



## Culinary excellence



Photo by Dani Johnson

Spc. Katelyn Tran, with the Fort Carson Culinary Team, places sauce on her chicken dish March 12 during the student chef event at the 43rd Annual Joint Culinary Training Exercise (JCTE), Fort Lee, Va. Military members competing in the student chef event have less than two years in the career field. Tran competed as an apprentice to Sgt. 1st Class Steve Behr, with the Fort Carson Culinary Team, Armed Forces Chef of the

Year. Tran was selected for the U.S. Army Culinary Arts Team. The JCTE ran from March 10-15 at the MacLaughlin Fitness Center and was administered by the Joint Culinary Center of Excellence, the largest ACF-sanctioned competition in North America. This year's exercise showcased the talent of 237 military chefs from all branches around the globe to include four international teams. See story on pages 16-17.

# 3-61 CAV assumes new role in Kosovo

By Spc. Jarel Chugg  
 19th Public Affairs Detachment

**CAMP MARECHAL DE LATTRE DE TASSIGNY, Kosovo** — Lt. Col. Donald Braman and Command Sgt. Maj. Jasan Weaver, the command team of

the 3rd Squadron, 61st Cavalry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division, uncased their battalion's colors while the outgoing unit cased its colors, which represented the beginning of one mission and the end of another with the Multinational Battle Group-East (MNBG-East) during a ceremony March 17.

"Over the past nine months, the Forward Command Post has truly made a difference in the region throughout operations," said Commander Lt. Col. Kevin Taylor, 3-319 Airborne Field Artillery Regiment, 1st Brigade

See Kosovo on Page 4

### Message board

**Women's History Month observance Monday at noon at the Elkhorn Conference Center**

### Inside



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# Commentary

## NCO CREED

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army". I am proud of the Corps of noncommissioned officers and will at all times conduct myself so as to bring credit upon the Corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!



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# News

Army vice chief of staff:

## Women vital to ‘strength of our Army’

By David Vergun  
Army News Service

WASHINGTON — History is replete with inspiring examples of female Soldiers who served, said the Army’s vice chief of staff.

“Today, women are a vital part of the strength of our Army,” said Gen. James C. McConville, who spoke Monday on Capitol Hill as part of the 10th Annual U.S. Army Women’s Summit.

The general said a female inspired him very early on in his own career.

That woman, Gale O’Sullivan Dwyer, was his classmate during high school in Braintree, Massachusetts. Coincidentally, McConville and Dwyer both entered the same class at the U.S. Military Academy at West Point, New York, he said.

At the time, McConville acknowledged that he had some challenges going through the academy. It was Dwyer who inspired him to persevere, he said, describing her as a little over five feet tall and about 100 pounds but “tough as nails.”

“She had tremendous character and resilience, was extremely smart and super physically fit,” he said. “She motivated me every day by her presence.”

Dwyer later wrote a book with the fitting title: “Tough As Nails: One Woman’s Journey Through West Point.”

Throughout his career, McConville said he’s seen “hundreds of formations with women, motivating Soldiers left and right.”

The vice chief of staff provided another account of a female Soldier who inspired him. When he was a brigade

commander in the 1st Cavalry Division in Iraq in April 2004, he said he got a call from the 1st Armored Division, saying that enemy fighters were on the verge of overrunning a small outpost in Najaf.

Fortunately, McConville said he had a team of Apache helicopters available, led by Chief Warrant Officer 2 Cindy Rozelle, outside of Baghdad. The helicopter team launched, arrived at Najaf in about 35 minutes, and came in shooting, he related. “I don’t recall any of those Soldiers whose lives were saved talking about her gender,” McConville said. “They were just happy to be alive.”

### Some recent milestones

McConville listed some recent achievements made by women in the Army:

- Last year, Simone Askew became the first African-American woman to hold the position of First Captain of the U.S. Military Academy’s Corps of Cadets. Askew was also selected as a Rhodes Scholar.
- Last fall, six women earned Expert Infantry Badges during testing at Fort Bragg.
- By the end of 2017, more than 600 female Soldiers were in infantry, armor



Photo by Cadet Alex Werden

Cadet Simone Askew (right) leads her freshman class on a road march at the U.S. Military Academy.

See Women on Page 4

# 18 IN INSIDER

YOUR ANNUAL GUIDE TO THE PIKES PEAK REGION

Pick up the Insider, your guide to all things ‘must do, must see, must eat and must drink’!



Think of us as your best friend who lives here and discover all things we’ll take you to experience from an in-the-know, local’s point of view.

Find the Insider first inside the April 4 Independent and then around town at high traffic locations throughout the summer and, of course, at [csindy.com](http://csindy.com).

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# Sewer system overflows becoming common problem on post

By Jeff Farmer and Jim Casey

Directorate of Public Works Environmental and Operations and Maintenance Divisions

Recently the Directorate of Public Works (DPW) staff noticed an increase in sanitary sewer overflows. An overflow of the sewer system occurs when raw sewage is discharged from the collection system before it has reached the wastewater treatment plant.

The most common cause of these overflows are fats, oils and grease from homes and restaurants. Fats, oils and grease are problematic for the sewer system as they solidify within the sewer pipes and block water flow. Adding to the blockage is the excessive disposal of items like paper towels, household cleaning wipes and nonflushable personal care wipes into the sanitary sewer system.

Fort Carson is responsible for the safe and effective collection, transportation and treatment of wastewater generated on the installation. According to Chris Markins the Directorate of Public Works operations and maintenance contractor T&H Services' plumbing

supervisor, the DPW spends more than \$18,000 each year to repair pumps, unclog sewer pipes and perform water damage mitigation caused by sewage backups and overflows. About 80 percent of the backups and overflows could be eliminated by the proper disposal of household greases and nonbiodegradable items.

Preventive maintenance is the most effective way to protect the sewer system and help eliminate disease-causing bacteria and protect human and environmental health. Below are tips to help avoid unsightly and unhealthy sewer overflows in housing areas, parks and streets.

Do:

- Dispose of cooled kitchen fats, oils and grease in a sealed container and dispose of it in the household trash can.
- Dispose of paper nonbiodegradable items such as towels, diapers, feminine hygiene products, cigarette butts and cleaning wipes in the household trash can.



Photo by Tammy Collins

**Sewer system overflows are harmful to human health and the environment and costly to manage.**

- Protect drains with a screen.
  - Dry scrape leftovers into a trash bin, not the sink.
  - Set the example and educate family and friends on proper ways to maintain sewer system pipes.
- Don't:
- Don't wash grease down the drain, it will harden and clog pipes.
  - Don't put wipes in the pipes.
  - Don't use the toilet as a wastebasket.
  - Don't put degreasers in the system, as they push grease into the system.
  - Don't remove manhole covers, as they prevent debris and sediment from entering the system. 🗑️



Photo by Spc. Jarel Chugg

**Lt. Col. Donald Braman and Command Sgt. Maj. Jasan Weaver with the 3rd Squadron, 61st Cavalry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division, uncash their colors, where they assume their new mission with the Multinational Battle Group-East during a ceremony March 17 at Camp Marechal de Lattre de Tassigny, Kosovo.**

## Kosovo

From Page 1

Combat Team, 82nd Airborne Division from Fort Bragg, North Carolina "I could not be more proud of the formation."

During the ceremony, Taylor transferred authority to Braman for the Kosovo Force 24 mission.

"Lt. Col. Talyor and the 'Gun Devil' battalion, thank you for your professionalism and enthusiasm," said Braman. "The 'Destroyers' squadron could not be more fortunate to assume this mission from you. We had a fantastic hand over, take over and wish you the best. I am sure we will see you on some distant battlefield in the future."

Col. Michael Spraggins, the MNBG-East commander, spoke of the enthusiasm for the incoming Soldiers and for the upcoming missions.

"There are many excited Soldiers standing before you today," said Spraggins. "Some are excited because they are about to accept a new mission. They anxiously await full reigns to (begin) this challenging new assignment. In the military, we breed that spirit of adventure, of seizing the initiative."

Spraggins also mentioned the eagerness of the outgoing Soldiers for having accomplished their mission.

"There is another group that is excited here today," Spraggins continued. "That is the 3-319th (Field Artillery), under Lt. Col. Taylor's command. They are excited because they can go home (and) reunite with their Family and friends. I'm certain they are also excited because they can do so with the knowledge that they served their nation and our NATO alliance well." 🗑️

## Women

From Page 3

and artillery positions that were only recently opened up to women.

- Today, every infantry, armor and artillery battalion in every single active-duty brigade combat team has women assigned — up to hundreds in some BCTs.
- 10 women graduated from Ranger School.
- 17 percent of the Army or 174,000 Soldiers, consists of women. That number approaches the active-duty end strength of the Marine Corps.

### Talent management

Now that all military occupational specialties are open to women, it's more important than ever that the Army knows how best to identify and use the talent it has in its workforce.

McConville said that talent management is about putting the right person in the right job at the right time. Another part of talent management, he said, is "leveraging the strength of diversity." Women are an important part of that diversity, he said.

Unfortunately, the Army's current personnel management system focuses on just two factors: rank and military occupational specialty. That's a very incomplete picture of Soldiers, each of whom has a unique set of knowledge, skills, abilities and aspirations, McConville said.

He added that the Army wants to manage Soldier talent using as many as 25 variables. Examples of those variables include language skills and foreign experience.

The Army is now getting ready to field the Integrated Personnel and Pay System — Army (IPPS-A), which will, among other things, allow the Army to document a much wider array of talent than what it currently does. A pilot program in one of the captain's career courses used this talent management approach, McConville said.

The first phase of IPPS-A will be fielded by the Guard this fall and in the active and Reserve components next year, he said.

Getting this done right is important, he emphasized. "The Army is about people, its most important weapon system." He added

that when done right, a talent management system that works will encourage good people to stay in the Army.

### Hall of fame inductees

The 10th Annual Hall of Fame induction ceremony followed. The U.S. Army Women's Foundation recognized women who distinguished themselves in service to America. Inductees included:

- Brig. Gen. (Ret.) Anna Mae Hays (posthumous), served as an Army nurse overseas during World War II and led the Army Nurse Corps at the height of the Vietnam War. In 1970 she became the first woman in the U.S. armed forces to attain the rank of brigadier general.
  - Maj. Lisa Jaster; Capt. Kristen Griest; and 1st Lt. Shaye Haver, are the first women ever to successfully complete the U.S. Army's Ranger School.
  - Sgt. Heather L. Johnsen (1996); Sgt. Danyell E. Wilson (1997); Staff Sgt. Tonya D. Bell (1998); and Sgt. Ruth Hanks (2017), all served as Army Sentinels at the Tomb of Unknowns.
  - Maj. Gen. (Ret.) Pat Hickerson, who paved the way for women serving in the U.S. Army and in ways that had previously been unheard of.
  - Brig. Gen. (Ret.) Malinda Dunn, an Army judge advocate.
  - Command Sgt. Maj. (Ret.) Evelyn Hollis, the first African-American female command sergeant major of a combat arms unit.
  - Col. (Ret.) Pat Jernigan, an Army women's advocate who aided in the preservation of the history and stories of Army women.
  - Chief Warrant Officer 4 (Ret.) Petrice McKey-Reese, who served for 30-year as a parachute rigger, and the first African-American female to ever be designated a rigger warrant.
  - Barbara Scroggin, the first female All-Army Women's Boxing champion.
  - Chief Warrant Officer 5 (Ret.) Mary Cara Smalley (posthumous), a pioneer for women aviation officers, and the first female regular Army warrant officer and aviator to achieve the rank of chief warrant officer 5 in 1995.
  - Lt. Col. (Ret.) Yvonne Doll and Ruth VanDyke, co-authors of the "Guardians of Peace" series.
- Some 200 service members, veterans, lawmakers and leading employers attended the day's events. 🗑️

# Military

Humanitarian exercise

## 2IBCT works with National Guard

Story and photo by Staff Sgt. Neysa Canfield

2nd Infantry Brigade Combat Team Public Affairs Office,  
4th Infantry Division

**KANDAHAR, Afghanistan** — With the constant discussion of low precipitation, drought is a major concern for Afghan leaders and civilians, according to local Afghan media outlets.

Keeping concerns such as this in mind, Resolute Support – Headquarters (RS-HQ) coordinated a Humanitarian Assistance and Disaster Response (HA/DR) exercise with the support of Train, Advise and Assist Command-South (TAAC-South), Sunday - Monday.

Lt. Col. Ken Smith, strategic plans officer for RS-HQ, said leaders of TAAC-South, which is comprised of members of the 40th Infantry Division, California National Guard and 2nd Infantry Brigade Combat Team, 4th Infantry Division, were specifically selected to participate in the training.

RS-HQ is a NATO-led organization focused on helping Afghan security forces and institutions to develop the capacity to defend and protect the country of Afghanistan.

The two-day exercise consisted of scenarios involving floods, drought, earthquakes and a mass refugee crisis and was led by Afghan leaders and planners.

The purpose of the HA/DR exercise is to test Afghan leaders on their ability to react at a national and regional level with contingency plans for HA/DR events, according to Smith.

“Many of the (Soldiers) of TAAC-South are members of the California National Guard back in the states,” said Smith. “They have experience with disaster response, whether it’s part of their civilian job or as members of the guard, so this was a great opportunity to have them share what they have learned (during those events) with our (Afghan counterparts).”

Soldiers with TAAC-South advised Afghan



**Brig. Gen. John W. Lathrop, commanding general for Train, Advise and Assist Command-South, speaks to an Afghan senior leader, Monday, during a Humanitarian Assistance and Disaster Response exercise in Kandahar, Afghanistan.**

leaders on HA/DR events through discussions before the exercise and provided feedback on the courses of action from the exercise.

Two Soldiers served as subject matter experts, Maj. Nathan Wall and Sgt. Maj. Aaron Cardoza, both members of the 40th Inf. Div.

“No one plans for a disaster to happen on their doorstep,” said Wall, deputy logistics officer, TAAC-South. “Reaction time is key, (our partners) don’t have to suffer with not knowing what will and won’t work because we can bring that to the discussion and help them not have to start from ground zero.”

Wall, who is a preventive medicine officer in the California National Guard, said his biggest concern during the humanitarian assistance and disaster response was planning for displaced individuals and non-battle injuries such as disease, which he wanted to share his knowledge with Afghan allies.

