

Fort Carson Mountaineer



Published in the interest of the Fort Carson Community.
Visit the Fort Carson website at <http://www.carson.army.mil>.

Rodeo days



Photo by Sgt. William Smith

The 4th Infantry Division and Fort Carson Mounted Color Guard presents the nation's colors during the opening ceremonies of the Pikes Peak or Bust Rodeo at the Norris-Penrose Event Center, July 10. The 73rd Pikes Peak or Bust Rodeo kicked off with Army appreciation night as 57 Fort Carson Soldiers received outstanding service medallions, a color guard member sang the national anthem and engineers participated in a wild cow milking competition. See story pages 20-21.

Post receives top federal energy award

By Susan C. Galentine

Directorate of Public Works public relations and net zero outreach

Fort Carson received the Superior Program honor for the Army from the Federal Energy Management Program Awards, announced July 3.

The annual FEMP awards, sponsored by the U.S. Department of Energy in conjunction with the Federal Interagency Energy Policy Committee, recognize individuals and organizations making significant contributions to energy and water efficiency within the federal government.

The Mountain Post has a long energy and water conservation history tracing back to when Fort Carson adopted sustainability goals in 2002 and through its commitment in 2011 to become an Army Net Zero energy, water and waste installation by 2020.

Through a number of energy and water projects, Fort Carson reduced its energy use 1.5 percent and its water use by 2 percent between fiscal 2011-2012 — saving more than \$267,000 a year in utility costs.

“It is an honor to be recognized for the hard work of many on Fort Carson in reducing our energy and water use,” said Hal Alguire, DPW director. “The Army has made a commitment to be a strong steward of resources and Fort Carson, through its ‘net zero’ energy, water and waste initiatives, continues to look for innovative ways to save energy and water.”

Fort Carson is receiving recognition for its efforts in developing partnerships with organizations such as the National Renewable Energy Laboratories and pursuing demonstrations for new technologies through the Environmental Security and Technology Certification Program. These partnerships led to demonstrations of a concentrated solar heating and power dish and a woody biomass system that creates synthetic gas to fuel a combined heat and power system. New construction including green building techniques, energy efficiency reduction projects and efforts to reduce water consumption were also key aspects of the award.

Specific projects cited in the nomination include:
➤ Certification of Fort Carson’s first (Army’s second) U.S. Green Building Council platinum-level Leadership in Energy and Environmental Design LEED facility, the 4th Brigade Combat Team brigade and battalion headquarters. The headquarters features

See Award on Page 4

Message board

Gate closures

The Directorate of Emergency Services will conduct routine maintenance on the vehicle barriers Saturday. The following gates will be closed to inbound and outbound traffic during the following times:
Gate 20 — 7:15-9:15 a.m.
Gate 5 — 9:30-11:30 a.m.
Gate 4 — 1-3 p.m.
These times are approximate.

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MOUNTAINEER

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CSA lists 5 imperatives, top 10

(Editor's note: The following information is reprinted from <http://www.army.mil/sharp/>.)

Sexual harassment and sexual assault violate everything the U.S. Army stands for, including our Army Values and Warrior Ethos.

The Army is aggressively addressing sexual assaults by first focusing on prevention through education and training. Army leaders encourage reporting and work hard to reduce the stigma associated with sexual violence. Once reported, the Army focuses on care for victims and thorough investigations and prosecutions to hold offenders accountable.

The Army continually assesses the effectiveness of its sexual harassment/assault response and prevention efforts to ensure it is meeting the needs of the Soldiers, Department of the Army civilians, Family members and the nation.

For additional information, visit the U.S. Army's Sexual Assault Prevention and Response Program at <http://www.preventsexualassault.army.mil>.

CSA's 5 imperatives

In alignment with the Department of Defense Sexual Assault Prevention and Response Strategy, the following five imperatives will drive Army actions:

- ☆ Prevent offenders from committing crimes, provide compassionate care for victims and protect the rights and privacy of survivors
- ☆ Report every allegation and ensure it is thoroughly and professionally investigated; take appropriate action based on the investigation
- ☆ Create a positive climate and an environment of trust and respect in which every person can thrive and achieve their full potential
- ☆ Hold every individual, every unit and organization, and every commander appropriately accountable for their behavior, actions and inactions
- ☆ The chain of command must remain fully engaged — they are centrally responsible and accountable for solving the problems of sexual assault and harassment within our ranks and for restoring the trust of our Soldiers, civilians and Families

SHARP top 10

The SHARP top 10 is designed to further individuals' and leaders' understanding and guide leader actions:

- ☆ Sexual assault and harassment represent an insider threat with the potential to cause significant, irreparable harm to our Army
- ☆ The Army Profession demands leaders of high competence and high character
- ☆ Standards and discipline are the cornerstones of a positive unit climate
- ☆ We must consistently enforce all policies related to sexual assault and harassment
- ☆ We need to clearly "see" ourselves; leaders must continually assess the command climate and environment within their units or organizations
- ☆ We must execute prevention policies, training initiatives and education programs in order to get to the left of any incident
- ☆ The chain of command is obligated to protect and advocate for victims, beginning with an initial report and until the victim decides he or she no longer requires assistance
- ☆ We must thoroughly and professionally investigate each report and take appropriate action
- ☆ Commanders must create and maintain a positive command climate with trust and respect as the foundation
- ☆ The crimes of sexual assault and harassment can only be solved by a committed chain of command led by dedicated commanders and command sergeants major

Safe Helpline
Sexual assault support for the Department of Defense community:
Call 877-995-5247 or text 55-247

What makes me
IRON HORSE STRONG?



Capt. Sarah N. Davis
Commander, Company A, 404th Aviation Support Battalion, 4th Combat Aviation Brigade, 4th Infantry Division

I joined ROTC at Wheaton College in 2004, and graduated in 2008. I wanted to see if I could do what the other people were doing — I wanted to be a Christian leader in the Army.

Serving my country means to lead from the front; hold people, Soldiers and peers to the standards and accountable for their actions. It means to make

a difference in my Soldiers' lives.

I continue to serve because the Army provides me the opportunity to travel, the ability to help others and guide them in their lives, and be a mentor.

What makes me resilient is that Colorado has many opportunities for travel and leisure. You just need to get out and experience life, and drag some friends along.



AER awards top contributors

By Sgt. 1st Class Jacob A. McDonald
4th Infantry Division Public Affairs Office

The top three contributing Fort Carson units to this year's Army Emergency Relief Campaign were recognized in a ceremony at The Hub Monday.

The campaign, now in its 71st year, raised more than \$296,000 for the installation AER, exceeding the goal of \$225,000.

The top contributing unit was 1st Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 4th Infantry Division, which contributed \$34,702.

The other two top units, 1st Battalion, 8th Infantry Regiment, 3rd Armored Brigade Combat Team, 4th Inf. Div., contributed \$17,230, and 1st Battalion, 12th Infantry Regiment, 4th Infantry Brigade Combat Team, 4th Inf. Div., contributed \$16,162.16.

"AER is one of the few functions exclusively dedicated to helping Soldiers and their Family members," said Col. David Grosso, garrison commander, guest speaker at the ceremony, adding that AER helped 55,000 Soldiers across the Army in 2012 with more than \$68 million.

The AER program provides zero-interest loans to help Soldiers, retirees and Families who find themselves in financial difficulty.

"Your money is having the desired effect," Grosso said to the leaders from

the top battalions. "We are taking care of the people who need it most. You cared enough about your fellow Soldiers to find the time to collect the money."

In addition to thanking the leaders for their efforts, Grosso thanked the noncommissioned officers who collected the money and the Army Community Service staff for its commitment to Soldiers and Families.

Pat Randle, director, ACS, said the AER program is there to help the Soldiers and that they look

at each situation to make sure Soldiers don't have to worry about their Families being taken care of and they can focus on their mission downrange or at home.

While only the top three contributors were recognized in the ceremony, the AER staff values all the contributions they received this year, said Terri Hein, assistant AER loan officer.

"Every dollar goes back to the Soldiers and their Families during times of emergency need," Hein said. "The money goes to help Families with food, utilities, rent, vehicle repairs and other emergency needs."

Hein also said there are new categories that have been added which qualify Families for an AER loan.

To apply for AER assistance, contact a unit command financial NCO or ACS. More information can also be found on the AER website: <http://www.aerhq.org>.



Photo by Sgt. Grady Jones

Command Sgt. Maj. Troy Henderson, 1st Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 4th Infantry Division, center, receives a plaque, on behalf of his unit for leading in Fort Carson's contributions to the Army Emergency Relief fund, from the Fort Carson Garrison command team, Col. David Grosso, right, and Command Sgt. Maj. Steven Green at a ceremony held at The Hub, Monday.

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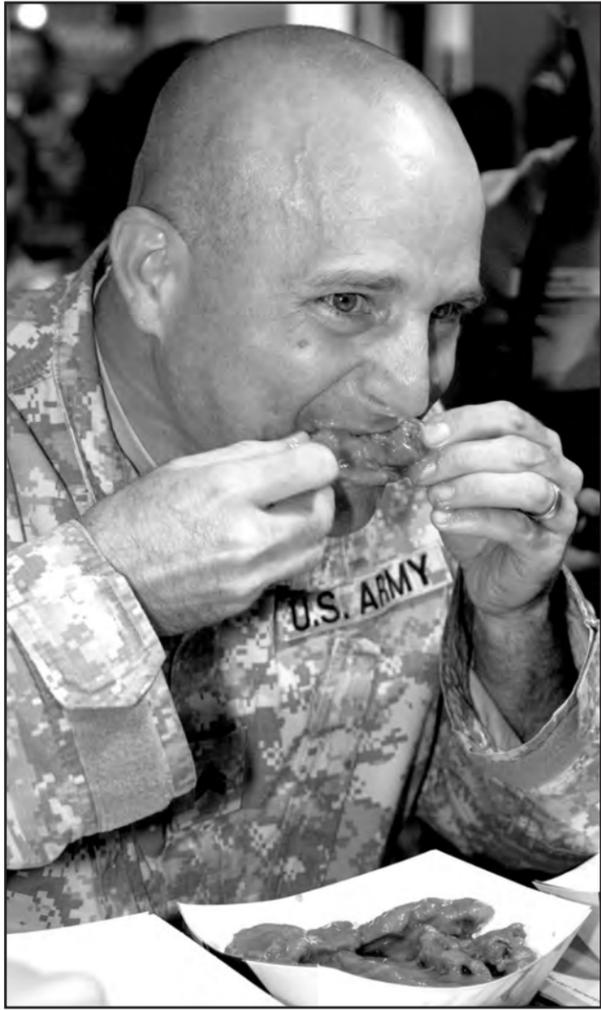


Program highlights fun without alcohol

Story and photo by Andrea Stone
Mountaineer staff

Running, kayaking, rock climbing, movies, ballgames — there are lots of activities that don't involve drugs or alcohol, and that reminder is the purpose behind the 101 Critical Safety Days of Summer program.

"(It's) designed to get people out, but



Sgt. Sean Paul Villaneuve, Headquarters and Headquarters Company, 4th Brigade Support Battalion, 1st Armored Brigade Combat Team, 4th Infantry Division, competes at the Blazin' Wing Challenge at the USO July 11. Contestants had six minutes to eat 12 of Buffalo Wild Wings' hottest wings. The event was part of the 101 Critical Safety Days of Summer program.

understand that part of their activities doesn't have to include drugs and alcohol," said Anthony McCollin, prevention coordinator with the Army Substance Abuse Program.

Drug- and alcohol-free activities are planned on Fort Carson throughout the summer. There will be a pool night at the Outdoor Pool Aug. 1, with free swimming, an ice cream social and a canned food drive.

"It's an opportunity for Families to get out, go swim and enjoy the night," McCollin said.

ASAP will also sponsor the Mountain Post Running Club Aug. 7, offering free items and informational handouts about the services offered through ASAP.

A confidential program is available for Soldiers with alcohol-abuse issues. Soldiers must be abusing only alcohol, not drugs, not be currently enrolled in ASAP and have no legal issues within the last 12 months.

"(We're) trying to get Soldiers to identify themselves before it becomes a legal issue, but it's also targeted to senior leaders because senior leaders tend to take care of their Soldiers during the daytime, and they neglect to take care of themselves," McCollin said.

Soldiers with drug issues can self-refer, but they need to go through their commanders first.

"If somebody thinks they're drinking too much or they're abusing drugs, come to ASAP before it becomes a legal issue, because once it becomes a legal issue, it's going to get rough," he said.

Spouses, Family members and civilians can also get help through the Employee Assistance Program at ASAP, McCollin said.

"One thing we always forget about is (Family members)," said Ed Menjivar, prevention coordinator, ASAP. "We've been very proactive for Soldiers, but we forget about (Family members), but they are part of the team. So, we need to make sure we take care of the (entire) Fort Carson community."

Helping others is an important component, McCollin said.

"When I brief, I'll ask people, 'By a show of hands, how many people know someone who has a drug or alcohol problem?' ... Then I usually ask, 'So, what do you do about it? Do you turn a blind eye and let them go down the road of legal problems eventually or do you help somebody out?'"

"If it was your own kids, would you want somebody to turn a blind eye or would you want somebody to put their hand on their shoulder and say, 'Hey, you need to get some help. Let's do it together,'" he said.

G.I. Rides for Life

Beginning Aug. 2, there will be a new option for Soldiers, Family members and civilians to prevent drinking and driving. The G.I. Rides for Life program will offer a free ride home for Department of Defense identification card holders Fridays and Saturdays from 10 p.m. to 3 a.m.

Unlike other programs, the service is available regardless of whether the caller has a car or not, said Anthony McCollin, prevention coordinator with the Army Substance Abuse Program. When someone calls the program, two

volunteers will be sent out to pick up the ID card holder and his car and return him home.

"(With) 189 (citations for driving under the influence) at the gate ... I think there could be something else added to the list of options" for Soldiers, civilians and Family members, McCollin said.

The program is available as far north as the U.S. Air Force Academy, south to Fountain, west to Manitou Springs and east to Marksheffel Road.

The service is free. Tips are

encouraged, but not required.

Volunteers are needed. They can be military or civilian and don't need to have a driver's license, there are volunteer opportunities available as dispatchers.

Soldiers can earn the Volunteer Service Medal, when they accumulate hours, said Ed Menjivar, prevention coordinator with ASAP.

"We're working to try and get more incentives for any volunteer, military or civilian. We have to save lives."

Call 526-6921 or 339-7077 for a ride. To volunteer, call 526-5108.

