




WEEKEND OUTLOOK

	Friday	High 66 Low 38
	Saturday	High 67 Low 42
	Sunday	High 65 Low 41



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photo by SrA Mike Meares

TSgt. Gerald Gromko, 50th Civil Engineer Squadron Readiness Flight, releases tear gas into a field mask confidence chamber during Schriever's deployment exercise Sept. 13 and 14.

Scenarios help base prepare for real emergencies

A1C Jason Ridder
50th Space Wing Public Affairs

In the span of 36 hours, the wing commander was kidnapped, an airplane crashed on base, and a vehicle rammed through the front gate, restricted area fence and into the Colorado Tracking Station, and those were just the major events.

These events of course were only simulated during last week's base exercise. The commander is fine; there is no airplane wreckage; and the Colorado Tracking Station is still operational, but testing the readiness of the 50th Space Wing was real.

"We learn something every time we do these exercises," said Lt. Col. Stephen Mitchell, 50th Space Wing (SW)

Inspector General (IG). "That's the reason we do them."

The overall theme of the exercise was how the base would respond to a terrorist threat, said Maj. Jacqueline Randolph, 50th SW IG. There were terrorist plans found in the small aircraft that crashed into the fitness center.

The driver of the truck that crashed into the Colorado Tracking Station had a barrel of simulated radioactive material and was threatening to kill anyone who got close to him.

The scenarios in the exercise are similar to what the base may see in an Operational Readiness Inspection (ORI)," said Colonel Mitchell. "Once an ORI is announced we are required to have a Major Accident Response Exercise (MARE) to prepare. The airplane and vehicle crashes from this exercise both qualified as a MARE."

Some other scenarios included an infiltration of the base

public address system and the local area network (LAN). The terrorists used the LAN to send out targeted messages telling people to leave their work areas. They used the public address system to try to confuse base personnel, by calling for false evacuations, and sounding retreat at noon.

The planners of the exercise tried to incorporate all of the units on base from security forces to public affairs and operations to the fire department.

"The purpose of these exercises is to ensure mission readiness," said Colonel Mitchell. "And that means readiness for everyone."

As Schriever continues to prepare for an upcoming ORI, base exercises are key to getting everyone on the same page with the right game-face, ready to handle all situations.

(See photos on page 9)

Safety: Weather, serpentine, construction present challenges

SrA Mike Meares
50th Space Wing Public Affairs

"Give em' a brake."

This slogan is on road signs at major construction zones around the state. As Schriever Air Force Base grows, this slogan also applies to the construction zones on base.

As the finishing touches are being made to the new entry control facilities, construction workers at both gates will continue to present hazards for incoming and outgoing traffic.

Schriever drivers need to take extra caution in these construction zones, said Lt. Col. Stan Stafira, 50th Space Wing Chief of Safety.

"In addition to maneuvering

around the new serpentines, the sun will be in your eyes, both in the morning and evenings," he said. "Reduce your speed as much as needed to increase your reaction time to avoid road hazards."

Also, as the winter months approach and temperatures start to dip, the morning roads may be covered in ice.

This will bring additional, possible hazards to the construction workers as well as drivers.

"Being aware of your surroundings is essential while driving to Schriever," said Colonel Stafira.

Drivers are reminded that the speed limits around the new gates are limited to 15 mph.

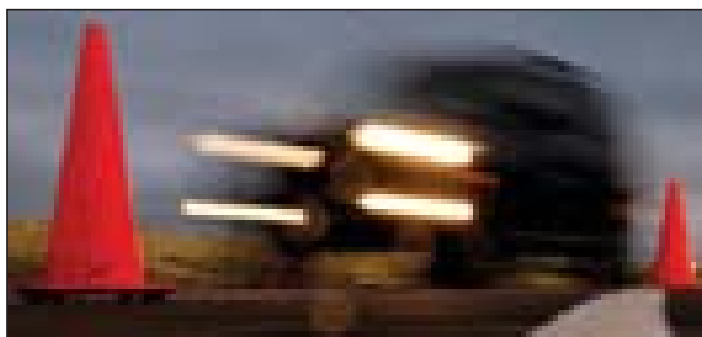


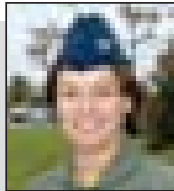
photo by SrA Mike Meares

Maneuvering through the serpentines at the new gates is one challenge faced by base commuters.

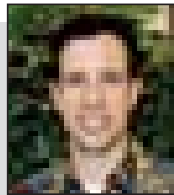
Street Talk

What do you think about the Air Force WarFit Program?

"I think it's extraordinary! It's the right thing for Airmen of every age and every grade. It builds camaraderie and there's nothing better than seeing folks working out and carrying that into their work centers."

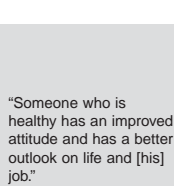


Col. Suzanne Vautrinot
50th Space Wing Commander

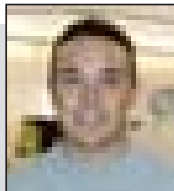


"It's fantastic because it provides us an opportunity to stay fit—physically and mentally."

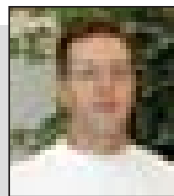
Eric Vaillancourt
50th Comptroller Squadron



"Someone who is healthy has an improved attitude and has a better outlook on life and [his] job."



2nd Lt. Travis Nelson
3rd Space Operations Squadron



"There are a lot more people at the gym, so it seems to be working well."

Capt. Dave Donahue
Space Warfare Center

Space professional development looks to create 'Space Cadre'

Gen. Lance W. Lord
Air Force Space Command Commander

Earlier this summer, Under Secretary of the Air Force Peter Teets and I outlined for Congress our strategy to develop the professional Space Cadre the nation needs to acquire and operate future Space systems. We in Air Force Space Command have an aggressive career field tracking plan, matched with an educational plan, to move Spacepower forward. Here's an overview of our first steps, so you can understand how the plan will affect you.

First, we've identified every individual who qualifies as a "Space Professional," and then created a method to record and track your unique experience that differentiates you from all other AF specialties. Congress initially focused solely on the officer corps, but we quickly expanded the definition to include a Total Force ensemble of enlisted members and government civilians, as well as Air Force Reserve and Air National Guard members.