“More people die after a disaster than during ... in my experience,” said Wall. “Things like cholera, E.coli, loss of food ... all of these things can be prevented, or at least reduced by planning where to stand a field sanitation

See Humanitarian on Page 12

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Soldiers with the 588th Brigade Engineer Battalion, 3rd Armored Brigade Combat Team, 4th Infantry Division, battle the Orchard Canyon Fire in training area 38 on Fort Carson March 4.



# 3ABCT assists Carson firefighters

Story and photos by  
Staff Sgt. Ange Desinor

3rd Armored Brigade Combat Team,  
Public Affairs Office, 4th Infantry Division

Early one Sunday afternoon, Soldiers of 588th Brigade Engineer Battalion, 3rd Armored Brigade Combat Team, 4th Infantry Division, and Fort Carson Fire and Emergency personnel battled the Orchard Canyon Fire near Gate 5 and the Navajo Village housing area March 4.

Staff Sgt. Michelle Kay Maschino, squad leader, Company B, 588th BEB, and 13 other engineers cleared burned debris to help contain the blaze.

Maschino received a call from her platoon leader instructing her to recall all available Soldiers to the company to help combat a fire burning on post.

Upon receipt of mission, Maschino sprang into action.

“After my platoon leader called, all I could think about is how big the fire was, what the damage was already and I prayed nothing else would happen,” said Maschino. “I called all of my (NCOs) and told them to (send any nearby Soldiers) to the company area.”

The engineers staged their bulldozers, donned their protective gear and were ready to move out to the affected areas within 45 minutes.

“We loaded up our equipment and



Lt. Col. George A. Mitroka, commander, 588th Brigade Engineer Battalion, 3rd Armored Brigade Combat Team, 4th Infantry Division, speaks to Soldiers of 588th Brigade Engineer Battalion, 3rd ABCT, expressing his gratitude for their dedication to the unit, March 9.

rolled out,” she said. “It took us about 15 minutes to get to the golf course . . . , stage and find out where to go from there.”

Once on scene, firefighters directed the Soldiers to begin excavating the area near the hospital to prevent the fire from spreading.

“They informed us they needed a firebreak from the hospital fences across the hill to prevent the fire from

getting over to the hospital or coming back toward” 10th Special Forces Group (Airborne) compound, said Maschino.

Maschino and her Soldiers worked diligently, clearing a 1,800-meter strip of earth between the fire and the post.

After a few hours, the fire died out and the Soldiers were allowed to load their equipment and head back to the motor pool.

Pleased with their quick response, Command Sgt. Maj. Timothy L. Metheny, 4th Inf. Div. and Fort Carson, presented the Soldiers with coins as a sign of recognition and gratitude for their dedication to the unit and safety of the Mountain Post Families, Soldiers and the surrounding community.

“I just wanted to say thank you, thank you for hard work,” said Metheny. 🇺🇸

## Weather hotline

Call **526-0096** or go to  
<http://www.carson.army.mil>  
for Fort Carson road conditions  
and delay/closure information.

# AER kicks off 2018 campaign with twist

By **Scott Prater**  
Mountaineer staff

Army Emergency Relief (AER) leaders have changed tactics for this year's fundraising campaign. In the past, Army Community Service and its local AER staff hosted a kickoff event at a large venue, where they invited Soldiers and their Families to attend and learn about how AER assists local Families.

This year, however, national AER headquarters staff have structured a campaign where they split information sessions among smaller groups and conduct focused training for each.

For example, brigade and battalion-level leaders attended the first AER training session Thursday, when Maj. Gen. Randy A. George, commanding general, 4th Infantry Division and Fort Carson, were to join AER Deputy Director, retired Col. C. Eldon Mullis, at the William "Bill" Reed Special Events Center for the first campaign training session. That first session served as this year's kickoff event, but it also served to inform and motivate senior Fort Carson military leaders about this year's AER campaign.

"Our AER donations have been down the last couple of years, compared to previous years," said Fred Lewis, Fort Carson AER officer. "That's not only at Fort Carson. Donations have been down across the Army, so we really want to share, with leadership, the importance of encouraging our Soldiers to give."

At press time, Wednesday, inclement weather was expected to prevent Mullis and his team from visiting Fort Carson

"It's important that Army leaders reinforce the idea that historically, Soldiers

have given to their fellow Soldiers," said Lewis. "They've donated to AER because they understand how the program has assisted Soldiers and their Families. The AER was created to assist Soldiers who face unforeseen emergencies, and this campaign presents an opportunity for them to take care of their battle buddies. A donation may be small or it may be great, but we encourage them to give something."

*"The AER was created to assist Soldiers who face unforeseen emergencies, and this campaign presents an opportunity for them to take care of their battle buddies."*

— Fred Lewis

This year marks the 77th year AER has delivered financial assistance to Soldiers and Families in need of support.

The nonprofit organization, created in 1942, operates through donations and offers both grants and short-term zero-interest loans to Soldiers in times of need. Since 2008, AER has provided more than \$80 million a year to deserving military members. Since 9/11, it has distributed nearly \$1 billion.

Friday, the AER training team was to meet with military spouses, command financial NCOs and junior enlisted Soldiers in separate training sessions.

"We ask active-duty Soldiers and retirees to donate — that's our target market," Lewis said. "And, what we've seen is at Fort Carson, our retirees are carrying the program. Even though many are

on a fixed income, they still donate to AER because they still have that strong value of taking care of other Soldiers. We need to continue that legacy of helping fellow Soldiers."

The theme for this year's AER campaign is, "There for Those Who Serve."

"Our goal is to have 100-percent contact with every Soldier," Lewis said. "We want to give every Soldier the opportunity to give."

While recently completing a training session with about 80 AER campaign coordinators and key workers, he said the idea of reaching out to community members and non-retirees was brought up as well.

"Many of our retirees are government civilians, and what we hope is when we are collecting donations, other civilians will ask if they can donate as well," Lewis said. "We do take donations from our civilian counterparts."

People can donate to AER with cash, check or pay allotments and those are pre-tax dollars. Donations can be accepted online as well at <https://www.aerhq.org>.

"This donation is really a small amount when you think about it," Lewis said. "We ask people, 'Can you give up one latte or one fast-food sandwich a month to help a fellow Soldier?' That's less than 1 percent of a person's income."

Soldiers and Families who experience an emergency financial situation can apply for AER grants and loans through their unit command financial counselor or by walking into the Army Community Service office at Fort Carson.

Fort Carson assisted 1,327 Soldiers and Families with AER funding for such expenses as rent, automotive repairs and other emergency scenarios in 2017, Lewis explained.

"Last year Fort Carson's AER program provided \$61,000 in grants," he said. "But, our program received only \$54,000 in donations." 🐾

## MILITARY FAMILY CAMP

May 27-June 2, 2018  
or June 3-9, 2018

Does your Family crave adventure, excitement, laughter and fun or a break from the daily stresses of life? Be part of Military Family Camp at Young Life's Trail West! Active duty Soldiers and their Families will enjoy one week of activities and relaxation in the beautiful Rocky Mountains.

Families with a deployed spouse and single parent Families are encouraged to attend as well.

Space is limited, so apply now!

**For more information about Club Beyond and Military Family Camp:**  
Debi Nancarrow | (719) 381-1865 | [dnancarrow@clubbeyond.org](mailto:dnancarrow@clubbeyond.org)  
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# 1st Space Brigade inducts new NCOs

Story and photo by Dottie White

U.S. Army Space & Missile Defense Command/Army Forces Strategic Command Public Affairs Office

U.S. Army Space and Missile Defense Command (SMDC)/Army Forces Strategic Command's 1st Space Brigade hosted a ceremony to welcome 14 new Soldiers into the NCO corps March 9 at Fort Carson.

The NCO induction ceremony is a traditional event, which celebrates newly promoted sergeants joining the ranks of the NCO corps and emphasizes the pride and esprit de corps all NCOs share as members of an elite group.

Retired 1st Sgt. Darryl Thomas, 1st Space Brigade, victim advocate specialist and guest speaker for the event, told the newly promoted NCOs to take care of Soldiers.

"Be aware of what your Soldiers are going through and what they need to make it," Thomas said. "Train them right and above all else, be a leader not a follower."

Following Thomas' remarks, each Soldier passed under the NCO arch as he crossed the stage, the symbolic gesture of officially entering the NCO corps, before they were congratulated and presented certificates by Thomas and Command Sgt. Maj. Scott Sutherland, command sergeant major, 1st Space Brigade.

Once the inductees received their certificates, they followed Sutherland's lead in reciting the Creed of the Noncommissioned Officer. The ceremony concluded with everyone in attendance singing the "Army Song."

Following the ceremony, Sutherland said it was great to induct these young NCOs into the backbone of the Army.

"They are being recognized as they go through the arches in the time-honored tradition so all can see the importance of what is put on their shoulders as they become young leaders," he said. "They will

become the first sergeants and sergeants major for our forces in the future, and they will continue to uphold the Army's traditions."

An inductee, Sgt. Dontavious Thomas, 1st Space Battalion, said he knows the induction is the first step in an NCO's career and he is grateful to become an NCO.

"Becoming an NCO means becoming a part of the backbone of the Army and becoming a leader," said Dontavious Thomas. "I plan on leading from the

front and leading by example. If I tell my Soldiers to do something, it's something I've done in my career or I plan on doing."

Another inductee, Sgt. Brian Lisko, a member of Headquarters and Headquarters Company, 1st Space Brigade, said it was an honor and a privilege to be a part of the ceremony.

"This is something I've been looking forward to for a long time," Lisko said. "I've had a lot of NCOs who I've looked up to, and to follow in their footsteps and the footsteps of my grandfathers, who both served in World War II in the Army, is definitely a privilege and an honor.

Lisko has big plans as a new NCO, one of them being to keep current Soldiers in the Army.

"In my role as an NCO, I'd like to help retain the NCOs of tomorrow," continued Lisko. "A lot of kids come in and they get out after four years as specialists. Hopefully the knowledge of having already done that and having the opportunity to come back in, (I want to impart) that wisdom on (the junior enlisted to) help retain future NCOs."

Brig. Gen. Tim Lawson, deputy commanding general for operations, SMDC, said he was proud of the newly inducted NCOs.

"This is a great day for the nation, the Army and 14 NCOs," he said. "No other country has an NCO corps that rivals ours. Today, we witnessed the ushering in of the next generation of junior leaders who will continue this legacy."



Sgt. Dontavious Thomas, 1st Space Battalion, 1st Space Brigade, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, passes under the NCO arch symbolizing his official entry to the NCO corps during a ceremony at Fort Carson, March 9.

## Deployment training

**Below:** Soldiers from Company A, 2nd Battalion, 23rd Infantry Regiment, 1st Stryker Brigade Combat Team, 4th Infantry Division, conduct rapid delivery system training with 1st Special Forces Group personnel in order to ensure Special Forces and Conventional Forces integration, prior to deploying to Afghanistan. Soldiers were able to train with the Lightweight Tactical All Terrain Vehicle and a Boeing CH-47 Chinook cargo helicopter, from 4th Combat Aviation Brigade, 4th Infantry Division. **Right:** Soldiers from 1st Stryker Brigade Combat Team, 4th Infantry Division, conduct training with the Carl Gustav M3 recoilless rifle with 1st Special Forces Group personnel to ensure Special Forces and Conventional Forces integration prior to deploying to Afghanistan. During the training the Soldiers used high explosive anti-tank ammunition (HEAT), an Armor Piercing Shaped Charge.



Photos courtesy 1st Special Forces Group (Airborne)



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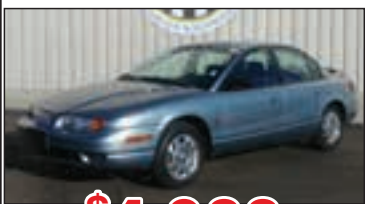


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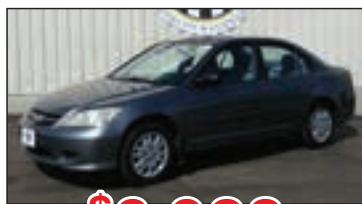
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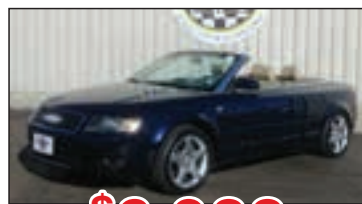
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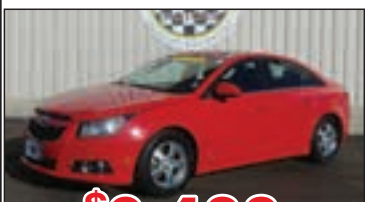
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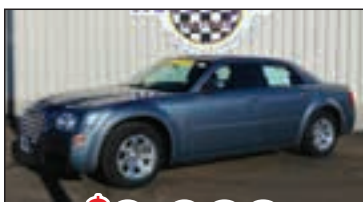
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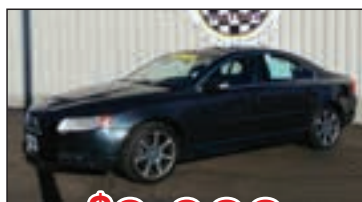
**\$9,488**

**2012 CHEVY CRUZE LT**  
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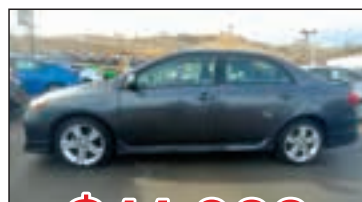
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**2006 CHRYSLER 300** — Only 25,000 original miles, Carfax, 1 owner, auto, loaded. Nice, nice car! Stock# 10592



**\$9,988**

**2009 VOLVO S-80 AWD** — Auto, A/C, AM/FM/CD, leather, moonroof & low miles. Original MSRP was over \$45,000. Stock# 182987A



**\$11,988**

**2013 TOYOTA COROLLA S**  
Auto, A/C, AM/FM/CD, power moonroof, alloy wheels, rear spoiler, window tint, loaded! Stock# 182423A



**\$13,488**

**2015 KIA SPORTAGE AWD**  
Auto, A/C, AM/FM/CD, alloy wheels, window tint, economical SUV. Stock# 182049A



**\$13,988**

**2015 VW BEETLE TURBO**  
Low, low miles, auto, leather, panoramic moonroof, alloy wheels, must see. Super nice car!  
Stock# 182950A



