Denver Broncos visit Mountain Post

by Sgt. Zach Mott
3rd Heavy Brigade Combat Team
Public Affairs Office

Smiles, tanks and barbeque — it was anything but a typical Saturday for Soldiers from the 1st Battalion, 8th Infantry Regiment, 3rd Heavy Brigade Combat Team, and several Denver Broncos football players.

Twelve Broncos players came to Fort Carson to visit Soldiers who were conducting Mountain Strike training in the field Saturday.

The gathering was a way for the Broncos — some of whom were making their second trip to Fort Carson — to show their support for the Soldiers of the Iron Brigade.

“We respect you all just as much as you respect us,” said Luis Green, outside linebacker.

The 1st Bn., 8th Inf. Reg., Soldiers enjoyed the chance to rub elbows with NFL superstars like Jake Plummer and John Lynch.

Lynch even signed a tank’s main gun.

“They get to see what we have to deal with every day,” said Sgt. Timothy Rutledge, from Company D, 1st Bn., 8th Inf. Reg. “It shows that they care a lot. It means a lot to us.”

Soldiers from the 1st Bn, 8th Inf. Reg., 3rd HBCT, along with the rest of the 3rd HBCT, will be conducting Mountain Strike training through June 10.

Denver Broncos player John Lynch speaks with Capt. Junius Lofton, commander, D Company, 8th Infantry Regiment, 3rd Heavy Brigade Combat Team, Saturday. Lynch, along with 11 other Broncos players, visited the 3rd HBCT Soldiers in the field as they conducted Mountain Strike training.

Law to affect SGLI payments, premiums

by Donna Miles
American Forces Press Service

WASHINGTON — Department of Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers’ Group Life Insurance.

The $82 billion supplemental legislation signed into law by President George W. Bush May 11, increases maximum SGLI coverage to $400,000 and provides payouts of up to $100,000 for servicemembers with traumatic injuries, explained Stephen Wurtz, the VA’s deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called “traumatic SGLI” benefit, Dec. 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct result of injuries received during Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about $1 a month, Wurtz said.

Troops opting for maximum SGLI coverage — $400,000 vs. the current $250,000 — will see their monthly premiums increase from $16.25 to $26, Wurtz said. This is based on the rate of 6.5 cents per $1,000 of insurance coverage.

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INSIDE THE MOUNTAINEER

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Denver hosts NWR IMA NCO and Soldier of the Year competition.

See Pages 20 and 21.

“Territory Days” activities will be in the park and nearby streets in Old Colorado City this weekend.

See Pages 27 and 28.
Memorial Day honors all veterans

A memorial message is not just a remembrance of past sacrifice. It is a reminder to future generations that the torch of freedom is now theirs to carry, that the history and the responsibility of wars’ generations cannot be relegated to stone and mortar merely to remember, but that these are values to nourish and maintain in each generation.


On Monday, all across our wonderful country, in crowded cities and country towns, with flags half-staff, with flowers on a grave, with colorful, with prayers, with quiet remembrance of past sacrifice. It is a conflict our nation has ever known.

The deadliest and most divisive conflict our nation has ever known.

On April 25, 1866, in Columbus, Miss., a woman’s association decorated the graves of both Union and Confederate soldiers. This gesture was viewed as a way to lay the past to rest while honoring those who have served and sacrificed.

“Decoration Day,” as it was referred to back then, was officially proclaimed on May 5, 1868, by Gen. John Logan and was first observed officially on May 30, 1868.

In 1882, the name was changed to Memorial Day, a day for Americans to recall the sacrifices and honor those who died in conflict. It is a day to remember those who’ve marched through mud, run upon deadly beaches,trudged through rice paddies, and patrolled through the deadliest of streets—all to pay the exact cost of our freedom. They believed that our liberty should endure and echo forever.

Today, we have fathers, mothers, brothers, sisters, aunts and uncles serving as an enemy that believes in using terror and fear as a means to destroy and dismantle democracy. In places like Baghdad, Mosul and Tikrit, our brave men and women are carrying the torch of freedom.

Memorial Day is one of America’s old traditions. It originated near the end of the Civil War, the deadliest and most divisive conflict our nation has ever known.

Our Soldiers are helping a nation that has known nothing but tyranny and terror for decades achieve independence. Our Soldiers are fighting to ensure the ideals of liberty endure and echo forever.

This weekend, we have thousands of Mountain Post Soldiers in harm’s way, deployed and fighting to protect all that Memorial Day stands for. I salute those brave men and women, and their families. We also should recognize the loved ones of our fallen, and those of our wounded. They are heroes in their own right.

So, during this Memorial Day weekend, I encourage everyone to take time to spend with family and friends, to be free, and remember the purpose of Memorial Day.

Take a moment to not only remember our fallen heroes, but to remember our men and women in uniform serving today. I ask both of the Soldiers and family members of the Mountain Post to help us keep alive the spirit of America’s fallen heroes. Let us never forget what they did nor what they died for.

21-gun salute...

Retire recalls memorable memorial

Commentary by retired Sgt. 1st Class Robert Ormsbee special to the Mountaineer

One of the most proud days of my life occurred on May 28, 1990 (Memorial Day), the day I took charge of the all-volunteer U.S. Army color guard representing Company B, 1st Battalion, 8th Infantry Regiment, at Fort Carson, in support of Veteran’s Soldiers of Foreign Wars Post 6461’s Memorial Day ceremonies.

The day started at 7 a.m. with the raising of the American flag. As I stood there in front of my eight Soldiers, the company guidon waving in the light wind, I couldn’t help but look directly across from me at the veterans and their families as they stood proudly waiting for the flag to rise. I could only wonder what they thought of us standing there in front of them, our dress uniforms full of ribbons, brass shining in the weak Colorado sunlight, shoes polished to a brilliant shine and standing at the position of attention.

My whole revere was interrupted when a bugle sounded over my right shoulder, and I hurriedly gave the command to present arms. As the flag went slowly up the flagpole, I could feel my eyes start to mist over. I looked over at the veterans and their families watching the flag rise and saw them displaying their own form of salute. We then marched over to the cemetery to listen to speeches and to fire the 21-gun salute.

At the sharp crack of the first rifle volley, I could hear people start to cry, and again my eyes started to mist over. After firing the third and final volley I ordered my men to present arms. We stood there surrounded by a sharp smelling cloud of cordite smoke when, from what seemed to be all around us, I could hear the eerie mournful sound of “Taps” being played.

After “Taps” was finished playing, I marched my men over to the grave of the fallen Soldier that the ceremony was focusing on and rendered one final salute to a fallen comrade. As we marched away with heads held high and chests puffed out, the only sounds I could hear were the muffled sobs of grieving and proud family members and the solid crunching sound of our shoes striking the gravel.

Later, as we were picking up the shells that were fired during the 21-gun salute, an old Soldier approached and asked if he could keep the fired shells. All eyes turned to me, my men knew it was against Army regulations to give away any of the shells, but it was clear to me that this old Soldier was doing this as a way to bring back memories of those he’s lost and that he really needed them.

“Nothing says the war like those shells,” the old Soldier said, “I’ve lost a son in this war, and those shells reminded me of him. That is why I needed them.”

I approached and me that May morning. Pride is what they felt, and I feel it too, every time I put on my uniform and march with my fellow veterans.

I extend my heartfelt thanks to the veterans and their families at VFW Post 6461 and all my fellow veterans for showing me the real meaning of pride. I will never forget that moment in my life when it became clear to me what it means to be an American and a Soldier.

Mixon

7th Infantry Division and Fort Carson commanding general

21-gun salute...
by Elaine Wilson
Army News Service

FORT SAM HOUSTON, Texas — The Department of Defense is testing a cutting-edge technology so revolutionary military scientists are saying it will change the face of biological warfare.

The Joint Biological Agent Identification and Diagnostic System, a 40-pound device small enough to slip into a rucksack, is designed to vastly increase the speed and accuracy of biological warfare agent detection.

"JBAIDS will fill a vital role in providing accurate, rapid identification capability for detecting a threat or an attack," said Donna Boston, JBAIDS program manager.

Prior to JBAIDS, it took the military two to four days back in a microbiology laboratory to accurately identify the presence of a biological warfare agent.

JBAIDS can do it on the spot in 40 minutes.

"With rapid identification of a threat, we can be armed with information to fight bioterrorism," Boston said. "It offers so many advantages. The quicker we can identify an agent, the quicker a doctor can make an accurate diagnosis and commanders can start taking action."

The Joint Program Executive Office for Chemical and Biological Defense, a joint service office in Falls Church, Va., found the technology in 2002 while seeking a quicker way to detect biological warfare agents in the wake of Sept. 11, and later anthrax scares. Idaho Technology, Inc., from Salt Lake City, stepped forward with JBAIDS, the latest in biological warfare technology.

The device looks deceptively simple, just a laptop connected to an analyzer. Lab technicians load suspect samples into a carousel within the analyzer where they’re “cooked and cooled” repeatedly so strands of DNA break apart and reform to make copies of themselves.

Each time heating and cooling occur, more DNA copies are formed, which takes something from undetectable to identifiable.

The device can simultaneously identify up to 10 different biological warfare agents in a given sample, including smallpox, anthrax, plague and encephalitis.

“If something is there that threatens the health of our military force, you will be able to detect it much sooner," said Maj. Harry Whitlock II, Army Medical Department Center and School combat developer. “This is the ‘new’ gold standard. Other rapid diagnostic methods, like handheld assays, don’t have nearly the same sensitivity.”