Believe it or not, resolving who is and who is not included has been one of our toughest challenges in moving forward. At this point, we define "Space Professionals" as all specialties that research, design, develop, acquire, operate, sustain or enhance our Space systems. This includes a broad range of career fields such as communications, intelligence, maintenance, logistics, weather and a host of others. A subset of this overall group is referred to as the "Space Cadre" and it consists of the scientists, engineers, program managers and operators who are principally responsible for taking our military Space systems from "concept to employment." This smaller group is the focus of our initial efforts, and so far we have identified nearly 10,000 members. As we continue to evolve, individuals from other career fields may well migrate into the Cadre.

Along with identifying who is in the Space Cadre, we developed a process to track people's unique Space expertise, based on nine distinct categories of "Space Experience Codes" or SPECs. The nine SPECs are: Satellite Systems, Nuclear Systems (e.g., ICBMs), Spacelift, Missile Warning, Space Control, Intelligence/Surveillance and Reconnaissance, Kinetic Effects (e.g., Ballistic Missile Defense), Space Warfare Command and Control (e.g., AOCs), and a general category for all other Space experience. To date, we have evaluated more than 7,000 active duty officer and enlisted records and documented each individual's history of Space Experience Codes along with their current level of certification.

The next step involved development of a Space educa-

tion continuum, specifically targeted to members of the Space Cadre and offered at recurring points throughout their careers. Similar to PME, these courses are designed to prepare people for progressively higher levels of responsibility. By periodically bringing members of the Cadre together, the Space education continuum will also serve to help nurture a stronger sense of "Space culture," which was a particular area of concern for the 2001 Space Commission. So far, the catalogue of courses includes Space 100, Space 200, Space 300 and Advanced Space Training for our various operational Space systems.

To tie all of these education and training initiatives together, we are moving forward on the standup of a "National Security Space Institute." Our goal is that the institute will transform our existing Space Operations School into a DoD-wide center of excellence for Space academic training. In addition, we will partner with a consortium of civilian institutions of higher learning to leverage their existing academic expertise in the areas necessary to develop our Space Professional Community.

We already have Space Professionals integrated and bringing Space capability to the Combatant Commanders and Combat Air Forces. Approximately 135 individuals have graduated from the Space Weapons Instructor Course at Nellis AFB, Nevada. They are integrated throughout the Air Force providing Space expertise in and out of theater. We have roughly 500 additional people that have experience with Space integration work in theater and we have sent more than 1,600 personnel from AFSPC to the theater for Operations Enduring Freedom and Iraqi Freedom.

That's where we've been and where we are going. We've taken the initiative to step forward smartly, but nothing happens overnight. We've still got a great deal of work ahead of us and it will take everyone's help. Space systems and capabilities are integral to our success in fighting today's battles and the linchpin to all planning and execution for success in tomorrow's battles. Your contribution to the fight, and that of every member of the Space Professional Development community, is vital to our success.

Many of you have already seen the Space Professional Development presentation given by our Headquarters Space Professional team. For those of you who haven't, they'll be coming to your base soon. Please take advantage of this opportunity to ask the tough questions and get on board the Space Professional Development team.

For details on SPECs and school courses, see: https://halfway.peterson.af.mil/spacepro/Documents/STW%20Website_files/frame.htm.

Commander's Hotline

The Commander's Hotline is your direct link to Col. Suzanne Vautrinot, 50th Space Wing Commander, to ask a question, make a comment or register a complaint. Everyone's concern for making Schriever Air Force Base a quality place to work is appreciated.

You can access the Commander's

Hotline through e-mail by sending your question, comment or concern to commgramhl@schriever.af.mil.

Please include your name, rank, duty section, phone number and question, comment or concern. You will receive an answer to your question soon.



Col. Suzanne Vautrinot

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Deadline for all stories is noon Friday, one week prior to the desired publication date. Submissions can be dropped off to the Public Affairs office, Bldg., 210 Room. 316; faxed to 567-5306; e-mailed to flyer@schriever.af.mil; or mailed to 210 Falcon Pkwy., Ste. 2102, Schriever Air Force Base, Colo., 80912-2102. Refer questions to the Satellite Flyer staff at 567-5041.

It doesn't hurt to go back to bare basics

SSgt. Phyllis Duff
50th Space Wing Public Affairs

I never thought I'd ever say, "When I was an Airman..."

But having been a "Bluesuiter" for more than 13 years, I feel compelled to reflect and share a story that might remind fellow Airmen about some of the basic standards we all must uphold to the highest degree.

Back when I was "green," grunge rock was on the rise, cable news was capitalizing the television networks and I was taking one of the biggest steps of my life—signing the dotted line to enter the active-duty Air Force in 1991.

I can still remember day one of Basic Military Training School as if it were yesterday—probably because of my first encounter with a military training instructor (MTI).

The fiery, blue-eyed, blonde of short stature came out of nowhere. I swear she must have hid in the bushes. I had just happily hopped off the blue bus and there she was, nose-to-nose shouting at me. "Airman!

Who do you think you are with all that hair hanging down? Are you a movie star? Get that stuff up now!"

My heart pounded through my ears as I, trying to play it "cool," desperately rummaged through my over-stuffed, over-sized black duffle bag as she yelled, "Hurry up! Hurry up!" Miraculously, I found a hair band.

Hands trembling, I grasped the disobedient mass of menacing curls that were going every which way like Medusa's snakes. I twisted, crammed and stuffed the unruly locks into a bun that would have made Wilma Flintstone wince. But, it was up and it was above my collar.

With my hair in place, I stood at attention not knowing what I was supposed to do next. "Now you'll remember where you are won't you?" With that, the MTI was gone with the rustling of bushes. Relief flooded through me, as my compressed heart heaved a heavy sigh.

I'm sure that many of you have similar experiences. Isn't one of the purposes of basic training to learn to conform to stan-

dards and uphold those standards? Look sharp?

I keep that memory in my pocket and maybe a little too close to my heart, but when I see someone's hair "out of regs," or if someone is not properly wearing their uniform or maybe their boots appear to have been neglected, I feel compelled to bring it to his attention.

As the years have passed, trends may have changed, but the standards that I, and thousands of other Airmen, before and after me were taught in basic training have not. Yet, every day I see the simplest of the standards being bent, twisted and broken.

How many times have you seen a woman's hair way beyond three-inches in bulk, crept past her collar just a bit or her hat stood on top of her head like a sno-cone? Or what about a male Airman with a protruding belly and ragged hairline?