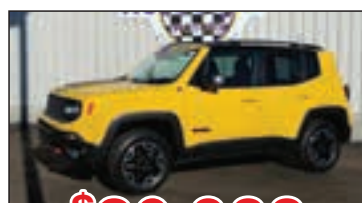
**\$13,988**

**2014 BUICK VERANO**  
Only 23,000 low miles!  
Auto, fully loaded, alloy wheels. Super nice car! Stock# 10599



**\$16,488**

**2013 NISSAN JUKE SL AWD**  
Low, low miles, auto, leather, moonroof, alloys, tint, super sharp!  
Stock# 183069A



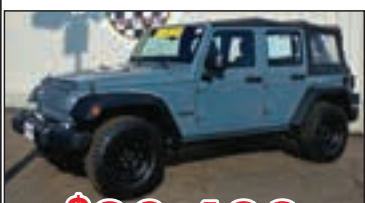
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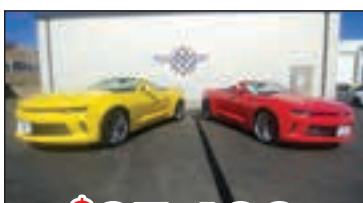
**\$21,988**

**2016 CHEVY CAMARO**  
Only 5,000 miles, 6-speed, sport suspension, 275 hp turbo, 20" alloy wheels, technology package, rear spoiler, must see! Stock# 10561



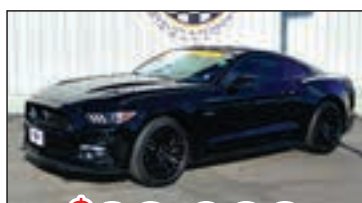
**\$26,488**

**2014 JEEP WRANGLER 4-DOOR 4 X 4** — Low miles, auto, A/C, Big wheels/tires, fully loaded. Ready for 4 X 4 fun! Stock# 183099A



**\$27,488**

**2018 CHEVY CAMARO CONVERTIBLES** — RS package, 20" alloys, rear spoiler, power seat, fully loaded & low miles!  
Stock# 10626 – 10627



**\$28,988**

**2015 FORD MUSTANG GT PREMIUM**  
Only 15k miles, performance pkg., 6-speed, nav., leather, Shaker stereo, heat/cool seats, tint. Must see!  
Stock# 10544



**\$31,688**

**2017 JEEP WRANGLER 4 X 4 4-DOOR**  
Low, low miles, big wheel/tire package, auto, fully loaded. Ready for summer fun! Stock# 10636



**\$37,988**

**2015 CHEVY SUBURBAN LT 4 X 4**  
Auto, navigation, moonroof, rear DVD, heated leather seats, 8 passenger seating. Stock# 183246A

## Military Briefs

### Hours of operation

#### Joint Personal Property Shipping Office (JPPSO)

— Personnel creating their own shipments in the Defense Personal Property System (DPS) must submit required documentation (two copies of DD1299, orders and amendments, if applicable), to the JPPSO in building 1525, inside the Mountain Post Soldier Center, and receive mandatory face-to-face counseling. Hours are: front desk, Monday-Thursday, 7:30 a.m. to 4 p.m. and Friday, 9 a.m. to 4 p.m.; DPS self-counseling face-to-face, Tuesday and Friday at 9, 9:30, 10 and 10:30 a.m.; and DPS self-counseling lab, Tuesday and Friday, 1-3:30 p.m. Call 526-3755 to schedule a DPS appointment.

**Fort Carson Retirement Services** — operates Monday-Friday from 7 a.m. to noon and 1-3:30 p.m. in building 1525 room 308. The phone number is 526-2840.

**Military Claims Office** — is located at 1633 Mekong Street, building 6222, and is open Monday-Friday from 9 a.m. to noon and 1-4 p.m. The office no longer adjudicates Personnel Claims Act (PCA) claims, but can provide general claims assistance. Household goods claimants must report their loss or damage directly to the transportation service provider (TSP) by fax or through the Defense Personal Property System at <http://www.move.mil> within 75 days of delivery. Claims must be submitted to the TSP within nine months of delivery for full replacement value. All PCA claims, including household goods, personal vehicle shipment and incident to service loss, are now being adjudicated by the Center for Personnel Claims Support at Fort Knox, Kentucky, which can be reached at 502-626-3000. To file a claim, visit <http://www.JAGCNet.army.mil/pclaims>. The Fort Carson claims office can be reached at 526-1355.

**Soldier for Life Transition Assistance Program (SFL-TAP)** — has combined several services at one location and is open Monday-Friday 7:30 a.m. to 4 p.m.; it is open training holidays but closed on federal holidays. Call 526-1002/6465 to schedule a predeployment brief or a professional development brief. Visit <http://facebook.com/FortCarsonSFLTAP> for upcoming job fairs and job postings.

- **SFL-TAP Center, building 6237, room 100, 1626 Elwell Street near Carson Middle School, 526-1002** — services include a computer lab to complete the prepreparation video at <http://www.sfl-tap.army.mil>; initial counseling Tuesday from 8-9:30 a.m. and 2-3:30 p.m.; Wednesday-Thursday from 8-9:30 a.m., 10-11:30 a.m. and 2-3:30 p.m.; and Friday from 8-9:30 a.m.; Individual Transition Plan/CAPSTONE review Thursday from 1-2 p.m.; and clearing (only location to clear), Monday-Friday from 9 a.m. to 3 p.m.
- **Transition services in building 6237** — include mandatory weekly

### Of note

#### Veterans in Piping — United Association (UA)

Veterans in Piping (VIP) program is an intense, accelerated training program in the field of pipe welding. This program is designed for active-duty service members transitioning from the military with a separation/retirement date of plus or minus one month of the class end date. Upon successful completion of the full-time, 18-week training program training, each graduate is placed in a five-year UA apprenticeship program with guaranteed job placement. Graduates can be placed in over 300 locations across the United States. Information sessions are held on the first Friday of each month at 9 a.m. in the Education Center, building 1117, room 203B. Service members can also meet with UA representatives on the second and fourth Fridays

five-day program that covers transition overview, Military Occupational Skill Crosswalk, financial planning, U.S. Department of Labor employment workshop and Veterans Affairs benefits; career counseling; transition resources; job fairs, resource fairs and employer days.

- **Transition services in building 1118, room 133** — Biweekly elective classes available following the five-day TAP program include social networking, Bring Your "A" Game, employer day, advanced résumé, federal résumé, interview techniques and dress for success. Two-day tracks consist of entrepreneurship and technical.
- **Soldier Family Assistance Center, building 7492, 524-7309/7310** — services are for Warrior Transition Unit Soldiers.
- **Logistics Readiness Center Supply and Services**
- **Central issue facility, building 1525** — Monday-Friday, 7:30 a.m. to noon and 12:30-4 p.m. Last customer is served at 3:30 p.m.
- **Reparable exchange/directed exchange or turn-in** — Monday-Friday, 7:30 a.m. to noon and 12:30-4 p.m. on a walk-in basis. For faster turn-in service, call 526-3321 for an appointment.
- **Ammunition supply point, building 9370** — Monday-Friday, 7:30 a.m. to noon and 1-4 p.m. Last issue/turn-in to ASP is at 2:30 p.m.; exceptions coordinated on case-by-case basis.
- **Subsistence Support Management Office, building 350** — Monday-Friday, 7:30 a.m. to noon and 12:30-4 p.m.; call 526-4086/5195.
- **Post Supply Support Activity, building 330** — Monday-Friday, 7:30 a.m. to noon and 12:30-4 p.m. Last customer served at 3:30 p.m.; call 526-9094.
- **Installation Property Book Office, building 330** — Monday-Friday, 7:30 a.m. to noon and 12:30-4 p.m.; call 526-5984.
- **Post Laundry, building 1525** — Monday-Friday, 7:30 a.m. to noon and 12:30-4 p.m. Last customer served at 3:30 p.m.; call 526-8804.
- **Bulk fuel point** — Monday-Friday, 8 a.m. to midnight.
- **Hazardous Material Control**

at 9 a.m. at Soldier for Life Transition Assistance Program, building 6237, room 207.

**Veterans Local Government Management Fellowship Work Plan** — is a 16- to 20-week program, in partnership with Department of Defense Military Installations, designed to provide a comprehensive experience for service members transitioning out of military service who have an interest in local government. Since the position requires a great degree of involvement in areas such as utilities, public safety, economic development, financial management, public works, and community development, the fellow will receive a broad base of experience. Each fellow's experience will be tailored depending on the needs of the organization and the desires of the fellow. Visit <http://vlgmf.org> for more information.

**Center, building 400/406** — Monday-Friday, 7:30 a.m. to 4 p.m. Contact administration operations at 526-5349 or the warehouse at 526-2979.

**Directorate of Public Works work orders** — Directorate of Public Works Business Operations and Integration Division Work Management Branch, located in building 1219, is responsible for processing work orders (Facilities Engineering Work Requests, DA Form 4283). The Work Management Branch is open for processing work orders and other in-person support from 7-11:30 a.m. Monday-Friday. Afternoon customer support is by appointment only and can be scheduled by calling 526-6112.

**Medical Activity Correspondence Department office hours** — The Correspondence (Release of Information) Office in the Patient Administration Division hours are Monday-Wednesday and Friday 7:30 a.m. to 5 p.m., and Thursday from 7:30 a.m. to 12:30 p.m.; closed federal holidays. Call 526-7322 or 526-7284 for details.

**Fort Carson Trial Defense Service** — is able to help Soldiers 24/7 and is located in building 2354. During duty hours, Soldiers should call 526-4563. The 24-hour phone number is 526-0051.

### Briefings

**Casualty Notification/Assistance Officer training** — The 4th Infantry Division and Fort Carson commanding general has directed all Soldiers, sergeant first class through command sergeant major, chief warrant officer 2-5 and officers, captain and above, to attend Casualty Assistance Officer and Casualty Notification Officer Training. The three-day training course is held monthly at Prussman Chapel. Soldiers must register through their school NCO. Call 526-5613/5614 for more information.

**Retirement briefings** — are available at <http://www.carson.army.mil/dhr/DHR/MPD/PPB/RetirementServices.html>. Call 526-2840 for details.

**ETS briefings** — are available at <http://www.carson.army.mil/dhr/DHR/MPD/PPB/Transitions.html>. Call 526-2240/ 8458 for details.

**Reassignment briefings** — visit <http://www.carson.army.mil/dhr/DHR/MPD/PPB/Briefings/Levy.html>.

See Briefs on Page 14



BOSS meetings are held the first Wednesday of each month at 2 p.m. in The Hub conference room.

Call 524-2677 or visit the BOSS office in room 106 of The Hub.

Text "follow CarsonBOSS" to 40404 to receive updates and event information.

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# Prevention is key



Soldiers compare notes and study various sections of material during Applied Suicide Intervention Skills Training (ASIST), an interactive workshop in suicide first aid, earlier this month. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan to support their immediate safety. During the workshop participants learn to understand how attitudes affect views on suicide and interventions, provide suicide first aid, identify key elements of an effective suicide safety plan and implement, improve and integrate suicide prevention resources in the community, as well as recognize other aspects of suicide prevention including life-promotion and self-care. Workshops are conducted at the installation level on a monthly basis and can work with requests. The next workshop is scheduled for April 16-17. For more information call Cherl Paxton at 526-0401.

Photo courtesy suicide prevention program management

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# Soldiers to hang up uniforms

Mountaineer staff

Six Soldiers will be honored for their service to the nation during a retirement ceremony Wednesday at 10 a.m. at the William “Bill” Reed Special Events Center.

- They are:
- ❑ Col. Deborah A. Wilson, U.S. Army Space & Missile Defense Command/Army Forces Strategic Command, Peterson Air Force Base
  - ❑ Chief Warrant Officer (3) Nathan J. Shay, 2nd Infantry Brigade Combat Team, 4th Infantry Division
  - ❑ Chief Warrant Officer (2) Robby D. Thomas, Headquarters and Headquarters Battalion, 4th Inf. Div.
  - ❑ Sgt. Major Sanford E. Long Jr., 3rd Armored Brigade Combat Team, 4th Inf. Div.

- ❑ 1st Sgt. Gloria Fatuesi, 2nd IBCT, 4th Inf. Div.
- ❑ 1st Sgt. Gaylon V. Johnson, 4th Sustainment Brigade, 4th Inf. Div.
- ❑ Master Sgt. Bernardo Colón De León, 3rd ABCT, 4th Inf. Div.
- ❑ Master Sgt. Gilbert Ramirez Jr., 3rd ABCT, 4th Inf. Div.
- ❑ Sgt. 1st Class Christopher Ornelas, 1st Stryker Brigade Combat Team, 4th Inf. Div.
- ❑ Sgt. 1st Class Geoffrey D. Potter, 2nd IBCT, 4th Inf. Div.
- ❑ Sgt. 1st Class Ronnie M. Blea, 3rd ABCT, 4th Inf. Div.
- ❑ Staff Sgt. Travis V. Williams, 71st Ordnance Group (Explosive Ordnance Disposal) 



Meet **Staff Sgt. Anna Smith**, the 4th Infantry Division and Fort Carson Soldier of the Week. Smith is a platoon sergeant with the Signal, Intelligence and Sustainment Company, Headquarters and Headquarters Battalion, 4th Infantry Division. During a recent 4th Inf. Div. command post exercise, Smith led her team of 10 Soldiers to install a tactical component network (TCN) within 20 minutes. The network was used to provide training and education to more than 150 Soldiers during the exercise. Her foresight and technical expertise contributed to her team’s ability to successfully relocate the TCN for two tactical command posts. Smith is known as a problem solver and is highly motivated. She is an excellent representation of what a Soldier should be. HHBN and the “Ivy” Division are better organizations having Smith as a leader within their ranks. Steadfast and Loyal!

*Soldier of the Week*  
**READY NOW**  
*4ID and Fort Carson*



Correction to March 16 Soldier of the Week. Sgt. Adam Tucker’s unit was incorrect. He is with Troop A, 3rd Squadron, 61st Cavalry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division.

## Humanitarian

From Page 5

station, dining facility, sleeping quarters, latrines ... planning is crucial.”

Cardoza, the operations sergeant major for TAAC-South, also emphasized the importance of planning to the senior leaders.

“Over my years of service I have participated in floods, fires and earthquakes as part of the guard,” said Cardoza. “You can’t plan for every scenario but by staging vehicles, equipment, having Soldiers or personnel trained, food or

water packaged you can speed up the reaction time and ultimately be able to save people’s lives and homes.”

For Col. Mohammad Soroush, plans officer, Afghan Ministry of Defense, the exercise was extremely helpful for him and his fellow leaders.

