

SPACE OBSERVER

Serving Team 21 and its Global Mission
www.spaceobserver.com

Friday, Feb. 2, 2001

Peterson Air Force Base, Colo.

Vol. 45 No. 5

Black History Month 2001 – Creating and defining the African American community: Family, church, politics and culture



By Airman 1st Class
Shane Sharp
21st SW Public Affairs

Thursday marked the beginning of Black History Month, a month devoted to African-American heritage awareness.

According to Leroy Howard, Peterson Black History Committee vice president, this year's theme of "Creating and Defining the African American community: Family, church, politics and culture," provides an opportunity to focus on

the future while being mindful of the past.

"Defining and creating the African-American community is an on-going process," said Howard. "But it's important to not forget our past. Without a beginning, you won't know where you're going in the future. Without a background and heritage, you're lost."

The Black Heritage Committee has many activities planned as part of Black History Month.

"We try to plan activities that will be meaningful and

provide awareness to the community," said Howard. "All of the activities we plan are open to the public and we encourage everyone to attend."

"Peterson's Black Heritage Committee has done a great job of promoting education and awareness by organizing activities and events year-round, not just during the month of February," said Chief Master Sgt. Fred Schoettler, 21st Space Wing command chief master sergeant.

"It's important for people, regardless of race or ethnic background, to take part and be aware of African American heritage because, in one way or another, it's part of everyone's history," added Schoettler.

Black History Month began as "Negro History Week" in 1926 initiated by Carter G. Woodson. In 1976 the week became Black History Month.

Schedule of events

Saturday - Black History Month festival, noon-6 p.m. at the USAF Academy Arnold Hall.

Tuesday - Soul food plate sale, 11 a.m.-1 p.m. at the base chapel. Plates will sell for \$6, desserts are \$1 apiece and drinks are 50 cents.

Feb. 21 - Black History Month luncheon, 11 a.m.-1 p.m. at the Officer's Club. Guest Speaker will be Col. Toreaser A. Steele, director of personnel resources and Air Force Personnel Operations Agency, and deputy chief of staff for personnel, Headquarters USAF at the Pentagon.

Feb. 25 - Black History Month Gospel Extravaganza, 2-6 p.m. at the base chapel. Choirs from all over the Colorado Springs area will perform.

Bush, Rumsfeld pledge support to military

By Linda D. Kozaryn
and Jim Garamone

American Forces Press Service

WASHINGTON — As the armed forces welcomed Donald H. Rumsfeld here Jan. 26, the nation's 21st defense secretary, in turn, saluted those he was about to lead.

"The president and I believe that the men and women who freely elect to wear the country's uniform deserve not only our respect, but our support, and yes, our appreciation," Rumsfeld said. Those who serve "in times of conflict deserve not only our thanks for their sacrifice, but our commitment to value every veteran."

Pulling a folded page from his pocket, he then read a message from President Bush pledging his support to America's service members and the men and women who support them and

their families.

"Your service in the cause of freedom is both noble and extraordinary," the president wrote. "Because of you, America is strong and the flame of freedom burns brighter than at any time in history."

"Your country can never repay you for the sacrifices and hardships you endure, but we are grateful for the liberties we enjoy every day because of your service," Bush said.

"As your commander-in-chief I will always support you and your families so that this great nation continues to have the greatest armed forces in the world," added the president.

Recalling a story from the Reagan Administration, Rumsfeld made a pledge of his own.

See RUMSFELD, Page 4




Photo by Hyungwon Kang, White House Photo

Donald H. Rumsfeld (right) is administered the oath of office as the 21st Secretary of Defense by David O. Cooke, as Joyce Rumsfeld holds the Bible during a ceremony at the Eisenhower Executive Office Building Jan. 20. Rumsfeld was previously the 13th Secretary of Defense from 1975 to 1977. Cooke is the director of Administration and Management at the Department of Defense.

Inside	
From the Top	Page 2
News	Page 3-6
People	Page 7
Feature	Page 8
FYI	Page 9
Commentary	Page 10
Sports	Page 11-12

News

February is National Children's Dental Health Month - Page 3

Feature

Armed Services YMCA - Page 8

One suicide is too many
The Air Force Surgeon General says a community approach is the key to suicide prevention.
- Page 6

Message from the 21st Space Wing commander

Ops tempo remains high across the wing, as do our successful accomplishments. Earlier this week, I had the privilege to recognize several of our outstanding men and women during our Quarterly Awards Luncheon. It's very evident to me that we have great people doing great things both here at Peterson and our GSU's. Kudos go out to all supervisors for submitting these folks for awards. Keep up the good work! We're also set to recognize our Annual Award winners in a couple of weeks.

As many of you know, we conducted our first-ever Peterson Complex NCO Induction/Promotion Ceremony this week. This ceremony sets the stage for peers, supervisors, friends and family members to recognize members recently promoted or inducted into the NCO enlisted tier. It was great to congratulate our newest leaders on

their recent accomplishments. We intend to hold these ceremonies on a monthly basis...hope to see you there.

Finally, I will host a Cape Cod Civic Leadership Tour next week. We plan on showing our facilities and the outstanding men and women of Team Peterson to a special group of community leaders from Cape Cod Massachusetts. We're bringing these leaders here to show them how the 6 Space Warning Squadron, located at Cape Cod, fits into the overall mission of our wing and in Air Force Space Command. We welcome their interest and hope their time with us is enjoyable and educational.

Once again, I applaud your hard work, dedication and commitment to duty.

Brig. Gen. Bob Kehler,
21st Space Wing commander

Chief's corner: Military courtesies

By Chief Master Sgt. Fred Schoettler
21st SW command chief master sergeant

Have you ever walked into an organization -- as a customer looking for help or to get an answer to a question -- and the first person you encountered stood up and enthusiastically asked, "May I help you?" During the visit did you note words like "sir" or "ma'am" used frequently, and at the end of the conversation did the individual say, "thank you?"

I've seen this type of service many times as an airman, NCO and now as a senior NCO, and I have always greatly appreciated the extra effort displayed by those professional individuals. Many people think that type of courtesy only applies to customer service organizations such as our Military Personnel Flight or the base clinic. However, this type of service should be practiced in all work centers, from the maintenance areas to the office areas. What impression do you want visitors to your work area to take with them? It should be nothing less than a positive, professional image of you and your organization.