JBAIDS’ sensitivity, or ability to accurately identify specimens containing an agent, is averaging at least 85 percent per test, and its specificity, or accuracy in pinpointing the percentage of specimens without an agent, has averaged at least 90 percent.

The result is a higher confidence in the accuracy of information for military leaders.

“Everyone in the scientific community is excited because JBAIDS allows detection of a very minute level and commanders are excited because the troops will be better protected," said Whitlock. JBAIDS’ size enables the device to travel with servicemembers into war, eliminating the need to send samples to a laboratory stateside, which delays diagnosis and treatment of affected people.

DoD began a joint-service testing of the device in 2003 to ensure the civilian-made system could be as effective in war as in a stateside lab.

"JBAIDS has been through a long series of developmental tests," Boston said. “Government labs went through thousands of samples of biological warfare organisms. The data is still being evaluated, but the system and test assay kits have performed very well so far.”

The latest was a two-week operational test at Brooks City-Base, which wrapped up Wednesday. Air Force, Army, Navy and Marine Corps lab technicians and program developers traveled to San Antonio to make sure the device met DoD specifications.

The Air Force Operational Test and Evaluation Center, based at Kirtland Air Force Base, N.M., took lead on the exercise, while the Army Medical Department provided ongoing training and technical assistance.

Army Chemical Corps personnel collected irradiated or “dead” samples from

See Testing, Page 4

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MOUNTAINEER
May 26, 2005

News

DoD testing 'revolutionary' bio detection device

by Elaine Wilson
Army News Service

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SGLI
From Page 1

SGLI coverage is currently available in $10,000 increments, but as of Sept 1, the increments will increase to $50,000. Because the rates have not changed, service members who retain $250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the $1 “traumatic SGLI” premium.

While these expanded benefits will be provided retroactively, affected service members won’t be charged retroactive payments, he said. DOD will absorb that cost.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse’s approval to purchase less than the maximum coverage.

In the case of members who are not married, notice will be provided to the designated beneficiary when the service member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide “a quick infusion of cash” for cash-strapped families of troops recovering from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from $25,000 to $100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. “These families incur a lot of expenses, and this is designed to help them financially,” Wurtz said.

While VA staff members consult with DOD to write regulations that will put the new SGLI benefits into effect, Wurtz said, “lots and lots of details have to be worked out.”

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That’s 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there’s any lapse in coverage.

VA will continue to oversee and control the SGLI program.

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VA will continue to oversee and control the SGLI program.

Testing
From Page 3

the field and delivered them to lab technicians from the Army’s 1st and 9th Area Medical Laboratories from Aberdeen Proving Ground, Md. The technicians set up shop in portable “ISO-shelters,” which can be packed up and shipped worldwide, then extracted a test sample for analysis from environmental, food and clinical specimens such as blood and spumum.

“This was the first major joint service test (for this equipment),” Boston said. “It took more than a year of constant planning to get to this point. We’re working as fast as we can to get this technology out there quickly.”

After validation by a joint-service Data Authentication Group, the operational test results will be forwarded to the Joint Program Executive Office for Chemical and Biological Defense for a final green light.

If approved, JBAIDS will enter full-rate production in September and the DOD will distribute 450 systems throughout the services over the next three years.

In the meantime, Idaho Technology will seek Food and Drug Administration approval, something that will help launch JBAIDS into civilian and military fixed and deployable medical facilities as a diagnostic tool and into DOD veterinary food labs for testing of food and water supplies.

The modifiable JBAIDS will continue to evolve over the next several years. The next step is the addition of toxin detection this summer, and later, development and testing of a handheld version, Boston said.

“JBAIDS is a reliable, well-tested technology that will have a huge impact on military and civilian sectors,” Boston said. “It’s sad to think we live in a world where bioterrorists are a reality, but it’s better to be prepared and have answers; JBAIDS will ensure we have the right ones.”

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Military

3rd HBCT updates training techniques

by Sgt. Zach Mott
3rd Heavy Brigade Combat Team Public Affairs Office

Knowledge is king — king in the battlefield and king in life. Soldiers from 1st Battalion, 8th Infantry Regiment, 3rd Heavy Brigade Combat Team, conducted a knowledge-gathering search during the first days of Mountain Strike.

Company A converged on a simulated Iraqi village to search for suspected insurgents and to gather information from the locals. “We’re trying to establish some sort of rapport with the locals and try to train our Soldiers on operating in all different types of environments in Iraq,” said Capt. Tim Knoth, commander, Co. A, 1st Bn., 8th Inf. Reg.

The village — which is set up to replicate a non-specific village in Iraq — is designed to give both veteran and new Soldiers hands-on experience with what they may encounter during the 3rd HBCT’s impending deployment for Operation Iraqi Freedom.

“This is just our attempt to develop a situation differently and let our guys know that things in Iraq might have changed,” Knoth said. “To show them that even though we have to be prepared for high-intensity, offensive operations, we also have to be willing to do civilian support operations.”

There were Soldiers from Headquarters and Headquarters Company, U.S. Army Garrison — many of whom are former members of the 3rd HBCT — representing the town’s people. Additionally, there were a few Kurdish nationals helping portray local citizens to give Soldiers a realistic look and sound to the training. “Kurdish people are always supporting the U.S. troops,” said Rizgar Qaradaghi, a Kurdish national acting as the mayor of the village. “We are so happy to help the United States troops.”

Sgt. Kendrick Cooper, a team leader from Co. A, 1st BN., 8th Inf. Reg., is an Operation Iraqi Freedom veteran who is preparing for his first deployment as a team leader. “(This training) helps me more right now to learn how to play my guys, where to move them at, how to search cars and where to put weapons systems at in different parts of the area,” he said.

During his first rotation in Iraq, Cooper said his unit conducted many house-to-house searches. However, the tactics for those searches have now changed. “It helps a lot with the new guys who haven’t had a lot of chances to do this yet,” Cooper said.

3rd HBCT Soldiers will continue Mountain Strike exercises through June 10 with additional units conducting similar training as well as conducting force-on-force exercises and live-fire exercises.

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Military

Military Briefs

Misc.
Officer Candidate School Board — The next Officer Candidate School Board will be Sept. 12 at Headquarters, Department of the Army. Those interested should pick up application forms from the 502nd Personnel Services Battalion in building 1118, room 208 as soon as possible. The original application packet plus two copies must be turned into the same location by July 11. The local board will be at the Elkhorn Conference Center July 21 and 22 from 7 a.m. to 5 p.m. For more information, contact Staff Sgt. Willis or Spc. Palamontain at 526-2295.

Wounded veterans — Combat-wounded veterans are invited to join the Military Order of the Purple Heart Chapter 423, which provides veterans’ assistance, scholarships, community service and much more. For more information, call Latoya Lucas at 391-7794.

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 issues
Mondays through Fridays from 7:30 to 10:10 a.m.
Partial issues
Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.
Cash Sales
Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.
Direct exchange
Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 to 10:30 a.m. and 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/endor of time in service, switch/retirees will make an initial processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OICIE 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 Government Turn-Around. 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, entrancing 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, except holidays. For information, call 526-8806 or 526-8804.

Briefings
Recruiting briefing — A recruiting briefing will be held Thursday for the 160th Special Operations Aviation Regiment (Airborne). The 160th is the nation’s only special operations aviation unit. The unit provides rotary wing support to multi-service special operations units to include Rangers, Special Forces, as well as naval, air and Marine forces. Briefings will be held at 10 a.m. and 2 p.m. at 4th Squadron, 3rd ACR Hangar, building 9333, room 210. For more information or to request an appointment for the unit, call (270) 798-9819, DSN 635-9819, or e-mail recruiters@soar.army.mil.

Special Forces briefings — Special Forces briefings will be conducted weekly in building 7450, room 100 at the 10th Special Forces Group compound. The briefing time is 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 honest; 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 Roepke at 524-1461.

The Army Career and Alumni Center briefing — The Army Career and Alumni Program preseparation briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ending service one year out and retirees two years out. All users of ACAP must know their Army Knowledge Online user name and password. If you do not know your AKO user name or password, call (877) 256-8737.

The Army Portal, Army Knowledge Online, is the way that the Army does business and it can automatically send military servicemember specific communications based on the actions rather than waiting for informing to be requested, saving time and resources. ACAP briefings are held on Mondays through Thursdays from 7:30 to 10 a.m. Everyone must report to ACAP by 7:15 a.m. in building 1118, room 133 across from the Welcome Center. Call 526-1002 or 526-0640 to schedule a briefing.

Are you at end of time in service? — If you are 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 Board briefing.

The Commanding General’s Newcomers’ Brief — The briefing 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 Traditional Education Center’s hours for certain programs and services are as follows:

Counselor Support Center — Mondays through Thursdays, 7:30 a.m. to 4:30 p.m. and Fridays, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Mondays through Thursdays, 9 a.m. to noon. Closed on training holidays.

Defense Activity for Non-Traditional Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 11:30 a.m. and 12:15 to 4:15 p.m. Closed on training holidays.

Basic Skills Education Program/Functional Academic Skills Training — Mondays through Thursdays, 9 a.m. to 3 p.m. Closed on training holidays.