Award

from Page 1

- a 482 kilowatt ground-mounted tracking photo-voltaic system; water efficient irrigation and fixtures, which contribute to a 41 percent reduction in water use compared to standard construction; solar water heating; and a highly efficient heating, ventilation and air conditioning system.
- Replacement of older lighting fixtures with more energy-efficient fixtures in 22 buildings. Facilities targeted for lighting replacement were older motor pools, gymnasiums, warehouses and a hangar. The project included adding lighting controls such as occupancy sensors and timers to further reduce energy consumption. The effort is anticipated to save the post \$60,000 a year in reduced electrical costs.
- Expansion of the post's energy management control system to 35

additional facilities. It is estimated the project, which allows set points to be established and monitoring of the energy systems for buildings, will save \$73,000 per year in reduced natural gas and electricity costs.

- Completion of a water leak detection survey for more than 16 miles of water lines, approximately 20 percent of the post. The survey focused on where the oldest water lines are located and discovered that 57,000 gallons a day were lost due to leaks. Savings from the repairs are estimated to save \$72,000 in water utility costs.
- Installation of a computerized weather-tracking irrigation system, which uses global positioning system technology and weather stations on post to apply the right amount of water based on current weather conditions. It is anticipated that eliminating water wasted irrigating landscaped areas will save Fort Carson more than \$300,000 per year through a 20-percent water use reduction.

FORT CARSON

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College fair July 26

By Catherine Ross
Special to the Mountaineer

More than three dozen colleges, universities and vocational schools from across the nation will be represented at the July 26 college fair at the Fort Carson Education Center.

The fair will be held from 9 a.m. to 3 p.m. in building 1117, at the corner of Specker Avenue and Ellis Street. A workshop on the different G.I. Bill programs is scheduled for 10 a.m. and a workshop on "Learning Styles" is scheduled for 11 a.m.

Open to Soldiers, civilians and Family members, education services officer Ursula Miller-Waldrup said "anybody who wants to come in, we'll be happy to have them."

While many of the schools focus on undergraduate education, Miller-Waldrup said many of the schools have graduate programs as well.

"We have some different institutions (represented) than we

did last time. We have a couple of vocational schools," she said. "We also have some schools that are strictly online."

Attendees can speak with school representatives about programs of study offered, admissions and financial aid. Information will be provided on federal student loan programs. Representatives from Troops to Teachers and Troops to Principals will also be on hand.

Miller-Waldrup noted the Troops to Principals program is offered by School District 11, which is looking for retiring Soldiers interested in pursuing an alternate school principal licensing program that incorporates an internship with the district.

"We try to do (an education fair) at least once a year," she said, noting the event offers free workshops for participants.

For more information, call 526-2124.

Passing the spear

'The Originals' change command

By Lt. Col. Steve Osterholzer

10th Special Forces Group (Airborne) Public Affairs Officer

In a ceremony as steeped in tradition as the unit itself, the 10th Special Forces Group (Airborne) welcomed its new commander July 10 at Founders Field.

Col. George K. Thiebes assumed command of "The Originals" from Col. E. John Deedrick, becoming the 36th commander of the Army's oldest Special Forces group.

Deedrick led 10th SFG(A) during a period of significant diversity, challenge and change. His two years of command saw the group transition from large, battalion-sized deployments to more than 120 decentralized deployments spread across four continents. 10th SFG(A) executed more than 1,500 training missions and operations in a realignment

of missions spanning three geographical combatant commands. The unit supported five named operations and, in 2012, the Group successfully stood up the first Crisis Response Force for Africa to provide the commander of U.S. Africa Command an immediate response capability for the continent.

"We have asked our detachments to operate in some of the most difficult and austere locations around the globe and do it for the long haul," said Deedrick. "These men are not periodic visitors to the hardships of Afghanistan, the scorching heat and desert of North Africa, or the humid jungles of East and Central Africa; they are enduring stakeholders with host nation forces in the fight against terror and tyranny."

The extremely high operational

See Change on Page 12



Photo by Pvt. Shawn Pierce

The outgoing commander, Col. E. John Deedrick, left, commanding general of United States Army Special Forces Command, Brig. Gen. Christopher K. Haas, center, and incoming commander Col. George K. Thiebes render honors to the nation.

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Doctor to Soldier to officer

PhD opts to start career as enlisted

By Sgt. William Smith

4th Infantry Division Public Affairs Office

A physical therapist gave up his six-year practice to serve his country as an enlisted Soldier, to better understand and treat Soldiers' injuries before taking his next step — becoming a captain.

Capt. Joel Hanna, who holds a doctorate in physical therapy, received his commission this week after serving as a health care specialist for about two years.

"He has done nothing but help whoever needed it," said Staff Sgt. Chris Pollock, noncommissioned officer in charge, aid station, 7th Squadron, 10th Cavalry Regiment, 1st Armored Brigade Combat Team, 4th Infantry Division.

"When I asked him why he wanted to become enlisted instead of an officer, straight off he said he wanted to get the experience of what it was like to be enlisted first," said Pollock.

"He has been outstanding on a medic level ... He is always outgoing and willing to help with anything that he can. Any time we had a question, he was right there with an answer, or would go out of his way to find it if he didn't know. He taught us the different exercises for therapy or how to test for back spasms, muscle injuries, all of that kind of stuff. He was always willing to teach anyone as many times as necessary."

"I think taking the hard road, long term, is going to be more beneficial; you are going to learn more, you're going to grow more and get all that experience."

— Capt. Joel Hanna

Even though Hanna, who served with 7th Sqdn., 10th Cav. Reg., was aware he could have been commissioned to a captain right off the bat, he said he wanted to learn to be a Soldier first.

"I wanted to consider a route where I could start out on the bottom and work my way up a little bit," Hanna said. "They say that you can take the easy road or you can take the hard road. I think taking the hard road, long term, is going to be more

beneficial; you are going to learn more, you're going to grow more and get all that experience. By that time, you get to your goal."



Hanna said he had to get through some closed doors to make this year's selection board to be promoted.

"When I decided to switch over to an officer, I talked to three different recruiters, and they said that I had to wait until next year because there wasn't enough time left before the board was held in February," Hanna said.

Then, Hanna finally found a door that opened for him.

"It usually takes us 90 days to commission someone into the medical corps," said Sgt. 1st Class Patrick Weydemuller, health care recruiter, U.S. Army Medical Recruiting Center, Aurora. "With Hanna, we did it in about two weeks. It just showed how much he wanted to make that transition into becoming a medical officer. I didn't want him to wait another year to be promoted. To me, this is hard work paid off."

Weydemuller said he has never promoted someone like Hanna.

"This is the first time I have promoted someone who has a doctorate degree from enlisted, as a specialist, to the rank of captain," Weydemuller said. "I think because of the way he came into the Army,

Capt. Ruben Cruz, health care recruiter, Army Medical Recruiting Center, Aurora, left, administers the Oath of Commissioned Officers to Capt. Joel Hanna, health care specialist, during his promotion ceremony, July 11.

that his leadership is going to be amazing, because he knows what it is like to start from the bottom. He came in enlisted, not knowing what to expect and wanting to learn how to be a Soldier so he could better take care of them later; to me that is incredible."

Hanna will be missed by those with whom he has already worked.

"I would love to work for him in the future," Pollock said. "I don't care if he is my boss or my subordinate; I have nothing but respect for him. He has earned the respect of everyone he has come into contact with. I would like for him to stay, but I am happy for him. I am losing a great Soldier and a great friend, but I am glad that he is furthering his career. Whoever he gets to work with should feel pretty privileged."

Hanna is currently attending officer basic course in Fort Sam Houston, Texas. Upon completion, he will be stationed at the U.S. Army Medical Department in Fort Drum, N.Y., as a physical therapist.

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4th CAB hosts suicide intervention class

By Sgt. Jonathan C. Thibault

4th Combat Aviation Brigade Public Affairs
Office, 4th Infantry Division

Soldiers have a new tool to help intervene and prevent suicides in their units after completing a five-day Applied Suicide Intervention Skills Training at Provider Chapel, July 10.

The training, hosted by the 4th Combat Aviation Brigade, 4th Infantry Division, was available to Soldiers from every unit on Fort Carson.

“Over the years, suicide related deaths in the military have taken a toll on our armed forces, and our Soldiers deserve as much help as we can provide,” said Staff Sgt. Christine Mangus, brigade chaplain’s assistant, 4th Combat Aviation Brigade, 4th Infantry Division.

ASIST is a program taught by Living Works, an international organization that teaches many different suicide intervention classes and has been helping the Army for 24 years.

“In 1989, the U.S. Army V Corps invited Living Works to deliver ASIST to the European Command in Germany as part of the Army’s ‘Fit to Win’ health program,” said Gerry Dooley, team leader, Living Works. Living Works partnered with Army Materiel Command and Applied Physics Laboratory, Johns Hopkins University, in 2002-2003 to develop ASIST-R, a post-training reinforcement program.

“This was a pilot test of a virtual simulation skills retention program for the Department of Defense. Army G-1 formally confirmed ASIST as the suicide intervention-training program for the Army in 2009,” Dooley said.

“It’s a program that has helped people for the past 30 years,” he said. “This program was designed to try and understand the needs for a person at risk of suicide. We teach the trainers certain skill sets to help them interrupt thoughts of suicide and embed a better state of well-being in a person.”

As part of a new pilot program, Joint Task Force Carson Soldiers were the first to receive certification with the latest version of the ASIST training, known as ASIST 11. The program focused on developing trainers, who must progressively teach to stay certified, said Mangus.

“We learn to listen to the reasons for suicide, try to get them to talk about their reasons for living and bring them to a safe place where they are not going to hurt themselves,” said Mangus. “We have too many people committing

suicide. This training prepares Soldiers to teach intervention of suicides and how to handle situations involving suicides at their unit. Trainers must teach three classes within the first year of certification. Then, Soldiers must teach at least one class per year after that to stay certified.”

Dooley said the overall goal of the training will be to eliminate stigmas that some Soldiers view as

negative when trying to receive help for mental disorders and help prevent suicide entirely.

“The military has its own culture or sense of community that influence stigmas of getting help,” said Dooley. “When you institute a program like ASIST, it takes a while to work, but you do get a cultural shift and change. It starts with a small attitudinal shift, which becomes a cultural shift and ultimately a community shift. Those stigmas will then become less of an influence.”

Dooley has been teaching these suicide intervention classes for 27 years and recalls a success story because of the skills he has taught.

“In 1991, a woman came in one day who lost her partner to suicide,” said Dooley. “Her partner even talked about suicide, and she didn’t know what to say. After the suicide of her partner, she went into a deep depression. After going through this program, she was able to release a lot of the guilt that she felt towards herself and came to terms with roles that she was responsible for in her relationship. Within a few months, she returned back to work. Ever since, she has called me to let me know that she is all right.”

Fort Carson Soldiers and leaders will have more chances to go through the course and pass on those skills learned from the program to their units.

“Sometime in October, 4th CAB will host another ASIST training session,” said Mangus. “I am one of 30 Fort Carson Soldiers that are ASIST 10 certified. At a date to be determined, me and the other certified Soldiers will get a chance to take a one-day class to get our certification upgraded to ASIST 11.”

“This is the best training that I’ve seen regarding suicide intervention. The Soldiers that go through this course will provide skills and become better caregivers, which can be utilized by their units to help reduce suicides,” she added.

“We learn to listen to the reasons for suicide, try to get them to talk about their reasons for living and bring them to a safe place where they are not going to hurt themselves.”

— Staff Sgt. Christine Mangus



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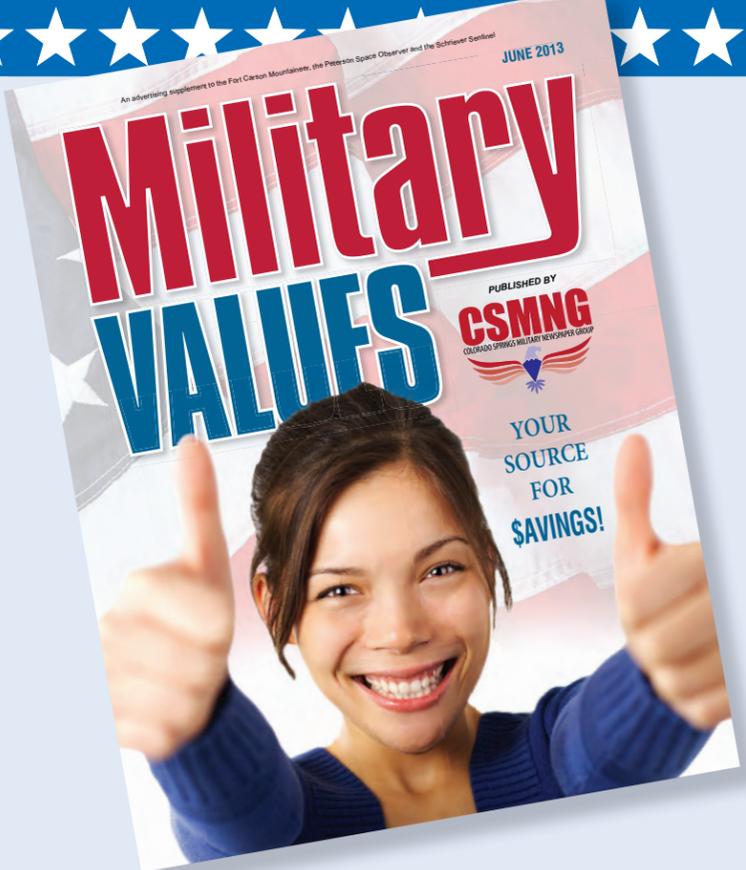
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NCOs develop skills climbing Pikes

Story and photos by Sgt. Grady Jones

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

Step by step, mile by mile, 35 senior noncommissioned officers made their way 6.5 miles up the Pikes Peak mountainside to enhance their leadership skills June 26.

Sergeants major, first sergeants and master sergeants from 3rd Armored Brigade Combat Team, 4th Infantry Division, climbed the mountain as part of a two-day professional development event, led by brigade Command Sgt. Maj. Douglas Maddi.

"The most important thing that we do in the Army is professional development," Maddi said.

The event started with breakfast at Stack Dining Facility and an in-depth class on Army logistics.

"Just the simple fact of everybody understanding logistics will have a huge impact in the brigade," said 1st Sgt. Robert Geonetta, Troop D, 4th Squadron, 10th Cavalry Regiment.