All of us -- officers, NCOs and civil service employees -- have a responsibility to ensure our subordinates are

trained and aware of military courtesies ranging from proper telephone use to work center behavior. Don't assume a new person coming into your organization is up to speed or practices proper military courtesies. Tell them what is practiced and expected here. And don't forget to take the time to thank individuals who go out of their way to show proper military courtesies. There is nothing stronger than positive feedback to enforce a positive behavior.

On a side note, get your hands on the current Airman's Magazine of America's Air Force, The Book 2001, dated January 2001. I bet if you look around your breakroom, office or shop or go to your orderly room and ask for a copy, you may be surprised at all the current information covering Aerospace Power and the future. Inside there are all the organizations, databases covering pay, insignia, ribbons, installations and -- one of my favorites -- weapon systems. They even include online web sites, so you have access to even more information, if you so desire.

So my advice is to find this magazine, read it and most importantly share it with others. Stay informed on what is going on in your Air Force and practice being courteous. I know it'll catch on. See you around the wing.

Internet scams pose threats

The Internet, while a useful tool, continues to provide criminals with avenues to bilk users of their funds. Recent information released by officials at Headquarters Air Force Office of Special Investigations reveals that America Online users are again being targeted by con artists.

An OSI officer recently was contacted via e-mail to one of his account names by a crook pretending to represent AOL. The criminal requested updated credit card information, citing a problem with his current card information. The officer knew better than to send the information and instead contacted AOL.

AOL users are reminded when they sign on that AOL will NEVER ask for payment information on line. If you are an AOL user and you get an e-mail or instant message request for credit card information from someone purporting to represent AOL, it is a scam. Other internet service provider users should be equally cautious about providing funding, banking or credit card information on line. If you have questions or concerns regarding internet scams or other fraudulent activities, contact the OSI at 556-4347.

A proclamation expressing support for the USS Cole and the Armed Forces of the United States of America

Whereas, on Thursday, Oct. 12, 2000, the USS Cole was refueling in the port of Yemen on a mission protecting the national security and freedom of the citizens of the United States of America; and

Whereas, on that date, terrorists detonated a bomb that tore through the hull of the USS Cole, killing 17 sailors and injuring 39 others.

Whereas, the City Council, of the City of Fountain, Colorado, and its citizens condemn the actions of the terrorists, and wish to express their sorrow, condolences and gratitude to the families of those killed and injured in the attack on the USS Cole.

Now therefore, be it proclaimed that the City of Fountain, Colorado condemns the cowardly acts of the terrorists who attacked The USS Cole on October 12, 2000; and

Expresses its deepest sympathies to the families and friends of those who lost their lives and wish a speedy recovery to those injured in the attack on the USS Cole; and

Expresses its gratitude and support to those servicemen and women serving on the USS Cole; and

Expresses its gratitude and appreciation to all veterans and to the loved ones of the veterans, both living and deceased, who have served their country bravely and faithfully throughout the battlefields of the world; and

Expresses its support of the armed forces of the United States of America that protect this nation's national security and keep our great country free and particularly those members of the armed forces living in this community and region, including those stationed at Fort Carson Army Base, Peterson Air Force Base, Shriever Air Force Base, the Army and Air Force National Guard, NORAD and those attending the Air Force Academy.

Mayor Kenneth Barela
City of Fountain, CO

Action line

Submitting Action Lines

The Action Line (556-7777 or by fax: 556-7848) is your direct link to me. It provides an avenue for you to voice concerns over unsolved problems, share good ideas or provide some constructive criticism.

As a reminder, the Action Line is not a replacement for using your chain of command. Action Lines can help make the Peterson Complex and the wing a better place to live and work.



Brig. Gen. Bob Kehler

Q. Why can't we be on both the Peterson and the Academy housing list? Both housing offices say "that is just how it is." To me that is not an answer. Why was this policy made?

A. Thank you for your inquiry concerning our military family housing waiting list. Air Force policy limits a military member from placing his or her name on more than one housing list. Here's why: In the past, an individual eligible for a three-bedroom house could also place his or her name on the list for a two-bedroom house, or on a neighboring installation's list, in an effort to obtain the first-available quarters. This overloaded the process and made it almost impossible for families moving into the area to have a realistic appreciation of when they would be assigned quarters. In our area, with both Peterson AFB and the USAFA operating military family housing areas, we offer members the opportunity to sign up on either installation's list—not both—to

have the absolute fastest chance of securing on-base housing. If you need further assistance, please don't hesitate to call Willie Carter at 556-7174.

Q. Can the phone system at the Tours and Tickets office be fixed? I have tried for a long time to call the Tours and Tickets office at 556-7671 and I get no answer. In talking with the people there, I've heard the phone system has been messed up for a long time. You can't call the hobby shop, or any of the shops, because they all use the same number.

A. I apologize for the inconvenience. Early in January the phone lines were fixed to allow our Community Activities Center staff to answer calls. All sections within the center now have lines that ring in their individual areas. If you have any further questions or concerns, please call Deb Connor, CAC director at 556-1737.

Retirement decision looms for many in AFSPC

Air Force members approaching the 15-year mark in their career can choose between two options

By Capt. Sean McKenna
Air Force Space Command Public Affairs

Many active-duty service members in Air Force Space Command and throughout the military soon face a financial decision that will affect the rest of their lives.

Service members who initially entered the military on or after Aug. 1, 1986, will be offered a choice, at their 15th year of active-duty service, between two retirement options - the High-3 retirement system or the Career Status Bonus/REDUX plan.

For many airmen, the 15-year point is this year and notifications will be made at the members' 14-and-a-half-year mark, beginning in February. Notified service members will then have 180 days to make a final decision.

"It's vital for leadership to ensure their people know the importance of this decision," said Lt. Gen. Roger DeKok, AFSPC vice commander. "Those coming up on 15 years should have access to all the facts to make a truly informed choice."

The High-3 system affects everyone who entered the military between Sept. 8, 1980 and July 31, 1986, as well as those who choose that option at their 15-year career point.

High-3 essentially awards service members 50 percent of their basic pay for the highest 36 months of their careers upon retirement at 20 years.

For every year past 20, basic pay goes up 2.5 percent from 50 percent to a maximum of 75 percent, equivalent to 30 years of service. Cost of living

adjustments are made annually for retirees, based on inflation calculated from the Consumer Price Index.

The CSB/REDUX option allows members to collect a \$30,000 taxable bonus upon the start of their 15th year of active duty as long as they agree to complete a minimum of 20 years of active duty.