Army Learning Center and Basic Skill Classes — Mondays through Thursdays, 9 a.m. to noon. Closed on training holidays.

eArmyU Testing — Mondays and Wednesdays through Fridays, 8 a.m. to 2:30 p.m. Closed on training holidays.

Military Occupational Specialty Library — Mondays through Fridays, 10 a.m. to 2 p.m. Closed on training holidays.

Claims Division hours — The Claims Division office hours are Mondays through Thursdays from 9 a.m. to 5 p.m. Closed Fridays federal and training holidays.

Claims Division office hours are Mondays through Thursdays from 9 a.m. to 5 p.m. Closed Fridays federal and training holidays.

To make a personal 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 1105 to the Claims Division Officer. Submit completed claims Tuesdays and Thursdays.

The Claims Division Office is located on the first floor of the Office of the Staff Judge Advocate, building 6285, 7086 Albanese Loop. For more information during office hours, call 526-1355 or for emergency claims questions, call 526-1352.

Dining Schedule

Wolf Inn (building 1444)

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<tr>
<th>Weekday</th>
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<td>Weekdays</td>
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Striker Inn (building 2061)

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Patton Inn (building 2161)

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Cav Inn (building 2461)

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La Rochelle Inn (building 7481)

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Lona Knife Inn (building 9612)

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<td>Weekdays</td>
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Exception

May 26 to June 3
Fort Carson remembers fallen Soldiers

Heroes are not forgotten. Following is a list of Fort Carson Soldiers who have died fighting the Global War on Terrorism.

62) Pfc. Dennis James Miller, Jr., 2-72 AR, 2nd BCT, Nov. 9, 2004
61) Sgt. John B. Trotter, 1-503 IN, 2nd BCT, 2nd ID, Nov. 9, 2004
60) Sgt. Maurice Keith Fortune, 2-72 FA, 2nd BCT, 2nd ID, Oct. 29, 2004
59) Sgt. John B. Trotter, 1-503 IN, 2nd BCT, 2nd ID, Nov. 9, 2004
58) Staff Sgt. Sean Patrick Huey, 1-506 IN, 2nd BCT, 2nd ID, Nov. 11, 2004
57) Staff Sgt. Keith A. Brown, 2-3 ACR, 2nd BCT, 2nd ID, Nov. 10, 2004
54) Staff Sgt. Trevor Hawkins, 44th EN BN, 2nd BCT, 2nd ID, Oct. 28, 2004
51) Staff Sgt. Stephen L. Mitchell, 3rd BCT, 2nd ID, July 8, 2003
48) Staff Sgt. Michael H. Quinn, 2-3 ACR, May 27, 2003
47) Staff Sgt. Michael E. Holley, 1/3 ACR, May 27, 2003
46) Staff Sgt. Robert D. White, 2nd BCT, 2nd ID, May 19, 2003
45) Staff Sgt. Ralph A. Schnepp, 2-3 ACR, May 16, 2003
44) Staff Sgt. Richard B. Adams, 2nd BCT, 2nd ID, May 12, 2003
41) Staff Sgt. Christopher M. Anthony, 2nd BCT, 2nd ID, May 3, 2003
40) Staff Sgt. Michael C. Williams, 2nd BCT, 2nd ID, May 3, 2003
37) Staff Sgt. David A. Smith, 2nd BCT, 2nd ID, May 2, 2003
36) Staff Sgt. Kevin A. Smith, 2nd BCT, 2nd ID, May 2, 2003
35) Staff Sgt. Michael B. Arminski, 2nd BCT, 2nd ID, May 2, 2003
34) Staff Sgt. Steven L. Martin, 2nd BCT, 2nd ID, May 2, 2003
33) Staff Sgt. David L. Guild, 2nd BCT, 2nd ID, May 2, 2003
32) Staff Sgt. William S. Wills, 2nd BCT, 2nd ID, May 2, 2003
30) Staff Sgt. William J. Quinn, 2nd BCT, 2nd ID, May 1, 2003
29) Staff Sgt. Joseph D. Eldredge, 2nd BCT, 2nd ID, May 1, 2003
28) Staff Sgt. Michael A. Brown, 2nd BCT, 2nd ID, May 1, 2003
27) Staff Sgt. David L. Guild, 2nd BCT, 2nd ID, May 1, 2003
26) Staff Sgt. Michael D. Bean, 2nd BCT, 2nd ID, May 1, 2003
25) Staff Sgt. William S. Wills, 2nd BCT, 2nd ID, May 1, 2003
24) Staff Sgt. David L. Guild, 2nd BCT, 2nd ID, May 1, 2003
23) Staff Sgt. Michael D. Bean, 2nd BCT, 2nd ID, May 1, 2003
22) Staff Sgt. Joseph D. Eldredge, 2nd BCT, 2nd ID, May 1, 2003
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20) Staff Sgt. Michael D. Bean, 2nd BCT, 2nd ID, May 1, 2003
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“A hero is someone who has given his or her life to something bigger than oneself.” —Joseph Campbell
A time for goodbyes ...

ABOVE: A memorial ceremony was held at Soldiers’ Memorial Chapel Tuesday for Soldiers in the 3rd Armored Cavalry Regiment who died fighting the Global War on Terrorism. Those honored were Sgt. Stephen P. Saxton of 1st Squadron, Spc. Ricky W. Rockholt of 2nd Squadron, Pfc. Joseph L. Knott of Regimental Headquarters and Headquarters Troop and Pfc. Robert W. Murray Jr., of 2nd Squadron. RIGHT: Retired 1st Sgt. Ernie Mazurkiewicz plays “Taps” on the bugle after the 3rd ACR color guard members fired their weapons.

Photos by Pfc. Joann Kleinmuth
Exercise, Education, Safety. These are qualities pregnant and postpartum women should be aware of as it affects their overall well-being.

Pregnant and postpartum Soldiers execute vigorous exercises for morning physical training at various places on post.

“The program allows a more positive outcome for the mothers and it (the exercises) makes the labor process easier,” said Capt. Annie Chichoki, chief of community nutrition. “We try to assist them (postpartum Soldiers) in getting back in shape.”

A pregnancy and postpartum exercise program runs Mondays, Thursdays and Fridays at 6:30 to 7:30 a.m. at the Special Events Center and Wednesdays at 6:30 to 9 a.m. at the post indoor swimming pool. They also run a class Tuesdays at 7:30 to 8:30 a.m. at the Mountain Post Wellness Center.

Mondays’ physical fitness curriculum includes aerobic exercises for pregnant and postpartum Soldiers conducted by an obstetrics and gynecology nurse from Evans Army Community Hospital. An education day is scheduled Tuesdays, which is a class that covers topics such as prenatal and infant care.

“We have people who specialize in the topics (we cover) come to the class — some of them are from the hospital (EACH) and ACS (Army Community Services),” said Chichoki. “It (the class) covers a wide range of infant care, safety, nutrition and breastfeeding.”

Other topics discussed in the pregnancy class include contraceptives and available programs through ACS, said Chichoki.

Wednesday sessions include swimming exercises at the post indoor pool. Muscle strengthening and endurance training is done on Thursdays. The cardio workout is scheduled Fridays.

The exercise program is broken down into the trimester of the pregnancy and the six-month period postpartum.

Chichoki, along with other exercise instructors, encourage the Soldiers in their first trimester of pregnancy to run. While Soldiers in their second trimester are still encouraged to run, they can slow down their pace to a jog, said Chichoki. Soldiers in their third trimester of pregnancy are no longer allowed to run as it may cause harm to a pregnancy.

Postpartum Soldiers mainly focus on running three times a week. We try to help them pass their PT (physical training) test at six months,” said Chichoki.

With the program mainly focusing on the safety of the pregnant and postpartum Soldiers, the instructors make sure all of them are out of harm’s way.
Local community honors military

by Sgt. Chris Smith
Mountaineer staff

On a day designed to honor the military, Colorado Springs servicemembers were honored with an Armed Forces Day celebration at Memorial Park in Colorado Springs Saturday.

The Rotary Club of Colorado Springs InterQuest organized the event to show its appreciation for the military along with several sponsors. The celebration was host to a variety of events. One hundred local military were also honored with a 2005 Challenge Coin for outstanding performance.

“I’m a veteran, and I’m glad to be here,” said Gary Phillips, a hand-crafted therapy jewelry vendor. “I’m glad (servicemembers) came, there’s so many of them deployed and it’s nice to support them.”

Many of the Soldiers and other servicemembers present took the opportunity to peruse the sponsors’ tents. Other attendees took in the variety of events on display, such as a martial arts dancing display, a wildlife display, the Air Force Academy Wings of Blue parachute team’s landing, a C-130 fly over, a Firefall concert and more.

“It’s good to know the community supports the armed forces,” said Sgt. Shawn Sharkey, command driver with Company B, 10th Combat Support Hospital, of the event. “Seeing the alligator really topped off the whole thing.”

Around noon, the Rotary Club handed out coins to 45 Soldiers. To help with the presenting of the coins, the following leaders were on hand: Senator Wayne Allard; Congressman Joel Hefley; Command Sgt. Maj. Terrance McWilliams, 7th Infantry Division and Fort Carson command sergeant major; and Col. David Saffold, 7th ID and Fort Carson assistant division commander.

The honored Soldiers were selected to receive the coin due to their excellent performance of duty. The coin was presented by Saffold, and the awardees then preceded to be congratulated by the rest of the dignitaries.