Each participant was then presented with a hand-carved walking stick bearing the 3rd ABCT emblem to use during the toughest portion of the event.

The leaders hiked up Barr Trail that

begins in Manitou Springs, to Barr Camp. During the hike, they went up 3,800 feet to finish at an elevation of 10,200 feet. Geonetta said the trail, with average 11-percent grades and multiple switchbacks, was challenging. Other NCOs said teamwork helped get everyone to the top.

"We all stuck together, and no one was left behind," said Master Sgt. Eurika Adams-Beaty, senior human resources sergeant, 3rd ABCT.

Upon reaching Barr Camp in the late afternoon, the senior NCOs took some time to rest and eat.

Before turning in for a night under

the stars, they received developmental classes, which included a survival class and Army compliance training from personnel from the Fort Carson Office of the Inspector General.

"I enjoyed the IG training a lot," said Master Sgt. John Peacock, operations sergeant, 3rd ABCT. "A lot



Command Sgt. Maj. Douglas Maddi, 3rd Armored Brigade Combat Team, 4th Infantry Division, speaks to participants of a two-day professional development event for senior noncommissioned officers from the brigade, June 26, during breakfast. The two-day event included a 6.5-mile hike along Barr Trail to Barr Camp, where classes were conducted and a team-building challenge took place.

Peak

of good information was given."

According to Maddi, senior personnel need professional development and mentorship as much as junior Soldiers.

"Sometimes seniors get left behind because they're developing subordinates," said Maddi. "So, it's incumbent upon me to do my part of leader development."

The professional development event also allowed the leaders to get to know each other and increase the networking and camaraderie across the brigade, said Maddi.

"A lot of these first sergeants' jobs are to run the day-to-day business of the Army, and they do that from inside their companies, batteries or troop (headquarters)," said Maddi. "Now, they will get to know each other a little better, and it's going to make the brigade a lot better."

1st Sgt. Stephen Freeman, Headquarters and Headquarters Troop, 1st Battalion, 68th Armor Regiment, agreed.

"We're on the right track," he said. "(This event) allowed us to put a face to a name; but the bigger part is knowing the capabilities of each company and what they bring to the fight."

Day two of the event began with a team-building competition where teams had to get each member through an obstacle made of rope, without touching



Sergeants major, first sergeants and master sergeants from the 3rd Armored Brigade Combat Team, 4th Infantry Division, compete in a team-building challenge in which each person passes through square openings of an obstacle with the help of fellow team members, June 26-27. The teams had to complete the obstacle without talking or touching any part of the obstacle during a two-day leadership development event for senior noncommissioned officers throughout the "Iron" Brigade.

Following breakfast, they began the return hike back down Barr Trail.

After completing the trek back down the mountain, the enlisted

leaders shared one final lunch to celebrate their journey together.

"There aren't too many other ways we can actually get together to come

out and do something like this," Adams-Beaty said. "There is a greater sense of togetherness. I appreciate coming out here."

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from Page 5

tempo of the group was marked by the relatively small formations during the ceremony, as the bulk of the unit is deployed around the globe.

“We have had, and continue to have, a continuous mission in Afghanistan that is now going on seven years without a break,” Deedrick said. “You maintain a 365 day-a-year presence in two of our critical European nations and in 14 strategically-important African nations. We have asked you to brave sandstorms,

crocodiles, mosquitoes and diseases. But these are merely the conditions that you have had to endure. The task is always to continue the fight against those who would harm the United States.”

Some of his deepest appreciation, however, was reserved for the Families of 10th SFG(A) Soldiers.

“I want to thank all of the Families of our Soldiers, and especially the amazing group of volunteer leaders we have. Volunteers are the soul of the Army and thank you for so readily giving of your time and talent,” he said.

Much of Thiebe’s distinguished career has been spent within the 10th

SFG(A), commanding at multiple levels with the unit’s 1st Battalion in Germany. Deployments to Bosnia and Kosovo were capstoned by him serving as the Task Force-10 commander during his entire battalion command tour, supporting International Security Assistance Force special operations forces and as the Army Special Operations Task Force Trans-Sahel commander. Following an assignment at the NATO Special Operations Headquarters in Belgium, Thiebes deployed to Afghanistan and served as the director of the Special Operations Fusion Cell. He assumes command of the 10th

SFG(A) following a tour at the U.S. Army War College International Fellows program at the George C. Marshall Center in Garmisch, Germany.

In his final remarks as commander of 10th SFG(A), Deedrick spoke of the professionalism and pride exhibited by Soldiers within the group, both on the parade field and those executing missions around the globe.

“From the Taliban in Afghanistan to al-Qaida affiliates throughout Africa, these men have shown both competence and character, demonstrating what it truly means to be a quiet professional, a paratrooper and a Green Beret.”



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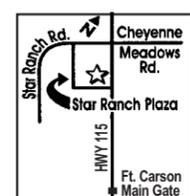
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Finance travel processing — All inbound and outbound Temporary Lodging Expense, "Do it Yourself" Moves, servicemember and Family member travel, travel advance pay and travel pay inquiries will be handled in building 1218, room 231. Call 526-4454 or 524-2594 for more information.

First Sergeants' Barracks Program 2020 — is located in building 1454 on Nelson Boulevard. The hours of operation are 8 a.m. to 5 p.m. Monday-Friday. The office assists Soldiers with room assignments and terminations. For more information call 526-9707.

Recycle incentive program — The Directorate of Public Works has an incentive program to prevent recyclable waste from going to the landfill. Participating battalions can earn monetary rewards for turning recyclable materials in to the Fort Carson Recycle Center, building 155. Points are assigned for the pounds of recyclable goods turned in and every participating battalion receives money quarterly. Call 526-5898 for more information about the program.

Sergeant Audie Murphy Club — The Fort Carson Sergeant Audie Murphy Club meets the second Tuesday of each month at 840 O'Connell Blvd. from 11:30 a.m. to 12:30 p.m. The SAMC is open to all active members and those interested in becoming future SAMC members. The club was originally a U.S. Forces Command organization of elite noncommissioned officers but is now an Armywide program for those who meet the criteria and have proven themselves to be outstanding NCOs through a board/leadership process. Contact SAMC president Sgt. 1st Class Ramsey Flores at 832-498-1402 or ramsey.l.flores.mil@mail.mil for information.

Directorate of Public Works services — DPW is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- **Facility repair/service orders** — Fort Carson Support Services service order desk can be reached at 526-5345. Use this number for emergencies or routine tasks and for reporting wind damage, damaged traffic signs or other facility damage.

- **Refuse/trash and recycling** — Call Eric Bailey at 719-491-0218 or email eric.e.bailey4.civ@mail.mil when needing trash 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 for service needs or to report complaints.

- **Elevator maintenance** — Call Bryan Dorcey at 526-6670 or email bryan.s.dorcey.civ@mail.mil.

- **Motor pool sludge removal/disposal** — Call Dennis Frost at 526-6997 or email dennis.j.frost.civ@mail.mil.

- **Repair and utility/self-help** — Call Gary Grant at 526-5844 or email gerald.l.grant2.civ@mail.mil. Use this number to obtain self-help

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Wolf	Breakfast: 6:45-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: Closed	Closed	Breakfast: 6:45-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.
Warfighter (Wilderness Road Complex)	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: Closed	Closed	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: Closed
LaRoche 10th SFG(A)	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: Closed	Closed	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: Closed

tools and equipment or a motorized sweeper.

- **Base operations contracting officer representative** — Call Terry Hagen at 526-9262 or email terry.j.hagen.civ@mail.mil for questions on snow removal, grounds maintenance and contractor response to service orders.

- **Portable latrines** — Call Jerald Just at 524-0786 or email gerald.j.just.civ@mail.mil to request latrines, for service or to report damaged or overturned latrines.

- **Signs** — Call Jim Diorio, Fort Carson Support Services, at 896-0797 or 524-2924 or email jdiorio@kira.com to request a facility, parking or regulatory traffic sign.

The Fort Carson Trial Defense Service office — is able to help Soldiers 24/7 and is located at building 1430, room 233. During duty hours, Soldiers should call 526-4563. The 24-hour phone number for after hours, holidays and weekends is 526-0051.

Briefings

75th Ranger Regiment briefings — are held Tuesdays in building 1430, room 150, from noon to 1 p.m. Soldiers must be private to sergeant first class with a minimum General Technical Score of 105; be a U.S. citizen; score 240 or higher on the Army Physical Fitness Test; and pass a Ranger physical. Call 524-2691 or visit <http://www.goarmy.com/ranger.html>.

Casualty Notification/Assistance Officer training — is held Aug. 21-23 from 9 a.m. to 4 p.m. at Veterans Chapel. Class is limited to the first 50 people. Call 526-5613/5614 for details.

Retirement briefings — are held from 8 a.m. to noon the second and third Wednesday of each month at the Freedom Performing Arts Center, building 1129 at the corner of Specker Avenue and Ellis Street. The Retirement Services Office recommends spouses accompany Soldiers to the briefing. Call 526-2840 for more information.

ETS briefings — for enlisted personnel are held the first and third Wednesday of each month. Briefing sign in begins at 7 a.m. at the Soldier Readiness Building, building 1042, room 244, on a first-come, first-served basis. Soldiers must be within 120 days of their expiration term of service, but must attend no later than 30 days prior to their ETS or start of transition leave. Call 526-2240/8458 for more information.

Disposition Services — Defense Logistics Agency Disposition Services Colorado Springs, located in building 381, conducts orientations Fridays from 12:30-3:30 p.m. The orientations discuss DLA 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, contact Arnaldo Borrerorivera at arnaldo.borrerorivera@dla.mil for receiving/turn in; Mike Welsh at mike.welsh@dla.mil for reutilization/web tools; or Rufus Guillory at rufus.guillory@dla.mil.

Reassignment briefings — are held Tuesdays in building 1129, Freedom Performing Arts Center. Sign in for Soldiers heading overseas is at 7 a.m. and the briefing starts at 7:30 a.m. Sign in for personnel being reassigned stateside is at 1 p.m., with the briefing starting at 1:30 p.m. Soldiers are required to bring Department of the Army Form 5118, signed by their physician and battalion commander, and a pen to complete forms. Call 526-4730/4583 for details.

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.

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Central Issue Facility

- **In-processing** — Monday-Thursday from 7:30-10:30 a.m.

- **Initial and partial issues** — Monday-Friday from 12:30-3:30 p.m.

- **Cash sales/report of survey** — Monday-Friday from 7:30 a.m. to 3 p.m.

- **Direct exchange and partial turn ins** — Monday-Friday from 7:30-11:30 a.m.

- **Full turn ins** — by appointment only; call 526-3321.

- **Unit issues and turn ins** — require approval, call 526-5512/6477.

Education Center hours of operation — The Mountain Post Training and Education Center, building 1117, 526-2124, hours are as follows:

- **Counselor Support Center** — Monday-Thursday 7:30 a.m. to 4:30 p.m. and Fridays 11 a.m. to 4:30 p.m.

- **Army Learning Center** — Monday-Friday 8 a.m. to 6 p.m.

- **Defense Activity for Nontraditional Education Support and Army Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:30-4:30 p.m.

Repair and Utility self-help — has moved to building 217 and is open Monday-Friday 7 a.m. to 3:30 p.m.

Claims Office hours — are Monday-Friday from 9 a.m. to noon and 1-4 p.m., located on the first floor of building 6222, 1633 Mekong Street. Shipment under Full Replacement Value claimants must submit Department of Defense Form 1840R or After Delivery Form 1851 for additionally discovered items to the carrier within 75 days online. Claimants must log into Defense Personal Property System at <http://www.move.mil> and submit the claim within nine months directly to the carrier to receive full replacement value for missing or destroyed items. All other claims should be submitted to the Claims Office within two years of the date of delivery or date of incident. Call 526-1355 for more information.

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 4:30 p.m. and closed Thursday and federal holidays. Call 526-7322 or 526-7284 for details.

Work Management Branch — The DPW Work Management Branch, responsible for processing work orders — Facilities Engineering Work Requests, DA Form 4283 — 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, call 526-2900. The Work Management Branch is located in building 1219.

Legal services — provided at the Soldier Readiness Processing site are for Soldiers undergoing the SRP process. The SRP Legal Office will only provide powers of attorney or notary services to Soldiers processing through the SRP. Retirees, Family members and Soldiers not in the SRP process can receive legal assistance and powers of attorney at the main legal office located at 1633 Mekong St., building 6222, next to the Family Readiness Center. Legal assistance prepares powers of attorney and performs notary services on a walk-in basis from 8:30 a.m. to 4 p.m. Mondays-Wednesdays and Fridays, and from 8:30 a.m. to 3 p.m. Thursdays.

Special Forces briefings are held Wednesdays from noon to 1 p.m.

Special Operations Forces briefings are held Wednesdays from 1-2 p.m.

Briefings are held in building 1430, room 123. Call 524-1461 or visit <http://www.bragg.army.mil/sorb>.



New SAMC president takes reins

By Staff Sgt. Joe Stone

43rd Sustainment Brigade Public Affairs Office, 4th Infantry Division

The Fort Carson chapter of the Sgt. Audie Murphy Club recently named a new president, Sgt. 1st Class Ramsey Flores, who was elected in May.

Flores, who was assigned as an electronics maintenance chief, 43rd Special Troops Battalion, 43rd Sustainment Brigade, is slated to take over as first sergeant for Company A, 704th Brigade Support Battalion, 4th Brigade Combat Team.

"I'm kind of excited about it," said Flores. "Taking care of Soldiers, that's what I'm going to be doing."

He has been acting first sergeant before, but this is his first official assignment in the job.

"I'm ready," he said. "I've been ready."

Flores, a Houston native, has been in the Army for 17 years. He joined because he needed direction for his life, he said.

"I didn't have a moral compass. I needed something to get me on the right track," said Flores. "I tried doing the school thing. It didn't quite work out for me because of my surroundings. I was in ... harsh surroundings."

A recruiter went to see his friend and he happened to be there. His friend wasn't interested at all, he said.

"Then the recruiter pointed at me and said, 'Hey, what are you doing?' And I said, 'Nothing,'" Flores said. "Two weeks later, I

was going to Fort Sill, Okla. It happened that quick. I haven't looked back since."

Flores was inducted into the SAMC in February 2002 at Fort Hood, Texas. Like many Soldiers, Flores knew that SAMC could help his career.

"If an NCO is trying to set themselves aside from their peers, then the Sgt. Audie Murphy Club is a great step in the right direction," said Flores. "It shows the leadership that you do more things above and beyond what your normal job description is."