They are then eligible to retire at 20 years with 40 percent of basic pay and would accrue 3.5 percent increases for every year served after 20 for a maximum of 75 percent at 30 years of service. Annual COLAs for REDUX are smaller than the High-3 plan, since they are based on the CPI minus 1 percentage point.

Members who collect the REDUX bonus and then do not complete 20-year careers would have to repay a pro-rated share of the \$30,000 bonus.

A feature unique to REDUX is that, upon reaching age 62, all service members under the plan are automatically switched over to the High-3 pay scale.

Full CPI for every retirement year is applied to the new pay scale for a new amount of retired pay. However, in the years after age 62, those who chose the REDUX plan would again earn early COLAs set at CPI minus 1 percentage point.

The Department of Defense has established a web site with information on both retirement plans available to everyone. It can be accessed at <http://pay2000.dtic.mil>.

Airmen seeking more information on base can contact their Military Personnel Flight.

Percentage of monthly active-duty basic pay received upon retirement under the two plans

Years of service	REDUX Option	High-3 Option
20	40%	50%
22	47%	55%
24	54%	60%
26	61%	65%
28	68%	70%
30	75%	75%

Cost of Living Adjustment for High-3 is calculated from Consumer Price Index. COLA for REDUX is CPI minus 1 percent.

(Table courtesy of Department of Defense)

Sealants fight tooth decay

As a child's teeth develop, grooves form on the chewing surfaces of back teeth (molars). These grooves - or pits and fissures - are very narrow and can't be cleaned with regular tooth-brushing. Consequently, they make a great hiding place for food particles and bacteria, setting the stage for tooth decay.

Dental sealants can help prevent cavities on these chewing surfaces. Sealants are thin plastic coatings applied to the chewing surfaces of back teeth. The plastic acts as a barrier, keeping food and bacteria out and protecting teeth from decay.

Dentists can apply sealant without an anesthetic in just a few minutes. Once the teeth have been cleaned, the dentist prepares the chewing surfaces with a special solution allowing the sealant to stick. The dentist then applies the sealant to the tooth. The sealant hardens within seconds and can protect the tooth from

decay. Regular dental visits are important so that the dentist can determine if the sealants are intact.

Children's permanent molars should come in anywhere between the ages of 6 and 8, so it's never too early to talk to a dentist about the value of sealants. In addition to getting sealants, children can work toward a healthy smile by doing the following.

Brushing twice a day with a fluoride toothpaste with the American Dental Association Seal of Acceptance

- Cleaning between teeth daily using floss or an interdental cleaner
- Eating a balanced diet and limiting snacks
- Visiting a dentist regularly

February is National Children's Dental Health Month and representatives from the Peterson Dental Clinic will visit 10 area elementary schools discussing oral hygiene and dental health.

(Courtesy American Dental Association)

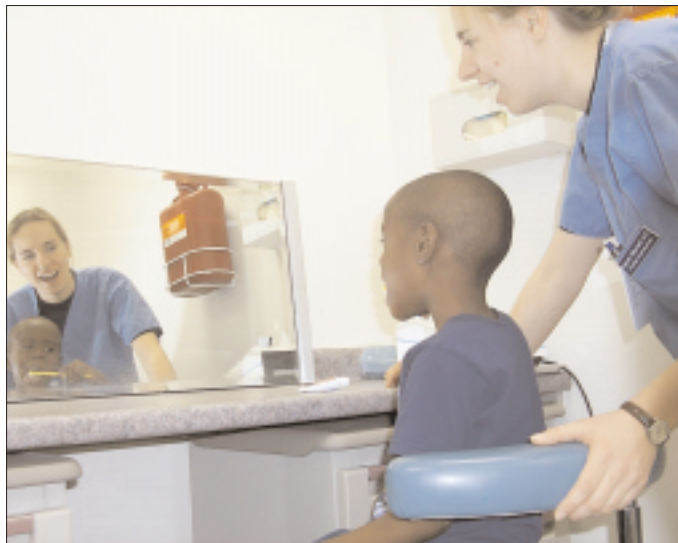


Photo by Airman 1st Class Shane Sharp

Airman 1st Class Karen Garrett, 10th Dental Squadron, teaches Marcus Herron proper brushing techniques. This month, as part of National Children's Dental Health Month, a team from the Dental Clinic will visit 10 elementary schools in the area to educate children about taking care of their teeth

Space Observer

Published by the Gazette, 30 S. Prospect Street, Box 1779, Colorado Springs, 80901, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 21st Space Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Space Observer are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DOD, the Department of the Air Force or the Gazette, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 21st Space Wing Public Affairs Office, 775 Loring Ave., Suite 218, Peterson AFB, Colo., 80914-1294. All photographs are Air Force photographs unless otherwise indicated.

The Space Observer is published every Friday. For advertising inquiries, call the Gazette, (719) 636-0325 for display ads, and 476-1663 for classified ads.

Articles for the Space Observer should be submitted to the 21st SW/PAL, Attn: Space Observer, 775 Loring Ave., Ste. 218, Peterson AFB, Colo., 80914-1294. Deadline for submission is 4:30 p.m. the Wednesday one week before publication. All articles, copy and announcements submitted will be edited to conform to AFI Series 35 and the Associated Press Stylebook and Label Manual. For details, call the editor at (719) 556-7946 or DSN 534-7946.

21st Space Wing Commander
Brig. Gen. Bob Kehler
Chief of Public Affairs
Capt. Brenda Campbell
Superintendent
Master Sgt. D.K. Grant
Editor
Airman 1st Class Shane Sharp
Staff Writer
Senior Airman Melanie Epperson

— RUMSFELD, From Page 1

"A young GI on the front line in Germany asked our ambassador there if he ever got to see the president. Our ambassador replied that sometimes he did.

"Well," the GI said, 'you tell the president we're proud to be here and we ain't afraid of anybody.'

"A few weeks later, the ambassador saw the president and he passed along the GI's message. Not long after that back in Germany the GI was listening to the president's weekly radio address on Armed Forces Radio.

"When he heard Ronald Reagan tell the story of a message sent by a GI in Germany through our ambassador, the soldier ran out of the quarters down through the company area shouting, 'The system works. The system works.'"

"On behalf of President Bush and Vice President Cheney and the civilian and military leadership here in the Defense Department, I make this pledge today, to every man and woman wearing a uniform. We will work to make the system work.

"Work so that you can serve with pride and know that service to our nation is a sacred calling," he said. "Work so that America and her friends and allies are strong and secure. Work so that the cause of freedom will better bind the community of nations, seeking, not conflict, but common purpose."