“It’s important for us to go over these types of scenarios,” said Soroush. “Any course of action we decided to conduct takes effort and coordination and we always need to have a contingency plan or else we could fail and lose lives.”

Soroush said the best part of the exercise was learning from subject matter experts such as Wall, Cardoza and other

40th Inf. Div. Soldiers.

“You really have to think about everything: shelter, food, equipment, personnel,” said Soroush. “Myself and the rest of the leaders were very excited to get to hear and learn from what they have gone through.”

Along with the disaster planning, Wall also emphasized the importance of working as a team regardless of whether members are military, law enforcement or national or regional level representatives.

“To be able to bring people together from north, south, east and west Afghanistan and go over what each of their capabilities are during a disaster is amazing,” said Wall. “When disasters happen, the military usually plays a small role in a very big operation, and to build a relationship with everyone and come together is just the beginning of a much bigger partnership.”

Wall said he hopes they are able to build a partnership similar to what California has.


“If there is an event in southern California, those who live in the area are expected to take care and comfort their Families, while the guys up north

come over and take care of us and what is happening around us,” said Wall. “We help each other as a state, and I hope we were able to relay the importance of that relationship today during the exercise.”

Soroush said he saw the importance of partnership between governmental organizations because of the exercise.

“Exercises and training make everything better because we are able to see our downfalls, especially during the after action review when we all come together,” said Soroush. “We are now able to see what worked and what didn’t. So when a tragedy happens, we can select the best course of action to be successful as a team.”

Wall said events similar to this mission, make him proud to be part of the National Guard.

“To be able to come ... half (way) around the world to represent my country, state and the guard with our expertise, that’s what being a National Guard Soldier is about,” said Wall. “We are not just Soldiers with specific (military occupational specialties), we are also civilians with regular jobs and that, I believe, helps us with the way we think and plan for things.” 

*“Exercises and training make everything better because we are able to see our downfalls, especially during the after action review when we all come together.”*

— Col. Mohammad Soroush

# The MICC Carson hosts open house

Story and photos by Amber Martin  
Special to the Mountaineer

The Mission and Installation Contracting Command (MICC) – Fort Carson hosted a Small Business Acquisition Forecast Open House event for approximately 165 local businesses Tuesday at the Colorado Technical Institute.

The goal of the open house is to educate and inform small business vendors on the contract bidding process as well as what requirements Fort Carson is looking to fill this year.

“This event is an excellent opportunity for the local contractor base to ask questions and to be made aware of the proposed upcoming contract requirements from Fort Carson,” said Lt. Col. Thomas McFall, MICC - Fort Carson director and commander, 918th Contracting Battalion. “Contractors play a very important role, providing that subject matter expertise and capability that enables our Soldiers to focus on their mission.”

MICC – Fort Carson has a variety of forecasted requirements to fulfill the post’s mission to train and prepare Soldiers for deployments. Some of those requirements this year include an Unmanned Aircraft Systems (UAS) launch and recovery site at Camp Red Devil

Training Area, traffic control construction to Gate 4 on Fort Carson, as well as repairs and renovations to the Fort Carson Education and Readiness Center.

Outreach to small businesses in the socioeconomic fields are especially important to increase the federal government’s goals to put money back into local communities and businesses and assist disadvantaged businesses. The MICC – Fort Carson helps manage these goals and monitors how much money is set aside for businesses and the percentage of contracts being awarded.

“The MICC small business program’s desire is to continue to maintain small business transparency to drive business results,” said Angela Arwood-Gallegos, small business professional, MICC – Fort Carson small business program. “We are looking to increase participation of the small business socioeconomic categories such as women-owned small businesses and service disabled veteran-owned small businesses.”

The federally mandated socioeconomic categories include: small businesses, small disadvantaged businesses, service disabled veteran-owned small businesses, women-owned small businesses, and



**Janneke Schroats, right, director of national accounts, West Division at AvKare, Inc., discusses a business opportunity with Angela Arwood-Gallegos, small business professional, Mission and Installation and Contracting Command (MICC) – Fort Carson Small Business Programs, at the MICC Small Business Acquisition Forecast Open House event held at the Colorado Technical University Tuesday.**

historically underutilized business zones small businesses. The MICC – Fort Carson contracting office sets quarterly contract award goals for small businesses and each socioeconomic category. This year the MICC – Fort Carson has already exceeded those goals by 90 percent for the first and second quarter.

“I think that the set asides are very important,” said Tracy League, chief executive officer of League Commercial Refrigeration and HVAC, LLC. “It’s hard for women to get into some of these predominately male company owned areas, heating ventilation and air conditioning has very few females in the field. While we (League Commercial Refrigeration and HVAC, LLC) have not been on any set aside contract, we are going to start looking at it.”

The MICC – Fort Carson hosts a Small Business Acquisition Forecast Open House event each year to fulfill the MICC – Fort Carson commanding general’s directive to expand small business vendor awareness of MICC – Fort Carson procurements. In fiscal 2017 MICC – Fort Carson awarded approximately \$74.4 million in contracts, 86.8 percent of that went to small businesses.

“We want to find small businesses in the local community to fill these requirements,” said Lt. Col. Jason Klopff, executive officer, 918th Contracting Battalion and MICC – Fort Carson. “This open house event gives them the opportunity to grow their business and put money back into the Colorado Springs community. It allows small business owners to become aware of what is out there and creates more competition by expanding the pool of capable vendors.”



**Sean Keebler, left, owner of Bulldog Protective Solutions, takes notes at the Mission and Installation and Contracting Command (MICC) Small Business Acquisition Forecast Open House event put on by the MICC – Fort Carson team at Colorado Technical University Tuesday.**

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**Briefs**

From Page 10

**Disposition Services Colorado Springs** — located at 1475 Wickersham Blvd., building 324, conducts orientations by appointment. The orientations discuss Disposition Services' processes to include turning in excess property, reutilizing government property, web-based tools available, special handling of property and environmental needs. To schedule an orientation training, call 352-4186; for receiving/turn-in questions, call 526-9689; for environmental questions, 526-0289; and reutilization/transfer/donation RTD, call 466-7002.

**Army ROTC Green-to-Gold** — briefings are held the first and third Tuesday of each month at noon at the education center, building 1117, room 120. Call University of Colorado-Colorado Springs Army ROTC at 262-3475 for more information.

**Ongoing**

**The 4th Infantry Division Command Maintenance Evaluation and Training (COMET) Team** — is tasked to support the Fort Carson installation maintenance and supply posture by providing technically proficient personnel as trainers, mentors and evaluators. The COMET Team also offers refresher training in areas such as Global Combat Support

System (GCSS-A) Property Accountability; Commander's Pre-Change of Command class; Command Supply Discipline Program (CSDP, staff and unit level); Financial Liability Investigation of Property Loss (FLIPL) Preparation; Supply Support Activity (SSA) Operations; Chemical, biological, radioactive and nuclear; arms room operations; maintenance operations, driver's training program; Preventive Maintenance Checks and Services (PMCS) training; Army Test, Measurement and Diagnostic Equipment (TMDE) program; and motor pool shop operations; that can be scheduled for individual or group training. For more information or to schedule training, visit the COMET team in building 1435, room 193, or contact Tim Howarth at 503-3095 or [thomas.howarth3.ctr@mail.mil](mailto:thomas.howarth3.ctr@mail.mil).

**Directorate of Public Works services** — Services range from repair and maintenance of facilities to recycling support. Following are phone numbers and points of contact for services:

- **Facility repair/service orders** — Call the DPW operations and maintenance contractor, T&H Services, at 526-5345 to place a service order. Use this number for emergencies or routine tasks and for reporting wind damage, damaged traffic signs or other facility damage.
- **Elevator maintenance** — Call the T&H Services desk at 526-5345.

- **Refuse/trash and recycling** — Call Eric Bailey at 491-0218 or email [eric.e.bailey4.civ@mail.mil](mailto:eric.e.bailey4.civ@mail.mil) when needing trash or recycle containers, trash is overflowing or emergency service is required.

- **Facility custodial services** — Call Bryan Dorcey at 526-6670 or email [bryan.s.dorcey.civ@mail.mil](mailto:bryan.s.dorcey.civ@mail.mil) for service needs or to report complaints.

- **Motor pool sludge removal/disposal** — Call Jack Haflett at 526-6206 or email [jack.m.haflett.civ@mail.mil](mailto:jack.m.haflett.civ@mail.mil).

- **Troop construction** — Call Tony Haag at 526-2859 or email [anthony.d.haag.civ@mail.mil](mailto:anthony.d.haag.civ@mail.mil).

- **Base operations contracting officer representative** — Call Jerald Just at 524-0191 or email [jerald.d.just.civ@mail.mil](mailto:jerald.d.just.civ@mail.mil) for questions on snow removal, grounds maintenance and contractor response to service orders.

- **Portable latrines** — Contact Amy Henry at 524-0786 or [amy.henry1.civ@mail.mil](mailto:amy.henry1.civ@mail.mil) to request service or to report damaged or overturned latrines.

**Sergeant Audie Murphy Club** — meets the second Tuesday of each month from 11:30 a.m. to 12:30 p.m. at Evans Army Community Hospital in the Aspen Room. The club is named after Audie Leon Murphy, the most highly-decorated Soldier in American history. To be a member, a Soldier must be recognized as an NCO of the highest quality, demonstrating both leadership and performance. Armywide, SAMC membership reflects the top 1 to 2 percent of NCOs. Email [pao@samampc.org](mailto:pao@samampc.org) for more information. 🇺🇸

**Fort Carson dining facilities hours of operation**

DFAC	Stack	Wolf	Warfighter (Wilderness Road)	LaRoche 10th SFG(A)
Friday	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5:30-7 p.m.	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: <b>Closed</b>	Breakfast: 7:30-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: <b>Closed</b>
Saturday-Sunday	Brunch: 9:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
Monday-Thursday	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5:30-7 p.m.	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: <b>Closed</b>	Breakfast: 7:30-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: <b>Closed</b>



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Sexual Harassment/Assault Response & Prevention hotline: 338-9654

# Community

*'Go Further with Food'*

## Make healthful food choices

By **Alexandra Shea**

U.S. Army Medical Department Activity-Fort Carson Public Affairs Office

Many people start the New Year with a night of good food, friends, family and a morning full of resolutions. The most popular resolution resembles a popular goal of losing those last 10 pounds.

Resolutions, like any healthy lifestyle change, require diligence and a little helpful information.

March is National Nutrition Month and is meant to educate Soldiers and their Family members on how to make healthy food choices to better fuel the body. It is also imperative to have appealing menu items for the whole family — this will help families save money.

“This month doesn’t just focus on better food choices but also focuses on reducing food waste and meal planning, which saves families money,” said Col. Haiddie L. Prata, chief of clinical services, Nutrition Care Department at Evans Army Community Hospital (EACH).

This year’s theme, “Go Further with Food,” showcases how to save money by eliminating food waste. Food waste, or food loss, is defined as discarded food, lost or uneaten. Spoiled foods are thrown away daily in kitchens across America and that is equivalent



Stock image

to throwing cold, hard cash into the garbage.

Understanding the appropriate serving sizes of protein, carbohydrates, vegetables, fruits and fats will help shoppers end food waste by planning meals and purchasing only the quantities of these foods needed to feed each individual family.

Planning themed-meal nights such as “Taco Tuesdays,” allowing children to choose a meal once a week, and challenging Family members to try a few new foods once a month can keep meals

interesting and everyone engaged in sampling new dishes.

Throughout the month, various locations across Fort Carson and EACH will host National Nutrition Month events to promote nutrition. Events such as Building an Athlete’s Plate, Fueling and Supplement Safety, Budget-Friendly Nutrition and the Teen Fitness and Nutrition Expo will be offered.

“The hardest thing about losing weight is habits,” said Prata. “Breaking habits when you’re older is difficult, so teaching good nutrition habits at an early age is important.”

The Nutrition Care Department at EACH offers classes year round to help with nutrition for all ages. Weight management, weight loss support group, high blood pressure management, cholesterol management and food allergy education are additional classes offered through the department.

Clinical dietitians are also available for one-on-one appointments and available without a referral to all DOD identification card holders. To contact the EACH Nutrition Care Department, call 526-7290 or visit room 1920 near the dining facility at EACH.

Visit the Academy of Nutrition and Dietetics at <https://www.eatright.org/> to see a variety of topics, which range from fad diets to avoiding derailment when on a vacation or during a holiday.

## DES highlight

**Editor’s note:** The following article was written by the Directorate of Emergency Services division chiefs to inform the Fort Carson community of current policies and procedures.

### Security access control

**Property protection** — All Fort Carson personnel are reminded to review the Fort Carson garrison commander’s crime prevention policy, Command Policy Memorandum GC Policy 14. The memo identifies some basic techniques to protect Army and personal property. It requires that Army property be secured in accordance with applicable regulations and prohibits the storage of CTA-50 equipment in privately owned vehicles. It also provides guidance on the use of Fort Carson form 2031-E, the Personal Property Record, which is mandatory for all Soldiers living in the barracks. Finally, it gives commanders some web links to help them develop their unit crime prevention programs. The policy letter is available on the Fort Carson portal at: <http://installation.carson.army.mil/USAG/Garrison%20Commanders%20Policy%20Letters/Forms/AllItems.aspx>.

### Police, Provost Marshal Division (law enforcement)

**Drinking and driving** — Soldiers have been subjected to the mandatory safety briefing where we hear the age-old, “don’t drink and drive” slogan. But what happens after

you are arrested for DUI?

The list goes on and on with associated costs of a DUI, in the end averaging a total of \$10,270. In addition to fines, privileges to drive on any installation and in the state of Colorado can be suspended for one year. A DUI charge is typically associated with a blood alcohol content (BAC) of greater than 0.08 percent, but also includes drugs and consuming anything that impairs the ability to drive, even to the slightest degree. For those under the age of 21, the BAC only has to be above 0.02 percent in order to receive a DUI. Arrests happen for those who drive while intoxicated with a BAC between 0.05 and 0.079 percent. Bottom line, it doesn’t take much.

Prevent getting a DUI by calling someone or paying for a \$20 cab ride to get home safely; it beats the \$10,270 cost of a DUI.

### Fire and Emergency Services

**Electrical fire safety tips** — Flipping a light switch, plugging in a coffee maker and charging a laptop are all second nature habits for most people. Electricity makes living easier, however, keep safety in mind by following this checklist.