The SAMC is not just something to get you promoted though, said Flores.

"The Sgt. Audie Murphy Club at Fort Carson is looking to excel," he said. "We just want to grow, and we want to make sure those members who are out there come forward."

Induction into the SAMC requires nomination by a first sergeant, said Flores. After nomination comes a battalion board, a brigade board, then the division board. All these boards require the appropriate sergeant major to sign off. After the division sergeant major approves, a packet is sent to Forces Command. Then it's approved at the FORSCOM level.

"It's an elite group, so it's the best of the best," he added. "It's a lengthy process, but it's very rewarding."

According to the Audie L. Murphy Memorial Website, the Sgt. Audie Murphy Club is a nonprofit organization committed to contributing to the community. The club does charity work for the homeless, helps the elderly, assists the handicapped, and works to provide a better life for everyone in the community.

"We represent the Army. We represent the noncommissioned officers," Flores said. "We just make sure the community knows we're here."

The next event that SAMC is supporting is The Big Dog Brag Funnner Mudder Aug. 2, said Flores. The SAMC will also partner with the Sergeants Major Association on a school supply drive at the

beginning of August, distributing backpacks to local schools.

"We always have a showing, no matter what. If we have an event, we always have a good showing."

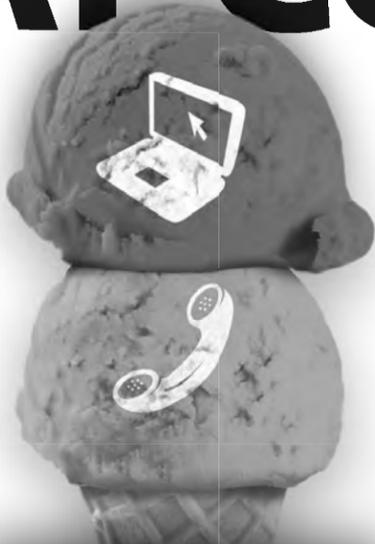
Flores encourages Soldiers who are inactive members to come help out with the club. He also said he wants to see new Soldiers join the club.



Flores

Meetings are held the second Tuesday of each month at 840 O'Connell Blvd. Contact Sgt. 1st Class Ramsey Flores for more information at: 832-498-1402 or ramsey.i.flores.mil@mail.mil.

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Coping with deployment

Editor's note: This is the first of a four-part series following two wives and a fiancé during the 4th Engineer Battalion's nine-month deployment.

Countdown begins for those left behind

Story and photos by Andrea Stone
Mountaineer staff

The colors have been cased, and farewells said. The planes have flown, and the tears shed. Now, a month later, those left behind are learning new routines and adjusting to life without their loved ones.

Every deployment is different, and every deployment is different for every person. But coping strategies are similar — breaking up long deployments into shorter segments, staying busy and refusing to dwell on possibilities. Those strategies unite men and women, wives and fiancés, those with children and those without.

Facing a first deployment



When Pfc. Joel Detamore, Forward Support Company, 4th Engineer Battalion, arrived at Fort Carson in November, he knew he'd be deploying, but didn't tell his wife, Ali Detamore. Instead, he broke the news on a date over the holidays at home in Indiana.

"I (wasn't) mad," she said. "I expected at some point (he) would be deployed, but it was frustrating for me because

Detamore

I felt like, if he would have told me right away, maybe my decision would've been to stay home instead of to come out here. But by then, we already had our house, and our stuff was moved out here."

Fort Carson is their first duty station, and his June deployment to Kandahar is also their first. To complicate matters, Ali Detamore gave birth to their fourth child Saturday.

"I'm a little sad, but, because it's not our first child, I don't feel panicked or disappointed. It's not like I haven't shared that with him," she said.

Detamore is thankful for the distraction her other three children — all under age 7 — provide.

"I can't imagine my husband being deployed and not having my children to take care of. I think I'd be buying dogs or cats or rabbits," she said, laughing.

Her children feel the stress of deployment too.

"Cami (age 3) has been waking up every night, crying for Daddy," Ali Detamore said. "He's been gone two or three weeks at a time before for training, so I don't know how she processes the difference.

"Gunnar (21 months) has just been real clingy. The first few days, if somebody would come over or the phone would ring, Gunnar would run to the door, 'Daddy, Daddy!'"

In the months leading up to his departure, the Family tried to spend as much time together as possible. But with the looming deployment, uncertainty about what to expect and how to interact led to stress and occasional problems.

"I was kind of bitter about it, and I didn't know how to direct it," she said.

After he left, Ali Detamore felt lost.

"I was in a state of panic that first week, crying my eyes out every night. My kids were like, 'Are you going to be OK?'" she said.

The panic of the first weeks has faded now, but Ali Detamore feels additional responsibility and the accompanying exhaustion.

"Around bedtime, that's when I'm ready to just sit down," she said. "I wish he'd walk through the door at 5:30 p.m. because I'd really like to just go use the bathroom by myself and not have



Jamie Pierce holds her son, Tristan Pierce, 7 months. While her husband, Sgt. Brad Pierce, Forward Support Company, 4th Engineer Battalion, is deployed to Kandahar, Afghanistan, Jamie Pierce finds support in a group for the spouses of deployed Soldiers. "They schedule stuff throughout the week to keep people busy," she said. "It's been a really good thing."

to get up every time they cry."

Being the parent responsible for day-to-day issues brings unique challenges and first-time problems that now have to be faced alone.

"Liya (age 6) got bullied at the park. (The other girl) said that she was walking ugly ... and she was going to push her down," Ali Detamore said. "That's really the first bullying thing we've had to deal with.

"I didn't know what to do. I didn't know what to tell Liya. ... I didn't know what to say. That's rough."

At those times, she tries to remember that someone else has it harder, and there is an end to the deployment.

"It's hard ... not to throw a little pity party," she said. "I think it's easier for me because I have things to look forward to, like the baby's

coming soon, and then I have Family coming out, and then it'll be Christmas."

While she waits, she tries not to dwell on the possibilities that come with a husband in a war zone.

"I try not to think about (the) homecoming because it makes me cry, and I don't want to get excited about it and have something go wrong or have it not happen. I can't go there," she said. "It's just something extra to worry about. Worry about it when it comes."

Every deployment differs

Even on a third deployment, Jamie Pierce refuses to consider the possibilities.

"You see CNN on in public places, and you see something (about) Soldiers killed in Afghanistan, and you're ...," Pierce's voice trailed off. "Obviously you know there's a risk, but I just never entertain that thought. I don't even pretend that there's that possibility."

Her husband, Sgt. Brad Pierce, FSC, 4th Eng. Bn., was deployed twice to Iraq, but this is the first deployment since their son, Tristan, was born in December, and the first deployment she decided not to return home.

"This time I was determined that I was going to stay here and tough it out. I didn't want to have to move back in with Family," she said.

The Pierces arrived at Fort Carson in April 2012, and, for most of that time, they've known he would deploy.

"I had friends here already (when he deployed). Your Family is good and fun to be around, but sometimes people just don't understand. When you



Pierce



Pfc. Joel Detamore, Forward Support Company, 4th Engineer Battalion, meets his son, Remington Beau. Ali Detamore gave birth to the couple's fourth child Saturday while her husband is deployed to Kandahar, Afghanistan.

Deployment

from Page 15

have friends who are going through the same thing, it's a lot easier," she said.

With only 15 months between deployments, the Pierces tried to spend as much time together as possible.

"That's one thing that's different between me and my civilian friends because they're like, 'My husband is driving me crazy. I need a night off, or I need a weekend getaway.' But me and Brad, we do everything together," Pierce said. "Because we spent so much time apart, we don't really want to do stuff apart."

Even with friends and the support of her church, there are still times when the absence stings.

"Some circumstances can trigger it," she said. "When we were going to church that first day that (he wasn't) there, and I was walking up to church by myself ... just little stuff like that, but then other times I'm completely fine."

With a 7-month-old baby to take care of, her days pass quickly, but she has a new appreciation for what her husband does when he is home.

"I didn't realize how much of a help Brad was until he's not here," she said. "(I'm) used to being home by (myself) during the day because he's at work. But then in the afternoon, (I wonder) how I'm even going to make dinner because (the baby is) screaming."

A lot of changes will happen for Tristan during the nine months his father is deployed. He's had his first cold, learned to use a walker and will celebrate his first birthday in December, a few months before the battalion redeploys.

"We were 'Skyping,' and Tristan was laying in his bed and Brad was like, 'Gosh, he's grown already,'" Jamie Pierce said.

Between Skype and email, they communicate almost every day, unlike previous deployments when he didn't have Wi-Fi.

"It can be a good and a bad thing that you get to talk to each other every day because then there's that time when they're going out on a mission, and you may not hear from them for a couple days, and you're like, is everything OK?" she said.

To help her cope with the stress and uncertainty, Jamie Pierce surrounds herself with friends and tries to stay busy.

"Some Family (members) say they're going to come out this summer, so hopefully they do. And then (we're) going home (for) the holidays. And then after that, it'll only be (a few) months, and then they'll be back. So, I try to make little checkpoints," she said.

Her advice to other spouses in the same position: "Surround yourself with good friends. If you don't have friends, somebody to hang out with every once in a while, you'll go crazy."

Engagement challenges

The importance of being social is a lesson Cully Cavness learned early on. He and his girlfriend of three years, 2nd Lt. Emily Nunez, Headquarters and Headquarters Company, 4th Eng. Bn., got engaged about two months before her June deployment.

"I try to have people over for dinner and (to hang out)," he said. "It's a really good way for me to spend the night with 10 friends

and just talk about other stuff, not Emily being gone."

The couple met while at Middlebury College, Vt., where Nunez was one of the few students enrolled in the ROTC program.

"She graduated the top in her ROTC class, so she was able to have influence on where she went," Cavness said. "Colorado Springs made a lot of sense."

After moving in January, Nunez had a surprise, though.

"She got to Fort Carson. Two weeks later, she received orders saying Kandahar. The rug was pulled out from under us," Cavness said. "She had three or four months to get ready."

That experience prepared him for what he can expect as an Army spouse.

"I totally realized that you can't take anything for granted, circumstance or job or position or location. It's always dynamic depending on (the Army's) needs," he said.

He was in New York on a business trip when Nunez found out she would be deploying.

"She called and ... was worried about our relationship," he recalled. "So I just responded by being really supportive and assuring her that I was going to be there for her, and that I wasn't going anywhere because of the deployment."

They aren't strangers to separation. Cavness, who works for a company that develops geothermal power plants, has to travel internationally from time to time, and he did a yearlong fellowship during which he traveled to 25 countries.

"We have had experience with long distance before, so that's also helping us come into this with more confidence," he said.

Big challenges come from being an Army fiancé instead of an Army spouse.

"If you're married, you get all the benefits and all the special treatment. If you're not, then you don't exist. We've been together for three years. We're engaged. We have every intention of getting married when she comes back. In fact, we probably would be married while she's away if she wasn't away," he said.

If something happened to Nunez, Cavness wouldn't be notified in the same way an Army spouse would.

"I don't get any of that treatment," he said. "Her parents would be the point of contact. (I'd) find out eventually."

The potential for danger is something Cavness has thought about.

"They have sandbags and mortar blockades everywhere for a reason," he said. "It's definitely on your mind. You try to block it out and not think about it too much."

While Nunez is deployed, Cavness does more wedding planning than most typical men, he said.

"That's one of the interesting dynamics of our situation right now."

Nunez redeploys about five or six months before her wedding, when she will buy her dress and the couple will pick out rings. They hope to marry in the Middlebury College chapel.

Keeping that end date in mind gives Cavness endurance to keep going.

"It will end," he said. "I think everybody who's deployed takes a lot of comfort from that date range. It's coming. I just have to be patient and sit through it."



Cavness



Photo by Andrea Stone

Cully Cavness, engaged to 2nd Lt. Emily Nunez, Headquarters and Headquarters Company, 4th Engineer Battalion, works out at the Denver Athletic Club. He will continue to live in Denver until the unit redeploys. "A little run or a little gym workout can really clear your mind of stress," he said. "Since you're always under low-grade stress while they're deployed, ... (that's) a healthy thing to do."

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Feature



The 4th Infantry Division and Fort Carson Mounted Color Guard presents the nation's colors during the opening ceremonies of the Pikes Peak or Bust Rodeo at the Norris-Penrose Event Center, July 10.



Soldiers from the 52nd Engineer Battalion try to milk a cow during the wild cow milking competition, an event of the Pikes Peak or Bust Rodeo at the Norris-Penrose Event Center, July 10.



A team roping competitor heels a steer during the Pikes Peak or Bust Rodeo at Norris-Penrose Event Center, July 10.

Rodeo honors Soldiers

Story and photos by
Sgt. William Smith
4th Infantry Division Public Affairs Office

The 73rd Pikes Peak or Bust Rodeo kicked off with Army appreciation night at the Norris-Penrose Event Center, July 10, celebrating military service to the nation.

"I want to thank the community leaders and volunteers who are part of this great effort in recognizing the outstanding competence of the Soldiers we have at Fort Carson," said Col. David Grosso, garrison commander, Fort Carson. "Most of all, I would like to thank all of the Families here. It is truly one of the hardest jobs in the Army to be a spouse of a Soldier and hold down the homefront, especially over the last 12 years of war."

Grosso and Command Sgt. Maj. Steven O. Green, senior enlisted adviser, Fort Carson, presented 57 Soldiers with outstanding service medallions before the rodeo at the Salute our Troops Medallion Presentation Ceremony.

The Soldiers, all staff sergeant and below, were selected by their respective chains of command for special recognition for their hard work.

The ceremony is sponsored by the Interquest Rotary Club, which for the last 11 years has rewarded local enlisted servicemembers for their service to the nation, said Tony Fagnant, event

chairman, Salute our Troops, Interquest Rotary Club.

"For the Rotary to be able to recognize these Soldiers at the local level and let them know how much we appreciate all they do for us is a gift," Fagnant said.

After the presentation, the Soldiers marched into the rodeo arena as part of the opening ceremonies.

"I am really excited about the opportunity to represent my unit," said Spc. Jordan Goslin, 60th Ordnance Company, 68th Combat Sustainment Support Battalion, 43rd Sustainment Brigade. "To receive this much support from the community for what we do on a day-to-day basis feels really amazing."