Rumsfeld also said he would work with the diplomatic and the intelligence communities to "arm the president with the options the information and capabilities needed to defend American interests and to pursue every avenue to keep the peace."

Rumsfeld was confirmed by the Senate and sworn in after the Inauguration Jan. 20.

He was ceremonially sworn in at the White House Jan. 26 and the Joint Chiefs of Staff hosted the welcome ceremony for him later in the afternoon.

Army Gen. Henry Shelton, chairman of the Joint Chiefs of Staff, said Rumsfeld is the perfect pick for the Pentagon.

"He proved by his actions that he understands the importance of maintaining a robust military capabili-

ty as the best way to deter aggression ensure stability and prevent war," the chairman said.

Secretary of State Colin Powell, the retired Army four-star who served as chairman of the Joint Chiefs of Staff during the Persian Gulf War, sat in the front row of the VIP section on the River Parade Field.

Former Secretary of State Alexander Haig, sat nearby as did former defense secretaries Caspar Weinberger and Frank Carlucci.

In his remarks, Rumsfeld contrasted the world situation when he was secretary from 1975-1977 to today. "Twenty-five years ago, Warsaw was the name of a military pact opposed to the ways of the West," he said. "Today Warsaw is the capital of a new member of NATO.

"Twenty-five years ago, American freedom was menaced by the Soviet Empire and a wall cut not just Europe, but a world in two. Today that empire is no more, the wall is down and the Cold War is over.

Rumsfeld listed President Bush's three goals for the military: to strengthen the bond of trust with the American military, to protect the American people both from attack and from threats of terror and to build a military that takes advantage of remarkable new technologies to confront the threats of this new century.

"Reaching those goals is a matter of mission and of mindset," he said. "Among the things we must combat is the sense that we have all the time in the world to get to the task that's at hand."

Some people sense that the United States "can't or needn't act because the world is changing," Rumsfeld said. "That we're in a transition period between the Cold War and the next era — whatever it may be. That we can wait until things shake out and settle down a bit."

But Rumsfeld suggested constant change might be the new status quo for the world.

"We may not be in the process of a transition to something that will follow the Cold War," he said.

"Rather we may be in a period of continuing change, and, if so, the sooner we wrap our heads around that fact, the sooner we can get about the busi-



Photo by Linda D. Kozaryn

Soldiers, sailors, airmen and Marines take part in a Full Honors Ceremony Jan. 26 at the Pentagon, welcoming incoming Defense Secretary Donald H. Rumsfeld.

ness of making this nation and its citizens as safe and secure as they must be in our new national security environment."

The country is safer now from nuclear war, Rumsfeld said, but "more vulnerable now to suitcase bombs, to cyberterrorists, to raw and random violence of the outlaw regime."

Keeping America safe in a dangerous world is within the country's reach "provided we work now and we work together to shape budgets, programs, strategies and force structure to meet threats we face and those that are emerging," he said.

"The changes we make in our defense posture, the innovations we introduce, take time to be made part of a great military force," Rumsfeld continued. "We need to get about the business of making these changes now in order to remain strong not just in this decade, but in decades to come."

Government money available to help pay heating bills

Denver, CO — Colorado Financial Assistance Network has published a booklet, "How To Get Government Help To Pay Your Energy Bills". The booklet gives information on how and where to get government help to pay your heating bills.

"The federal government has more than \$1 billion dollars to help people who are struggling to pay their heating bills. Many people do not know that this money is available or how to get it," says Edmund Billings, a researcher at Financial Assistance Network's headquarters in Washington, DC. "We've published a booklet that explains the program and tells consumers how and where to apply for assistance in their area. The booklet also has a special section for homeowners to get up to \$25,000 of government money to help reduce their energy bills, even if they have no equity in their home."

Consumers can receive a copy by sending \$5 to cover the cost of printing, postage and handling to: CO Financial Assistance Network, Government Help For Energy Bills Dept GHEB-0107, P.O. Box 00848, Washington, DC 20039-0848.

Consumers can also get information by calling 202-505-1027 or by visiting Financial Assistance Network's Internet web site at www.FinancialAssistanceNetwork.org (Courtesy Colorado Financial Assistance Network)

Air Force surgeon general: One suicide is one too many

By Leigh Anne Bierstine

Air Force Surgeon General Public Affairs

WASHINGTON — One Air Force suicide is one suicide too many, according to Lt. Gen. Paul Carlton, Air Force surgeon general.

The surgeon general is trying to combat suicides by instilling in every Air Force member that it is a community problem. That philosophy is the basis for the Air Force's community approach to suicide prevention.

"We have to stop thinking of suicide prevention as something only mental health professionals do," Carlton said.

"All of us have a responsibility to our fellow airmen and co-workers," he explained. "Recognizing when a person is having problems and actively encouraging that person to seek help is a vital part of suicide prevention."

"We lose too many airmen to suicide in the Air Force, and it is preventable," he said. "Whatever the numbers are, we can never stop being proactive and declare victory. Instead we must continue our efforts."

Today, the Air Force is using a prevention team called the integrated delivery system that includes chaplains and professionals from mental health, family support, child and youth services, health and wellness centers, and family advocacy, all working together and taking responsibility for enhancing community health and well-being.

To date, suicide prevention efforts include an emphasis on involving and training Air Force leadership, and on buddy care and annual suicide prevention training for all military and civilians. The Air Force also maintains a database that tracks not only suicides but also suicide attempts.

The Air Force is not alone in its battle against suicide. David Satcher, surgeon general of the United States,

described suicide as a "serious public health problem."

Nearly 31,000 people commit suicide annually in the United States. Twenty-one active-duty Air Force people committed suicide in 2000, according to the casualty services branch of the Air Force Personnel Center.

Raising suicide awareness is not enough, according to Lt. Col. Wayne Talcott, who leads the Air Force's suicide prevention team.

"Our pilots are responsible for early signs of problems with their jet engines, so mechanics can intervene before engine failure occurs," Talcott said. "In the same way, we expect our commanders, first sergeants and supervisors at every level to be responsible for their co-workers and watch for early signs of problems so we can intervene early."

"The subject of suicide is very discomfiting for many people, but the first step toward preventing suicide is getting people to talk about it," Talcott said.