The final Soldier to be presented the coin helped to make one young girl’s day. Kristen Schlieper, 9, who had benefited from Rotary Club services got to place the coin medallion around Pfc. Abby Welch’s neck.

“I thought it was nice,” said Welch. “It made me real happy. It makes me proud.”

After the awards, many servicemembers stayed to enjoy the event and take in the wide variety of available food.

“I’m glad I came,” said Spc. Elizabeth Starrett, hospital food service, Co. B, 10th CSH. “It really makes you feel appreciated.”

The event helped showcase the community of Colorado Springs’ involvement with the military and why it is often argued to be one of the best.

“This community is probably the strongest ... no, not probably — is the strongest community who loves its military and shows it on a daily basis and that’s no bull,” said Saffold. “You can not send Soldiers to combat, you can’t take care of families that were leaving back here, you can’t bring in a new brigade with a lot of satisfaction and confidence without a community like Colorado Springs and that’s a fact.”

Pfc. Abby Welch, records clerk, Detachment C, 502nd Personnel Services Battalion, is presented with a 2005 Challenge Coin for outstanding performance by Kristen Schlieper, 9, a Rotary Club services recipient.
Out of school? . . .

Keep active at Youth Center

by Spc. Stephen Kretsinger  Mountaineer staff

There is no reason for Mountain Post youths to worry about having nothing to do this summer or anytime, for that matter, here at Fort Carson.

The Youth Services Center offers a variety of programs and special events for middle and high school youths. It has before and after school programs, sports, fitness and health options, dances, specialty classes, life skills, citizenship, leadership opportunities, arts, recreation, leisure activities, mentoring, intervention and education support services.

The Youth Services Center offers middle school and teen programs to help reduce the potential for risky behaviors in children 12- to 18-years-old when they are not attending school. Their programs are centered on the Army’s four core service areas — life skills, citizenship, and leadership opportunities.

The center has several clubs for Mountain Post children to partake in such as 4-H, Boys and Girls Clubs of America, Photo Club, Art Club, Community Club, Technology Club, Babysitter’s Club, Keystone Club and Torch Club.

With an open gym, baseball field, basketball courts and a portable skate park, sports are a big part of the center’s activities.

“We do a lot of sports year-round from baseball, football, hockey, soccer — just to name a few,” said Otis Forrest, assistant facility director, Youth Services.

There is a two-day assessment to judge the children’s abilities and then teams are created to make an even playing field for competition, said Forrest.

“It’s not confined just to the center,” said Forrest. “We are involved with Parks and Recreation as well as other military installations.”

For the community surrounding Fort Carson, they can get in on the action too. On the first Friday of every month, the Youth Services Center opens up its basketball courts to all community children.

Middle school children are welcome to come and play between 6-9 p.m. and 9 p.m. to midnight, reserved for high school students.

“It has been really packed,” said Forrest. “Sometimes while children are waiting to play, we will open up the center and let them come in to play pool and utilize other things in the facility.”

The Youth Services Center has quite a few outings planned for members to enjoy this summer.

“We plan to do some field trips this summer to go swimming, roller skating and bowling,” said Pazdera. “We are also planning to go to Etlich Gardens, Water World, Mr. Biggs, Turkey Creek and as well as a number of hiking trips.”

The Youth Services Center programs and services are for youths in grades 6 to 12. To use the programs and services offered by the Youth Center, youths must register with Child Youth Services through the Central Registration Office. The cost for registering is $18 per youth or $40 per family.

There is an extra fee for the “Before and After School Safe Haven” program, which is from 5:30 a.m. to noon and is for children grades 6 to 8 only. This fee is based on the family’s income.

There is also an additional sports fee for those participating in those activities.

If the destination of a field trip requires an entry fee, families must pay that, but transportation is provided.

Families are allowed a trial day to determine if the center is something they wish to pay for if they have reservations about signing up, said Pazdera.

Youth Services members must be prepared to sign-in and sign-out and present their CYS Photo Identification cards (if applicable) in order to access the Youth Services Center facility, check out game equipment, and participate in special activities such as field trips or dances.

Youth members also have access to a television and lounge area, SkiesUnlimited classes, homework center and technology lab.

Youth Service’s goal is to provide a safe, healthy environment with programs that promote the well-being of youths. They strive to assist the youths in acquiring the knowledge, skills and character that will enable them to become independent, productive, and contributing members of society.

They enable servicemembers and civilians to focus on the military mission by providing programs and services that create a sense of family and well-being, according to the CYS Web site.

The Fort Carson Youth Services Center is located at building 5950, on Ware St. For more information on Youth Services, visit the CYS Web site at www.carsoncys.com or call them at 526-2680.

Photos by Spc. Stephen Kretsinger

Garin Oden, left, 15, dunks on Brandon Taft, 15, in a friendly one-on-one game of basketball Monday at the Youth Services Center. The center offers many sports opportunities for youths such as baseball, hockey, basketball, football, inline skating and much more.

Paul Untalan, 14, pulls a backside air while inline skating at the Youth Services Center Monday. The center has equipment that children can check out while participating in Youth Services activities or they can bring their own if they prefer.
**Exiled Spouses Charitable Organization**

Exiled Spouses Charitable Organization will host the following events in June and July:

- **June 7:** Meeting and bingo with spa prizes 6 p.m. at the Waa-Nibe house at 6 p.m. Families are invited.
- **June 11:** Hiking and picnics at the Garden of the Gods. Meet at the visitor center at noon or call 510-4708 after 10 a.m. on the day of the event to get the name of the picnic area. The event is free to all ESCO members and their families.
- **June 20:** Send cookbook recipes by close of business to CarsonESCO@hotmail.com to have them published in the ESCO cookbook.
- **July 12:** Meeting and bingo with spa prizes 6 p.m. at the Waa-Nibe house. Bingo cards are 25 cents each or five for $1.
- **July 16:** Miniature golf at Hitt’s Mini Golf at 4 p.m. The address is 3402 N. Academy Boulevard. Cost is $1.75 per person for 18 holes.

For more information about events, or to volunteer, e-mail CarsonESCO@hotmail.com.

**Volunteers needed** — A traveling three-quarter scale replica of the Vietnam Veterans Memorial in Washington, D.C., called the Dignity Memorial Vietnam Wall Experience, will be in Colorado Springs July 1 to 4. The exhibition honors all U.S. veterans and will be open to the public 24 hours a day at a Memorial Gardens Cemetery, 3825 Airport Road. Volunteers are needed to help assemble and disassemble the memorial, read the names, and assist in programs and ceremonies. Please call 471-2128 to volunteer.

**Commissary closure** — The Fort Carson Commissary will close June 6 at 5 p.m. and remain closed June 7 and 8, due to store expansion. However, there will be a case lot sale June 7 and 8 9 a.m. to 4 p.m.

**Mowing schedule** — The mowing schedule for May for GMH Housing will be: Ute Hill, Cheyenne Thursday and Choctaw and Cherokee Tuesday.

**JPPSO Closure** — The Joint Personal Property Shipping Office will be closed Friday because of fire-alarm testing. JPPSO will reopen Tuesday at 7:30 a.m. If you have an emergency or need immediate assistance, contact Mr. Hickens at 554-9229.

**Help wanted** — Fountain-Fort Carson school district has openings for food service workers and a central kitchen manager for the 2005/2006 school year. For more information, call Dawn at 383-1334 or apply in person at 11355 Old Pueblo Road, Fountain.

**Heating/cooling Change** — The Directorate of Public Works has begun the seasonal transition from heating to cooling. As always, the transition will be completed by type of facility to maximize comfort for the occupants and users of all the facilities. Following is the timeline for the transition:

- **June 6:** Billing facilities and buildings located in the following blocks — 800 through 1600; 1800 through 2700; 2900 through 3200; 3600 through 3800; 7400; 8000 and 9000.
- **June 7 to June 14:** Industrial area of installation and all buildings located in the following blocks — 200 through 900; 6000; 6100; 7400; 9000 and all outlying areas.
- **June 15 to June 22:** All motor pools, warehouses and storage facilities.
- **For more information,** contact Don Fuhrman at 526-2215.

**Head Start alumni campaign** — In honor of its 40th anniversary, Community Partnership for Child Development, the nonprofit agency that operates the local Head Start and Early Head Start programs, is launching a communitywide campaign to locate adults who formerly attended the Head Start program, as well as their families.

Personal success stories about how the program influenced lives will be compiled and displayed throughout the community later this year. CPCD will host a Head Start anniversary celebration in October with Head Start alumni as special guests.

Head Start families can contact CPCD with their story and information. Call Jennifer Lange at 635-1536, ext. 323, or e-mail jlange@cpcd.org or visit CPCD Web site at www.cpcdheadstart.org.

**Summer Food Service Program** — Through a federal program, Fountain-Fort Carson Youth Services District 8 will offer free breakfasts and lunches to anyone 18 and under Mondays through Fridays, beginning June 27 through July 21 (closed July 4). Breakfast will be served from 7:30 to 8:30 a.m. and lunch will be served from 11:30 a.m. to 12:30 p.m.

The meals will be offered at the following locations: Aragon Elementary (211 S. Main Street) and Mountain View Elementary.

**Father’s Day Web site** — Stars and Stripes, the only daily publication serving the U.S. military, will be posting Father’s Day messages on its Web site at www.stripes.com.

To send a free message, visitors may go to www.stripes.com and click on the Father’s Day button. Father’s Day messages can be posted through Friday.