The 4th Infantry Division and Fort Carson Mounted Color Guard presented the nation's colors and Staff Sgt. Daedra Stonerock, 4th Inf. Div. and Fort Carson Mounted Color Guard, sang the national anthem during the opening ceremony. Brig. Gen. James Rainey, deputy commanding general for maneuver, 4th Inf. Div. and Fort Carson, welcomed the rodeo audience.

"I want to thank the Pikes Peak or Bust Rodeo committee, the Range Riders and all



A saddle bronc competitor rides a horse during the Pikes Peak or Bust Rodeo at Norris-Penrose Event Center, July 10.



Joint Task Force Carson Soldiers salute during the national anthem at Norris-Penrose Event Center, July 10. Fifty-seven JTFC Soldiers were awarded medallions as a token of appreciation for their service to the nation.

of our great friends in Colorado Springs for coming out and supporting the members of our Army ... God Bless America; let's rodeo," Rainey said.

The day prior to the event, Fort Carson Soldiers participated in the annual Pikes Peak or Bust Rodeo Parade in Colorado Springs.

Soldiers were involved in the actual rodeo events as well. A four-man team from the 52nd Engineer Battalion participated in the wild cow milking competition. The competition consists of chasing down a cow straight from the range and attempting to milk it. The first successful team is proclaimed the winner.

Hospital has appointments to sleep through

**Story and photo by
Sgt. 1st Class Jeff Troth**
Medical Department Activity Public
Affairs Office

Normally doctors want their patients to stay awake during appointments, but a new clinic at Evans Army Community Hospital wants them to sleep — and even has beds for that purpose.

EACH held a ribbon-cutting

ceremony July 2 for its new Neurology Sleep Lab Clinic. The facility will monitor, assess and evaluate patients with sleep-disorders, such as sleep apnea, a condition when a person pauses in breathing or has shallow breaths while sleeping.

“The lab has four beds and will be run six nights a week,” said Dr. Jonathan Olin, chief of the new clinic. “This will give us about 1,000 studies a year.”

That is 1,000 people who will not have to leave Fort Carson for their sleep assessments.

“Having the sleep lab here is going to be great for our patients,” said Col. John McGrath, Fort Carson Medical Department Activity commander.

“And, it is going to save us between half a million to a million dollars by doing these studies in-house.”

“It is a very technical study and you need good equipment, a good environment where people can sleep and a highly-trained staff,” Olin said. “And, we have all three here.”

The sleep lab, located on the hospital’s second floor, is set up like a small hotel. There is a front desk where the technicians check-in patients. Four private furnished rooms offer a bed and large-screen TV. There are even showers within the clinic for patients to use before they head to work in the morning.

The rooms have a few extra features that hotel rooms don’t have, to include a closed-circuit camera that allows technicians to monitor the patients’ sleep habits. But, that is only one part of the lab’s state-of-the-art monitoring equipment.

Before shutting off the lights for the night, patients are hooked up to an Alice 6 sleep diagnostic system which monitors heart rate and electroencephalography — voltage fluctuations within the neurons of the brain. During the first half of the night, if the technicians determine that the patient has sleep apnea, the patient is connected to a continuous positive airway pressure machine that forces air, via a face mask, until the apnea diminishes and breathing improves.

A one-night study allows doctors to formulate a treatment plan that could include lifestyle changes, mouth-pieces, breathing devices or surgery.

The sleep lab does not take reservations; all patients are referrals from military health care providers throughout Colorado Springs. Currently, the facility is only seeing active-duty personnel, but eventually services will be available for anyone covered by TRICARE Prime.

“The new sleep lab will allow more of our patients to be diagnosed closer to home,” said Olin. “It will also give them a shorter wait time to get into a sleep clinic.”



Clinic technicians Tom Kulkowski, left, and Dan Trujillo inspect an Alice 6 sleep diagnostic system used to monitor patients’ heart rates and electroencephalography during sleep studies to determine if they have a sleeping disorder, at the Evans Army Community Hospital Neurology Sleep Lab Clinic.

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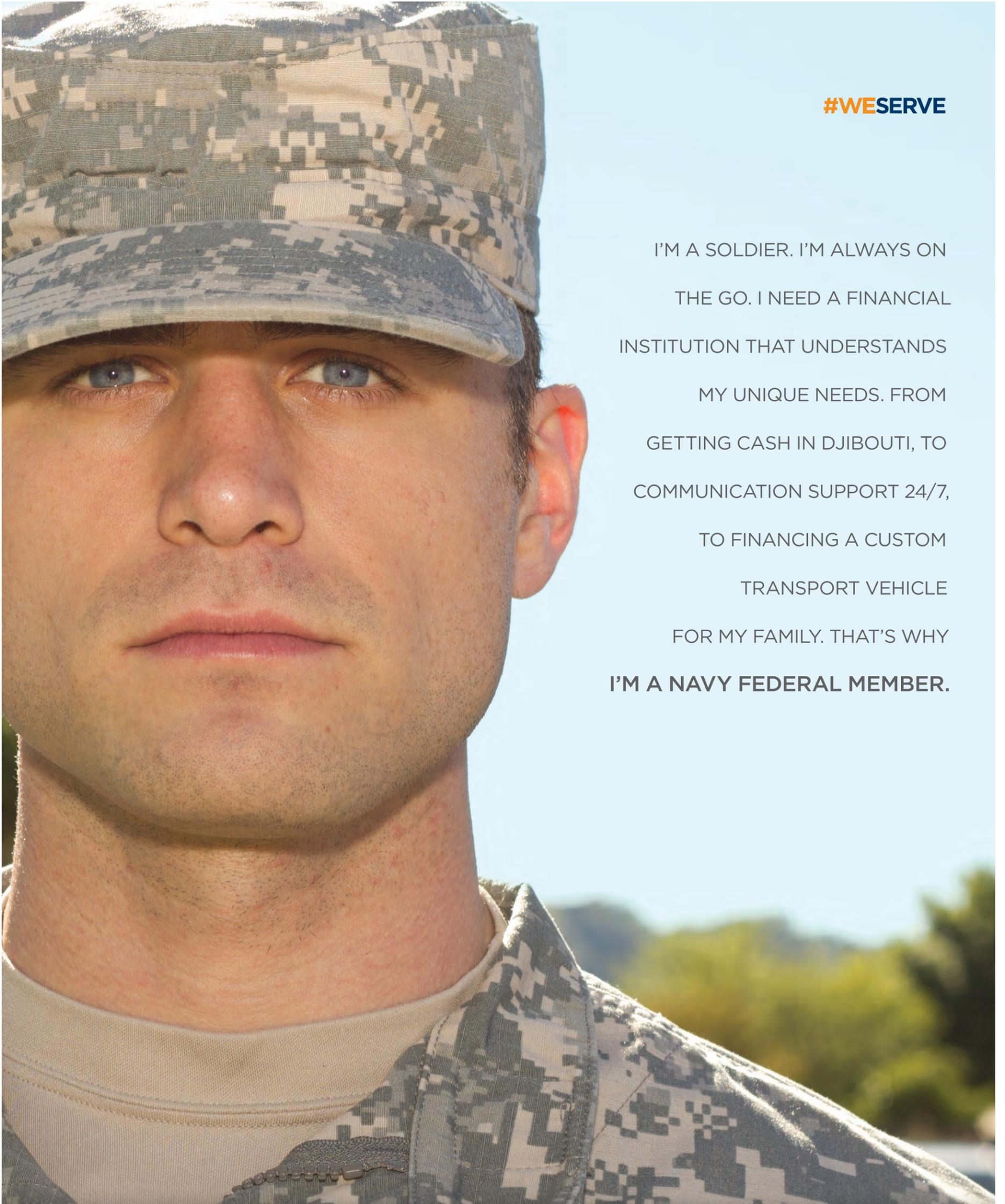
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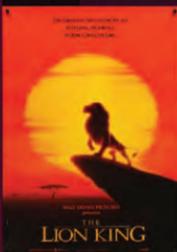
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DINNER & A MOVIE



July 25

AT THE SPECIAL EVENTS CENTER Located on 6550 Specker Avenue, building 1829



The Lion King

Theme: Animals
(Presented by the
Cheyenne Mtn. Zoo)

Food by: Texas
Roadhouse

- Doors open and activities start at 5:30 p.m.
- Dinner starts at 6 p.m.
- FREE Movie starts at 6:30 p.m.

- Dinner is \$1 per person*
- Kids age 3 and under are FREE with a paying adult*
- * Limited to the first 500 people

Questions? Call 526-1867

B.O.S.S. Pool Party



FROM 6:30-9:30 P.M. AT THE
IRON HORSE INDOOR POOL

July 26

CALL
526-4494

Located on 6415 Specker Avenue, building 1525



Info:
526-4102

Mini Demo Day

July 27

10 a.m. to 2 p.m.

Cheyenne Shadows Golf Course
1050 Titus Boulevard, building 2429



DESTINATION FORT CARSON



August 21 at the Special Events Center from 9 a.m. to 3p.m.

Located on 6550 Specker Avenue, building 1829. Call 526-1867 for information.



Claims to the Estate

Sgt. William R. Moody — With deepest regret to the family of the deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Alex Wood at 618-409-9244.

Spc. Ember Alt — With deepest regret to the family of the deceased. Anyone having claims against or indebtedness to her estate should contact 1st Lt. Jennifer Meier at 524-4062.

Upcoming events

Officers invited — Pikes Peak Chapter/Military Officers Association of America invites active duty, retired and former officers and their Families to dinner at My Big Fat Greek Restaurant, 7605 N. Academy Blvd., July 27 at 5:30 p.m. Call Bunny Blaha, 471-8527, for more information.

National Night Out — There will be food, prizes, giveaways and demonstrations at Soldiers' Memorial Chapel, Aug. 6 at 4 p.m.

General announcements

Limited services — Education counseling services will not be available on Fridays due to furlough. Expiration term of service outprocessing will be available Monday-Thursday from 8 a.m. to 2 p.m. only. Chapter and/or Medical Evaluation Board outprocessing will be available Monday-Thursday from 7:30 a.m. to 4:30 p.m. PCS outprocessing will remain available Monday-Friday from 7:30 a.m. to 4:30 p.m.

Voting assistance — The Voting Assistance Office is located in building 1218, room 212, and regular hours during furlough are 9 a.m. to 3 p.m., Monday-Thursday. Call 526-3963 for assistance, or additional information can be found at <http://www.fvap.gov>.

Seeking volunteers — Cub Scout Pack 164 needs scouts and adult volunteers who enjoy the outdoors, camping, climbing, sports, helping the community and more. Contact Sara Ehrhart, committee chair, 785-226-0267, [troop\(underscore\)164@yahoo.com](mailto:troop(underscore)164@yahoo.com).

Water quality report — The Directorate of Public Works has issued its annual water quality report. Fort Carson's water, supplied by Colorado Springs Utilities, is of high quality and has been for many years. The report can be viewed at <http://www.carson.army.mil/DPW>.

School lunch and breakfast program — School District 8 is accepting applications for the national School Lunch and School Breakfast programs. Application forms are being provided to all homes with a letter to parents. Additional copies are available in each school. The information provided on the application is confidential and will be used only for the purpose of determining eligibility and verifying data. Applications may be submitted any time during the school year. Contact Dawn Muniz at 719-382-1334 or email DMuniz@FFC8.org for more information.

Immunizations for summer vacations — If traveling out of the country, ensure vaccinations are up to date. It takes about two weeks to develop immunity after vaccination. Call the travel clinic, 526-2939, to schedule shots.

Speed limit changes — The existing 40 mph speed limit on Butts Road between Wilderness and Airfield roads has been reduced to 30 mph. Call 526-9267 for information regarding the change.

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. Beneficiaries may not be offered the exact hour they want. Call the Access to Care Line, 526-2273, to make an appointment.

Homes offered to wildfire victims — Tierra Vista Communities on Schriever Air Force Base is offering six to 12 month leases to Colorado residents displaced by the wildfire. Call 683-3660 for more information.

Transfer military hospital or clinic when relocating — TRICARE Online users must update their military hospital or clinic location online each time they relocate. Transferring

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military hospital or clinic affiliation in TOL does not automatically transfer the TRICARE enrollment in Defense Enrollment Eligibility Reporting System.

Exceptional Family Member Program hours change — Evans Army Community Hospital's EFMP office increased its hours of operation to better accommodate the needs of servicemembers and Families. The new hours are: Monday-Thursday 7:30 a.m. to 4 p.m. and Friday 7:30 a.m. to noon. The EFMP office is located in the hospital's Woods Soldier Family Care Center, room 2124 on the second floor near the central stairs. Contact the EFMP Nurse Administrator at 503-7442 for more information.

TRICARE challenges — UnitedHealthcare Military & Veterans assumed management of the TRICARE program for the western region April 1. There are no changes to supported benefits for TRICARE beneficiaries and all existing referrals for covered benefits will be honored by UMV. Questions about covered benefits or TRICARE coverage should be directed to the TRICARE Service Center inside Evans Army Community Hospital or UMV at 888-874-9378. For more information, visit <https://www.uhcmilitarywest.com>.

Changes to dining facility — The Evans Army Community Hospital DFAC has reduced menu options on weekends and holidays. Weekends and federal holiday hours are: breakfast, 6:30-8:30 a.m.; lunch, 11 a.m. to 1 p.m.; and dinner, 4-5:30 p.m. The DFAC offers an assortment of nutritious grab-n-go items during these meal hours: breakfast — assorted beverages, cold cereal, assorted pastries, hard-boiled eggs, breakfast burritos, scones, muffins, fresh fruit and yogurt; lunch and dinner — assorted beverages, assorted pre-made sandwiches, assorted pre-made salads, fresh fruit, yogurt and assorted desserts. Call 526-7968 or 7973 for more information.

Library program — [Tutor.com](http://www.tutor.com) for military Families offers homework and studying help from a professional tutor, any time of day or night, free for K-12 students in military Families. Expert tutors are available online 24/7 to help students in more than 16 subjects, including math, science, English and social studies. [Tutor.com](http://www.tutor.com) can also help with standardized test prep, Advance Placement exams and with college essays. Visit <http://www.tutor.com/military> for more information.

Army Provider Level Satisfaction Survey — Patients may fill out and return the APLSS to

help minimize the impact of budget cuts on medical care. Evans Army Community Hospital receives funding based on patients seen and customer satisfaction. Positive surveys returned can bring in up to \$800. Help keep providers and departments and clinics fully functional. Call 526-7256 for more information.