Talcott suggest people be alert for the following warning signs that may signal suicide intent:

- Preoccupied with death and dying
- Talk about committing suicide
- Make final arrangements for death
- Trouble eating or sleeping
- Drastic changes in behavior
- Withdrawal from friends or social activities
- Loss of interest in work, school, etc.
- Give away prized possessions
- Take unnecessary risks
- Loss of interest in personal appearance
- Increased use of alcohol and drugs

For more information on what to do if a member encounters someone with these signs, immediately contact an appropriate integrated delivery system representative: the chaplain's office, family support center, behavioral health clinic, family advocacy, or health and wellness center.

Military spouses invited to attend focus group

Military spouses are invited to attend a focus group conducted by the Air Force Space Command's Integrated Delivery System multidisciplinary team Wednesday 6:30-8 p.m. at the chapel here. Attendees are welcome to invite a friend. Military spouses whose sponsors work on Peterson Air Force Base or Cheyenne Mountain Air Force Station are also invited.

There will be a separate focus group for Schriever spouses. However, Schriever spouses will not be turned away.

The purpose of the meeting is to allow the team to ask follow-up questions relating to results of the 1999 Community Needs Assessment conducted on Peterson AFB. The assessment showed the top six issues of concern for the Peterson Complex to be housing, health care, childcare, spouse employment, number of deployments/TDYs and length of deployments/TDYs. The team hopes to identify community needs and trends across Air Force Space Command and use the information to develop the AFSPC Community Action Plan.

The team will ask a variety of questions on military spouse's use of and opinions about support programs and services on the installation. These include but are not limited to child care, spouse employment, housing, health care, support during deployments, fitness activities/health and wellness, chapel services, family recreation, legal services and education.

Spouses interested in attending should RSVP to the Family Support Center at 556-6141 by Monday or e-mail 21ms/dpf@peterson.af.mil. For more information, contact the Family Support Center at the same number.
(Courtesy Family Support Center)

Bank extends clemency offer to delinquent travel card holders

WASHINGTON - In an effort to minimize the consequences facing airmen who have delinquent government travel card accounts, the card's issuer is granting a one-time opportunity for them to avoid the negative effects of credit bureau reporting.

Bank of America's government card program officials notified senior Air Force leadership this week of a one-time clemency offer for service members whose travel card account is canceled (more than 126 days past due) but not yet written off as a loss, according to Air Force finance officials.

The contract between the government and Bank of America allows the bank to report all government travelers who used the travel card and did not pay their bill, explained Michael Weber, Air Force travel card program coordinator.

"The contract allows the bank to send this credit information to a credit bureau after the card is 126 days delinquent," he said. "This could cause an Air Force member to be denied future credit for a car loan, utilities, cell phone or other purchases."

Affected cardholders in this category can avoid being reported to credit bureaus provided the following criteria applies:

- The cardholder's account must be less than 210 days delinquent.

- The account balance must be paid in full by April 2. Bank of America must receive the payment via normal payment methods by that date.

- Canceled accounts paid in full between now and April 2 will not be reported to the credit bureaus; however, the card will not be reinstated.

Finance officials encourage commanders, senior enlisted advisors and first sergeants to be involved in their units' travel card program.

"This one-time clemency program is an opportunity to fix a situation that can potentially cause Air Force people grief later," Weber said.

Commanders and senior enlisted advisors can get information on delinquent cardholders in their unit from the organization's activity program coordinator.

If the APCs need assistance, they can call the Service Center at (800) 472-1424.

Did you know?

The military Career Corner web site offers information on just about any aspect of your Air Force career.

Check it out! www.afpc.randolf.af.mil/career_corner

For more information, call the 21st Space Wing career assistance advisor at 556-4824.

Family Life Marriage Conference to be held in Colorado Springs

When was the last time you and your spouse spent an entire weekend alone together just to refresh your relationship?

Well, how does a romantic weekend away from the kids, job, and pressures of life sound? And what if that time could also be spent strengthening your relationship by focusing on God's plan for marriage?

If this sounds good to you, then the chapel staff invites you to discover for yourself the practical skills based on biblical principles that will

make a real difference in your life and marriage.

The Family Life Marriage Conference is the fastest growing marriage enrichment and preparation conference in the world.

Whether you're married or contemplating marriage, this exciting getaway weekend gives you an opportunity to focus on what's important in your life, while enjoying yourself at the same time.

The chapel invites you to mark your calendar now for the Family Life Marriage Conference, hosted by Family

Life, a division of Campus Crusade for Christ, on the 2nd, 3rd and 4th of March at the Double Tree Hotel in Colorado Springs, located at 1775 E. Cheyenne Mountain Blvd. Sign up today.

Regular prices are \$85, or \$100 at the door.

Scholarship information is available through the chapel. For more information about this worthwhile conference call the base chapel at 556-4442 or stop by and pick up a brochure.

(Courtesy Peterson Air Force Base chapel)

Congratulations!

Detachment 11, Space Systems Center Annual Award Winners:

- First Sergeant - Master Sgt. David Baird
- Company Grade Officer - Capt. Tim Karmondy
- Senior NCO - Master Sgt. Charles Wohr
- NCO - Tech. Sgt. Erin O'Connor
- Airman - Airman 1st Class Benton Barby
- Apprentice Civilian Category I - Barry Wilson
- Civilian Category II - Diana Heineman
- Civilian Category III - Preston Wilkerson
- Individual Mobilization Augmentee - Maj. Bob Collins

Award Winner!

Staff Sgt. Jo Mitchell was named Misawa Air Base Noncommissioned Officer of the Quarter for the 4th Quarter of 2000. Congratulations Staff Sgt. Mitchell!

Peterson AFB Annual Awards Banquet

Feb. 13

Social hour: 6 p.m.

Dinner: 7 p.m.

Military uniform is mess dress or semi-formal.

Civilian dress is coat and tie or evening wear.

Seats must be reserved through first sergeants by close of business today.

Club members: \$16

Non-members: \$19

Family, food, fun at Armed Services YMCA

By Senior Airman Melanie Epperson
21st SW Public Affairs

The Southeast Armed Services YMCA, formerly known as the USO of the Pikes Peak region, is a community-funded program for military identification card holders and YMCA members. The YMCA offers several programs either free or at reduced costs in three different locations. A ground-breaking ceremony for the Southeast Family Center is scheduled for tomorrow.

"The only reason the Armed Services YMCA exists is to provide service to military families. There's no other community organization that I know of that has the same mission," said Ted Rinebarger, executive director, SASYMCA.