As hard as it is sometimes, we all need to take the risk to bring the needed correction to the person's attention. Some may bite back, but you are doing your duty.

If you are the one being corrected for not

meeting those standards, don't take offense. Don't make excuses. Do what needs to be done.

When you look in the mirror, your reflection should shine back at you. Bring back the pride that was instilled in each of us as we stood in an open ranks inspection all those years or weeks ago.

The standards that we as Airmen uphold are our duty and must remain that way. We are a reflection of the Air Force. How we are perceived, is how the Air Force is perceived.

I know that with the pace of the world today there are far greater worries out there. But if we hold ourselves to the standard that is expected of us and hold others to it as well, we will be the unified force that we were trained to be.

Hopefully every military member remembers the fundamental basics of being an Airman. If you don't, you may want to refresh your memory by reading Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel, which can be found at: www.e-publishing.af.mil

Base improves travel card delinquency rate

Ed Parsons
50th Space Wing Public Affairs

Last month, thanks to people's diligence and commanders' involvement, Government Travel Card delinquencies by Schriever personnel were third lowest in the command, said 1st Lt. Julie A. Grippo, Financial Services Officer, in the 50th Comptroller Squadron.

The delinquency level was at 2.06 percent, the best month all summer. The Air Force goal is 4.5 percent or less.

Lieutenant Grippo attributes two main reasons for the low

delinquency rate.

"People are marking 'split-disbursement' on their travel vouchers so bills are automatically paid following their travel," she said. "Secondly, more people are paying their bills on time."

Government Travel Cards should only be used for expenses incurred in conjunction with official government travel, Lieutenant Grippo said. If you have questions about whether a charge is authorized, see your unit Agency Program Coordinator. If in doubt, don't use it.

Anyone with questions about the Government Travel Card may contact Lieutenant Grippo at 567-5112.

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High Plains offers choice

A1C Jason Ridder
50th Space Wing
Public Affairs

The High Plains Cafeteria, located in the Joint National Integration Center (JNIC), Bldg. 720, is one of the half dozen places at Schriever to enjoy breakfast and lunch.

The cafeteria features a full selection of food choices. These include daily breakfast and lunch specials as well as a baked potato bar, cold sandwiches, hot sandwiches, a large selection of "self-serve to-go" items and a large selection of cold beverages, coffees and teas.

The cafeteria has a spacious dining area with seating regularly available during all meals. They also welcome "brown-baggers," who bring their own lunch to use the tables as long as they clean up after themselves and don't use the condiments and utensils meant for people who buy their lunch there.

High Plains is centrally located in the JNIC lobby, only minutes away from any point in the restricted area and open to anyone with access to the restricted area.

The operating hours for breakfast are 7 to 9 a.m. The operating hours for lunch are 11 a.m. to 1:15 p.m., with limited menu hours from 1:15 to 2 p.m.

Other locations in the JNIC providing food and drink include Trina's Brewed Awakening coffee shop, and the Falcon's Nest convenience stop.

Additionally, all base personnel can obtain food items from the Army and Air Force Exchange Service Shopette, Coyote Café in the DeKok Building and Outdoor Recreation in Bldg. 300.

Effective Oct. 1 the Satellite Dish will be open for breakfast and lunch only to military and Department of Defense civilian personnel. Dinner and midnight meals will continue to be open to all base personnel.



photo by A1C Jason Ridder

Melissa Chavarria, cook at the High Plains Cafeteria, located in Bldg. 720, prepares a rice dish for a customer.

Friday	Saturday	Sunday	Monday
Pineapple Chicken Simmered Corn Beef Beef and Corn Pie Veal Paprika Steaks	Hungarian Goulash Barbecue Chicken Swedish Meatballs Creole Shrimp	Fish and Fries Grilled Steak Cantonese Ribs Southern Fried Catfish	Chili Mac Beef Cannelloni Pot Roast Roast Loin of Pork
Tuesday	Wednesday	Thursday	
Turkey ala King Meatloaf Teriyaki Chicken Veal Parmesan	Barbecue Spareribs Swedish Meatballs Turkey and Noodles Beef Ball Stroganoff	Jaegersnitzel w/Mushroom Gravy Glazed Cornish Hens Herbed Baked Chicken Southern Fried Catfish	

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IRA or TSP: Where should I put my money?

Nancy Seckman
Family Support Center

"I've heard that Roth Individual Retirement Accounts (IRA) are better investments for retirement because you don't have to pay any taxes on them when you start taking distributions in retirement" is a standard comment we hear as we approach open season for the Thrift Savings Plan (TSP).

While it is true that distributions are tax-free (subject to certain restrictions), there are many more considerations to take into account. Let's begin with some basic information about what IRAs are and how they work.

There are five different types of IRAs, but the two most common are the traditional IRA and the Roth IRA.

The traditional IRA is a tax-deferred account, which means you only pay taxes when the funds are distributed. If you qualify, contributions to a traditional IRA may also be tax-deductible. There are penalties for withdrawing funds before the contributor is 59-and-a-half years old.

Contributions to a Roth IRA are not

deductible, but earnings accumulate tax-free and remain tax-free when they are distributed as long as they remain in the account for five years and the account holder is 59-and-a-half years old or older. Only people who meet certain income limits (up to \$110,000 for singles and \$160,000 for those who are married and filing jointly) can contribute to Roth IRAs.

While most brokerage firms, financial planners, banks, credit unions, and savings and loans institutions can help you open an IRA, the concept that leaves many people confused is in understanding that "IRA" is actually a designation attached to an account. This means your savings account or your mutual fund could now come under the IRS guidelines outlined above. It will take a lot of research and education to determine which type of account or fund would be most advantageous to a specific individual, thus delaying the onset of compound interest working its magic.

Therein lies a major advantage of the TSP, the federal government-sponsored retirement savings and investment plan. An individual can begin investing immediately during any open season with the minimum

contribution being only one percent of base pay, and know that he is in a no-risk government security fund that has steadily earned between four and six percent annually for many years. While he has that monthly investment coming out of his paycheck he can learn about the other four funds within the TSP to which he might transfer his money.

First, let's review the basic facts about the TSP. Military members may contribute between one and 10 percent of their base pay for 2005 and up to 100 percent of any incentive pay or special pay (including bonus pay), up to the limits established by the IRS. The TSP for Uniformed Services is intended as a supplemental retirement savings to the military pension received after 20 years of service; therefore, the contribution limits are lower than for civilian federal employees and they do not receive matching funds.