- Call a qualified electrician if you have: frequent problems with blowing fuses or tripping breakers; a tingling feeling when you touch an electrical appliance; discolored or warm wall outlets; a burning or rubbery smell

coming from an appliance; flickering or dimming lights; or sparks from an outlet.

- Check electrical cords to make sure the wires are not damaged, cracked or loose. If the cords need to be repaired, take the item to a professional repair shop or hire an electrician to replace them with new ones.
- Make sure electrical cords are not running across doorways or under carpets. If they are, have a qualified electrician install more outlets. Also, only use extension cords temporarily and unplug when not using.
- Keep children away from electric cords and outlets. Cords placed in the mouth can cause a burn and objects placed in receptacles can cause a shock, burns or electrocution.
- Make sure all receptacle outlets and switches have the proper faceplates.
- Do not plug surge protectors into each other – it defeats the intended purpose. Surge protectors are designed for small amperage items such as computers, printers, monitors and the like.
- Be sure that light bulbs match what is safe for the lamp. There should be a sticker indicating the maximum wattage for the light bulb — such as “use maximum of a 60 watt bulb.”
- Light bulbs in the living areas, including closets, should have a shade or globe for protection. Light



bulbs can get very hot and can cause a fire if items get too close.

- Ground-fault circuit interrupters (GFCIs) reduce the risk of shock by shutting off an electrical circuit when the circuit could be a shock hazard. Homes should have GFCIs in the kitchen, bathroom(s), laundry, basement, garage and outdoor areas.
- Heat-producing appliances such as a toaster, coffee maker, iron or microwave oven draw a lot of electricity. Plug only one heat-producing appliance in each outlet to prevent wiring from overheating.
- Keep electrical appliances away from wet floors and counters. Pay special attention to electrical appliances in the bathroom and kitchen.
- Do not allow children to play with or around electrical appliances like space heaters, irons and hair dryers. Keep clothes, bedding, curtains and other potentially combustible items at least three feet from all heaters.

Following these fire prevention tips for electrical safety can greatly reduce the risk of fire. Fort Carson Fire and Emergency Services is available to answer questions about alternative heating and all fire-related questions. For more information call 503-3473 (FIRE), visit <https://www.nfpa.org> for safety tips.

# Feature

## Military chefs cook up top honors

By Dani Johnson

Combined Arms Support Command Public Affairs Office

**FORT LEE, Va.** — Two Fort Carson Soldiers with the Fort Carson Culinary Team were recognized at the 43rd annual Joint Culinary Training Exercise (JCTE) awards ceremony March 16 in Fort Lee, Virginia. Sgt. 1st Class Steve Behr, culinary arts specialist, won Armed Forces Chef of

the Year and Spc. Katelyn Tran, was selected for the U.S. Army Culinary Arts Team (USACAT).

Team Hawaii for the fourth year in a row was recognized as the Culinary Team of the Year and 332 American Culinary Federation (ACF) medals were awarded to more than 200 military chefs at the JCTE awards ceremony.

“It’s an honor and privilege to speak to you today, I wish I could have spent more time (at JCTE), I looked online and my mouth was watering,” said Lt. Gen. Aundre F. Piggee, Headquarters, Department of the Army, deputy chief of staff, G4, at the opening of the awards ceremony. “I applaud your competition, you are trained, highly qualified professionals in our operational forces.

“You all are winners by just participating; you now are better as individuals and will take back your knowledge and make your organizations better,” he said. “It is great to see all the services and our coalition partners, nothing we do on the battlefield is alone, we do it together.”

JCTE started March 9 with the Armed Forces Chef of the Year event and continued until March 15 with the culmination of the International Two-Chef

Culinary Challenge. The exercise, administered by the Joint Culinary Center of Excellence, is the largest ACF-sanctioned competition in North America. The judging is done by ACF-certified judges who volunteered their time over eight days to provide feedback and critique the participants. This year’s exercise showcased the talent of 232 military chefs from all military services around the globe to include four international teams.

“This week was about getting better, not only self but our units, the Army and all the organizations represented,” said Brig. Gen. Rodney D. Fogg, quartermaster general and commandant, The Quartermaster School. “The 13 ACF judges were here to help you get better, to transfer their knowledge.”

ACF president and lead judge, Stafford Decambre, was on hand to assist in handing out the medals and awards.

“This is a huge competition that you were a part of, the quality (of the entries) was extraordinary,” he said. “Use this experience to develop your professional networks, to commit to growth, focus on learning.

“Define your cuisine and welcome feedback,” said Decambre, who has been a JCTE judge for 13 years. “Make your opportunities, get involved, cook to learn, have passion and love — you deserve everything you have received.”

This year, more than 2,800 people were on hand to watch 26 teams, with 450 entries, competing from all five service branches and four countries. Seventeen teams vied for Culinary Team of the Year with Team Coast Guard as the runner up to Team Hawaii; Team Coast Guard student team was recognized as the best team with all five members having less than two years in culinary arts; Staff Sgt. Marc Susa, culinary arts specialist, Joint Base Lewis-McChord, Washington, was recognized as best master chef; Behr won Armed Forces Chef of the Year;

and Spc. Naya Pender, culinary arts specialist, Team Europe, won best student chef. Team Coast Guard student team, Susa and Pender are now eligible to attend the ACF National Convention & Show July 15-19 in New Orleans.

For the first time, JCTE recognized a Best in Show individual, Sgt. 1st Class Lagena Boggs, Fort Drum, New York, was recognized as one who stood out to the judges through her workmanship, attitude, passion, exemplary future leadership and epitomized culinary excellence. Five countries — U.S., France, Great Britain, Canada and Germany participated in the international challenge with Team Germany coming out victorious.

Along with testing their skills in one of the many categories, 13 service members also tried for a spot on the USACAT. The USACAT is the military’s national culinary team and offers members the opportunity to compete in international-level events like the Culinary Olympics in Europe, while sharpening and broadening their skills. Pender and Tran were selected for the team.

Competing chefs were judged based on ACF guidelines, they were not competing against each other but against industry standards. Those who exceeded industry standards were given medals — 56 gold medals, 135 silver medals and 141 bronze medals were presented to military chefs who met the judging criteria.

Competing service members are afforded the opportunity to earn ACF certifications, a recognized industry-standard credential. These credentials will help the chefs provide better service to their customers in the dining facilities, as well as acceptance in the civilian sector when the service member transitions out of the military.



Photo by Dani Johnson

**Spc. Katelyn Tran, culinary arts specialist, with the Fort Carson Culinary Team, listens to a critique provided by American Culinary Federation judges during the 43rd Annual Joint Culinary Training Exercise, at Fort Lee, Va., March 9. Tran competed as an apprentice to Sgt. 1st Class Steve Behr, with the Fort Carson Culinary Team, and Armed Forces Chef of the Year.**

**Sgt. 1st Class Steve Behr, left, and Staff Sgt. Andrew Kortises, both with the Fort Carson Culinary Team, listen to a judge during the 43rd Annual Joint Culinary Training Exercise, at Fort Lee, Va., which is the largest American Culinary Federation-sanctioned competition in North America.**



Photo by Mass Communication Specialist 3rd Class Patrick T. Bauer



Photo by Dani Johnson

**Sgt. Bruce Serafica, culinary arts specialist, with the Fort Carson Culinary Team, slices polenta to grill during the mobile kitchen trailer event at the 43rd Annual Joint Culinary Training Exercise, at Fort Lee, Va., March 15.**



Photo by Dani Johnson

**Staff Sgt. Abraham Gonzales, culinary arts specialist, with the Fort Carson Culinary Team, sears a lamb loin during the mobile kitchen trailer event at the 43rd Annual Joint Culinary Training Exercise, at Fort Lee, Va., March 15. The team served a three-course meal to 45 guests as part of the event.**



Photo by Dani Johnson

**Sgt. 1st Class Steve Behr, with the Fort Carson Culinary Team, prepares his winning dish at the 43rd Annual Joint Culinary Training Exercise, Fort Lee, Va., where he won Armed Forces Chef of the Year, March 10-15.**



## Community Briefs

### Claims to the estate

**Sp. Taylor Wade Grimmett** — With deepest regret to the Family of the deceased. Anyone having claims against or indebtedness to his estate should call 1st Lt. Christopher J. Stewart at 524-4567.

### General announcements

**The Directorate of Public Works (DPW) offers a two-day Facility Management Class** — training is for military and civilian facility managers on the installation to help them understand their roles in maintaining buildings. The class instruction includes all aspects of facility management and is offered once a month, Tuesday through Wednesday from 9:30 a.m. to 3 p.m. in building 1219, room 311. For information about DPW Facility Management Program, email [susan.c.galentine.civ@mail.mil](mailto:susan.c.galentine.civ@mail.mil) or call 526-4320.

**Soldier Readiness Center pharmacy** — located in the Mountain Post Soldier Center at 6351 Wetzel Ave., building 1525, room 402, is open for pharmacy services. All TRICARE beneficiaries can fill new prescriptions and pick up refills at this location. The pharmacy is open Monday-Friday from 8 a.m. to 4:30 p.m.

**Pregnancy and Infant Loss Support Group** — Evans Army Community Hospital has begun a Pregnancy and Infant Loss Support Group for Families experiencing grief from miscarriage, stillborn or infant loss. The group meets the third Monday of each month from 3-5 p.m. at Mulligan's Grill inside the Cheyenne Shadows Golf Club. Coffee and cookies will be provided.

**Civilian Assistance Services** — provides short-term assistance to Department of the Army Civilian employees, active-duty spouses and Family members, and retired military personnel and eligible family members with adult living problems, substance use concerns and issues affecting workplace productivity and well-being. Worksite interventions are offered and consultation is available to supervisors and managers regarding workplace matters. Services are free to eligible civilians and DA civilian employees. Services are made available through the Fort Carson

### Of note

**Women's History Month observance takes place Monday at noon at the Elkhorn Conference Center** — Retired Col. Linda S. Aldrich, U.S. Air Force, will be the speaker. The observance is presented by 1st Stryker Brigade Combat Team, 4th Infantry Division. The national theme of the month is "Honoring Women Who Fight All Forms of Discrimination" and highlights the struggles and achievements of women throughout the history of the U.S.

**The Directorate of Public Works (DPW)-sponsored Net Zero Unit contest runs April 1 until Oct. 1** — Units that excel at incorporating Net Zero energy, water and waste practices in their daily operations can win up to \$8,000 in the large unit category. The competition is open to military elements battalion-size or larger (large unit category) and company-size or equivalent (small unit category). Units must register with DPW by emailing [susan.c.galentine.civ@mail.mil](mailto:susan.c.galentine.civ@mail.mil) no later than April 30. The contest

documents are posted to the DPW SharePoint site at <http://dpwportal.carson.army.mil/welcome/NetZeroFC/SitePages/Home.aspx>. For more information call 526-4320.

**Evans Army Community Hospital Summer Youth Program** — applications will be available through April 6. The program is for military Family members between ages 14-17 and interested in a career in health care. Applicants must have a DOD identification card and be current with immunizations. Tentative interview date is April 14 and participants will be selected and notified by April 24. Mandatory orientation dates are May 29-30 from 8 a.m. to 4 p.m. Contact the American Red Cross at 526-7144 for more information.

**The Fort Carson Tax Center** — offers free income tax preparation services as part of the Volunteer Income Tax Assistance Program. Taxpayers can call 524-1013/1012 to schedule an appointment. The tax center is located in building 1358.

Employee Assistance Program located at 1638 Elwell St., building 6236, room 210. Call 526-2196 for a confidential inquiry.

**Exceptional Family Member Program (EFMP) screenings** — Evans Army Community Hospital holds weekly EFMP briefings which discuss the Family member travel screening process for overseas assignments and address questions regarding the program. The briefings take place Mondays, excluding federal holidays, from 8:30-9 a.m. in the Woods Soldier Family Care Center, room 1004, next to Starbucks.

**Missed hospital appointments** — When someone is a no-show for a medical appointment, it means two people missed out on that appointment. A habitual no-show can take up to five slots with rebooking their appointments, denying several patients the opportunity to receive the care they need. Evans Army Community Hospital beneficiaries have four ways to cancel an appointment. They can call the clinic, the Patient Access System appointment line at 526-CARE (2273), online at TRICARE Online or via phone when the automated AudioCARE calls a few days before the appointment.

**Premier Extended Hours Clinic** — is open from

4-9 p.m. Monday-Friday, except federal holidays. Patients must have scheduled appointments; walk-in appointments are not available. The extended hours clinic provides medical services to active-duty military personnel, active-duty Family members and TRICARE Prime beneficiaries — TRICARE Standard patients are not eligible. Patients must be 2 years or older to be seen. Upon arrival for appointments, patients must present a valid military identification card. The clinic also provides basic laboratory and pharmacy services, however, it does not provide emergency services, pharmacy refills, specialty care or radiology services. Patients may schedule an appointment at the clinic by calling the Access to Care Line at 526-CARE (2273). The Premier Extended Hours Clinic is located at 3920 N. Union Blvd., Suite 100, in the Premier Medical Plaza at the intersection of Union Boulevard and Austin Bluffs Parkway near the University of Colorado Colorado Springs campus.

**Veterinary clinic hours** — The Fort Carson Veterinary Center, 1535 Sheridan Ave.,

See Briefs on Page 20

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# Simultaneously sinner, saint

By Lt. Col. Tim Meador  
Deputy garrison chaplain

He worked with the likes of Stevie Wonder; Celine Dion; Faith Hill; Gladys Knight; Earth, Wind & Fire; Chaka Khan; Bonnie Raitt; and many more. His name is Jetro Da Silva, a professor at Berklee College of Music in Boston. Born Feb. 28, 1967, in Meier, Rio de Janeiro, Da Silva began his musical training at 12 years old. After a month of piano lessons, he started playing for his church congregation, Sao Joao de Meriti Baptist Church. At age 14 Da Silva was accepted on a

scholarship to Escola Nacional de Musica, the most respected classical music school in Rio.

By age 16, he was the sole supporter of his family and frequently played with world-renowned musicians.

Eventually, his success made it possible for him to move to Boston and extend his music education at Berklee where he studied music production and engineering. Da Silva is now a professor there in the ensemble department, as well

as an in-demand keyboardist for many of the world's top artists.