**Yard sales** — The annual Fort Carson Mayors Yard Sales are held twice a month, April through December, on the first and third Saturday of the month, 8 a.m. to 3 p.m. Single Soldiers and military families (active or retired) who reside off post also have the opportunity to participate. On-post residents can set up in front of their homes, while single Soldiers and off-post residents can set up in the Beacon School parking lot.

The Army Community Service Mayoral Program Coordinator and the Housing Liaison office organize and coordinate the yard sale with the help of military police to reinforce the guidelines for the yard sale.

All Sellers must comply with all guidelines. Schedule for yard sales is: June 4 and 18; July 2 and 16; Aug. 6 and 20; Sept. 3 and 17; Oct. 1 and 15; Nov. 5 and 19; and Dec. 3 and 17. For additional information, please contact your village mayor/deputy mayor or the mayoral program coordinator at 526-1082 or 526-1049.

**A.A. meeting** — There is an Alcoholics Anonymous meeting every Wednesday at Soldiers’ Memorial Chapel from 7 to 8 p.m. Anyone can attend the meeting. For more information, call Frank A. at 322-9766.

**Kit Carson Activity Center** — Fort Carson Family Housing’s Kit Carson Activity Center is available for use by Fort Carson residents. The center can be used for birthday parties, Bible studies and other events free of charge. The center has a maximum capacity of 60 people and includes a great hall, which can be divided into two rooms, and a catering kitchen that has a sink, refrigerator, two microwaves and several countertops. To reserve the center, call Christie Fultz at 579-1042.

**For other information about Fort Carson Family Housing,** call 226-2268.

**Energy Assistance Program** — The Home Front Cares and Energy Outreach Colorado are sponsoring a new energy assistance grant available to all military personnel (active duty, reservists and National Guard) who are assigned and live within the Pikes Peak region and who need financial assistance.

Assistance is available to all military personnel and family members in all ranks residing off-post or off-base in the Pikes Peak region. Assistance consists of a one-time payment of an energy bill such as gas, electricity, oil, coal, propane, (or firewood or pellets if only source of heat.)

Need for assistance for payment must first be identified and verified by the Army Community Service or Air Force Family Support Centers.

**Tax center** — The Fort Carson Tax Center is open to assist customers in preparing 2004 taxes by appointment only.

The tax center is in building 6284, 7086 Albancea Loop, located Off Woodfill Road, across from the Colorado Inn.

For more information or to make appointments, contact the tax center at 526-5572 or 526-5573.

**Veterinary Treatment Facility** — Fort Carson’s Veterinary Treatment Facility has added an additional phone line. The clinic can be reached for appointments by calling 526-3803 or 526-4520.

**Claims against the estate**

With the deepest regrets to the family of Spec. Ricky William Rockholt, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Aaron Scheer, 526-1943.

With deepest regrets to the family of Staff Sgt. Thor Ingraham, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Dan King, 526-1323.

With deepest regrets to the family of Pfc. Nolles Messmer, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Jonathan Martin, 426-2373.

With deepest regrets to the family of Sgt. Jacob Mark Simpson, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Kevin Evans, 524-4798.
We stand on each other's shoulders

Commentary by
Chaplain (Capt.) David Deppmeier
Protestant chaplain at Soldiers’ Memorial Chapel

It happened years ago along a river bank in the United States. There, a channel was constantly dredged to allow barges to come in and out. The dredged-out sand was then dumped into huge sand hills on the banks of the river. These hills offered a fun, but deadly, playground for adventurous children.

That’s because, sometimes an unsuspecting child, climbing to the top would collapse the outside crust, sink down inside the hill and be buried alive.

One night, two brothers didn’t come home for dinner, and their bikes were found outside the fence of these sand hills. The family, along with other rescuers, began a frantic search for the two boys. By God’s grace, they finally found one, but he was buried up to his chin in the sand. Because of the pressure of the wet sand and muck around him, he wasn’t breathing so they started digging him out. When they uncovered him down to his waist, the boy regained consciousness and the family members asked, “Do you know where your brother is?”

The boy looked down and said, “I’m standing on his shoulders.”

It was Henry Van Dyke who once prayed:
“Renew the courage that prevails
The steady faith that never fails
And makes us stand in every fight
Firm as a fortress to defend the right.”

May God, who is our Fortress, help you stand firm today as you serve to protect and defend our great nation—just as those who have served before you have done. None of us stand on our own strength. We stand on the strong shoulders of family members, friends, fellow servicemembers—even those who have gone before us.

Memorial Day gives us the chance to remember with gratitude the men and women in uniform who gave their lives so that others could stand. Every life sacrificed is a stepping-stone to freedom.

Today, we stand on their strong shoulders, for with their own lives, they’ve lifted us up.

Chapel

Protestant Women of the Chapel — PWOC meets every Tuesday at Soldiers’ Memorial Chapel from 9 to 11:30 a.m. Any questions, please call Barbara McNaughghay at 310-7693.

Native American Services — The He Ska Akicita Inipi, is located on Fort Carson. All native and non-native people, military personnel, family members and Department of Defense personnel are welcome.

Anyone interested in attending and praying in this manner can contact Michael Dunning at (h) 382-5331, (c) 330-9537, or (e-mail) michael.dunning@carson.army.mil, or Charles Erwin at (h) 382-8177, (e-mail) erwin106@uno.com, or Zoe Goodblanket at 442-0929 for more information and directions.
Contact Pat Treacy at 524-2458. Please register today. For information during duty hours and on Sunday morning. Space is limited; forms at Soldiers' Memorial Chapel, building 1500. Religious Education programs. Underway for all Catholic Family Education — Bible exploration, lead music and crafts and direct games.

Interested people should contact Kathy Wallace at 392-4788 or Pat Treacy at 524-2458.

Kathy Wallace at 392-4788 or Pat Treacy at 524-2458.
Yard of the month takes pride, effort

by Pfc. Clint Stein

Mountaineer staff

Having a green thumb isn’t the only skill needed by Fort Carson residents for having a lawn worthy of receiving Yard of the Month.

The criteria for receiving the village honor are based on overall appearance and compliance with certain regulations.

One of the more obvious violations that can hamper a person’s chance of receiving yard of the month is the misuse of watering, said Dominque Haftmann, mayor of Kiowa Village. “If someone is watering every day without a permit, that’s an automatic disqualification in my village.”

Each mayor of the different housing villages, along with the area coordinators and deputy mayors nominate a yard and choose a winner. Haftmann said although no two villages are judged exactly the same, if a watering violation occurs repeatedly by a resident, most likely it doesn’t matter where they live, they will not receive Yard of the Month.

According to the Fort Carson watering schedule, residents can water their yards twice a week. Residents living in even numbered addresses can water on Wednesdays and Sundays. People living in odd numbered addresses can only water on Wednesdays and Saturdays. The time of day for watering is before 9 a.m. and after 6 p.m.

Although these hours during the day still allow for a lot of daylight, employees at the Self Help department said to use the water sparingly. “You want to water in 15-minute cycles,” said one Self Help employee, “15-minutes on and 30-minutes off to allow time for the water to soak into the ground and not run down the street.”

If residents want to plant grass seed, they can get a special watering permit that allows them to water every day within the same hours. The permit may be acquired at the Self Help department, along with a free bag of grass seed if needed.

For questions about self help or watering restrictions, call 579-1605. Even with the perfect lawn, Haftmann said peoples’ yards may still not look pleasing to the eyes. “Children’s toys scattered in the yard are a real eye sore,” she said. Other things such as children’s swimming pools and trash cans should also be put away at the end of the day.

A few little things residents can do to improve their chances of winning Yard of the Month is some yard maintenance. “Pulling weeds or planting some flowers are some easy-to-do improvements to the yard,” said Haftmann. “But you don’t have to go out and spend a lot of money improving your yard.”

There may be yards that are well above the rest in the village, but new rules only allow one resident to win per quarter. “Everybody has a fair chance to get Yard of the Month with this new rule,” said Haftmann. If chosen for Yard of the Month, the rewards can be quite beneficial. Aside from having a sign placed in the yard recognizing the resident as Yard of the Month, gift certificates for several different places on post are given out as well. If someone wins Yard of the Month a total of five times while living at Fort Carson, they will receive an assisted cleaning service whenever they clear housing. The winner will also get a certificate of achievement from the garrison commander.

But Haftmann said the biggest reward should come from the residents themselves. “People should get a sense of pride from maintaining a nice yard — it tells a lot about who you are.”

Amy Ivie pours a bag of grass seed she received from the Self Help into a spreader prior to planting the seeds in her front lawn.
U.S. Air Force Thunderbirds to perform free air show at Peterson

by Nel Lampe
Mountaineer staff
The U.S. Air Force Thunderbirds, the Air Force’s premier demonstration team, will perform at the Air Force Academy graduation Wednesday, then stay over to participate in the air show June 4 at Peterson Air Force Base.

The Thunderbirds will perform in F-16 Fighter Falcons, a multi-role fighter aircraft, painted in red, white and blue and equipped with smoke generators. The hour-long show consists of about 30 maneuvers.

Additionally, the Air Force Academy parachute demonstration team, Wings of Blue, will perform at the show, and there will be fly-bys by B-1, A-10 and C-130 aircraft.

Called “The Evolution of Air and Space,” the air show and open house will feature historic aircraft such as a P-51 fly-by and an exhibit highlighting air and space missions.