TSP contributions are taken out of base pay before taxes are computed and taxes on contributions and earnings are deferred until withdrawn. Individuals have daily access to their accounts and continue to do so after separating or retiring from the military should they decide to leave their funds in the

plan.

So, back to the question of the TSP vs. IRA dilemma. Especially for those just getting started in the investing world, the TSP can be a good choice simply because of some immediate financial benefits that may not be available from an IRA if time delay is going to be a factor.

Also, even though the law does not require a minimum investment to open an IRA, different institutions may have different minimum initial investments that could significantly exceed the lower requirements of TSP.

Good resources for understanding the intricacies of IRAs and the TSP include talking to the investment professionals at an individual's own bank or credit union, and reading and researching on websites such as www.tsp.gov or www.airforceonesource.com.

The Family Support Center's (FSC) TSP briefings during open season as well as their quarterly investing classes are also good places for information. Ultimately, it's a nice goal to plan on doing both! For more information, call the FSC at 567-3920.



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photo by S/A Mike Meares

1st Lt. Tim Kuechle, 3rd Space Operations Squadron, winces as Carmen Evans, medical technologist from Memorial Hospital's Mobile Blood Bank, draws his blood in the base auditorium.

When it comes to donating blood, Schriever gives, gives, gives

Ed Parsons
50th Space Wing Public Affairs

Ask anyone from Memorial Hospital's Mobile Blood Bank, and they will smile and tell you the same thing: When it comes to giving blood, Schriever is one of their best customers. We are a prime lifesaver in the community.

During the three-day Labor Day weekend, Memorial Hospital had a run on the blood supply. The night

before the blood drive at Schriever, the hospital experienced another drain of their supply.

They needed Schriever to come through for them, and come through is exactly what the base did.

The Mobile Blood Bank visits Schriever every eight weeks with one of the highest goals in Colorado Springs: 80 units of blood.

Even in the midst of a base

exercise, community-minded Schriever personnel donated 89 units of blood, exceeding expectations.

Nancy Maddox, senior technologist with Memorial Hospital's Mobile Blood Bank, said, "We can always count on Schriever. You always come through for us."

Ms. Maddox noted that Memorial Hospital conducts approximately 7,800 blood transfusions a year—and that is just at

one of the several major hospitals in Colorado Springs.

"We depend on the generosity of our military communities, and Schriever is a pillar among blood donations," she said.

MSgt. Thomas Farrell, 50th Space Communications Squadron, honchos the base blood drive. This is his second drive and he is proud of Schriever's response to the call.

"It's great to see how our folks give to the community," he said.

"With blood drives, 30 minutes of your time can mean the difference between life and death for someone."

The next base blood drive is slated for Nov. 10 in the Bldg. 300 Auditorium. Sergeant Farrell is seeking volunteers to assist with logistics.

For further information or to volunteer, contact Sergeant Farrell at 567-4095.

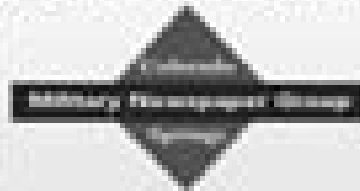
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photo by SRA Mike Meares

Inside the 'golf ball'

During an orientation visit to the 50th Space Wing Tuesday, Colorado State Senator Ron May, and State Representatives Tom Wiens and William Sinclair look at the satellite dish inside the Colorado Tracking Station. Also visiting Schriever were Colorado State Senator Ed Jones and State Representatives Bill Cadman and Richard Decker. During the visit, Col. Suzanne Vautrnot, 50th Space Wing Commander, discussed issues with the elected officials that affect Schriever and the State of Colorado.

In Brief

If you have something you would like to see in this section, submit it to the *Satellite Flyer* by noon the Friday before publication at flyer@schriever.af.mil.

20/20 vision

Beginning Tuesday the Schriever Clinic Optometry Services will be available Tuesdays and Thursdays. To schedule an optometry appointment, call 556-CARE (2273) between 7:30 a.m. and 4:30 p.m. Select option three (Schriever Clinic), then option two (Military Medical Treatment Facility) and tell the appointment clerk you would like to schedule an optometry appointment at Schriever.

Special Opportunity

The Joint Communications Unit (JCU), located at Fort Bragg, N. C. is a special duty assignment supporting the United States Special Operations Command, and the Joint Chiefs of Staff.

JCU has earned the reputation as the Department of Defense's finest communicators. They pride themselves in their ability to deploy and conduct missions on a variety of platforms including, but not limited to ships, planes, vehicles, and field conditions.

Their mission is unique and unceasing. They are looking for individuals who are interested in a distinctive, challenging and rewarding assignment working in a joint service environment. For more information, including details, additional application requirements, and point of contact information log on to: <http://www.bragg.army.mil/jcu-recruiting/>.

Full spectrum response

Maybe you've been wondering what emergency actions to take during natural disasters (such as tornadoes or lightning storms), or you've been in the Air Force long enough to be wondering "what ever happened to the old Disaster Preparedness Program?"

Well look no further. The 50th Civil Engineering Squadron (CES) Readiness Flight has that answer, and it's called Full Spectrum Threat Response (FSTR). The base FSTR plan can be found on the Schriever Intranet page. Just click "organizations," "wing organizations," "50th Civil Engineering Squadron," "Readiness," then on the right side of the page, click the "Schriever AFB FSTR Plan" button. If you still have problems finding it, don't hesitate to call the 50th CES Readiness Flight at 567-6100. We will be glad to help in any way we can. Every unit has a FSTR representative; do you know who yours is?

Reservists, ANG welcome

Air Force Reservists and members of the Air National Guard who are available and wanting mandays are needed at Schriever Air Force Base for a wide range of job duties and units, both officer and enlisted for varying lengths of tours. Opportunities are on a first-come, first-served basis. In addition, a number of enlisted Individual Mobilization Augmentee (IMA) slots are now vacant with the 50th Civil Engineer and 50th Security Forces Squadrons. Current Air Force Reserve and Air National Guard members, as well as active-duty members considering separation, are invited to apply. For more information, call Lt. Col.

Mary Fleurquin at 567-4661.

Hometown News

Career events that happen in your life are not only significant to you, but you'd be surprised how important and exciting these events can be to your family and friends back home. Special training, promotions, awards, education and reenlistment are some of the topics that the Hometown News Release Program can get the word out about. Simply fill out the Defense Department Form 2266 electronically, print and fax it to 50th Space Wing Public Affairs (PA) at 567-5306 or come into our office in the DeKok Building, Rm. 316 and fill one out. For more information, call PA at 567-5046.

