pepsi Center in Denver. Evening shows are at 7:30 p.m. Thursday, Friday and Saturday. There's an 11 a.m. show Thursday, and 11:30 a.m. and 3:30 p.m. shows Dec. 18 and 19. Ticket prices start at $13. Call (303) 830-TIXS for tickets or go online at www.disneyonice.com.

## Paris exhibit

**The Colorado Springs Fine Arts Centers displays "Robert Doisneau's Paris"** through Jan. 2. The photograph exhibit provides a view of Paris and its citizens' way of life. Admission to the center is $5 for adults and $2 for children ages 6 to 16. Children under 6 are admitted free. The Fine Arts Center is at 30 W. Dale St., and is open Tuesday through Saturday, 9 a.m. to 5 p.m. It is open Sundays from 1 to 5 p.m.

## New Year's Eve Concert

**"New Year's Eve: A Century of Celebration,"** is presented by the Colorado Springs Philharmonic and features music from Broadway. It's at 8 p.m. Dec. 31 in the Pikes Peak Center, 190 S. Cascade Ave. Tickets start at $12, call 520-7469.

## Mannheim Steamrollers

**The Mannheim Steamroller Christmas Celebration** is Dec. 22 at the Pepsi Center in Denver. Call Ticketmaster, 520-9090 for tickets, which start at $26.

## Denver musicals

**"Peter Pan"** runs Jan. 11 to 16 at 7:30 p.m. at the Buell Theater in Denver. There are some matinee shows. Call (800) 641-1222 for tickets which start at $15.

**"Jesus Christ Superstar,"** is at 8 p.m. Jan. 25 to 29 in the Buell Theater in downtown Denver. The Jan. 30 performance is at 7:30. There are some matinees. Tickets are $20 to $60; call (800) 641-1222.

## Dinner theater

**"Holiday Extravaganza Revue,"** runs through Dec. 29, with dinner at 6 p.m. and show at 8 p.m., Fridays and Saturdays, at the Iron Springs Chateau, 444 Ruxton Ave., in Manitou Springs. Tickets are $24; call 685-5572.

**"Holiday Cabaret,"** is at CastAways, 107 Manitou Ave., in Manitou Springs. Tickets are $33, call 685-3300.

# Happenings

Air Force photo

## *Free concert ...*

**The Air Force Academy concert band presents its annual holiday concert, "Holly and Ivy" in the Colorado Springs World Arena Sunday at 3 p.m. Tickets are required and are free at Ent Federal Credit Union branches and the World Arena box office. Parking in the World Arena parking lot is $5 per vehicle.**

## Ch10

Program Schedule for Fort Carson cable Channel 10, today to Dec. 17.

Army Newswatch: stories on the new Secretary of the Army, the Battle Simulation Center and the Army Family Action Plan. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the USS Blue Ridge, the NATO exercise Destined Glory 2004 and the Marine Corps Marathon. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on the role of the Air National Guard and Air Force Reserve in the war against terrorism. Airs 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, airs at 9 a.m. and 5:30 p.m.

The Pentagon Channel plays on Channel 9. In addition to standard programs like Army Newswatch, the channel will feature other Army-related programs, including briefings and other Army news.

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.