Each of the three locations—Deerfield Hills, Meadows Park and Sand Creek—offers an assortment of free day- or evening- classes and special parents nights, like mother and daughter night out and parents night out (without the kids). The YMCA also offers free childcare during those classes. All events and classes require registration.

In addition to free classes the YMCA offers several discounted classes and special events for military families. Those include swim lessons, martial arts, soccer and aerobics. Special events at the YMCA include a Friday family fun night every other Friday and a kids adventure day every month.

Friday family fun night begins with dinner and music and continues with family oriented activities and games. The cost for the evening is one or two dollars.



Photos by Senior Airman Melanie Epperson

After being welcomed to the YMCA by staff and volunteers, families line up for dinner as the music of Don Ho echos through the room. The meal this week consisted of bonsai burgers or barbeque sandwiches, rice, and fruit salad. The dining room was decorated with paper palm trees, ocean waves, fish, parrots and Tiki torches. After everyone was served, some family members formed the receiving line all over again in answer to a volunteers resounding call, "Who wants seconds?"

Kids adventure day is an all-day program for military children ages 6-11. The day's events usually involve museums, concerts, crafts, swimming and food.

The SASYMCA is not government funded. It receives funding from the United Way, private donations and the community, and relies on volunteers to make many of its programs available.

Volunteers can help cook and clean up for food night, coach children's sports teams or help with adventure

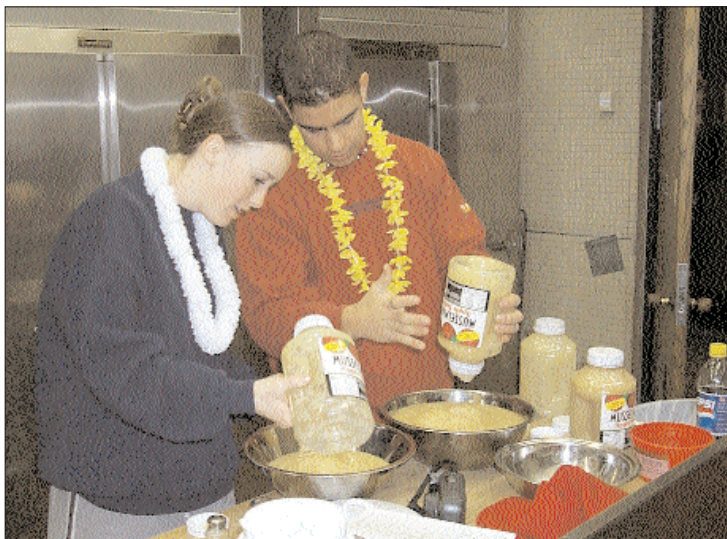
days. Almost every program has a volunteer behind the scenes.

"Most of our volunteers come from the Air Force and the military community, and they are a wonderful help to us," said Barb Nelson, associate executive director, SASYMCA. "We have a wide variety of programs and volunteer opportunities for anyone who wants to help."

To find out more about the programs, or to find out how to volunteer, call (719) 393-9620, extension 130.



Airman 1st Class Russell Montjoy and Master Sgt. Scott Leach of 1st SOPS prepare bonsai burgers for the luau.



Airman 1st Class Erin Barstow, 1st Space Operations Squadron at Schriever Air Force Base, and Airman 1st Class Brian Kocher, 721st Communications Squadron at Cheyenne Mountain Air Force Station, help out in the kitchen, getting the applesauce ready for the feast. Both are first-time volunteers at the YMCA but said they plan to help out again in the future.



Party-goers scramble to claim their spots on the airplane-shaped pool toy. At the announcement "Pool's open!", excited children deserted their dinner plates and headed for the water.

New Items

United Concordia: The TRICARE Dental Program replaced both the TRICARE Family Member Dental Plan and the TRICARE Selected Reserve Dental Program on Feb. 1, 2001. You must sign up before Feb. 20 in order to get coverage for the following month. Sign up through health benefits advisors, dental treatment facilities, or uniformed service personnel offices.

United States Air Force Band of the Rockies: The band presents the Fine Arts Chamber Series featuring Senior Master Sgt. Greg Brown, bassoon, and Master Sgt. Scott Richardson, clarinet, Feb. 13 at 7:30 p.m. at the Colorado Springs Fine Arts Center in the Music Room. Tickets are not required for this free, public concert.

The band will also present another free, public Winter Concert Series Sunday at 2 p.m. at Arnold Hall at the USAF Academy. Tickets are required and available at Ticketmaster. Call 556-9955 for more information.

Peterson Officer's Wives' Club: The POWC general meeting will be Feb. 13 at 6:30 p.m. For details and reservations call Miranda Sherman at 264-6735.

Collateral duty EEO counselors: Peterson's Equal Employment Opportunity office is now recruiting for collateral duty counselors for the Peterson complex. Duties are in addition to regular positions and include contributing up to 20 percent of duty time to perform duties as a counselor and attend training throughout the year. Applicants must possess excellent writing and communication skills and supervisor approval. Call Hazel Lowe at 556-7564 for more information.

Peterson Hispanic Heritage Committee: The committee is looking for members interested in organizing and participating in Hispanic cultural awareness activities in the community. It will meet Tuesday at Military Equal Opportunity, Building 880, at 1 p.m. For more information call Tech. Sgt. Bonifacio Baca at 556-7028.

Miscellaneous

Sick call appointments: The clinic now accepts calls from active-duty members for sick call from 6:30-7:30 a.m. Family members may call to make appointments for sick call at 7:30 a.m.

Nurses group to offer continuing education: The Non-practicing and Part-time Nurses' Association will present a program entitled "Current Advances in Heart Rhythm Therapy" on Wednesday from 7-9:15 p.m. at Penrose-St. Francis Learning Center in Colorado Springs. The speaker will be Charles Foster, RN, BSN. Two continuing education contact hours will be awarded. For more information, call Betty Lou Avinger at 599-7588 or Jean Sanger at 592-9311.

Flu shots: Military personnel who need a flu shot may go to the Schriever Medical Aide Station any day of the week from 8 a.m.-6 p.m. to receive the shot.