Activities and performances will be from 10 a.m. to 3:30 p.m., and will include a performance by the Air Force Academy’s “Wild Blue Country,” band, various static displays, including Army, Navy and Air Force equipment as well as demonstrations.

A “KidZone” will be set up in a hangar and will include bounce-hous es and activities for children.

Food booths will offer a variety of foods for purchase, including breakfast and lunch items throughout the day.

Because of the large crowd expected, gates will be open from 7:30 a.m. until 3:30 p.m. Visitors should expect heavy traffic and delays in getting on base and parking. The last air show held at Peterson Air Force Base attracted an audience estimated at 100,000. Base officials encourage carpooling and an early start.

The show is free and no tickets are necessary, but attendees will be subject to searches.

More details about gates and parking will be detailed in next week’s Mountaineer.
Heed safety, rules prior to riding

by Sgt. Chris Smith
Mountaineer staff

This fiscal year, 25 Soldiers have already died as the result of motorcycle accidents and many options are available to help decrease the number.

The Fort Carson Safety Office has two types of motorcycle safety classes available. The courses are a Basic Rider Course and an Advanced Rider Course.

“Motorcycle safety training is not just required to protect yourself from the inherent dangers of riding a motorcycle... it is essential,” said Ben Hutchinson, motorcycle safety coordinator for post. “You must prepare yourself with knowledge and develop your skills to safely operate a motorcycle to prevent becoming one of the statistics we read about daily.”

Out of the 25 fatalities from motorcycle wrecks, one was a Fort Carson Soldier who died in an accident on highway 115. “This is not only 25 Soldiers; they were husbands, boyfriends, fathers, brothers or friends to someone who cared about them,” said Hutchinson.

The most successful forms of prevention for motorcycle mishaps is the rider preparing himself with proper training and knowledge. Much of this can be achieved by following military regulations for motorcycle operation.

Motorcycle safety training is mandatory in order to register and operate a motorcycle on post. Both military personnel and government civilians must complete a motorcycle safety course in order to operate a motorcycle on a government installation. It is also required for operators to wear the following equipment: Department-of-Transportation-approved helmet fastened under the chin; eye protection; over-the-ankle shoes or boots; and a highly visible reflective garment or device. All motorcycles must also be properly registered and insured, and drivers need to at least possess a motorcycle learner’s permit, said Hutchinson.

The courses offered by the safety office are free to military and government civilians on post. They are also available to others wishing to operate a motorcycle on post, as it is necessary to have the course, said Hutchinson.

Operators also need to understand the actions to their passenger can cause or contribute an accident. “Be a responsible rider,” said Hutchinson. “They are not just passengers, they are co-riders.”

The post offers the two different courses for riders in order to provide a variety of training suitable to any rider. The Basic Rider Course is two and half days long and is geared towards the inexperienced or unlicensed rider. The Advanced Rider Course is a one-day course designed to help experienced riders improve their riding skills and increase riding enjoyment.

Aside from improving a rider’s skills at operating a motorcycle, the course decreases coverage rates with most major insurance carriers as they recognize the importance of proper training, said Hutchinson.

To sign up for a course on Fort Carson, Soldiers need to pick up a registration form at the Installation Safety Office, building 1550. The Soldier then needs to have the form signed by his commander or first sergeant, return it to the safety office and sign up for a course.

The safety office is planning a Motorcycle Safety Day later in the summer. For more information on the safety course, call 526-2123 or 526-2078.
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Carson hosts NWR IMA NCO and Soldier of the Year

Story and photos by Spec. Stephen Kretzinger
Mountaineer staff

The U.S. Army Garrison of Fort Carson hosted the second annual Northwest Region Installation Management Agency Noncommissioned Officer and Soldier of the Year competition May 16 through 19.

Fort Carson’s own Sgt. Larry Johnson of the Soldiers’ Memorial Chapel Unit Ministry Team won NCO of the Year. Spec. Amanda Stierwalt, an air traffic controller at Fort Lewis, Wash., won Soldier of the Year.

The contestants came from all over the IMA Northwest region. Competing alongside Johnson and Stierwalt were Sgt. Edwin Vargas, Fort Lewis; Sgt. Nicole Brown, Fort Leonard Wood, Mo.; Sgts. Kellisea Thompson, Fort Leonard Wood, Spec. Alexander Boyce, Selfridge Air National Guard Base, Detroit; and Spec. Deontra Turner, Fort Carson.


Representing the Northwest Region IMA command group were director J. Randall Robinson and Command Sgt. Maj. Terry Braddock.

The week began with an informal ice breaker at the Elkhorn Conference Center May 16 where contestants and reviewing sergeants major were allowed the chance to meet and greet each other.

The four-day competition tested the contestants in all the Soldier tasks.

On May 17 at range 51, the Soldiers started their first task where they were required to zero their rifles without assistance and then perform M-16 qualification using paper targets.

In the afternoon, Soldiers performed common-task training consisting of six tasks. All Soldiers were required to maintain an M-16 series rifle, decontaminate themselves and their equipment, communicate via tactical radio in a secure net, evaluate casualties, and perform first aid to prevent or control shock. Those competing in the Soldier category were required to control entry and exit from a registered area and preventing casuality, and perform first aid to prevent or control shock. Those competing in the Soldier category were required to control entry and exit from a registered area and NCOs were required to request a medical evacuation.

The day after the range and CTT brought an early morning physical fitness test. The Soldiers were tested on their push-ups, sit-ups and running abilities.

Later that morning, the Soldiers took a written test and later that morning, the Soldiers took a written test and wrote essays. The theme of the essay was “If I were Sergeant Major of the Army, what three things would I focus on?”

That afternoon, the Soldiers hit the land navigation course where they plotted points on a map before tackling the land navigation course at Range 8 on May 18.


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As part of an effort to show appreciation, Fort Carson hosted an Asian Pacific Heritage Celebration at the Elkhorn Conference Center May 19.
The ceremony hosted a guest speaker with strong military ties, entertainment through dancing, awards presentation and food tasting.

Chap. (Col.) Lowell Moore, installation command chaplain, started the celebration with an invocation that was followed by the singing of the national anthem by Harmony in Motion.

The theme for this year’s APH month is “Freedom for all: A nation we call our own.”


“In my entire Air Force career, I can honestly say that I never met any prejudice,” said Maruyama. “It was a wonderful career in which there were absolutely no cases I can think of where there was prejudice.”

Maruyama served 21 years in the Air Force in Japan, Vietnam, Thailand and the U.S. Air Force Academy. He also was a member of the 1964 U.S. Olympic team in Judo and served two times as head coach for the U.S. Olympic Judo team in both 1980 and 1984.

The Philippine American Club, following his speech, performed ethnic dancing. They performed a candle dance and a demanding pole dance as well.

Some Soldiers were impressed with the pole dance as the two dancers involved were consistently avoiding being caught by the poles coming together as they performed their dance.

“That (the pole dancing) was pretty impressive,” said Spc. Daniel Lewis, Bradley gunner, Headquarters Troop, 3rd Heavy Brigade Combat Team.

At the conclusion of the entertainment, Maj. Gen. Robert Mixon Jr., 7th Infantry Division and Fort Carson commanding general, presented an award of appreciation to Maruyama for his involvement in the event.

The celebration of APH month came to existence in May of 1990. The month of May was selected due to the first Japanese immigrant coming to the United States May 7, 1843.

Asian Americans have served in numerous military operations in America’s history. The 442nd Regimental Combat Team fought during World War II in Italy and France, earning more than 18,000 individual decorations, according to Santa Clara University.

Many ravenous Soldiers were able to descend upon a large buffet. The buffet was not only to satisfy the palates of the voracious Soldiers, but also to allow them to taste the food of a different culture.

“The celebration concluded with the buffet. Many Soldiers who attended found the event fitting and enjoyable.”

“It was awesome,” said Capt. Michael McMaster, executive officer, Forward Detachment, 2nd Brigade Combat Team. “It helps Soldiers understand there have been immeasurable contributions they (Asian Pacific Americans) have made to this nation.”

Members of the Philippine American Club perform a pole dance at Fort Carson’s Asian Pacific Heritage Celebration May 19 at the Elkhorn Conference Center.
**MOUNTAINEER**  
May 26, 2005

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Fort Carson’s Ironhorse Park was the cat’s meow Saturday as many four-legged animals gathered for a pet social.

The annual Fort Carson Pet Fair was held to help show pet owners the latest in pet supplies and services available in the Mountain Post and surrounding community.

Twenty-two different vendors had their products on display or information available on services they offer to help owners better care for their pets.

“This is to just let the Fort Carson community know what resources are available to them,” said Capt. Tracy Hoff, chief of Fort Carson Veterinary Services.

There were companies offering free information from things ranging from dog training services to diet foods. There were pet adoption services set up at the park in case anyone was interested in taking home a new pet.

The Fort Carson Veterinary Treatment Facility staff was also on hand to offer any kind of health information in order to help better care for a pet.

But the veterinary clinic was not all work during the fair. It held a few competitions for both pets and their owners. Contests held were for the smallest dog, biggest dog, best trick and even a pet and owner look-alike contest.

Dog owner Maurice Cutting held demonstrations of his dog’s talents throughout most of the time the fair was held. People watched as Cutting’s 2-year-old, black Labrador, Wendy, displayed her many talents as a hunting dog.