It was 1999 when he started touring with Whitney Houston and for the next 12 years he was her friend, pastor and keyboardist. One day, after a practice session ended, he began playing the song "I Love the Lord" by Richard Smallwood. Whitney left the stage but, to his surprise, he found her standing in front of him. He recalled her saying "I love you and thank you for being you." Not long after, Houston asked him to say a prayer before every concert. Later he started a Bible study for the band and other team members.

In 2012, Houston's death came as a great shock to Da Silva. In an interview shortly thereafter, he said she was a woman of prayer who "knew the Lord on a personal level" and was always "growing and learning." He acknowledged Houston's battle with alcohol and drugs, noting that those struggles helped her to "know and understand grace and mercy on a deeper level. There was a lot of stress placed on her from many spectrums of life. But again, many of us in the Christian family are in constant trouble. The only difference is that we are not in the spotlight."

Houston's tragic life causes me to question, "How can faith and flawed character live in the same person?" Martin Luther wrestled with that question and answered it in the Latin phrase — Simul Justus et Peccator or "Simultaneously Sinner and Saint." Doesn't that describe all of us? 🙏



## Holy Week and Easter services

Fort Carson Religious Support Office (RSO) is sponsoring Holy Week services including:

### Catholic: Soldiers' Memorial Chapel

- Thursday at 5:30 p.m. Mass of the Lord's Supper
- March 30 at 3 p.m. Good Friday Service of the Lord's Passion
- March 31 at 7:30 p.m. Easter Vigil
- April 1 at 9 a.m. and 11 a.m. Mass of Easter Sunday

### Protestant

- March 30 at 6 p.m. Good Friday Service at Prussman Chapel
- April 1 at 5 p.m. Easter Sunrise Service at Founder's Field
- April 1 at 7:45 a.m. Easter Breakfast at Soldiers' Memorial Chapel
- April 1 at 9 a.m. Easter Worship at Healer Chapel (traditional)
- April 1 at 9:30 a.m. and 11 a.m. Easter Worship @ Religious Education Center (ChapelNeXt/contemporary)
- April 1 at 11 a.m. Easter Worship at Prussman Chapel (gospel)
- April 1 at 11 a.m. Easter Worship at Provider Chapel (general Protestant)

For more information call the RSO at 526-5279.

## Chapel Briefs

**Facebook** — Search "Fort Carson Chaplains (Religious Support Office)" for events and schedules.

**Chapel NeXt** — meets at 9:30 and 11 a.m. Sunday at the Religious Education Center, building 1853. Contemporary worship, children's ministry and biblical preaching is offered during both services. Visit the Chapel NeXt Facebook page at <https://www.facebook.com/#!/chapelnextfortcarson> for details.

**Religious Education class** — Classes are held from 10:30-11:50 a.m. throughout the school year for preschool (at least 4 years old) through high school. Registration is also being held for adults seeking to be confirmed in the Catholic church. These classes are held on a weeknight. Contact Pat Treacy at 524-2458 or [patricia.a.treacy2.civ@mail.mil](mailto:patricia.a.treacy2.civ@mail.mil) for details.

**Catholic Women of the Chapel** — meets Wednesday from 9:30-11:30 a.m. at Soldiers' Memorial Chapel; call Victoria Arellano at 210-900-6221 or email [varellano2@live.com](mailto:varellano2@live.com).

**Protestant Women of the Chapel** — meets Tuesday from 9:30 a.m. to noon at the Religious Education Center, building 1853. Chaplain sponsor is Maj. Jesse King, Fort Carson Family Life chaplain, who can be reached at [jesse.r.king2.mil@mail.mil](mailto:jesse.r.king2.mil@mail.mil).

**Native American prayer/spiritual services** — The He Ska Akicita (White Mountain Warriors) hosts Inipi (sweat lodge) services at Turkey Creek Ranch on a biweekly basis. Services provided inside and outside the sweat lodge include prayer and purification, blessing of protection, and continued spiritual and emotional support to military members. The ceremonies are conducted in traditional Lakota style — they are not New Age or Earth-based ceremonies. There is no charge to attend the Inipi. Contact Michael Hackwith at 719-285-5240 or Air Force Tech. Sgt. Tony Renner at 719-355-4262 or [anthony.renner@gmail.com](mailto:anthony.renner@gmail.com) for more information and protocols. Chaplain sponsor is Capt. Ted Randall, 10th Security Forces Group (Airborne) Group Support Battalion, who can be reached at [theodore.randall@socom.mil](mailto:theodore.randall@socom.mil).

**Knights of Columbus** — a Catholic group for men 18 and older, meets at 10:30 a.m. the second Sunday of the month at Soldiers' Memorial Chapel; call 526-5769. 🙏

## Chapel schedule

### Catholic

#### Soldiers' Memorial Chapel

- Nelson Boulevard and Martinez Street
- Saturday, 3:15-3:45 p.m., reconciliation, 526-8583
  - Saturday, 4 p.m., Mass, 526-8583
  - Sunday, 8:15-8:45 a.m., reconciliation, 526-8583

- Sunday, 9 a.m., Mass, 526-8583
- Sunday, 10:30 a.m., religious education, 524-2458
- Sunday, 11 a.m., Mass, 526-8583
- Monday, Wednesday, Thursday, Friday, 11:45 a.m., Mass, 526-8583
- Wednesday, 9:30-11:30 a.m., CWOC, 526-5769

#### Healer Chapel

- Evans Army Community Hospital
- Sunday, 11 a.m., Mass, 526-7386
  - Monday-Thursday and first Friday of month, noon, Mass, 526-7386

### Protestant

#### Healer Chapel (general protestant)

- Evans Army Community Hospital
- Sunday, 9 a.m., worship, 526-7386

#### Prussman Chapel (gospel)

- Barkeley Avenue and Prussman Boulevard
- Sunday, 9:30 a.m., Sunday school, 526-5744
  - Sunday, 11 a.m., gospel, 526-9640

#### Provider Chapel (general protestant)

- Barkeley Avenue and Ellis Street
- Sunday, 11 a.m., worship, 524-4316

#### Religious Education Center - Chapel NeXt

- Hogan Street and Barkeley Avenue
- Sunday 9:30 and 11 a.m., 526-8889
  - Tuesday, 9:30 a.m., PWOC, 524-2458

### Latter-day Saints

The Church of Jesus Christ of Latter-day Saints Sacrament Service is held at Veterans Chapel, building 2359, corner of Titus and Magrath avenues, from 10 a.m. to 1 p.m. Sunday. It includes the Sacrament Meeting, Sunday school and auxiliary. Come worship Christ, partake of the Holy Sacrament and strengthen one another in the faith. All are welcome. Contact Capt. Benjamin Reed, chaplain, at 524-1741, 235-3606 or [benjamin.reed@socom.mil](mailto:benjamin.reed@socom.mil).

### Buddhist

Capt. Somya Malasri leads worshippers to strengthen both mind and body through chanting, meditation, dharma discussion and observing the five precepts Friday at 11:30 a.m. at Veterans Chapel. All are welcome to observe and participate. Contact Malasri at 526-2428, 562-395-2688 or [somya.malasri.mil@mail.mil](mailto:somya.malasri.mil@mail.mil) for details.

### Eastern Orthodox

Fort Carson does not offer Eastern Orthodox services on post. Call 719-473-9238 for off-post services.

### Jewish

Fort Carson does not offer Jewish services on post. Contact the U.S. Air Force Academy Chapel for Jewish services information at 333-2636. The chapel is located at 2346 Academy Place on the academy.

### Islamic

Fort Carson does not offer Islamic services on post. Contact the Islamic Society at 2125 N. Chestnut St., 632-3364, for information.

**Briefs**

From Page 18

building 6190, is open 7:30 a.m. to 4:30 p.m. Monday-Friday and closed on federal holidays. The center offers wellness exams, vaccinations, microchip implantation, dental appointments and sick call as well as some surgeries, including spaying and neutering. It also has X-ray, ultrasound and other advanced imaging capabilities. Call 526-3803/4520 for information or to make an appointment.

**Lactation support** — Call 526-0330 to schedule an outpatient lactation support appointment Monday-Friday between 9 a.m. and 3 p.m. at the Mountain Post Birthing Center (MPBC), located on the third floor of Evans Army Community Hospital. The MPBC offers a breastfeeding support group that meets the third Thursday of each month from 2-3:30 p.m. in the Aspen Room of the EACH Dining Facility. Breastfeeding classes are available on the first Thursday of each month from 4-6 p.m. in the OB-GYN classroom. Significant others are encouraged to attend these events.

**Patient satisfaction surveys** — The Department of Health Affairs mails Joint Outpatient Experience Survey (JOES). Select patients will receive the surveys about 72 hours after their appointments. These surveys provide direct feedback to health care providers to improve quality of care, patient experience and satisfaction. JOES also provides additional funds to Evans Army Community Hospital for every survey returned to increase beneficiary access to care, satisfaction, safety and quality of care.

**After-hours hospital access** — Access to Evans Army Community Hospital from 10 p.m. to 5 a.m. is limited to the Emergency Room entrance. The Emergency Room entrance is on the hospital's north side and is open 24/7.

**Nurse advice line** — is a toll-free number that puts beneficiaries in contact with a team of registered nurses who can answer urgent health care questions 24/7. Nurses will assess the medical condition and give professional advice to treat the condition at home or refer for an acute appointment. The nurse advice line can be reached at 800-TRICARE (874-2273), option 1.

**4th Infantry Division Gift Shop** — has a variety of division and customizable unit-specific merchandise available. The gift shop is open 11 a.m. to 2 p.m. Tuesday-Thursday in The Hub, building 1532.

**TRICARE Online** — is a secure web portal that allows users to make, change or cancel appointments at military hospitals or clinics, including same-day appointments. It also lets users view radiology and lab results, medication profiles and immunization records. Users can also use the system to refill prescriptions for military hospital or clinic pharmacy pick-up.

**JAG assists with name change, adoption** — The Legal Assistance Office provides help in adult name changes and simple stepparent adoptions. The office cannot provide court representation but can furnish the necessary documents and

procedural information. Call 526-5572 for details. **Ambulance service** — Post officials urge community members to contact emergency personnel by calling 911 instead of driving personal vehicles to the emergency room. In the event of a life- or limb-threatening emergency, skilled paramedics and ambulance crew will be able to administer critical care and aid. Contact the Emergency Department at 526-7111 for more information.

**The Mountain Post Spouses Club** — is a nonprofit, all ranks spouses group at Fort Carson, dedicated to giving back to Soldiers and their Families. Membership is open to all spouses of the Armed Forces, both active duty and retired. Visit <http://www.mpssc.us> for more information.

**Pediatrics clinic** — Evans Army Community Hospital's Pediatric Clinic has an embedded behavioral health psychologist/counselor available to work with parents who have concerns about their child's behavior, discipline or attention-deficit hyperactivity disorder. A pediatric pharmacist is also available to manage children's medication.

**Transfer military hospital or clinic when relocating** — TRICARE Online (TOL) users must update their military hospital or clinic location online each time they relocate. Transferring military hospital or clinic affiliation in TOL does not automatically transfer the TRICARE enrollment in Defense Enrollment Eligibility Reporting System.

**Evans Army Community Hospital (EACH) offers online payments** — EACH offers an online payment option. Pay.gov is a convenient and quick way to make electronic payments to federal government agencies with credit cards, debit cards or direct debit. This is a secure service provided by the U.S. Department of the Treasury. Paying online is the preferred method for paying EACH medical bills. Visit <http://www.evans.amedd.army.mil/RMD/pay-gov.htm> for more information.

**Pay for medical records online** — The Evans Army Community Hospital Release of Information section has partnered with the Department of the Treasury, DFAS Pay.gov and EACH Resource Management Division/Uniform Business Office to offer patients the option to pay for copies of their medical records through Pay.gov. Patients who need duplicate copies of medical records, as well as insurance agencies and legal offices now have the option to use Pay.gov for copy record charges (\$14 for a digital record or \$20.80 for a paper record, which includes search and processing, plus 13 cents per page). Visit <https://pay.gov/public/form/start/72613275> for more information.

**VIN verification** — Colorado Vehicle Identification Number verifications are conducted at the Fort Carson Police Station, building 2700, from 8 a.m. to 4 p.m. Monday-Friday.

**Patient Portal Secure Messaging** — is a patient-centric secure messaging platform that enables patients to directly communicate securely via the internet with their primary care provider team to receive advice on minor medical issues, chronic disease management, test results, appointment requests, medication refills and other health care needs. Patients can access Patient Portal Secure Messaging from a smartphone, tablet or desktop

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## UNDERSTANDING STUDENT LOANS

**Saturday, April 7**  
**10 a.m.-Noon • ACS Center building 1526**

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Register today: [www.carson.army.mil/acs](http://www.carson.army.mil/acs)

2018 MONTH OF THE MILITARY CHILD

computer. It is a valuable service that helps save time and money by eliminating trips to the military hospital or clinic. Patients can reduce unnecessary appointments and stress by communicating virtually and directly with their health care team. Talk with your provider or care team to enroll or if you are one of the 1.6 million Military Health System beneficiaries who has an existing Patient Portal Secure Messaging account, bookmark <https://mil.relayhealth.com> to continue communicating securely with your health care teams. Learn more at <http://sites.mckesson.com/milpatients/>.

**TRICARE benefits** — Surveys have found that most service members and their Families are confused by TRICARE. The fact is, TRICARE is an enormous and complex health care system. There are several TRICARE programs available depending on status and location. Visit <http://www.military.com/benefits/tricare> for details.

**Same day appointments** — Evans Army Community Hospital Family Medicine Clinics, Internal Medicine Clinic and Pediatric Clinic are operating under an appointment model called "Open Access," offering same day appointments. Appointments can be made by visiting <http://www.evans.amedd.army.mil/vs/csavailapp.aspx> or calling the Access to Care Line at 526-2273.

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# Kudos korner

Contact *Mountaineer* staff at 526-4144 or email [editor@fortcarsonmountaineer.com](mailto:editor@fortcarsonmountaineer.com).

# At Ease

## ■ ATTRACTION

### Pioneers museum traces city's history

The Colorado Springs Pioneers Museum tells the story of Colorado Springs; even the building it occupies is part of the history. The museum is housed in the luxurious former El Paso County Courthouse built in 1903 when the area was prospering.

The history is told through exhibits. "Cultural Crossroads" shows some of the beading, clothing and baskets of 30 nations of Native Americans. Another exhibit portrays some of the early settlers to the area.

"One Man and his Vision" is an exhibit dedicated to the city's founder, Gen. William J. Palmer, who came to Colorado while scouting for railroad routes after the Civil War. He liked the area and decided to start a town in the shadow of Pikes Peak.