Test uniform feedback

Here's an outstanding opportunity to voice your opinion on the new test Air Force utility uniform. The survey only takes about 10 minutes to complete. You can find it at: <http://www.uniforms.hq.af.mil/>.

Speakers wanted

Do you like to speak in public? Are you looking to support your community in a special way? The Speakers Bureau can be a great way to do both! The 50th Space Wing Public Affairs (PA) office is looking to recruit volunteers (civilian and military) to speak at local schools, colleges, veterans meetings and more. Topics of speech are beyond your career-field, they can also include your life and military experiences and travels. Speakers will also have the chance to speak at events such as Veterans

Day, Memorial Day and Independence Day. Starting in October, quarterly meetings will be held to give tips on speaking in public, practice sessions, as well as briefing on upcoming speaking events. For more information, call PA at 567-5044 or 567-5046.

Family Support Center

Volunteer opportunities

The Family Support Center (FSC) needs volunteers to assist with the Loan Closet. For more information, call 567-3920.

Classes are held in the FSC classroom unless otherwise noted. Registration is required for all classes. For more information, call 567-3920.

Federal Employment Workshop

Are you interested in a career with the federal government but the application process is so confusing you don't know where to begin? This course scheduled for Sept. 30 from 1 to 3 p.m. will help eliminate some of that frustration and teach you the basics of using the Air Force Job Kit, self-nomination, and the selection process.

Family Resource Center

The new Military Resource Center outreach center is now open. It was developed to keep military members and their families informed on services and resources available to them. It is open Monday, Wednesday and Friday from 9 to 11 a.m., and Tuesday and Thursday 4 to 7 p.m. at the Southeast Armed Services YMCA, 2190 Jet Wing Drive.

Gas, crashes, captives...

Schriever faces it all during four days of exercises

▶ *Capt. Trent Falon, 50th Mission Support Squadron, grimaces after taking off his gas mask inside the field mask confidence chamber as it filled up with tear gas during Schriever's deployment exercise.*



photo by Alex Groves

◀ *SrA Robert Pluneda, 21st Aeromedical Dental Operation Squadron, applies moulage, a technique used to simulate fake wounds, to Col. Suzanne Vautrinot, 50th Space Wing Commander, who was kidnapped Sept. 15 as part of the exercise held here.*

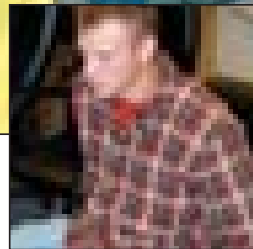


photo by Alex Groves

◀ *SrA Brooks Jones, 21st Security Forces Squadron, was captured after kidnapping Colonel Vautrinot during the exercise.*



photo by Chris Tucker

◀ *Firefighters inspect the damaged fuselage of an airplane that "crashed" at the base fitness center as part of the exercise while a base photographer documents the scene.*



photo by SrA Mike Mearns

MSgt. Quintin Walline, 50th Mission Support Squadron, a long-distance runner, offers tips on how to properly prepare for the new Air Force fitness-testing program.

Tips help runners pass test and improve health

MSgt. Quintin Walline
50th Mission Support Squadron

Imagine the end of your WarFit test; it's going to be close to pass or fail and you need some help. The skills for various athletic events are different and it can be a challenge for many athletes to run the mile and a half successfully.

Here are some secrets to running that will help make the difference you need to pass. Each of the following bits of advice, put into practice, can make a significant improvement in your overall time and can be the difference between passing and failing.

Warm up by walking and jogging a half-mile or more, do some light calisthenics and stretch slowly and lightly. Doing this will get the muscles you use prepared for stress. The stretches will increase your body's preparation for performance and decrease the risk of injury.

Pace yourself for the first half of the run and slowly pick up the pace throughout the second half. At the end of the run you should not have enough "left in the tank" to sprint. If you do, your overall pace needs to increase.

A steady warm-up during the first half of the run and a steady heart rate increase the second half are the most efficient and fastest running strategy. To gauge your best pace you will have to run the distance several times while pushing your limits.

In every sport you hear "keep your focus." A runner focuses on his running form. As fatigue sets in, knee-lift turns to shuffle, arms tend to flail, hands droop, you start to look at the ground right in front of your feet and shoulders droop. All of these symptoms of fatigue magnify the tired feeling.

When you get tired, keep the turnover rate and knee lift of your legs, but slightly shorten the stride. Keep your arm swinging forward and back, not across your body. Your hands should be relaxed, but keep your thumbs on top and fingers curved in. Keep the focus of your eyes about 25 feet in front of you or on the next person in front of you.

Dress as light as you can for the weather conditions. Your body is much more efficient if it can stay cool under stress. As a general rule you should dress for a temperature 20 degrees warmer than it is. You may be slightly uncomfortable going outside, but if you properly warm up, you will be ready to run comfortably and efficiently.

Always keep a positive attitude about running that day. If there is a headwind, be thankful for the cooling breeze. If there is a tailwind, all the better. You know running will ultimately make you feel great, so drown out the negative with positive thoughts and actions. If there is a most important hint, this may be it.

Last, but most certainly not least, hydrate. Dehydration symptoms include increased heart rate, dull headache,

cramping and, of course, thirst. Dehydration, especially at our elevation, makes exercise much more difficult and recovery much slower.

Larry Armstrong, Ph.D., author of *Performing in Extreme Environments*, found runners slow by three percent for every one percent decrease in body weight caused by dehydration. A 150-pound runner clocking eight-minute miles will slow by almost 15 seconds per mile after losing only one and a half pounds. (Article: Don't Sweat It, *Runners World*, August 2004)

Do not expect to get "in shape" in a week. On the other hand, overtraining can cause injury and burnout. Do not increase your exercise program more than 10 percent each week to avoid injury and burnout.

After the run is over, cool down. The cool down is a major factor in injury prevention and recuperating from the running session. The cool down should consist of five to 10 minutes of light aerobic exercise and plenty of slow steady stretching.

These secrets to running can help you pass the WarFit test, but they should also become part of your daily exercise plan. The test is an Air Force requirement, but ultimately it is for you to measure fitness level and adjust your lifestyle to be healthier year round.

"The miles can build you up or the miles can wear you down; it's all about how you approach it," said Josh Cox, an elite marathoner.