Seeking volunteers — Cub Scout Pack 264 needs volunteers for den leaders and committee members. No experience is needed. Training will be provided by Boy Scouts of America staff. There is always a need for new volunteers to fill positions or just help out at various activities. Contact the Committee Chair, Johnathon Jobson at sgtjobson@gmail.com or the Cub Master, Robert Jepsen, robert.jepsen@us.army.mil and put Scout Volunteer in the subject line.

Triple Threat expands — The Southeast Family Center and Armed Services YMCA hosts Triple Threat meetings for Family members of military personnel dealing with post-traumatic stress disorder. Groups meet at 6:30 p.m. Thursday evenings at the YMCA located at 2190 Jet Wing Drive in Colorado Springs. Contact Larry Palma at 559-376-5389 or longlinelarry@aol.com for details.

Operation Mentor — Big Brothers Big Sisters seeks children ages 9-16 from military Families to participate in the military mentoring program, which matches children with adult volunteers who serve as positive role models. Visit <http://www.biglittlecolorado.org/> for more information.

Automated medical referral — A new automated reminder system is now in place for medical referrals. Beneficiaries who are referred to a civilian specialist in the network will receive a phone call from the Colorado Springs Military Health System. The call will remind patients to make an appointment. If a patient has already made an appointment, an option will allow him to report that information. There is also an option to cancel the referral. Unless acted upon, these reminders will recur at 20, 60 and 120 days. Call 524-2637 for more information on the automated call system.

Thrift shop accepts credit cards — The Fort Carson Thrift Shop is now accepting debit and credit cards. The shop, located in building 305, is open Tuesday-Thursday from 10 a.m. to 2:30 p.m. Contact Gail Olson at 526-5966 or email thriftshop@gmail.com for more information or to learn about volunteer opportunities. Donations may be dropped off at the store during normal business hours or at the recycling center located near the main exchange.

Worthiest sacrifice of all



Commentary by
Chap. (Capt.) Omari S. Thompson
4th Battalion, 10th Special Forces Group (Airborne)

The Miami Heat are now repeat National Basketball Association champions. LeBron James, Dwayne Wade and Chris Bosh are proving that Pat Riley's mastermind acquisition three years ago to form the "Big Three" was indeed a success, despite the major criticism surrounding the blockbuster deal.

James is unequivocally the best basketball player in the world and has just moved a step closer to legitimately being compared to Michael Jordan, the greatest to ever play the game. Bosh is now a two-time champion who probably couldn't care less about being considered the least-significant member of the Big Three.

That leaves Wade, the world champion and NBA Finals most valuable player back in 2006 before the Big Three was ever a thought, who is probably the most selfless of these elite teammates. It was his sacrifice that made the Big Three and the legacy that they are creating possible today. Wade took far less money than his market value to ensure that the Miami Heat organization had enough in the budget to

bring James and Bosh aboard. Once they chose to come to Miami, the question became what will their chemistry be, and who will be the leader. Wade put this matter to rest when he stated last year that James was the leader of their team. From that moment, pressure was relieved and things fell into place as the Miami Heat won the title in 2012 and have now repeated the feat in 2013. His sacrifice led to James and Bosh choosing to come to Miami as well as the Miami Heat earning its second consecutive championship.

Wade's sacrifice pales in comparison to the sacrifice made by our Lord and Savior Jesus Christ who accepted the will of his father to step down from eternal glory and be clothed in humanity. He did not come as the king of this earth as he rightfully could have, but instead came in humility, born in a manger as there was no room in the inn. Even at his triumphal entry into Jerusalem, Jesus rode in on a colt that was never before ridden.

Despite the miracles, the healings and the casting out of demons, Jesus' identity as the Son of God was still widely in question. Nevertheless, Jesus endured betrayal, mocking, beating and suffering beyond what any of us could ever imagine, all motivated out of the deepest and purest love for each of us. His

sacrifice was complete when he, willingly, laid down his life, despite being innocent, for us that we might have life and have it more abundantly. He therefore did for us what we were not capable of doing for ourselves. Could there be a more worthy sacrifice?

As we consider life's heroes, as we honor our veterans for their service and those who have paid the price for our freedom with their lives, as we celebrate the accolades of our superstar athletes, world leaders and Pulitzer Prize winners, let us not lose sight of the one who made the sacrifice more worthy than any other. Without Wade's sacrifice, the Big Three would probably not be together and the Miami Heat would not be two-time defending world champions. Those of us who are Heat fans would not have cause for celebration, but life would go on. Without Jesus Christ, who made the ultimate sacrifice, none of us would even be alive today.

Chapel briefs

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

Club Beyond is a program for military middle school teens. Volunteers are welcome. Call 719-355-9594 for dates and times.

Youth Ministries: Christian Youth Group for sixth- through 12th-graders meets Sunday from 2:30-4:30 p.m. at Soldiers' Memorial Chapel. Call 526-5744 for more information.

Military Council of Catholic Women meets Friday from 9:30-11:30 a.m. at Soldiers' Memorial Chapel. For information, call 526-5769 or visit "Fort Carson Military Council of Catholic Women" on Facebook.

Knights of Columbus, a Catholic group for men 18 and older, meets the second and fourth Tuesday of the month at Soldiers' Memorial Chapel. Call 526-5769 for more information.

Protestant Women of the Chapel meets Tuesday from 9:30 a.m. to noon at Soldiers' Memorial Chapel. Free child care is available. Email carson@pwoc.org or visit PWOC Fort Carson on Facebook for details.

Latter Day Saints Soldiers: Weekly Institute Class (Bible study) is Wednesday at 6 p.m. at Veterans Memorial Chapel. Food is provided. Call 971-219-0007 or 719-433-2659 or email arthur.ford@myldsmail.net for more information.

Heartbeat, a support group for battle buddies, family members and friends who are suicide survivors, meets the second Tuesday of each month from 6:30-8 p.m. at the Fallen Heroes Family Center, building 6215, 6990 Mekong St. Contact Richard Stites at 719-598-6576 or Cheryl



Chapel Schedule					
ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
Saturday	4-45 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Manuel/526-8583
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Manuel/526-8583
Sunday	8:15-8:45 a.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Manuel/526-8583
Sunday	9 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Manuel/526-8583
Sunday	10:30 a.m.	Religious education	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	10:30 a.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Christopher/526-7386
Mon-Fri	11:45 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Manuel/526-8583
Mon-Fri	Noon	Mass	Healer	Evans Army Hospital	Fr. Christopher/526-7386
First Friday of month	Noon	Mass	Healer	Evans Army Hospital	Fr. Christopher/526-7386
PROTESTANT					
Friday	4:30 p.m.	Intercessory prayer, Bible Study	Soldiers'	Nelson & Martinez	Chap. Stuart/524-4316
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Gee/526-7386
Sunday	9:15 a.m.	Sunday School	Soldiers'	Nelson & Martinez	Heidi McAllister/526-5744
Sunday	9:30 a.m.	Sunday School	Prussman	Barkeley & Prussman	Heidi McAllister/526-5744
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Stuart/524-4316
Sunday	11 a.m.	Gospel	Prussman	Barkeley & Prussman	Ursula Pittman/503-1104
Sunday	10 a.m.	Chapel NeXt	Veterans	Magrath & Titus	Chap. Palmer/526-3888
Sunday	2:30-4:30p.m.	Youth ministry	Soldiers'	Nelson & Martinez	Heidi McAllister/526-5744
Tuesday	9:30 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Stuart/524-4316
EASTERN ORTHODOX					
Sunday	10 a.m.	Orthodox Service	Provider	Barkeley & Ellis	Chap. Oanca/503-4340
JEWISH					
Fort Carson does not offer Jewish services on post. Contact Chap. (Lt. Col.) Fields at 503-4090/4099 for Jewish service and study information					
ISLAMIC SERVICES					
Fort Carson does not offer Islamic services on post. Contact the Islamic Society at 2125 N. Chestnut, 632-3364 for information.					
(FORT CARSON OPEN CIRCLE) WICCA					
Sunday	1 p.m.			Provider Chapel, Building 1350, Barkeley and Ellis	ftcarsonopencircle@gmail.com
COLORADO WARRIORS SWEAT LODGE					
Meets once or twice monthly and upon special request. Contact Michael Hackwith or Wendy Chunn-Hackwith at 285-5240 for information.					

Sims at 719-304-9815 for more information.
Spanish Bible Study meets off post. Contact Staff Sgt. Jose Varga at 719-287-2016 for study times and location.

Jewish Lunch and Learn with Chap. (Lt. Col.) Howard Fields takes place Wednesday from noon to 1 p.m. at Provider Chapel. For more information, call 526-8263.

Has someone in your organization recently received kudos?
Contact Mountaineer staff at 526-4144 or email fcmountaineer@hotmail.com.



Above: Dining Facility second baseman Malcolm Wertz, left, prepares to fire to first base to complete a double play during intramural action July 11 at the Mountain Post Sports Complex.



Right: Dining Facility player/coach David Joseph, right, drives a hit to center field during intramural league action July 11 at the Mountain Post Sports Complex.

DFAC team looks to build on success

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

For the past three intramural softball seasons, the Dining Facility softball team has made the playoffs, reaching the championship game twice.

But that is history for the team, because it is now trying to integrate new players into the fold and figuring out just how good the team can be this year, according to coach David Joseph.

“Our season has gone pretty well when you consider most of us are playing together for the first time,” he said. “We only have four players that have been around for the DFAC teams that went to the championship two of the last three years. But we are playing very good softball now, and we’re holding our own.”

The season didn’t start off well for the DFAC team as it dropped its first two games. With players learning how to play with each other for the first time, it could have been a problem for most teams, but Joseph said this is not most teams.

“I know people hear this a lot, but one of the great things about this team is we have great camaraderie,” Joseph said. “Not only from the standpoint of playing softball, we talk to each other about anything that goes on. We talk candidly about good plays and bad plays, and no one takes it personally. We all know that we have the best interest of the team at heart, and we want to be able to correct whatever mistakes we’re making and also acknowledge the good things that we’re doing out on the field.”

After losing its first two contests, the DFAC team won its next three games. Joseph said the players’ attitudes and desire to want to get better have helped get the team moving in the right direction and he sees positive signs for the future.

“One of the things we knew we had to do after the first two games ... was to practice more, and we are able to do that. We practice twice a week during the week and once on the weekend because we’re trying to improve, and we think we’re doing that,” he said.

Mountaineer Sports Feature

World Class Athlete Program wrestlers demonstrate proper Greco-Roman wrestling techniques as WCAP assistant wrestling coach Oscar Wood, right, talks to children about the moves. WCAP athletes, in association with Fort Carson youth sports assistant sports director Tyneika Williams and WCAP outreach program manager Shanise Lewis, held a program in support of youth fitness week activities for summer school children at Mesa and Patriot school age summer services July 10. WCAP athletes participated in the event to provide the children an opportunity to learn about various sports. WCAP athletes support schools with demonstrations throughout the year.



Photo by Walt Johnson

Special athletes



Photo by Walt Johnson

The Fort Carson 14ers first baseman, center, races to the base to record an out during Special Olympic action Saturday at Memorial Park in Colorado Springs. The post Special Olympics athletes are taking part in a program made possible by a grant awarded to Fort Carson in March. Dale Veneklasen, a coach for one of the Exceptional Family Member Program teams, said this is a continuation of the sports being offered. In March, the athletes participated in a basketball program.

Good contact



Photo by Walt Johnson

Sarah Kenerley blasts a double to right center field during women's league action July 11 at the Mountain Post Sports Complex. The post women's league plays Thursdays at the complex beginning at 6:30 p.m.

On the BENCH

The indoor swimming pool at Iron Horse Sports and Fitness Center hosts a Better Opportunity for Single Soldiers event Friday from 4-9 p.m.

The event is open to single Soldiers only. For more information, contact Toni Savino at 526-4494.

The Fort Carson aquatics center will begin accepting registration for swim lessons Aug. 1.

Anyone interested in taking swimming lessons in August should sign up at the Nelson indoor swimming pool Aug. 1. All lessons will be taught at the Nelson facility.

The 2013 Association of the United States Army Golf Scramble takes place Friday at Cheyenne Shadows Golf Club.

The event will begin with a shotgun start at 8 a.m. Cost is \$50 for active-duty or retired military and \$75 for civilian/corporate players. The event is limited to 36 teams. There will be prizes, lunch and certificates for free golf.

For more information, call Robin Winger at 659-8498 or George Rhynedance at 237-1713.

Directorate of Family and Morale, Welfare and Recreation officials have announced a change to the group workout schedule for July.

All group exercise classes, except kettle bell classes, will be free during the month as DFMWR prepares for some changes to the program beginning in August.

For more information on the free classes, call 526-3107.

The Big Dog Brag Funner Mudder five- and two-kilometer mud obstacle course event is scheduled for Aug. 3 in Colorado Springs.

Event organizers said it is a community activity designed to offer something memorable and fun for participants. It is a day of food, music, contests, mud volleyball, a children's fun zone and more.

The two-kilometer course has more than 12 obstacles designed for families. Anyone 6 and older who wants to experience the mud and fun without all the run is invited to take part in the two-kilometer event. The five-kilometer course has more than 20 challenging obstacles designed for anyone 13 and older. For more information, go to <http://www.bigdogbrag.com>.

The 2012 Rocky Mountain State Games are looking

for amateur athletes to register for July competitions.

Online registration is underway for athletes who wish to compete in the 35 sports for this year's event. The games will be held Friday-Sunday and July 26-28 at various venues in Colorado Springs.

Participants must be Colorado residents for at least 30 days prior to the first day of the competition they wish to enter. In addition, students enrolled in Colorado colleges or universities are eligible, as are U.S. military personnel stationed in Colorado and their family members.

The games have been organized in accordance with NCAA guidelines with some exceptions. Online registration is at <http://www.coloradospringssports.org>.

The 2013 National Physique Committee Armbrust Pro Gym Warrior Classic will be held Aug. 23-24 at the Embassy Suites Hotel, Spa and Conference Center, 4705 Clydesdale Parkway, in Loveland.

Prejudging for bodybuilding and physique will begin at 8 a.m. in the men's bodybuilding and physique categories. Judging will then take place in women's bodybuilding and physique; fitness routines, bikini, fitness physique and figure competitions respectively. The finals will begin at 5 p.m. Visit <http://www.jefftaylor.com> for tickets.

The next Commanding General Golf Scramble is Aug. 1 at the Cheyenne Shadows Golf Club.

The event will begin with a shotgun start at 12:30 p.m. The event is a four-person team concept, according to golf course officials. Call 526-4102 to reserve a spot. The golf course is also scheduled to hold the last CG golf scramble in September.