The house of well-known author Helen Hunt Jackson, built in 1873, is in the museum. Jackson came to Colorado Springs. Seeing the house lets visitors see how citizens of that era lived.

"The City of Sunshine" exhibit tells the story of health seekers who came to the area for their health. Tuberculosis patients were being advised to go to Colorado for their health — the dry air, mild climate and sunshine were considered part of the cure. There were 15 sanitariums in Colorado Springs. More than one third of the people who came to Colorado at that time had tuberculosis.

Other exhibits include "Behind the Lens: Photographers of the Pikes Peak Region"; "Any Place North and West: African Americans in Colorado Springs"; "Promoting Patriotism, World War I in Colorado Springs"; Story of Us, The Pikes Peak Region from A-Z; and a room filled with famous Van



Photo by Nel Lampe

Briggle Pottery, created by Artus Van Briggle in Colorado Springs. There's also a Bent's Fort exhibit.

A viewing room near the entry desk has films related to Colorado Springs, which can be seen by request by asking the front desk attendant to show a film.

A traveling exhibit opens Saturday in the museum: "The League of Wives, Vietnam's POW/MIA Allies and Advocates" is free and opens at 9 a.m. At 11 a.m. there is a book talk with Heath Lee about her forthcoming book. The League of Wives: a True Story of Survival and Rescue from the Vietnam Homefront." The book is to be published next year. Reservations are necessary, call 385-5990.

There will also be a panel discussion by The League of Wives set for 2 p.m. and reservations are required.

**Gen. William J. Palmer, shown in front row, second from right, founded the city of Colorado Springs in 1871. Palmer was the second youngest general in the U.S. Army.**

**Travel distance**

7 miles

**Hours**

10 a.m. to 5 p.m., Tuesday-Saturday

**Price**

Free

**Contact**

215 S. Tejon St., Colorado Springs CO 80903  
<https://www.cspm.org/>  
 385-5990

## ■ ATTRACTION

### Melodramas an area tradition

Melodramas are not like most other stage productions. It is unusual that actors on stage actually talk to audience members during a performance. Likewise, it is out of the norm for audience members to shout out boos for the villain and cheers for the hero. But that's the way it is with melodramas.

A true melodrama requires that good must prevail and evil must be punished. The side characters provide a comedic element.

Lori Adams-Miller describes melodrama as "a big cartoon." In melodrama, the "fourth wall" is dropped and the cast interacts with the audience. "It's large and slapstick," she said.

Adams-Miller, actress and part owner of the Iron Springs Chateau in Manitou Springs, said the company has been performing melodramas since the 1960s.

Melodramas were very popular in the 1960s-70s in this area, and there were several melodrama theaters in the Colorado Springs-Cripple Creek area. In fact, actor Craig T. Nelson, who played the part of Coach in the sitcom "Coach," got his start in Cripple Creek melodramas.

A night at the Iron Springs Chateau starts with dinner served at

6 p.m., 6:15 p.m. or 6:30 p.m. Diners have a choice of entrée: pot roast, chicken or, for an upcharge of \$3, salmon. Sides are served family style. Dessert is fruit cobbler, and tea and coffee are served with the meal.

The show starts at 8 p.m.

On the Iron Springs Chateau stage is "A Precious Bit of the West," or "She was Simply a Delight." The western melodrama has Precious Delight arriving to claim her

inheritance, the Buffalo Chips Ranch. But not so fast, Ralph Rancid, the villain, wants the ranch for himself. Enter Harry Hotline, the editor of the local paper and his friend Grizzly Jack, to help Precious and her Aunt Ima stake their claim before the ranch goes to auction. Will the handsome hero and his sidekick save the day and the ranch? Or, will the villain succeed in his evil scheme?

Tickets for active military are \$31

plus tax for adults and \$17 for ages 4-12. Children 3 and under are free. The price includes the three-course meal, the show, a sing-along during the intermission, and following the show, the costumed cast sings a musical review, known as an olio.

Tickets for the show only are \$17.

Shows are Friday and Saturday in the early part of the season. A second show will be added in June, which will be alternated with "A Precious Bit of the West."

Call 685-5104 for ticket information and reservations. There's a free parking lot at the Iron Springs Chateau at 114 Ruxton Ave. in Manitou Springs.

**Travel distance**

15 miles

**Hours**

Dinner 6-6:30 p.m., show at 8 p.m.

**Price**

\$31 for active-duty military,  
 \$17 for ages 4-12

**Contact**

444 Ruxton Ave.  
 Manitou Springs, CO 80819  
 685-5104  
<http://ironspringschateau.com/>



Photo courtesy Iron Springs Chateau

**Aunt Ima Delight grabs the ear of the villain, Ralph Rancid, during a melodrama production at Iron Springs Chateau.**

**Have an idea for the At Ease section?  
 Email your suggestion to [editor@fortcarsonmountaineer.com](mailto:editor@fortcarsonmountaineer.com).**

## At Ease Beyond the gate

**“Degas: A Passion for Perfection”** is a new exhibit in the **Denver Art Museum, 100 W. 14th Ave. Parkway.** Admission to the Degas exhibit is \$24 for adults and \$5 for ages 6-18. The ticket includes general admission to the museum. A parking garage is nearby. Visit <http://www.denverartmuseum.org> or call 720-913-0130 for information.

**The Pikes Peak Center, 190 S. Cascade Ave.,** has the following events coming up; call 520-SHOW for ticket information:

- “Let it Be,” is Monday
- “Riverdance – The 20th Anniversary World Tour,” Tuesday-Thursday
- “Celtic Woman – Homecoming Tour,” May 23
- Alice Cooper, performs Aug. 8
- Tim Allen is on stage Aug. 10.

**The Broadmoor World Arena, 3185 Venetucci Blvd.** has these upcoming events:

- The Harlem Globetrotters, Sunday
- “Disney on Ice: Frozen” March 23-25
- Jeff Dunham and his puppets present “Passively Aggressive,” April 5

For tickets and more information, call 520-SHOW or visit <http://www.broadmoorworldarena.com>.

**Here’s a chance to visit Glen Eyrie, the castle built by the city’s founder, Gen. William J. Palmer’s home.** April 2, every room in the castle will be vacant and available to be seen while on a tour of the castle. Tours are \$15 per person and choose a tour at 9, 10 and 11 a.m., one at noon and the final tour at 1 p.m. Call 719-265-7050 or visit <https://gleneyrie.org/tours/easter-castle-tours/>. The Palmer’s Grounds Café is available to purchase breakfast pastries or lunch selections at the Carriage House.

**Royal Gorge Bridge and Park holds a sunrise service from 6:30-7:30 a.m. April 1.** Grant Adkisson, cowboy preacher, will deliver the message, “The Darkest Night and the Brightest Light.” Coffee and hot chocolate will be provided free to attendees, who should dress warmly and may bring lawn chairs or a blanket. Only the main entrance (north) will be open at 5:30 a.m. Guests must walk across the bridge to the service or ride the shuttle, which will quit running at 6:20 a.m. Visit the website <http://royalgorgebridge.com/> for more information.

**Memorial Hall, 2 City Hall Place in Pueblo, has these performances upcoming:**

- “Rain: A Tribute to the Beatles,” April 24 at 7:30 p.m.
- The Midtown Men are on stage May 3 at 7 p.m. Call the box office for information: 719-542-1100 or to purchase tickets by phone, call 866-722-8844.

**“Gold Mining in Colorado” is at the Western Museum of Mining and Industry, 225 North Gate Blvd.** The museum is open 9 a.m. to 4 p.m. Monday-Saturday. Learn about the process for finding and mining of gold, try gold panning and see the machines used in the process. Guided tours

## ‘Take me out to the ball game’



Photo courtesy Sky Sox

**Batter up; it’s time for baseball April 10 at 6:40 p.m. when the Sky Sox take on the New Orleans BabyCakes at Security Service Field, a 6,000-seat stadium on Colorado Springs’ east side at 4385 Tutt Blvd. The Triple-A affiliate of the Milwaukee Brewers is in its last year in Colorado Springs. The team will move to San Antonio in 2019.**

are at 10 a.m. and 1 p.m., and a guided tour is the way to go. Admission is \$10 for adults and \$8 for children. There’s a military discount. Call 488-0880 for more information.

**SA Weekend of Jazz at the Broadmoor is April 12-13, featuring Earl Klugh, Vanessa Williams, Bob James Trio and West Coast Jam.** Call 855-585-8590 for information.

**Monster Jam tickets are on sale for the event set for April 27-29 in the Broadmoor World Arena.** Visit <http://www.broadmoorworldarena.com> or call 520-SHOW.

**The annual Run to the Shrine is May 19, with the race starting at 8:30 a.m. at the Cheyenne Mountain Zoo, 4250 Cheyenne Mountain Zoo Road.** It’s the only day of the year that foot traffic is allowed on the road to the Will Rogers Shrine of the Sun. The 4-mile run/walk course runs through the zoo. Registration includes zoo admission, a T-shirt, and a post-event party at the Zoo’s Lodge at Moose Lake. Race registration ranges from \$30 to \$55. Call 633-9925. A military discount is available. Email [rgraves@cmzoo.org](mailto:rgraves@cmzoo.org) for a promo code for \$5 off registration. For more information visit <http://www.cmzoo.org/index.php/guest-information/zoo-events/run-to-the-shrine/>

**The 2018 U.S. Senior Open will be held at the Broadmoor Hotel Golf Course June 25 to July 1.** Call 471-6493 or visit the Centennial Shop at the Broadmoor to purchase tickets.

**The Theater League’s Broadway at Pikes Peak Center 2018-2019 Series includes “Cinderella,” Dec. 11-12; “The Sound of Music,” Jan. 8-9; “Evita,” Feb. 12-13; “Les Miserables;” and “Rat Pack Christmas.”** Season tickets for the first four shows are now being sold at prices beginning at \$155. Visit <http://www.broadwayatpikespeakcenter.com> or the box office, 190 S. Cascade Ave.

**“Androcles and the Lion,” is a prize-winning play**

**in the Colorado Springs Fine Arts Center at Colorado College, 30 W. Dale St. through April 1.** Tickets are \$10 for children 12 and under and \$20 for adults. This show is recommended for ages 5 and older. Call the box office at 634-5583.

**“The League of Wives, Vietnam’s POW/MIA Allies and Advocates” is a new exhibit that opens Saturday in the Colorado Springs Pioneers Museum.** The exhibit is free and opens to the public at 10 a.m. At 11 a.m. there is a book talk with Heath Lee about her forthcoming book, “The League of Wives: A True Story of Survival and Rescue from the Vietnam Homefront.” The book is to be published in 2019. Reservations are required for the book talk; call 385-5990. A panel discussion by The League of Wives is at 2 p.m. Reservations are required. The museum is at 215 S. Tejon St. and is free and open from 10 a.m. to 5 p.m. Tuesday-Saturday. Parking is at meters street side.

**The Money Museum has an exhibit “Trenches to Treaties – World War I in Remembrance” that is in the museum through November.** Currency from combatant nations as well of medals are in the exhibit. 818 N. Cascade Ave. It is open 10:30 a.m. to 5 p.m. Monday-Friday and general admission is \$8 for adults; admission for students and military with identification is \$6. The museum is free of charge the third Saturday of each month. A small parking lot is available on the north side of the museum.

**The Air Force Academy Falcons football team has six home games in Falcon Stadium in 2018.** Sept. 1 the Falcons host Stony Brook Seawolves. The Nevada Wolf Pack is at the academy Sept. 29. The U.S. Naval Academy plays Oct. 6; Boise State Broncos are at the academy Oct. 27; New Mexico Lobos play at the academy Nov. 10. The Colorado State Rams are in Falcon Stadium Nov. 24 for the season’s final home game. For ticket information, call 471-1895.



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**OUT & ABOUT**

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# Sexual Assault Awareness & Prevention Month

## (SAAPM)

### April 4, 2018

### 9 a.m.-11 a.m.

### McMahon Auditorium



Sexual Harassment/Assault Response and Prevention (SHARP) training in a classroom environment. Event includes a guest speaker.

**All Soldiers and Army Civilians ages 18+ annually required to attend.**

Soldiers and DAC attendees will receive SHARP training credit for attendance.

For more information, visit [carson.armymwr.com](http://carson.armymwr.com).

## At Ease Within the gate

**Military kids unite with Marvel Superheroes event** — will take place Saturday from 11 a.m. to 2 p.m. at the Main Exchange in the toy department. Fort Carson kids ages 4 and up will have the chance to go on an interactive adventure inspired by the upcoming film “Avengers: Infinity War.” Marvel Universe Unites is one of several events planned by the Exchange in celebration of Month of the Military Child.

**Charlotte and Karen Pence book signing** — Karen Pence, wife of the Vice President of the U.S. Mike Pence, daughter Charlotte Pence, and their bunny Marlon Bundo will be at the Fort Carson Main Exchange Sunday at 2 p.m. to sign copies of the book, “Marlon Bundo’s A Day in the Life of the Vice President.”

**Enjoy Easter Brunch at the Elkhorn Conference Center during the month of the military child Easter brunch April 1.** Tickets will be available for purchase on Eventbrite. For each free child’s ticket, an adult ticket must be purchased. A variety of dishes will be available and attendees will have the chance to enjoy the talents of a face painter as well as a balloon artist. Egg hunts will be 30 minutes prior to each seating time. The event culminates with the appearance of the Easter Bunny as well as an epic Easter egg hunt.

**The Grant Library holds story time Thursdays from 10:30 a.m. to 1 p.m.** The free event provides children with an opportunity to interact

with children of similar ages while listening to stories, singing songs and making crafts. It is open to children up to age 6 and their guardians.

**Army Community Service (ACS) holds “Boot Camp for New Dads” the first Tuesday of each month from 9 a.m. to noon.** The interactive and engaging class focuses on what it means to become a father, how to care for a baby and how to care for mom. Call 526-0461 for more information.

**Iron Horse Sports and Fitness Center holds a climbing wall monthly challenge.** Participants have to climb a number of times per month to complete the challenge. The event is tallied on an honor system with participants tracking and logging their climbing distance. The challenge is open to DOD identification card holders and their Families to include first time climbers and those who are belay certified looking for a climbing partner. Certification is quick and easy to obtain. Participants will receive a shirt and free use of climbing gear for the month. Prizes awarded to top three participants. Call 524-3773 for details.