Cutting is an amateur hunting dog trainer and uses Fort Carson as the place to help train Wendy for competitions. “Fort Carson has a pond that was specifically designed and built for training hunting dogs,” said Cutting, “It’s the Wildlife Demonstration Pond.” He said for $20 a year, people can purchase a permit allowing them to use certain areas of the ranges to train dogs.

There were also dogs that didn’t have much training that were at the pet fair, but were gentle nonetheless, just being themselves. Scarlet, a 2-year-old English bulldog, strutted around Ironhorse park as if she owned all of Fort Carson, but was kept under the watchful eyes of her owner at the other end of the leash. “She looks way meaner than she really is,” said Kris Wilkins, “She’s harmless.”

Wilkins said she bought Scarlet from a breeder in order to protect her. “They (previous owners) were only using her for breeding,” she said, “They didn’t care about her well-being.”

Although Wilkins said it was very expensive to purchase the gentle giant, it was worth it. “I love her, and I just love animals.”

Saturday was Wilkins’ third time going to the pet fair and said she loves to see all the different types of dogs and animals.

Animal lovers of all kinds of breeds of dogs talked with one another about their four-legged friends and exchanged stories about their pets.

Meanwhile, the pets mingled around as far as their leashes would allow enjoying the outdoors at the park and free samples of treats.
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The historic town on the city’s West Side predates Colorado Springs by a dozen years.

The first settlement at the site was a short-lived town called El Dorado. Started in 1858, El Dorado failed to draw settlers. The next year a group of men met in Denver and started the Colorado Town Company. On Aug. 12, 1859, M.S. Beach, who had been involved in trying to establish El Dorado, and R.E. Cable arrived at the site of what is now Colorado Avenue and staked the town. It was named Colorado City, to signify the great success the company planned for the new town.

Old Colorado City, as it is now called, celebrates its past with a rip-roaring, three-day fest called “Territory Days,” a gigantic fest to celebrate the history of Old Colorado City and its importance to Colorado history. The city had a few days of fame when it was named the first capital of the Colorado Territory back in 1861.

The founders had high hopes for Colorado City to become an important supply town. There were only three ways to reach newly discovered gold fields at Tarryall, South Park and Fairplay: from Denver, Pueblo or Ute Pass. The Colorado City investors were betting on Ute Pass, which was just a trail. The Colorado Town Company hired people to construct a wagon road and paid the crew in town lots.

The town quickly grew, and soon had 200 buildings and homes.

There was no sawmill in the area, so buildings tended to be constructed of rough, hand-sawed log walls. Floors were usually dirt, and roofs were evergreen branches covered with eight or 10 inches of dirt. The trees came from Cheyenne Mountain; some people gathered stones to use as building materials.

Growth and the economy slowed when the Civil War started in 1861, although Colorado had little involvement in the Civil War.

But Colorado City did have a connection with the war. Because Texas Confederate soldiers were heading up the Rio Grande to try to take Colorado’s gold fields, the 1st Colorado Volunteers Infantry Regiment was formed and outfitted in Colorado City. The unit became the 1st Colorado Cavalry and defeated 4,000 Confederate troops at Glorieta Pass in New Mexico.

Following the Civil War, while helping establish a railroad through Colorado, Gen. William Palmer estab-
lished Colorado Springs. Palmer envisioned a genteel, resort city to attract the well-to-do. And just a few miles away was the wild and woolly town of Colorado City, with lots of bars and bordelloes, but also an opera house and several churches. The good side of town was conveniently connected with the wild part of town by a network of 12 miles of underground tunnels. The tunnels were used by discreet gentlemen who didn’t want to be seen visiting a saloon or bawdy house.

When gold was discovered in Cripple Creek and Victor, Colorado City prospered, along with Colorado Springs. Trains went through Colorado City on their way to Cripple Creek. Several gold mills were established in Colorado City as it was cheaper to send Cripple Creek ore to the downhill Colorado City mills than it was to ship locally mined coal to Cripple Creek.

The Midland Railway’s roundhouse from the gold era is near the smokestack remnant of one of the gold mills.

Gold production waned in the early part of the 20th century, impacting Colorado City’s economy. Prohibition and World War I also took its toll. Eventually, Colorado City was annexed to Colorado Springs and became known as the “West Side” or “Old Colorado City.” The city fell in disrepair.

A refurbishing and restoration effort was undertaken in the 1970s, and completed in time to celebrate Colorado’s centennial in 1976.

The revitalized historic shopping area is now a tourist attraction, boasting a variety of eating establishments, night spots, boutique shops, art galleries, stores with unique inventory, a French bakery, a doll factory, Christmas shop and chocolate factory. Michael Garman’s Gallery features statuettes of Soliders, firefighters and Western figures as well as a 1940s era “Magic Town.”

The city’s pictorial history is depicted in the Old Colorado History Center at 1 North 24th St., a Victorian-era church, which will be open during the fest.

Territory Days Street Festival starts Saturday at 10 a.m., with food vendors, crafters, artisans and entertainers along Colorado Avenue, between 23rd and 27th Streets. Food vendors cook buffalo burgers, turkey legs and roasted corn. There’ll be trampolines, bounce houses and activities for children. There’s live entertainment and mechanical bull rides in Bancroft Park. Radio stations will broadcast live and the fun will last until 7 p.m. Saturday and Sunday and until 6 p.m. Monday.

Old Colorado City is the area between 23rd and 27th Streets. Free public parking lots are ample for ordinary shopping on non-fest days, but during Territory Days parking spaces will be very scarce. Instead, visitors are asked to utilize round trip shuttle buses available from Coronado High School parking lot. Coronado High School is at 1590 W. Fillmore St. There’s a $1 fee for a round-trip ticket on the shuttle. Visitors are asked not to bring pets to Territory Days.

Old Colorado City hosts other events throughout the year: St. Patrick’s Day parade, a Saturday farmers’ market is in Bancroft Park beginning June 11. Scarecrow Days are in October and a Rocky Mountain Christmas event is held weekends in December.

To reach Old Colorado City, take Cimarron (Highway 24 west) to 21st Street, turning right at the sign for Colorado City and the historic shopping area. Go north to Colorado Avenue and turn left (west). Old Colorado City starts at 23rd Street. Or take the Fillmore Exit off Interstate 25, heading west to Coronado High School, and leave the driving to the shuttle. Trips begin at 9:45 a.m.

Old Colorado City History Center displays memorabilia from the city’s early days.

Old Colorado City’s restored historic shopping district features some unusual shops and restaurants.

Just the Facts

- Travel time: 20 minutes
- For ages: all
- Type: historic town, street fest
- Fun factor: ★★★★★ (Out of 5 stars)
- Wallet damage: free entry
  - $ = Less than $20
  - $ = $21 to $40
  - $$$ = $41 to $60
  - $$$$ = $61 to $80

(Based on a family of four)
JoyRides Family Fun Center has half-off all-day wristbands during Memorial Day weekend -- that’s $9.50 per person, today through Monday. JoyRides Family Fun Center is at 5150 Edison Ave., just off East Platte Avenue.

White lions
White lions are rare, but two of them are at Cheyenne Mountain Zoo this summer. One of the lions is mostly white, his brother is more of a tawny color. The zoo is behind the Broadmoor Hotel; follow the signs or call 633-9925 for information.

Lewis and Clark exhibit
The Denver Museum of Nature and Science has opened an exhibit called “Lewis and Clark: the National Bicentennial Exhibition which is in the museum through Aug. 21. The exhibit includes objects and artwork. The exhibit admission is $15 for adults and $6 for children, ages 3 to 17, and includes admission to the museum.

“Lewis and Clark: Great Journey West,” is an film showing in the museum’s IMAX theater through June 9. Check with the museum for film schedules. The museum’s number is (800) 925-2250, or go on line at www.dmns.org.

North Pole
Santa’s Workshop at the North Pole, at Cascade just before the Pikes Peak Highway, is open for the season. Soldiers and immediate family members get in for a discounted price of $10 each.

Rock Ledg e Ranch
Rock Ledge Ranch bigins its living history programs at the ranch, next to the Garden of the Gods entrance off 30th Street. Living history programs are at the American Indian area, the homestead’s Rock Ledge House and farm and the Orchard House. The annual sheep shearing event is Saturday when sheep will be sheared and the Pikes Peak Weaver’s Guild will demonstrate weaving, carding, skirting and dying wool. Hours at the ranch are 10 a.m. to 5 p.m. Wednesdays through Sundays for the summer. Admission is $5 for adults, $3 for teens and $1 for ages 6 to 12. Children under 6 are admitted free.

Circus is coming
World renowned Ringling Bros. and Barnum & Bailey Circus is in the Colorado Springs World Arena June 15 through 19. Performances are at 7:30 p.m. June 15, 16 and 17, and June 18 at 11:30 a.m. and 3:30 and 7:30 p.m. and June 19 at 1 and 5 p.m. Tickets are now on sale at 576-2626. Ask about the military discount.

Memorial wall
The Vietnam Wall Experience will be in Colorado Springs July 1 to 4, at the Colorado Memorial Gardens Cemetery, 3825 Airport Rd. The three-quarter size replica of the Vietnam Memorial in Washington, D.C. will be open to visitors 24 hours a day.
Program Schedule for Fort Carson cable Channel 10, today to June 3. Army Newswatch: stories on: Base realignment and closure announcements and new Buffalo vehicle. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Air Force News and Navy/Marine Corps News are no longer available separate from the Pentagon Channel. Please watch Channel 9 to see these shows.