Cheyenne Shadows Golf Club will hold a Demo Day event July 27 from 10 a.m. to 3 p.m.

During the event, customers will get the opportunity to sample golf products from various vendors. The golf course will supply range balls, and people will have the opportunity to purchase the products they sample. For more information, call 526-4102.

DFMWR hosts a soccer tournament in August.

Carson Classic 2013 will be held Aug. 9-11 at the post soccer fields next to Iron Horse Sports and Fitness Center. The entry fee for the tournament is \$250 and must be paid by Aug. 1.

Fédération Internationale de Football Association rules will apply. The tournament will have a pool round and then an elimination tournament to determine the champion. A most valuable player, top goalie and an all-tournament team will be selected and individuals on first- and second-place teams will receive awards.

For more information contact Archie Ngwayah at angwayah@gmail.com or 678-4317454 or Christopher Ibay at kira21b@yahoo.com or 701-240-2511.

— Compiled by Walt Johnson

Mountaineer Athlete of the Week



Photo by Walt Johnson

Bobby Baggerly

Intramural athlete

How did you get started playing sports?

I started off as a kid playing sports, because my dad and my siblings are all athletes. My dad made sure we played all the sports that we were interested in playing. My dad spent a lifetime teaching us the ins and outs of sports, because his feeling was if we wanted to play, we might as well understand as much as we can so we could be as good as we could possibly be.

What obstacle did you have to overcome?

I was shorter than most athletes, so I had to rely on my speed to gain an advantage. I used my speed in every sport I played to my advantage. I may not have been able to run the fastest, hit the ball the farthest or jump as high (as my peers) in basketball, but I was always able to use my speed and quickness to my advantage.

What do you consider your best sport growing up?

Tennis was my best sport in high school. In my senior year, I was 36-0 and (qualified for) the state tournament. I got into tennis because my family members were good at all the sports we played, but no one played tennis, so I wanted to challenge myself to see if I could be good at the game.

What is your favorite sports moment?

My favorite moment in sports was my freshman year playing varsity football. I didn't expect to play much, but, once I got into the game, I ended up being a pretty good running back. In one game, I scored six touchdowns on offense and two on defense, and I had about 300 yards in kickoff returns in a rivalry game.

People who don't know me would be surprised to know that ...

I enjoy romantic movies. I enjoy seeing that because everybody wants that life. Even though it's not real, it gives you hope that people really look at life that way. My wife and I enjoy watching these types of movies because the meaning of those movies is to bring people together.



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Iowa Test of Basic Skills 2012-2013 Grade Level Equivalency Class Averages

Grade Levels	1st	2nd	3rd	4th	5th	6th	7th	8th
Reading	2.8	3.5	5.0	6.3	7.2	9.1	9.8	11.2
Language	2.7	3.3	5.0	7.2	7.3	9.6	12.2	12.3
Math	2.3	3.3	4.6	6.1	6.6	8.4	10.4	10.6
Core Total	2.6	3.3	4.7	6.5	6.9	9.0	10.4	11.2
Social Studies	2.4	4.2	5.2	5.9	7.6	8.0	11.1	10.9
Science	2.5	3.5	5.1	6.5	8.0	9.0	12.2	12.1
Composite (Total Average)	2.6	3.6	5.0	6.4	7.3	8.8	10.8	11.5

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GET Out

Gold Rush Days are celebrated in Victor, Friday-Sunday with gold panning at the Lowell Thomas Museum 10 a.m. to 4 p.m. There will be food vendors, live music, entertainment, mining games, antique tractors, old-fashioned games for children, a vintage baseball game at 2:30 p.m. Saturday, a tractor pull 10:30-11:30 a.m. Sunday, followed by the Gold Rush Days Parade at noon. The festival is free. Victor is six miles beyond Cripple Creek. See 2013 poster and schedule of events at <http://www.victorcolorado.com>.

Elitch Gardens near downtown Denver has its amusement park and water park open daily. Tickets at the park are \$45.99 for anyone taller than 48 inches. Those under 48 inches tall are charged \$31.99. Parking is \$15. Information, Tickets and Registration has discounted tickets for \$29 each. Take Interstate 25 north to Denver and take Exit 212A.

Colorado Renaissance Festival near Larkspur is open Saturday-Sunday until Aug. 4 from 10 a.m. to 6:30 p.m., rain or shine. Regular admission is \$19.95 for adults, \$9 for children. Take Interstate 25 north to Exit 172 and follow the signs.

Water World, a Denver area large water park, is open 10 a.m. to 6 p.m. at 88th Avenue and Pecos Street, off I-25 north. Call 303-427-SURF for information. Tickets at

the gate are \$39.99 for adults and \$34.99 for those 40-47 inches tall. Fort Carson ITR has discounted tickets for \$31.

Blue Star Museum participants admit active-duty military members and up to five Family members free of admission until Labor Day. The Fine Arts Center, the Peterson Air and Space Museum and the World Figure Skating Museum in Colorado Springs are Blue Star Museum participants. In Denver, Blue Star participants include Byers-Evans House Museum, Clyfford Still Museum, Denver Art Museum, Denver Firefighters Museum, Denver Museum of Nature & Science, History Colorado Center, Kirkland Museum of Fine & Decorative Art, Molly Brown House Museum, Museum of Contemporary Art Denver and Denver Museum of Miniatures, Dolls & Toys.

History Colorado Center has opened an exhibit "The American Soldier: A Photographic Tribute," a national traveling exhibit of 116 large photos that capture unforgettable images of American Soldiers — from 1861 to the War on Terrorism. History Colorado Center is a Blue Star Museum participant, and active-duty servicemembers and up to five Family members are admitted free to the museum through Labor Day, and there's a discount in the cafe and gift shop. The center is at 1200 Broadway in Denver, call 303-447-8679.

Colorado Celebration of the Military Child Outdoors, hosted by the Sierra Club and Blue Star Families, is July 27, 9 a.m. to noon, at Cheyenne Mountain State Park, across from Fort Carson's Gate 1. Activities include day hikes, nature walks, geocaching and scavenger hunts, and is for all active-duty Soldiers, Reserve, National Guard members, veterans

and their Families. For information, contact jim.lockhart@rmc.sierraclub.org or register at <http://comco-color.eventbrite.com>.

Colorado Springs Philharmonic Orchestra presents a free concert Saturday, "America the Beautiful," Saturday at Security Service Field, 4385 Tutt Blvd. Call 597-1449 for information. Parking is \$5 at Security Service Field. Outside food is not allowed, but food will be sold in the stadium.

Colorado Springs Philharmonic Orchestra will present its final free summer concert at Bear Creek Regional Park July 27 at 7:30 p.m. The concert is a tribute to Journey. Bear Creek Regional Park is at 21st Street; shuttle buses are available from Norris-Penrose Event Center. Food vendors will be on site.

El Paso County Fairs in Calhan opens Saturday, which is military appreciation day, and runs through July 27. Active-duty military, retirees and Family members get in free with identification. The county fair has a carnival, petting zoo, 4-H shows and exhibits, talent contests, tractor pull, demolition derby and much more. The fair is at the county fairgrounds in Calhan, about 30 minutes east of Colorado Springs on Highway 24. Go online at <http://www.elpasocountyfair.com> for more information.

Space Foundation Discovery Center has expanded its exhibit and hours. It is now open from 10 a.m. to 5 p.m., Tuesdays-Saturdays. More exhibits have been added, including a NASA exhibit about the history of the space shuttle. Admission is \$9 for adults, \$7 for college students and \$3 for ages 4-17. Admission is free for active-duty military and their Families. The center is at 4425 Arrowswest Drive, off Garden of the Gods Road.



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Farish Recreation Area

a mountain resort



Grace Lake is one of three lakes at Farish Recreation Area. It is stocked with trout and can be fished by buying an Air Force Academy fishing license, available at the entrance office.

Story and photos by Nel Lampe
Mountaineer staff

Imagine this: a mountain resort, miles from the nearest fast food outlet, in an area with trees, walking paths, blue lakes, green meadows, camping sites, lodges and a view of the Rocky Mountains. It's less than an hour from Fort Carson, fees are reasonably priced, and it's open to military members, retirees, Department of Defense civilians, Nonappropriated Fund employees and Reserve and National Guard members.

Farish Recreation Area, a 655-acre site in the Pike National Forest, is at 9,000 feet elevation. It is managed by the U.S. Air Force Academy Outdoor Recreation Center.

The property was donated to the Air Force Academy by the Air Force Academy Foundation and Mr. and Mrs. William S. Farish, parents of Lt. William S. Farish Jr., who served in the Army Air Corps during World War II.

Originally designated for use by Air Force Academy cadets, the recreation area's use was expanded in 1989 to include all military service branches.

Visitors each year are drawn to Farish for its beautiful views, pristine air, scenic lakes, fishing and peace and quiet. And peace and quiet Farish has — no telephones are in lodging rooms and most cell phones don't get service.

Overnight lodging and camp sites at Farish are booked up most weekends but Farish facilities are open to daytime visitors — the day use fee is \$5 per privately owned vehicle or \$1.50 per person for groups in buses or commercial vans. Frequent users can buy a season pass for \$50.

Grace Lake and Sapphire Lake were stocked with rainbow, brown, brook and cutthroat trout June 10, and should be restocked this week. No Colorado state fishing license is required to fish — just buy an Air Force Academy fishing permit for anyone age 16 and over. The fishing permits are sold at the entrance store for \$7.25 per day. Active-duty or retired military can purchase an annual pass for \$21. Fishing poles can be rented at the entrance desk.

But if the fish aren't biting, take a hike on one of the many trails. Or, rent a mountain bike — \$12 for four hours or \$20 a day, helmet included.

Paddle boats can be rented for \$5 a half hour, or \$8 an hour for paddling on Sapphire Lake.

There are bocce balls and badminton sets for rent. Or for rainy days, check out one of the board games.

John "Mo" Modrynski, manager at Farish, said that most tent sites and lodging facilities are booked weekends for the rest of the summer. The best chance for reservations this season is for tent sites during the week. There are a few openings in August and September; call 687-9098 weekdays to make a reservation.

Overnight accommodations vary — from comfortable rooms to tents. The historic lodge and the cottage have views of Grace Lake. The lodge has four bedrooms rented separately, and each can sleep four people. A nearby building has an outfitted kitchen and a dining room for use by lodge residents. Lakeside fishing is just steps away. Room rent is \$45 to \$70.

The cottage can sleep eight people and has a gas log fireplace, sofa, TV, a fully-equipped small kitchen and dining table and chairs. The cottage rents for \$150 per night.



John "Mo" Modrynski, Farish manager, answers questions about mountain bike rentals at the office at the mountain resort that is open to military and Defense Department civilian employees.



Farish Recreation Area has many trails available for hiking. This scenic trail borders Grace Lake.

There are six duplexes that can accommodate five people each. Each unit has a living room and kitchen with a stove top and rents for \$85 per night.

For a more rustic stay, four camper cabins are available that can sleep four people. Two cabins have electricity and two do not. Campers must bring their own sleeping bags or bed roll and cooking fuel. There's a cooking grill and picnic table. The camper cabins each rent for \$35 per night.

Tent camping sites rent for \$15.

There are also RV sites, renting for \$25 each.

Although there's a fire ban in Pike National Forest, because Farish is an approved campground, fires are allowed in provided fire rings or grills.

Some food and snack items are sold in the entrance store, and some rental camping items are available, such as cots, sleeping pads, dome tents, propane lanterns, heaters and ice chests.

For unit parties, meetings, team building or group gatherings, there are several places that can accommodate groups: the Multi-Purpose Center has great views, full audio/visual presentation capabilities, fireplace and deck, and can accommodate up to 75 people. The renovated Grace Lake barn can hold up to 25, with meeting areas, a pavilion and barbecue grills. Outdoor pavilions are also available, with grills. Some have electricity and the large one at Lake Leo can accommodate up to 100 and has a volleyball court and horseshoe pit.

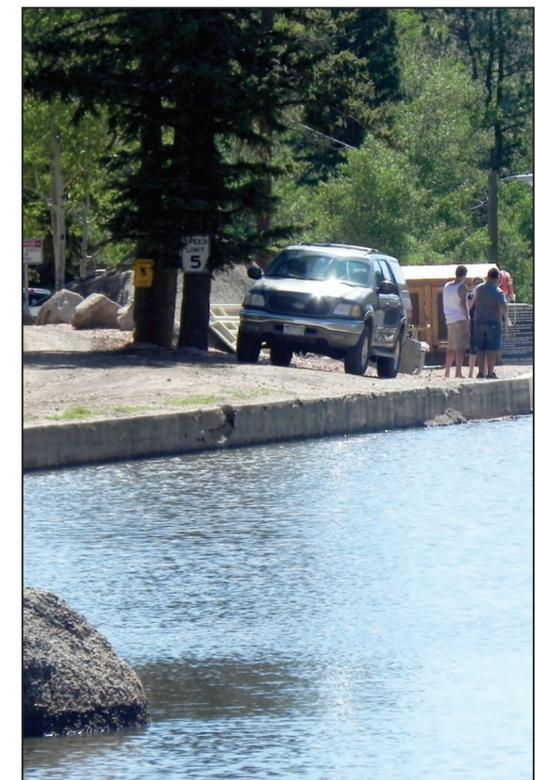
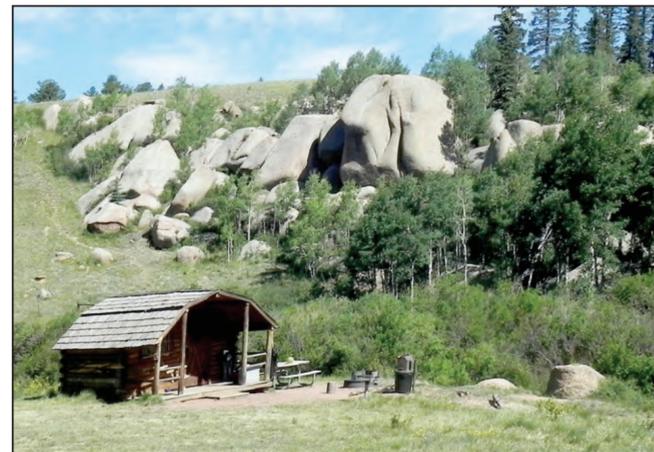
There's even a place for weddings — wedding ridge, which has Pikes Peak as a backdrop.