**The Cheyenne Mountain Shooting Complex offers special days with discounts to veterans and women.** Veterans receive \$5 admission every Wednesday while women 6 and older receive free range time the second Saturday of each month. Call 719-896-6196 for more information.

**Thunder Alley Bowling Center offers the following weekly specials:**

- **Cosmic bowling** — Unlimited bowling and \$2 shoe rental Friday from 9:30-11:45 p.m.; \$9 for adults and \$8 for children; and Saturday from 1-3 p.m.; \$8 per person.

- **Color pin** — Color pins come up in random spots for different awards Saturday from 8 p.m. until close. Cost is \$15 for bowling and \$2 for shoe rental. Open to those 18 and older. Get strikes and pick up certain splits for cash. Sign up starts at 6 p.m. and game begins at 8 p.m.

- **Pizza bowl** — Get three games of bowling, two slices of pizza and a soda for \$7 a person Sunday from 6-8 p.m. Shoe rental is \$2.50.

- **Red Pin** — Get a strike Tuesday-Friday from 11 a.m. to 1 p.m. with a red head pin and win a free game. Games are \$2 and shoe rental is \$2.50.

- **50 cent games, hot dogs and shoes** — Tuesdays from 6-9 p.m., minimum \$3 purchase.

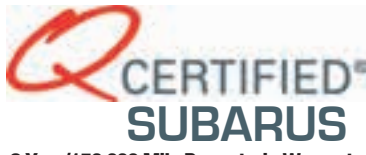
- **“Mommy and Me Bowling”** — kids receive a free game of bowling and there’s \$1 coffee specials for mommies Wednesday from 10 a.m. to noon.

- **Family Day** — Get \$1 games and \$2 shoes Wednesday from 1-11 p.m.

Call 526-5542 for more information.


**TOPS (Take Off Pounds Sensibly) is a support group for weight loss that meets Thursdays at Iron Horse Sports and Fitness Center.** Meetings are held on the second floor in room 209. Weigh-in is from 5-5:45 p.m. and the meeting is from 6-7 p.m. First meeting is free. Participants must present military identification or government identification at fitness center front desk. Call Debby Beck at 392-8582 for more information.

**Subscribe to the DFMWR mailing list to receive emails about upcoming events and activities on post.** Visit <https://carson.armymwr.com>; click on the “Mailing List” icon and select categories of interest.




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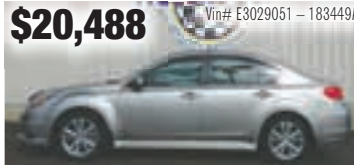


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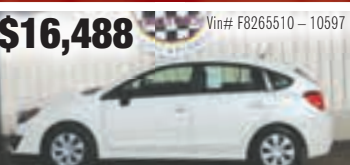
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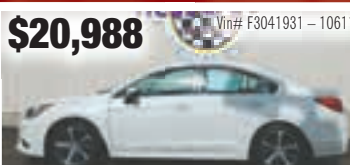
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# Sports

## Community takes part in fitness event

Story and photos by **Walt Johnson**  
Mountaineer staff

Military and civilian athletes were driven to their highest levels, physically and mentally, at Waller Physical Fitness Center's annual Hambone Fitness Challenge Saturday.

Family members, Soldiers and members of the surrounding community competed in one challenging event after another to see which team would be the last one standing.

Didi Tavarez-DeLarosa, Waller PFC staff member and event organizer, said the objective for the event was to make it a more balanced competition this year with a more even playing field for the competitors. That is what drew Kayla Streich and her teammate, Caylor Rauser, to the competition.

"When I started getting into physical conditioning I went straight into CrossFit, because I heard it was scalable for anyone," Streich said. "I knew that I would not be capable of lifting the kind of weight that some women can lift, so it appealed to me to try this."

Rauser said CrossFit workouts are accomplished regularly and she completed a routine before the event.

"Today we came in and set new personal records which was exciting and a lot of fun for us," Rauser said.

Shannon Stangler was so intense during the competition that she injured the palm of her left hand. She and her teammate, Ashley Salazar, said the injury was a minor setback and not one, which would lead them to withdraw from the event.

"This definitely wasn't something that would make her (Stangler) quit. She's tough; she sucked it up, and we continued in the competition. We were in first place at the time and our goal was to finish at least third, which we did," Salazar said.

After the event ended, Tavarez-DeLarosa said she enjoyed the event and the competition. She said the 30 teams that competed did so with a lot of heart and determination.

"We wanted to have a challenging event, and I think we exceeded even our expectations," Tavarez-DeLarosa said. "The events were competitive and the athletes were challenged. It was great to see all the camaraderie between the different gyms that took part in the event. We had awesome volunteers and great participants. We are definitely looking at next year's event with great anticipation, and we might even throw in a mystery event."



**Annjelicia Estrada, center, discusses exercise strategy with Jessica Passey, right, as Nori Barth observes during the Hambone competition Saturday at Waller Physical Fitness Center.**



**Above: A male competitor goes through a discipline during the Hambone Crossfit competition Saturday at Waller Physical Fitness Center.**

**Left: A male athlete jumps during one of the disciplines at the Hambone Crossfit competition Saturday at Waller Physical Fitness Center.**



# Mountaineer Athlete of the Week

## Christopher Bugbee

*Intramural basketball player*

### How did you get started playing sports?

I played football, basketball and baseball when I was younger. I started playing basketball in the eighth grade when my football coach asked me to play because I was tall. I've always considered basketball my best sport, because I put most of my work and effort into it.

### What is your favorite moment in sports?

In my senior year of high school, I made the game-winning three-point basket in our district championship in Jacksonville, Florida. When I took the shot it felt good coming off my hands, but I had to watch and see if it was going to be a good shot. When it went in, I remember running away from my teammates because I didn't want them jumping on top of me.

### What would you consider your biggest disappointment in your sports career?

I missed what would have been a game-winning shot against one of our

rivals in high school. I had a good game up until that point, but I ended up missing what could've been the game-winning layup.

### If you could go back in time and play a sport you did not play, what would it be?

I think now I would really like to play soccer. When I see people play soccer now, and I've also played a couple of times, it has been so much fun to watch and play. I think it's something I would really have enjoyed had I played earlier in life.

### If you could go spend a day with an athlete, who would it be?

Kevin Durant is my favorite basketball player. I think he is a pretty good guy and I have been following him since I started playing basketball.

**People who don't know me would be surprised to know that ...** I am an avid shoe collector. I'm a big Nike Jordan fan, and I've collected a lot of the retro Nike shoes. Depending on how my paycheck looks, I could get some new shoes at least once a month.



Photo by Walt Johnson

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**Sports Briefs**

**The Colorado Rockies are offering military members special ticket buys this season. The first opportunity is when the Rockies take on the San Diego Padres April 9-10 at 6:40 p.m. and April 11 at 1:10 p.m.** Military personnel can purchase tickets in the outfield box, pavilion and upper reserved infield/outfield area for their Family and friends for \$16 each (with a \$3.50 service charge per order), a discount from the usual price. The Rockies will also offer military discounts for the series with the San Diego Padres April 10-11 at 6:40 p.m. and April 12 at 1:10 p.m. Call the Rockies at 303-ROCKIES, ask for the military discount and provide reference number 16534210 to take advantage of the offer. This offer is not available on a walk-up basis. Seating areas are subject to availability, limits may apply, and all areas are not available for each game.

**The April 21 Tillman Honor Run is an event to honor the late Pat Tillman, a former Army Soldier who was tragically killed in Afghanistan.** The event, which begins at 9 a.m., will be held at Shea Stadium, 3270 Redstone Park Circle in Highlands Ranch. It is a 4.2-mile run/walk. According to event organizers, the Tillman Honor Run is a casual, family-friendly fun-run that allows people to come together with Arizona State University alumni, fans, and members of the military community as they remember and honor the legacy of Tillman. To get a Pat Tillman run shirt the day of the event, register by April 5. Participants who register after April 5 will have their shirts mailed to them after the event. People can register or get more information at <http://pattillmanfoundation.org/pats-run>.

**Fort Carson has partnered with Spartan Race to host Fort Carson-Colorado Springs Super and Sprint Weekend May 5-6.** The weekend features three races. The Super serves up more than 25 obstacles over 8 miles of rugged terrain May 5. The Sprint is the shortest of the Spartan races, delivering more than 20 obstacles over 3 miles May 6. Both days will have kids races for those under age 14, with the option of a 1- or 2-mile obstacle course. Go to <https://www.spartan.com/en/race/detail/3267/overview> for more information.

**Panther on the prowl**



Photo by Walt Johnson

**Fort Carson Family member and Harrison High School basketball player Donta Dawson looks to get past Pueblo all-star defenders during the Colorado Springs vs Pueblo all-star game at Widefield High School in Colorado Springs March 15. The Colorado Springs all-stars outlasted the Pueblo all-stars to claim bragging rights for this year in the Colorado Springs-Pueblo area.**

**Waller Physical Fitness Center holds Hambone classes Monday, Wednesday and Friday at 11:15 a.m. and Tuesday and Thursday at 5:15 p.m.** Call 526-2742 for information.

**The next Commanding General's (CG) Golf Scramble is scheduled for April 6 at Cheyenne Shadows Golf Club.** Registration is underway at the golf course for the event, which begins with a shotgun start at noon. The golf course is scheduled to hold this year's final CG scramble in November. Call 526-4102 for more information.

**Iron Horse Sports and Fitness Center family locker room showers are currently closed due to water damage and must be rebuilt.** Once the family locker rooms are completed, work will start on the men's showers and then the women's showers. The purpose of the project is to remove and replace drain assemblies and drain bodies of water in the showers, which have been flooding.

The work is expected to be complete by summer. **The National Physique Committee Northern Colorado Bikini, Bodybuilding, Classic Physique, Figure, Fitness, Men's Physique, NPC, Women's Physique championships will be held in Denver April 14.** The event takes place at the Marriott Hotel Denver Tech Center, 4900 S. Syracuse Street in Denver. Prejudging begins at 8 a.m. and the finals begin at 4 p.m. Visit <http://www.jefftaylor.com> for tickets.

**The Colorado Springs Sky Sox open their home season April 10 at 6:40 p.m. when they host the New Orleans Baby Cakes,** the Miami Marlins' Triple-A affiliate, at Security Service Field in Colorado Springs. The Sky Sox will also host the Baby Cakes April 12 at 6:40 p.m. before hosting the Round Rock Express, the Texas Rangers' Triple-A affiliate, April 13 at 6:40 p.m.; April 14 at 4 p.m.; April 15 at 1:30 p.m. and April 16 at 11:05 a.m.

**Cheyenne Shadows Golf Club will host its annual free Clubs for Kids event from 10 a.m. to 1 p.m. April 28.** Participating children will be given a golf club to keep and a gift bag with some swag, golf course officials said. Children will receive a free 10-minute lesson, a free round of footgolf, two games of bowling and three bags of range balls. There will be birdie ball and inflatable targets as well as representatives from the Starting New at Golf organization.

**Child and Youth Services (CYS) officials are looking for people interested in volunteering as youth sports and fitness coaches.** Anyone interested in being a coach must pass a background check, attend a mandatory training session and be available two to three hours a week for practices and games. **CYS officials said anyone interested in being a coach must have good communication skills with the CYS sports staff and parents of the players.** According to officials, youth coaches receive discounts on sports enrollment for their children, promotion points for active-duty Soldiers, volunteer hours and resume building while making a positive impact on the community. Contact Youth Sports at 526-4425 for more information.


**The Fort Carson Outdoor Recreation office holds indoor climbing wall orientation classes every other Thursday from 5:30-7:30 p.m. at the outdoor recreation facility.** Class instruction includes knot tying, belay techniques and climbing communication. People who complete the course will be certified to use the indoor climbing walls at post fitness facilities. The course can also be a prerequisite for more advanced climbing trips and programs. Classes are \$20 per session. Register at Outdoor Recreation or call 526-5176.

**Grizzly all-star**


**Fort Carson Family member and Mesa Ridge Grizzlies guard Serin Dunne moves toward the basket during the Colorado Springs vs Pueblo all-star game at Widefield High School in Colorado Springs March 15. The Colorado Springs all-stars defeated the Pueblo all-stars 72-68.**



Photo by Walt Johnson



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- 10 Societal standard
- 14 Newish money
- 15 Like no-longer-noisy hinges
- 16 Eye layer
- 17 Surrounded
- 18 Investigate
- 19 Narrate or relate
- 20 Emulating an entertaining jogger?
- 23 Goethe's doctor
- 24 Itemizes
- 25 Quit
- 28 Enjoy a lake
- 30 Need pain relief
- 31 Pule
- 33 "I saw that!"
- 36 Reason to go from NYC to L.A.?
- 40 Western affirmative
- 41 Garfield's cry
- 42 "Cogito \_\_\_ sum"
- 43 Newton part
- 44 Western drinking spot
- 46 Desert refuges
- 49 Dog's warning
- 51 An amusement park fee?
- 57 Small Greek house?
- 58 Scents
- 59 Move through a swamp
- 60 British count
- 61 Be a waiter
- 62 Not up, not behind
- 63 Refuse to obey
- 64 "Poly" stick-on
- 65 Comfy TV rooms

**DOWN**

- 1 Thing on a baseball
- 2 Endangered cat
- 3 Ponch player
- 4 Organizes into systems
- 5 '50s toy weapon
- 6 Turkish money
- 7 Like a kite in flight
- 8 Humpbacked Asian ox
- 9 Former South Yemen capital
- 10 Cashew product
- 11 Cricket innings
- 12 Reactivated a candle
- 13 Milkshake relatives
- 21 Henpeck
- 22 Pamphlet relative
- 25 For the mature only
- 26 Earthy tone
- 27 Hunt for bargains
- 28 Hyperbolic sine
- 29 Mighty insect
- 31 Had on
- 32 Show of affection
- 33 Common '80s hairstyle
- 34 Fashion's Boss
- 35 Mystery author?
- 37 Authority
- 38 Corn container
- 39 Like old newspapers
- 43 With great skill
- 44 Backtalker
- 45 Sleeve filler
- 46 Rubbed out
- 47 Sensations about a person
- 48 Grub greedily (with "down")
- 49 Emulate a bull
- 50 Courage
- 52 Prickly flower
- 53 Poems of homage
- 54 Church's main section
- 55 Famous garden
- 56 Urgings

ANSWERS CAN BE FOUND IN THE WELCOME HOME SECTION

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