Retired Sergeant Majors and Chiefs Association, Inc: The RSMCA, Rocky Mountain Chapter 1, holds monthly meetings on the fourth Wednesday of each month at 7 p.m. in the Retired Enlisted Association Building, 834 Emory Circle. Membership is open to E-9s of all services, both retired and active duty. For membership information and an application, please contact retired Chief Master Sgt. Bob Roy at 597-3868 or e-mail

Education Center 556-4064

POWC Scholarship Program: 2001 Scholarship applications for high school seniors are now available

at the education office. Applicants must be high school seniors seeking an undergraduate or associates degree from an accredited college, university or vocational technical school and meet one of the following specific criteria: be a dependent of an active-duty military member in any branch of service currently stationed within the Peterson complex or a geographically separated unit; be a dependent of a retired, deceased or missing-in-action military person who served on active duty and is currently residing in the Colorado Springs area; or be a dependent of a current or deceased DoD civilian stationed within the Peterson Complex. Dependents and members of the POWC are eligible. The deadline for submitting applications is March 15. For more information, call Robin Opel at 472-1620.

Federal employee scholarships: Did you know that the Federal Employee Education and Assistance Fund provides college scholarships exclusively to federal and postal employees and their family members? Scholarship applications are available January through March. For the application and more information, go to www.feea.org/scholarships.html.

Scholarships for military children: High school level children of active duty, reserve component and retired military members can win scholarship awards worth at least \$1,500 each thanks to the new Scholarships for Military Children program sponsored by the Defense Commissary Agency and the Fisher House Foundation.

The American Forces Press Service reports that students need a minimum 3.0 high school grade point average to apply and must write a short essay entitled "What Being a Military Dependent Means to Me." Completed applications and essays are due to the local commissary before Feb. 15.

Interested students can pick up instructions and applications at commissaries or download them from the DeCA Web site at www.commissaries.com.

Family Support Center 556-6141

Culturegrams: Moving overseas? Being prepared is the key to a successful move. For information on the country to which you're moving, ask for a Culturegram. These handouts contain information on the nation, its people, customs, courtesies and lifestyle. Stop by the Family Support Center and ask for the Relocation Assistance Program between 8 a.m.-4 p.m. Mondays through Fridays or call 556-6141. Registration is required.

Family Advocacy 556-8943

Play group: Informative, fun-filled get-togethers for parents and preschoolers are held Thursdays from 10:30 a.m.-12 p.m. at the PAFB Chapel.

Mothers on the move: Group walks around the base with other mothers are 9:30-10:30 a.m. Mondays, Wednesdays and Fridays. Toddlers and strollers are welcome.

Assertive communication: Learn how to effectively communicate in an assertive, non-aggressive manner. This three-session class is Monday, and Feb. 12 and 26 from 2-3 p.m. at the PAFB library.

Community Activities Center 556-7671

Tickets: Avalanche tickets will be limited to two per customer per game.

SnoFest 2001: Buy your SnoFest!!!2001 packages now while great deals on lodging are still available. Packages include lodging and lift tickets for SnoFest!!! military ski weekend at Copper Mountain Resort March 2-4.

Youth Center 556-7220

Martial arts: Tuesdays and Thursdays from 5-7:30 p.m.

Military Personnel Flight 556-7377

Attention all chief master sergeants: The Air Force Personnel Center Chiefs' Group in conjunction with Headquarters United States Air Forces in Europe is seeking volunteers for the command chief master sergeant position, 39th Wing, Incirlik Air Base, Turkey, reporting no later than June 1. Contact the MPF and ask for Bulletin 1 for more information.

Summer 2001 Air Force ROTC opportunities: AFPC has announced a list of AFROTC special duty assignments available in summer 2001 for first lieutenants, captains and majors. See the AFPC assignments page at <http://afas.afpc.randolph.af.mil/career-broad/rotc/html> or call and ask for Bulletin 2.

Legal Office 556-4500

Legal services: Assistance is offered Mondays, Wednesdays and Thursdays by appointment.

Chapel Schedule

Protestant Services

Liturgical Worship
8:15 a.m.

Traditional Sunday Worship
11 a.m.

Gospel Services
12:30 p.m.

Sunday School
9:45 a.m.

Catholic Services

Mass
Weekdays
11:35 a.m.
Saturdays
5 p.m.
Sundays
9:30 a.m.

Reconciliation
Saturdays
4 p.m.

Religious Education
Adult and
pre-K-12th grade
Sundays
8:30 a.m.

Education and training: Two important parts of an Air Force career

By Tech. Sgt. Jerry Gill
721st Support Group

With my retirement just around the corner, I find two subjects coming up again and again: training and education.

Obviously, these are two very broad subjects with many divisions, so I will cover just a few. First, you may never know how important education is until you are out of the military and have no means but your own income to pay for it. The tough part is you need an education to get a job to provide future income.

People, get your education. I know you are probably tired of school, I know you think you are too busy, too critical at work to go, or you think you will go back when you have time.

Take it from experience: you are not too busy, you are expendable, and you may never go back if you don't do it now.

Besides all that, you have no idea how easy it is, and neither did I until I talked to the education office. Give

them a call.

Now let's get to the meat of the other matter, training. It has been 19 years and a few months since I joined the Air Force.

I spent my whole career in training, one way or another, and I've picked up a few things along the way. For those who don't understand the roles in training, there are three: the trainee, the trainer and the trainer's supervisor.

We can look at the trainer's supervisor another day, but the other two roles are critical.

The trainee has three responsibilities: prioritize, pay attention and learn. Learn using the method that works for you, but learn.

The first responsibility for the trainee is to prioritize. Everyone has their own priorities when they join the military.

Many trainees are newly out of their parent's house, some want to whoop it up and party with their friends. Some trainees already have families and bills to think about.

When I say "prioritize" to

younger trainees, I mean let's make sure that training doesn't get neglected because you went to a party, came in late and hung over and couldn't concentrate well enough to learn anything.

When I say "prioritize" to the not-so-junior trainees, obviously the family and bills have to be taken care of, but don't let it lead you to distraction or worse yet, procrastination.

Second item: pay attention. This means that you need to truly listen to what your trainer is telling you. For those being trained by members who are junior in rank, take those stripes off and listen.

Leadership selected them to be your trainer, not your supervisor, so get over that rank thing and learn something from them. You'll need their information to become an effective leader for them down the road.

Next, and most important for the trainee, is the learning phase. Everyone learns in his or her own manner.

Some people require a visu-

al approach, some require a lecture and can apply it on their own, some need hands on, and then there are a few who require a more creative approach.

If you already know what works for you, make sure your trainer knows what works for you. It makes both your jobs easier in the long run.

Now let's move on to the trainer. This is the trench position, the ground-pounding hard work. The trainer has three responsibilities. One is to know the subject to be trained, two is to find out the best method for the trainee to grasp the material; and three is to teach what you know and show where to find the information you don't.