Although there are three lakes at Farish, Grace Lake and Sapphire Lake are the only lakes presently stocked for fishing. Lake Leo had some dam work completed last year, and is not yet filled with water.

Beginning this year, Farish will not be open for winter activities, closing for the season Oct. 1, and reopening April 1.

The office/retail store is open Sunday-Thursday, 8 a.m. to 6 p.m. and stays open until 8:30 p.m. Friday-Saturday, it is open 8 a.m. to 8 p.m.

To reach Farish, take Highway 24 west to Woodland Park. At the traffic light just before McDonald's, turn right onto Baldwin Street. Baldwin becomes Rampart Range Road. Continue past four stop signs until you come to a "Y" in the road, almost three miles. There is a "Farish" sign, directing you to turn right onto Loy Creek Road. Proceed up the hill to the three-way stop and make a left on the dirt road. Follow the signs to Farish.



Farish's Grace Lake draws visitors who spent the weekend at the mountain resort near Woodland Park.

Just the Facts

- TRAVEL TIME — 45 minutes
- FOR AGES — anyone
- TYPE — mountain resort
- FUN FACTOR — ★★★★★
(Out of 5 stars)
- WALLET DAMAGE — \$ TO \$\$\$

\$ = Less than \$20
 \$\$ = \$21 to \$40
 \$\$\$ = \$41 to \$60
 \$\$\$\$ = \$61 to \$80

(BASED ON A FAMILY OF FOUR)

Farish Recreation Area has four camper cabins that can sleep four people; bring bedrolls or sleeping bags.

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6125 Pioneer Mesa Drive – Wagon Trails - \$224,900



Open, light, bright, & immaculate 1982 sq. ft. 3 bedroom, 2 1/2 bath 4-level with 3-car garage * Tiled island kitchen * 5-piece master bath * Vaulted ceilings, plant shelves, & rounded corners * Gas log fireplace * 2 year old paint & roof * Wagon Trails features walking paths, pool, tennis courts, & lots of neighborhood activities. MLS# 796429

910 Crystal Park Road – Crystal Park - \$329,900



Immaculate 1909 sq. ft. 2 bedroom, 3 bath custom stucco rancher on private .44 acre lot only 0.7 miles from Crystal Park gate * Eat-in country kitchen * Fireplace * Spacious master with 2 walk-in closets & private full bath * Vaulted living room * Walls of glass * A/C * Wrap-around deck with hot tub * Stamped concrete patio * Outdoor stone wood-burning fireplace * 2-car garage & carport * Paved driveway * Pines, scrub oak, & wildlife. MLS# 752718

2775 Rocking Horse Court – Flying Horse - \$725,000

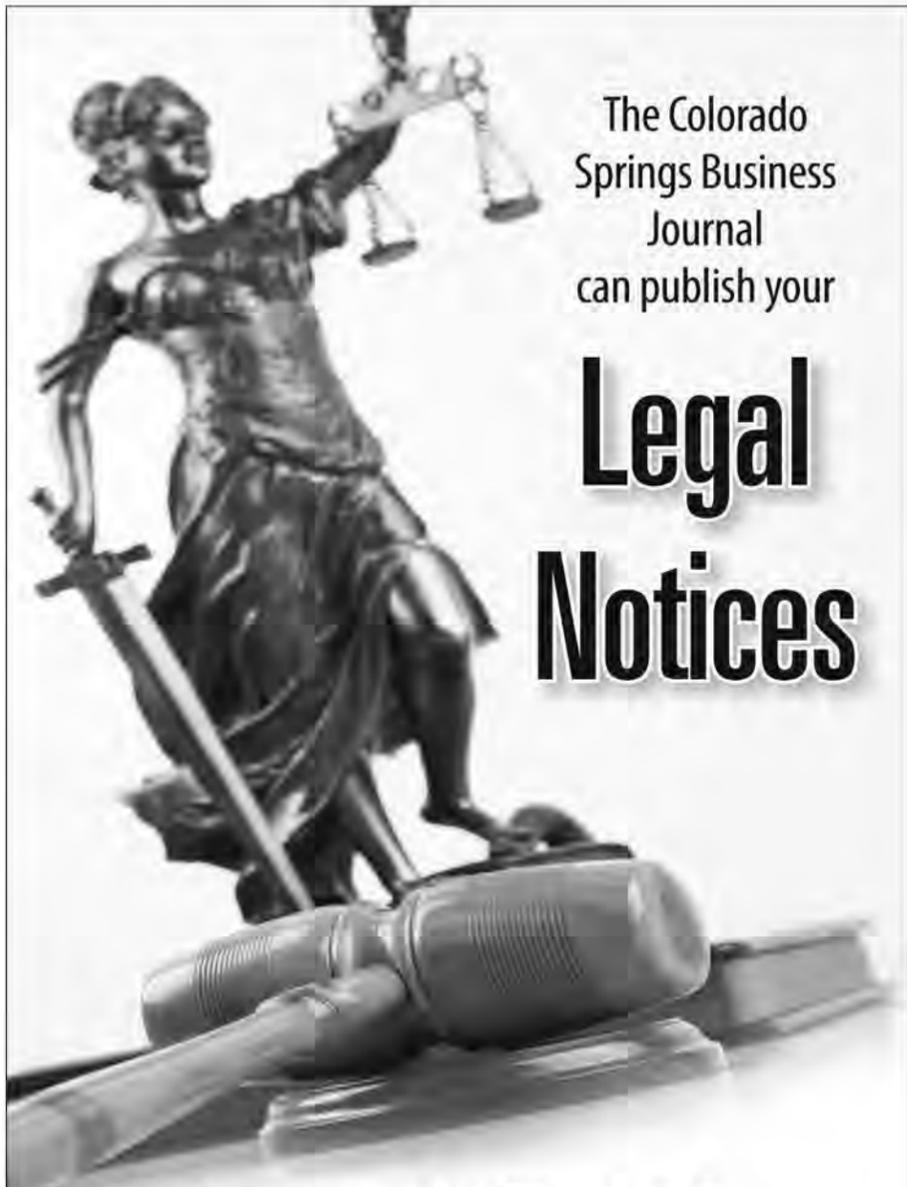


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Land</p> <p>900 Oak Hills Drive
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Land</p> <p>350 Longhorn Cattle Drive
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Bluebird Hill
\$249,900</p> <p>5535 Molly Lane
Black Forest
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Land</p> <p>5610 Molly Lane
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Home for Rent
 Stetson Hills – Luxury 2900 sf home, 5 br, 3 ba, 5 pc mstr bath w/Jacuzzi, all appliances, rec room, wet bar, auto sprinklers, new carpet/windows, no smoking/dogs. \$1500 mo. (719)339-7910

Northeast -Enjoy this shaded front yard with fenced in back yard. Close to shops, restaurants. Close to Air Force Academy for hiking and biking! 3 Bed, 2 Bath, 2 Car Garage. Rent \$1075/975. 6165 Vadle Lane. Call Haley Realty to see 634-3785

Northeast- Large Beautiful home!

Over 3000 square feet! Fully finished basement. Balcony in the back to enjoy your summer evenings! Close to shops, restaurants. Not far from the Air Force Academy for hiking and biking. 5 Bed, 3 Bath, 2 Car Garage. Rent \$1795/1695. 5910 Castlewood Lane. Call Haley Realty to see 634-3785

CENTRAL

Central - Affordable one bedroom units!

Remodeled with upgrades: carpet, blinds appliances included, tub/shower, ceramic tile, stainless steel, security doors, coin-op laundry. 1 Bed, 1 Bath, Rent \$475/400. 210 S Weber St. Call Haley Realty to see 634-3785

Central - Don't let this one get away!

Beautiful fireplace in the living room. Huge kitchen! Has dishwasher, Refrigerator, Stove, 2 Bed, 1 Bath, Rent \$625/525. 2130 Cooper #A. Call Haley Realty to see 634-3785.

Central - Efficiency Now Available!

Enjoy this apartment close to downtown, shops and restaurants. Close to college! Eff., 1 Bath. Rent \$450/400. 508 Cache La Poudre #102. Call Haley Realty to see 634-3785

Central - These apartments go fast!

Located in golf acres area, near the Old North End. Close to college and downtown. Washer dryer hook ups, ceiling fan. 2 Bed, 1 Bath. Rent \$635/535. 1331 E Buena Ventura St. Call Haley Realty to see 634-3785

Central- Enjoy living in this funky apartment!

Close to downtown, shops, restaurants, college. Not far from hiking and biking trails! 3 Bed, 1 Bath, Rent \$695/595. 1008 N Wahsatch Ave. Call Haley Realty to see 634-3785

Central- Enjoy summer relaxing on your patio!

Front yard to enjoy cookouts. Centrally located. 2 Bed, 1 Bath, Rent \$725/625. 623 N Wahsatch Ave. Call Haley Realty to see 634-3785

Old North End Home!

Enjoy living in this peaceful, beautiful neighborhood! 3 Bed, 2 Bath, 2 Car Garage. Rent \$1895/1795. 1304 N Tejon St. Call Haley Realty to see 634-3785

EAST

Lg 2 Story Home
 Fully fin basmt, ceiling fans in all rms, fenced yrd 4br,2b1/2 bth, 2387sf. \$1400/mo Call 550-1048

FALCON

3BR, 2BA, 2car grg, lg fenced yard, all appl, gas firepl, pets neg, \$1100/mo. 495-9430

SOUTHEAST

Townhouse Galley and Peterson Mtn View
 2 BR/1BA 1600sf, 1/2 finished basement, f/p, AC, large deck, 2car carport, all appliances included & W/D. \$750/mo. 719-964-2306

SOUTH

South - Luxury living
 This beautiful home is located on the south side of town. Close to Southgate shops, restaurants. Close to hiking and biking trails! 6 Bed, 3 Bath, 1 Car Garage. Rent \$2095/2000. 2711 Rigel Dr. Call Haley Realty to see 634-3785

Southside - home for rent!
 Close to Ft. Carson and Peterson Air Force Base. Close to South Gate shops and restaurants, hiking and biking trails. 3 Bed, 1 Bath. Rent \$825/725. 1201 e Cheyenne Rd. Call Haley Realty to see 634-3785

LINCOLN

02 Towncar, loaded, \$6k
 auto,a/c, pw, abs, crs, 6 cd, 638-9713

MOTORCYCLES

09 Kawasaki KLX 250S
 Dual Sport, 3k miles, \$3200 OBO 719-232-1856

2000 Victory SE
 Black, Bags

2000 Victory SE
 Black, bags, corbin, pipers, billet leathers cover, 18k extras, steal \$3500. 719-579-9513.

2006 Harley Davidson Sportster 1200 Custom
 2006 Harley Davidson Sportster 1200 Custom/ \$5200/ 9100 miles Runs, looks, and Sounds excellent/ Priced below market value for quick sale (deploying) contact robert.mctighe@live.com or 315-415-8086.

2008 Yamaha R-6
 In excellent condition. 13,500 miles. Sand metal gray. Modified light kit. \$6000 (719) 439-5749.

WATERCRAFT

Bayliner Water ski boat. Capri Model. \$4k 719-244-0533



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Real Estate

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COMMERCIAL

FOR LEASE COMMERCIAL
Downtown Office Space for Rent
 826 S. Tejon. \$1300 per mo, some util incl. 1153 sq ft. plenty of parking. Call 719-357-0100

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Interested in buying, selling, or investing in Real Estate?
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Rentals

APARTMENTS

CENTRAL
Satellite Apt High rise Bldg
 1 bed apt \$720 a mon. All util incl. 719-207-9154

FOUNTAIN
Fountain Springs Apartments
 Huge 1-2-3 BR starting at just \$769! Full size washer/dryer included, 24-hr fitness center, swimming pool, gated community and more. Call 719-591-4600

HOMES FOR RENT

ROOMMATES WANTED
Southside roommate wanted
 fully furnished, \$500 neg. 719-930-3975

ROOMS FOR RENT
 Avail Now. Lg 1bd/1ba, Fully Fur. Includes cable & Internet. Totally private, \$500/mo. 719-534-3519

Transportation

DODGE

2011 Dodge Ram 1500 Larime 18K mi, Loaded, Nav, Leather, Heated & Cooled Seats, Clean, Asking \$34,500 OBO. Call 719-886-7054 Cell 303-906-1436

FORD

1996 Mustang Convertible
 Excellent Condition, 38k miles, AT, AC. Power windows, locks and steering, new tires, all original, viper security. Asking \$8500. 1-719-494-9730

1996 Mustang GT Convert
 excellent cond, 38k miles,loaded,asking \$8500,719-494-9730

For Sale F-250
 \$1100. 2005 4x8 trailer \$200 Call 683-8321

JAGUAR

2005 Jaguar S Type. Silver, excellent condition, under 10K miles, 1 owner. Asking \$20K. 719-357-0100

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Cork n Fork

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42 month closed end lease, \$229/month plus tax. \$1000 due at signing, plus first month's payment and taxes. 10,000 miles per year. WAC. No security deposit required.

MSRP \$24,290
MODEL CODE DDA PACKAGE 01
STOCK #133192



2013 SUBARU IMPREZA 2.0i

\$149/MONTH \$1000 DUE

42 month closed end lease, \$149/month plus tax. \$1000 due at signing, plus first month's payment and taxes. 10,000 miles per year. WAC. No security deposit required.



MSRP \$18,665
MODEL CODE DJA PACKAGE 01
STOCK #133301

2013 SUBARU LEGACY 2.5i Automatic CVT

\$159/MONTH \$1000 DUE

42 month closed end lease, \$159/month plus tax. \$1000 due at signing, plus first month's payment and taxes. 10,000 miles per year. WAC. No security deposit required.



MSRP \$22,065
MODEL CODE DAB PACKAGE 01
STOCK #133156

2014 SUBARU FORESTER 2.5i

\$199/MONTH \$1000 DUE

42 month closed end lease, \$199/month plus tax. \$1000 due at signing, plus first month's payment and taxes. 10,000 miles per year. WAC. No security deposit required.



MSRP \$22,820
MODEL CODE EFA PACKAGE 01
STOCK #140203

MSRP \$23,614
MODEL CODE DRA PACKAGE 01
STOCK #133330



2013 SUBARU XV CROSSTREK 2.0i Premium

\$219/MONTH - \$1000 DUE

42 month closed end lease, \$219/month plus tax. \$1000 due at signing, plus first month's payment and taxes. 10,000 miles per year. WAC. No security deposit required.



1080 MOTOR CITY DRIVE
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