Sports briefs

The Fitness Center offers classes for those who want to change-up their workout routine. For more information on classes offered by the Fitness Center, call 567-6628.

Spinning time

Spinning classes are being offered every Monday through Thursday at 11 a.m. and 3 p.m. and Friday at 11 a.m.

Contrary to popular belief, spinning is not just a "hard-core" fitness program for elite athletes. Spinning is a unique indoor cycling workout that brings elements of

athletic training to people of all fitness levels.

This high-energy, group exercise integrates music, camaraderie and visualization in a complete mind and body exercise program. Individualized for participants of any age or ability, the spinning program uses a specially designed stationary bike, a simple set of movements and hand positions and heart rate training to take personal fitness to the next level. In fact, participants in a 40-minute cycling class burn an average of 500 calories.

Aerobics are back

Three aerobic classes are offered throughout the week inside the aerobic

room of the main Fitness Center.

Step aerobics - classes are scheduled Mondays, Tuesdays and Wednesdays at 12:30 p.m. This type of aerobic exercise uses steps on the ground for you to make your way around during a workout.

Toning aerobics - classes are scheduled Thursdays at 12:30 p.m. This type of aerobics tones muscles using small hand weights for resistance training.

Kick boxing classes are scheduled Fridays at 12:30 p.m. This type of aerobic activity incorporates martial arts moves during the workout.

These group-setting classes help to motivate during the workouts using music. Aerobics is a low-impact exercise routine

that conditions your heart and lungs, helps use oxygen more efficiently, control weight and reduce stress. Aerobics helps relax tense muscles, and regular aerobics activity increases the body's production of endorphins (a natural sedative) and catecholamines (chemical substances that help stabilize moods).

Yoga classes

Develop and improve your health, strength, flexibility, awareness, creativity, focus and grace through yoga at the Fitness Center Wednesdays at 6 a.m. The skill of yoga utilizes stretching and strength training exercises to improve quality of life and body.

Spacegaters gear up to sink Navy

A1C Jason Ridder
50th Space Wing Public Affairs

When it comes to U.S. Air Force Academy football there are two must-win games every year. One opponent is the Army Black Knights, and the other is the Navy Midshipmen. Sept. 30, the Falcons welcome the Midshipmen to Falcon Stadium in a nationally televised game.

The Falcons hope to rebound from last year's 28-25 loss at FedEx Field in Maryland to gain an advantage in the race for the Commander's Cup. The Commander's Cup is given to the service academy (Air Force, Army and Navy) that has the best record against the other two.

Air Force has dominated the competition for the

cup in recent years, but Navy has improved dramatically with the recent additions of a new coach and a new style of play.

Another long-standing tradition that continues Sept. 30 is the tailgate party thrown by the 50th and 21st Space Wings, the Spacegaters, in Lot Four of the Falcon Stadium Parking Lot.

The Spacegaters will once again be set up two hours prior to kick-off with free food and fun for all Falcon fans.

The party is scheduled to get underway at 3:30 p.m. and last right until the scheduled kick-off time of 5:45 p.m.

While there will be free food and drinks available, partygoers are encouraged to bring snacks and side dishes to share.



photos by SrA Mike Meares

U.S. Air Force Academy sophomore halfback, Justin Handley, dives into the end zone after catching a pass.



Flames rise above the grill as MSgt. Charles Meyer, 21st Medical Group First Sergeant, flips a hamburger at the Spacegaters tailgate party, held before Air Force Falcons home football games. The next Spacegaters' party is scheduled for Sept. 30 at 3:30 p.m. at Falcon stadium.

Welcome to your home away from home ...
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NATIONAL FATHERHOOD INITIATIVE
It takes a man to be a man.

More than 79% of Americans feel "the most significant family or social problem facing America is the physical absence of the father from the home." Research shows that the lack of a father in the home correlates closely with crime, educational problems, teenage pregnancy, and drug and alcohol abuse. The National Fatherhood Initiative has created this campaign to inform society, and especially fathers, about the unique and irreplaceable role that involved, responsible and committed fathers play in the lives of their children and to inspire fathers to spend more with their children.

Remember, all it takes is a little time.



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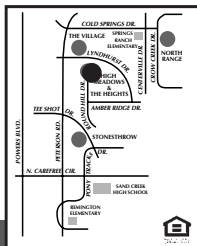
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APPLIANCES

Refrigerator, upright, white, \$200, great cond., 930-3263
Whirlpool eggshell dryer, 4 cyl, heavy capacity, \$90, 2" 8" Fosgate subs \$100, Fosgate amp \$75, 3-way home speakers \$50, center speaker \$30, 832-725-5333
Washer/dryer set and refrigerator, \$100 each item, good working cond, call for details, 382-9613

Side-by-side refrigerator, works well, beige in color, ice maker with water/ice dispenser on outside of door, \$250, 392-1389

Maytag 7 cyl./Presicare elec. dryer & Whirlpool 7 temp./4 load sz., extra rinse washer, \$350 both, 322-2746.

AUTOMOTIVE**CAR**

2003 Honda Civic LX, silver, 26k mi, tinted windows, sun radio, fully loaded, warranty, \$12,800 OBO, 392-0090

2001 Hyundai Elantra, must sell, PCSing, have to many vehicles, runs exc, \$4,750 OBO, 559-9480

2001 Mustang GT, green, 6 cd in dash, Mach 1, sound package, 64k mi, new tires, \$12,000 OBO, 2003 Galati, 30k mi, blue 4 door, auto, 6 cyl, air cond, \$14,000 or assume loan, 832-725-5333

2001 Honda Civic, blk., 2 dr., auto, Vtec, alarm, CD/MP3, 40 mi./gal., AC, pwr. D&M, CC, tint, KBB at \$10,400, sell for \$9,300, 660-1544.