As the trainer, the most important thing you will do, and probably the hardest, is figuring out what works for your troops to help them to grasp and hold on to what you teach.

Talk to them and find out what works best for them with a series of questions and test cases. Draw on the board, tell

them how something works and see if they can practically apply it. Give them a device and some tools and let them go to town.

The next item is to know your subject and know it well. A trainee will lose respect for you if you don't really know what you are talking about.

Training will also be a learning experience for you since trainees always ask the question that you don't know the answer to, or have been so deep into for so long, you just don't remember.

Read ahead, make sure you know what you are talking about, and practice if you have to.

Finally, get right down in the dirt and teach. Present yourself professionally, seriously, and create the setting of learning so the trainee knows this isn't a shoot-the-breeze session and doesn't get the impression that what you are teaching isn't important.

Also in that line of seriousness, if you don't know the answer to something, don't pretend that you do. Tell the trainee you don't know and will find it, or have them try to find it and teach you something, but do tell them where to find it.

If you try to pretend that you know something you don't, two things will happen: 1. You will get found out, and 2. The trainee will lose respect for you. When those happen, you lose any credibility with them, and that will cause your trainee to not pay attention because they won't trust what you say.

One last thing on the teaching aspect: never show them "shortcuts" or "tricks-of-the-trade." If I have learned one thing in all the time I've been training it is this: your trainees will take whatever shortcut you show them and make it one or two steps shorter. This is not supposition or theory. This is fact. I have seen it. I have done it.

Remember, ultimately the goal of any training program is to produce a qualified individual, or an individual who is ready for qualification under the scrutiny of evaluation.

Your job as a trainee is to get there; your job as a trainer is to get them there.

My time in the Air Force is nearly over, and it has been my job and my pleasure to train many individuals over the past 19 years. I only hope that I prepared them to do better than I did and be better than I was.

Sports Short

Presidents Day 5K fun run

Begins at 11:30 a.m. today. This is a 5k run and the entry fee is \$1. Call Chris Hicks at 556-1515.

Intramural volleyball

Play begins Feb. 12. Games will be Monday-Thursday 11 a.m.-1 p.m. and evenings from 5-8 p.m. at the sports and fitness center.

Call Les Stewart at 556-4475 for more information.

Cheyenne Mountain 3-on-3 basketball tournament

Feb. 13-15 from 11 a.m.-1 p.m. Entry fee is \$5. Call Chris Hicks at 556-1515 for more information.

Cheyenne Mountain 5k run

Feb. 16, 11:30 a.m. Entry fee is \$1. Call Chris Hicks at 556-1515 for more information.

Silver Spruce Golf Course

The course is open to members for walking play

Mondays, weather permitting.

To check playing conditions, call 556-7810 to hear the weather recording, updated every morning at 7 a.m. For more information, call 556-7414.

Outdoor Recreation winter hours

Monday 6 a.m.-7 p.m.; Tuesday - Friday 9 a.m.-7 p.m.; Saturday and Sunday 9 a.m.-5 p.m. For rental equipment prices and other information, call 556-4867 or 556-4487.

Hockey

Any active-duty, reserve or civilian members interested in playing pick-up ice hockey can call Chris Spacone at 556-4507 for more information.

Bowling

9-pin No Tap tournament and Black Hole tournament Saturday at 8 p.m.

Explore rugged back country

on ATVs

Feb. 17



Call Outdoor Recreation at
556-4867 or 556-4487
for more information

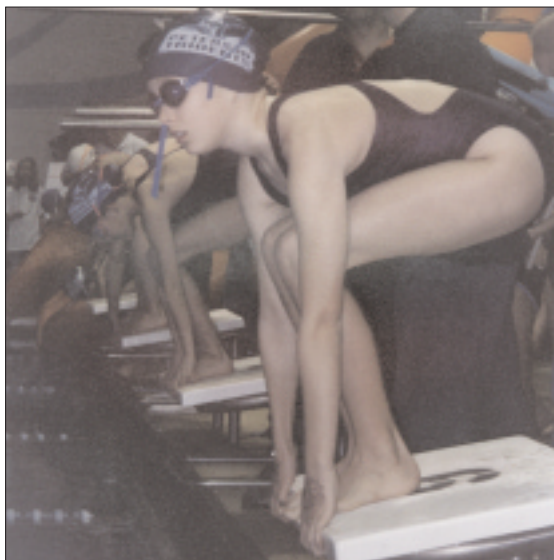


Photo by Lt. Col. Bill Valenti

Ready for take off

Peterson Tridents swimmers Kisa Valenti (near) and Nicole Pena (far) prepare for the start of a 50-meter freestyle heat during a Splash Meet hosted by the Peterson and Fort Carson swim teams Saturday at the aquatics center. Barb Johnson and Nancy Davis are the coach more than 40 boys and girls between the ages of 7-16. Any youth interested in joining the swim team can call the aquatics center at 556-4608 for more information.



Intramural Basketball Standings

As of Jan. 26

Over 30 Monday, Wednesday:

	<u>W-L</u>
1. AFS "A"	9-1
2. AFMC	8-1
3. 21 CS	7-2
4. AFOTEC	3-4
5. JPPSO	2-8
5. AFS "B"	2-8
7. 76 SOPS	2-9

Recreational Monday, Wednesday:

	<u>W-L</u>
1. AFSPC	9-1
2. 11 SW	8-2
3. 21 SFS	7-3
4. 84 ALF	6-4
5. 21 CES	3-7
6. 721 SFS	2-8
7. 721 CS	0-10

Competitive Tuesday, Thursday:

	<u>W-L</u>
1. 2 SOPS	9-0
2. 721 CS "A"	8-2
3. 10 MDG	7-2
4. 13 ASOS	6-3
5. 721 CES	6-4
6. AFMC	5-5
7. 1 SOPS	5-5
8. 50 OSS	4-5
9. 1 CACS	2-8
10. 3 SOPS	1-8
11. 21 CES	0-10

Over 30 Tuesday, Thursday:

	<u>W-L</u>
1. AFS "C"	10-0
2. AFS "A"	8-1
3. 721 CES	8-3
4. J2	7-3
5. AFS "B"	5-2
6. CMOC	5-4
7. J6	4-5
8. 21 CES	4-6
9. NORAD/J5	3-7
10. 367 RCS	3-8
11. 21 SW	1-10
11. 21 SVS	1-10