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 military 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 desired airing time.

Fountain museum ...
The town of Fountain began drawing settlers in 1859, at about the same time as Colorado City and Denver were established. Fountain's community building was converted into a museum last year, and displays memorabilia and artifacts donated by citizens and organizations, such as early fire equipment shown above. The museum, at 114 N. Main St. in Fountain, is open from 1 to 4 p.m. Fridays and 10 a.m. to 4 p.m. Saturdays. Admission is free.

TRAILSIDE MANOR

Model Home Hours
Wed - Sat 1 - 6pm and Sun 1 - 5pm
Affordable Gated Community in Fountain! This brand new GATED COMMUNITY is a rare affordable find! Aerial at Care-Free-Living! With immediate access to the Santa Fe Trail and Fountain Creek Park. This PEACEFUL SETTING OFFERS BREATHTAKING UNOBSTRUCTED MOUNTAIN VIEWS! It is also conveniently located near the East Gate of F.P. Carson. Lots of upgrades like stucco & stone exteriors, 9' & vaulted ceilings, plus all appliances are included! There will only be (32) condominiums built in this quaint community, so reserve your home now – PRICES WILL BE GOING UP in additional phases! Built by ANDERSON HOMES – building homes in Colorado for over 35 years! Incredibly affordable price from $119,900! Located west of Hwy 87 (2) miles south of Mesa Ridge Parkway.
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Photo by Nel Lampe
If the recent weather holds up, Friday will not be soon enough for the opening of the post outdoor pool.

For the past month Don Armes, aquatics director, his staff and others have been busy getting the outdoor swimming pool ready for post patrons and it is as clean and ready as it could possibly be, according to Armes.

Getting the locker rooms clean and setting up the activities that will be available when the outdoor pool opens have been the primary focus for Armes and his team as they get ready for the upcoming summer season.

“The weather was not that great last year for the outdoor pool season, but I think it will be better this year and we will be ready to give the post community everything it needs to have a wonderful time at the outdoor pool,” Armes said.

Armes said the opening of the outdoor pool means the post community will now have two places to get quality aquatic activities. Armes said the indoor pool will still be open and offering the same classes and schedule that it currently offers.

All passes that were bought during the indoor season will be good for activities at the outdoor pool as well, according to Armes.

A feature of the outdoor pool is the snack bar area that will once again be open and offering some of the best food in town, Armes added. Armes said people can go to the pool, enjoy some swimming, have a great meal and continue swimming after digesting their food.

The post outdoor pool has two pools for youth swimmers, one of which features a spraying mist that gives the children a lot of fun while they enjoy swimming.

The outdoor pool will be open for drown-proofing classes from 7:30 to 9 a.m. and open swimming from 10 a.m. to 5:45 p.m. Monday through Friday.

The pool will be open on weekends and holidays from 10 a.m. to 5:45 p.m. The cost for outdoor pool activities are $3 (adults and active duty), $1.50 (children 3-to-12) and free (children 2 and under).

For more information on the outdoor pool, call 526-4456.

Don Armes, left, aquatics director, and Paige Bergeaux make sure the bolts are tightened on the diving boards.

Chris Canfield, left, and Gregory Wilt wash down the deck of the outdoor pool as they help prepare for its opening Friday.

Candace Okker, right, and Tiffany Kurak test the chlorine level of the outdoor pool.
One of the best things about Sunday’s American Motorcyclist Association event at the Pikes Peak International Raceway was the interview conducted with Jessica Zalusky, a rider at the event.

No, it wasn’t the fact that Zalusky was the only female driver at the event. Rather, it was the fact that Zalusky is the spouse of a Soldier, Eric McGowan of Fort Lewis, Wash. Zalusky went out of her way to say thank you to the military community for supporting the event and then went on to say how proud she was of her husband and the other Soldiers fighting for our nation in Iraq and Afghanistan.

By the way, the day at the track was a lot of fun, and if you want to have some good entertainment this summer there will be plenty of action at the Pikes Peak International Raceway.

Some of the featured events in the coming months are: Rocky Mountain Classic, July 3, featuring United States Auto Club & Star Mazda Series Racing. An added event will be southern Colorado’s largest July 4 fireworks show after the races.

On July 22 and 23, the ITT Industries Systems Division & Gould’s Pumps Salute to the Troops 250 NASCAR Busch Series Race will be presented by the Dodge Freedom 150 NASCAR AutoZone Midwest Series Race sponsored by King Soopers. After the races Tracy Lawrence and Cowboy Crush will perform live in concert.

Had a chance to talk to a guy that got a special gift from his wife for his birthday Sunday.


“It was a great birthday present from my wife and my family, and I enjoyed the show,” Oestreich said.

The Sky Sox are once again celebrating Military Mondays at Security Service Field this year.

The Sky Sox will play the Portland Padres, the San Diego Padres top affiliate Monday at 1:05 p.m. at Security Service Field in Colorado Springs in the last military Monday game for close to a month. The next military Monday game will be June 27 when the Fresno Giants, the San Francisco Giants top
affiliate, come to town to play the Sky Sox at 12:30 p.m. There will be three military Monday dates in July. Free group tickets for active duty, retired, reserves, guard, Department of Defense employees and their families are available at the post Information, Tickets and Registration office under the “Buy One-Get One Free” plan. Call the Sky Sox at 597-1449 for more information. The Directorate of Morale, Welfare and Recreation is sponsoring its first Colorado Springs to Denver Express Run as part of the Fitlinxx program.

No one is going to run from the Springs to Denver as part of this program, according to Lori Martindale, Garcia Physical Fitness Center and Forrest Fitness Center manager. However, people should get ready to have an enjoyable time with this program, Martindale said.

“We are looking for about 30 people to take part in this program that will use our treadmills to simulate a person walking from Fort Carson to the Pepsi Center in Denver over an eight-week period. This program will be supervised by two certified personal trainers and should be a lot of fun, a great way to get healthy and a great way to get in shape,” Martindale said.

Martindale said people can sign up at any of the post fitness facilities for the program, in three different age categories, until Friday at noon. The age categories are 18-to-30, 31-to-54, and 55 and older.

The competition will begin Friday and is scheduled to end July 29. For more information on the program, or to sign up, contact Annette Wallace at 526-2137 or Ernie Costello at 526-2742.

Military ties ...

Military spouse and race driver Jessica Zalusky, right, talks with a Pikes Peak International Raceway official after her race Sunday at the raceway.
Anyone interested in competing for the post’s Army Ten-Miler Team that will compete in Washington, D.C., in October should make the tryouts at the Special Events Center each Tuesday, Wednesday and Friday at 6:15 a.m.

Prospective team members are currently running abbreviated courses, beginners, 3.6 miles, intermediate, 5 miles and advanced, 6 miles.

Anyone interested in being a part of the Ten-Miler Team should make arrangements to be at a tryout or give John Crean a call at 526-2941.

The Memorial Day holiday signals the annual Bolder Boulder road race in Boulder Monday.

A highlight of this year’s event will be the special section of Folsom Field, the football home of the University of Colorado Buffaloes. The section will be reserved for all veterans and active duty military who will be recognized during a special ceremony. Also, anyone can run the race this year in honor of a family member or friend who “proudly served their country” according to Bolder Boulder officials.

In previous years, units from the Mountain Post have taken part in the celebration by running as a unit or in formation. Race organizers are once again looking for people from the Mountain Post to be a part of the celebration. Any unit that would like to place a team in the race can contact race organizers by e-mail nancy@bolderboulder.com or by calling (303) 444-7223, ext. 20.

The Rocky Mountain State Games will be played July 28 through 31 at Fort Carson and in the Colorado Springs area.

There will be many activities played during the games with most of the popular summer sports represented. Fort Carson will host bowling and power-lifting competitions. The opening ceremonies will be held at the World Arena in Colorado Springs.

Here is the schedule for the Lady Mountaineers action at Skyview softball complex in Colorado Springs.

Wednesday — 7 p.m.
vs. AWASP
June 8 — 9 p.m.
vs. A Swing and a Prayer
June 15 — 6 p.m.
vs. Twisters
June 22 — 7 p.m.
vs. Knew Fear
June 29 — 6 p.m.
vs. AWASP
and 7 p.m.
vs. Lady Shooters
July 6 — 8 p.m.
vs. Kelly O’Brien’s
July 13 — 7 p.m.
vs. A Swing and a Prayer
July 20 — 6 p.m.
vs. Twisters
July 27 — 6 p.m.
vs. Lady Shooters

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Photo by Walt Johnson

Interservice slam ... Army’s Russell Smith gets set to spike the ball during a practice session for the interservice team at the Special Events Center. The team will begin action Thursday in Denver.

From Page 33

Photo by Walt Johnson

Interservice slam ... Army’s Russell Smith gets set to spike the ball during a practice session for the interservice team at the Special Events Center. The team will begin action Thursday in Denver.

From Page 33

Photo by Walt Johnson

Interservice slam ... Army’s Russell Smith gets set to spike the ball during a practice session for the interservice team at the Special Events Center. The team will begin action Thursday in Denver.
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March 11, 2005

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Fountain Valley
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This Memorial Day, let us remember those whose sacrifice made our freedom possible. Each day is a reminder. We can never thank them enough.