2001 Ford Mustang, GT coupe super charged, exc cond, silver gray interior, tinted windows, in dash 6 cd changer, sun/fm, 18k mi, \$17,000 OBO, B/O, 392-0845

2001 BMW 325 ci convertible, premium package, 35k, blue w/blk, great cond, \$28,000, 520-227-0828 or 524-3487

2000 Honda CR-V, Excellent condition! Many extras: 4 wd, automatic, cd player, cruise, roof rack and more. Must sell \$10K, 282-9426

1999 Honda Civic EX- 80k miles, loaded w/ power everything, moon roof, 1yr warranty left, \$8,900 obo. 593-2495

1996 Honda Accord 25th Anniversary Edition, 86,600 miles, automatic transmission, excellent mechanical condition, minor hail damage, \$4,900, 472-8768

1995 Plymouth Neon Sport Sedan, 5 spd., CC, PL, AM/FM cass., new AC, 136,700 mi., runs great, cheap on gas, \$1,500 obo, 622-4045

1993 Eagle Talon ES, Auto, Dark green, Grey interior, 94K, 10K, on rebuilt engine (recpts avail), PW, PL, CC, Tinted, Alpine Alarm, Alloy wheels, new brakes, Overall in very good condition, 4cyl., Bra. \$2,950 call 536-0586 or 913-775-2687cell

1999 Honda Accord, 55,000 mi on new motor, 126,000 mi total, new clutch, black widow body kit, duel 4.5 exhaust, custom paint, euro lights, 17" rims, new tires, \$5,300, 392-4642

'88 Honda Civic LX, great commuter car or first teen car, MP3/CD player, 5 speed, 117k miles, new timing belt, current emissions, 30+ mpg, \$2,000, 930-3343

CAMPERS

Travel Trailer, 2000 Tahoe Lite 19' loaded, excellent, sleeps 5, asking \$8,500, stored at Academy. Call 488-1337

1999 Jayco Eagle 12, sleeps 8, heater, fridge, stove, screen rm., canopy, boat rack, \$4,600 obo, 531-5241

1992 Coleman Pop-up, Americana - Williamsburg model, heater, frig, stoves, shower, porta-potty & more, \$2,800, 574-8515

MOTORCYCLES

2003 HD V Rod Anniv ed, blk/sil, lots of chrome, 2,200 mi, great ride, \$17,500, call Chad 322-9585

SUV

1992 Chevy Suburban, loaded, alarm awesome, stereo, \$500 OBO, Jerry 229-2906

2000 Ford Explorer, 73k mi, red, 18, 4wd, towing package, sun roof, auto 4d, exc cond, #13,000, 832-725-5333

1996 Jeep Grand Cherokee, 107k mi, AWD, most options including leather, privacy glass, tow package, well maintained, \$6,700 OBO, 310-5666

1991 Toyota Landcruiser, AWD, new alloy wheels and tires, tan color, great condition, \$7,800 OBO 472-8761 for rent

TRAILERS

1996 Kristi 8x12 covered cargo trailer, perfect for snowmobiles, DITY, \$1,600, 238-3992

TRUCK

2003 Dodge Dakota Club Cab, Standard, Trans Cloth, all power, bed liner, immaculate 9500 mi, \$25,900 Call 472-1012

2003 Dodge Ram Quad Cab 4x4, auto, 5.7 liter, loaded, off road package, clean, 18.5k miles, \$26,000, 719-472-9457

1997 Ford F-150 XLT V-6, 4x2, 1b, 5 speed, 63k miles, cd, bedliner, good condition, \$5,700, 481-1462

1997 Ford F150 XLT, 4x4, off-road, burgundy, bedliner, keyless entry, auto start, 83,213 mi, 391-2253

1980 Ford F150 300, 6 cyl, 4x4, runs good, needs body work, \$1,500 OBO, 593-0737

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, or national origin, or intention to make such preference, limitation or discrimination. The "Satellite Flyer" shall not accept any advertisement for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

TRUCK

1978 F150 Ranger, 6 cyl, 5 speed red/silver, new tires, 74k mi, good cond, tool box, \$6,000, 832-725-5333

VANS

2000 Chevy Venture LS Ext, 60,400 mi, owner ns, has new tires, pwr locks, windows, sliding door, built-in child seat, \$9,500, 382-4830

AUTOMOTIVE ACCESSORIES

Granatelli mass air flow sensor fits 96-98 5.0L, 5.7L gm, \$275, 390-1437

16 inch Eagle alloys with Firestone tires for newer Ford F150 trucks, \$300, 392-1389

BABY ITEMS

Rare Peter rabbit, 4 piece crib bedding set, w/musical wall décor and mobile \$150, exersaucer \$20, 559-5222

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DAY CARE IN MY HOME - 20 yrs. experience, pre-school activities, references upon request. Skyway area, 520-5475

Licensed daycare in Briargate, ages 0-12yrs., meals/snacks. 598-2201

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Home daycare provider, loving home, near Powers and Barnes, reasonable rates, openings now. 510-4257

CLOTHING

Womens enlisted Mess Dress, jacket, size 12R, skirt size 10R, \$100, 550-3380.

COUNSELING

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3br, 1 ba, 1 car gar duplex, 1 min. to Ft. Carson, W/D hookups, avail. July 1, \$695+dep., 650-4802.

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Exten lng Apts in center of Fountain, Nr. Ft. Carson 2bd/1.5ba; 1bd/1ba; Studio; All have balcony in good cond. Starting @ \$365/mo call 231-7835 or 201-7006

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4 bdrm, 2ba, 2 kitchens (upper/Lower), No Pets 136 Ramona \$1200/mo 719-538-8290, 719-640-1018

Beautiful New House 3bd/2.5ba lng lvg rm, lg kit, big yard. \$995 960-3858 Cls to Ft Carson.

Briargate 5bd/3.5ba sunrm w/bar Hot Tub, located on quiet st. Close to AFA well maintained home. \$1375/mo 491-2911

Briargate 5hr/4ba/2car 1br Ste. Walkout views Location. \$1550 7670 Montane Dr. 719-593-9611

Woodland Park Rentals 4bd/3ba/gar large fenced yard \$1200 3bd/2ba/gar \$995 3bd/2ba \$850 Carter Realty, Inc. 687-9274 Tina.Allbilar@ppar.com

Central attractive San Juan Villa, 1 bd + study, gar, W/D, deck, \$800/mo 591-6276

Garden of the Gods - 2000sq. ft., 4br/2.5ba/2car, hardwood floors, 2 decks, gas fireplace, pike peak view, close to park. Available now \$1,200/mo. 761-6787 or 930-3343

Cheyenne Mtn school dist #12, nice area, 4 bd, 3 ba, gr, 514 Ramona, mil disc, \$850/mo, 382-4782

FOR RENT HOUSES

Fountain Valley, D-3 school, Mtn views, 2 story w/fm basement, 4 bd, 4 ba, central air, alarm syst, sprinkler syst, microwave, fenced yard, 2-car garage. Rent \$1,200 plus deposit, no pets, 382-0573

Wagon Trails, 3 yr old, 5 br, 3 ba, 2900 sq. ft., community pool & tennis court, \$1,375/mo. + dep., 649-9984.

New 3 br, 2 ba, 2 car gar., crmic. stove, built-in-microwave, W/D, gas FP vaulted clngs., walk-in-closet, \$975/mo., 338-2425.

3 br, 2.5 ba, 2 car garage, 2 mi. from PAFB, no smk/pets, \$900/mo. + deposit, gnelson417@aol.com, 719-637-3665.

1998 Mobile on acre east of COS, near Pete & Schriever, 2 br, W/D, shed, fence, \$625/mo., 495-7220.

Ridgeview, 4 br, 4 ba, 2 car gar., LR, FR + loft & rec rm., wood flrs., spacious lot, \$1,100 1st six mos., 830-625-9858.

3 bedroom, 2 full bath, 2 story off north powers, 2 car gar, fireplace \$835 mo. Walk-in closet, 1400 sq ft avail Nov. 1 573-6677

Countryside 4 br/4ba 2500 plus fin a/c 1/2 car gar fireplace \$1095 mo. 382-8789

FURNITURE

"Pottery Barn" style LEATHER Living Room Furniture. Approx value \$6,500. Sofa \$950 Love \$875 Chair \$800. Will Separate or \$2500 for group. Brand NEW-Never Used. Call 719-391-2130

\$105 Full Pillowtop Mattress Set. New with warranty. Can deliver. 719-391-2130

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\$120 Queen Pillowtop Mattress Set. In plastic and can deliver. 719-391-2130

\$165 King Pillowtop Mattress Set. Brand new with Warranty. Can deliver. 719-391-2130

\$225 Cherry Sleigh Bed. Brand new in Box with Warranty. Delivery available. 719-391-2130

\$399 5-pc Bedroom Set. Still in Boxes with Warranty. Delivery available. 719-391-2130

7-pc Cherry Sleigh Brdm Set. Gorgeous Style. Still in Box. Lists \$4,000, Sacrifice \$995. Can Deliver. 719-391-2130

All Wood Bedroom Set. Gorgeous Style. Still in Box. Sacrifice for \$1100 Delivery available. 719-391-2130

Bed All Wood Bedroom Set, 7 gorgeous pieces still in box! Cost \$4500 Sell \$895 471-7220

Bed Cherry Sleigh. New in box! Must sell \$195 328-9728

Bunk beds. These are Heavy-duty oak bank-beds. Reg. Twin sized w/foam mattress' very solid. \$175 481-9417

Full Pillowtop Mattress Set. Brand new in plastic! Must Sell \$115 866-7042

King Pillowtop Mattress Set, new in factory wrap, cost \$795, sacrifice \$180. Call 667-0635.

King Pillowtop Mattress Set, new in factory wrap, cost \$795, sacrifice \$180. Call 667-0635.

Leather Sofa recliner, cream, 1yrd old, mint cond., Must See, 635-0185

BED-MEMORY FOAM Mattress set, new in plastic, cost \$2395, must sell \$750. Call 328-9728.

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Microfiber/dura-suede SOFA/LOVE SEAT Stain resistant. Still in Box! Sugg. Retail \$1,099, Sacrifice \$599 OBO. Can Deliver. 719-391-2130

POOL TABLE 8FT. Gorgeous new high end table 1" slate, leather pockets, hand carved legs. Cost \$4800 sell \$1595. 667-0311

A Queen Pillowtop Mattress Set, new in plastic, cost \$795, must sell \$135. Call 667-0311.

Sofa/Love seat -LEATHER Sugg. Retail \$1499, Must Sell! \$750 New-Never Used.. Delivery available. 719-391-2130

Dining room table glass and iron, 4 chairs and glass/iron hutch \$250 obo, 472-4867

Solid oak entertainment center fits 60" big screen TV. Matching end table and coffee table. \$400. 574-6021

Bunk bed, red metal frame, double seat lving bottom, good cond, w/mattress, \$50, 351-7267

Dining room set, 6 chairs, \$60, breakfast table \$30, 19" color tv \$40, 800 mhz comp \$120, L-shape desk w/hutch \$80, ionic breeze \$40, 382-725-5333

Lane sofa sleeper, beige/green/burgundy \$300, 2 leather recliners, lawn brown \$150 each, 382-9083 after 5 pm.

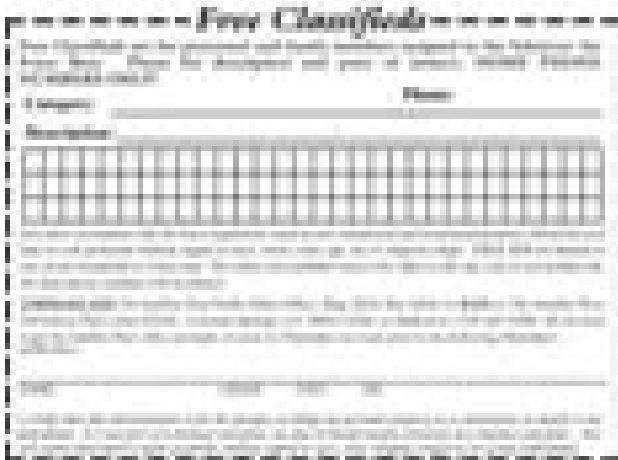
Green cloth Lazy Boy recliner, very good cond, \$125, 390-1437

FURNITURE

Brown leather sofa, chair and ottoman. like new, brown, best offer, 527-2600

German couch and chair, very good cond, includes Oak coffee table with tiles, \$595, entertainment center \$65, 4 lawn chairs high back sand color w/cushions \$55, 382-0573

Queen sz waterbed, \$175 obo, Asian Turkish rugs, various sz/color, Rita at 231-5227 or 573-7156 after 5 p.m.



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Looking for roommate to share 3 bedroom, 2 1/2 bath, 2 1/2 car garage house in Stetson Hills.

House is minutes away from Peterson, and the Air Force Academy. \$ 350 monthly. 719-310-9037

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3 Bdrm 2 1/2 bath 2 car garage house in Stetson Hills. 3255 a month!

Close to Peterson and AFA. Call Trevor at 719-310-9037

Share 3 bedroom house in Stetson Hills, full use of common areas, fenced-in backyard, 576-3337

TOOLS

DeWalt Air Powered Framing Nailer, 3.5" full round head, used once, 65 mall capacity, like new, \$210, 596-1391.

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