

SPACE OBSERVER

Serving Team 21 and its Global Mission
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Friday, April 20, 2001

Peterson Air Force Base, Colo.

Vol. 45 No. 16

Attention base housing residents

Brig. Gen. Bob Kehler, 21st Space Wing commander, will host a town meeting for base housing residents 7-9 p.m. Monday at the enlisted club. Representatives from various base agencies will give presentations on current topics of interest and answer questions.

Feature

Peterson AFB celebrates Earth Day today - Page 9



News

Taking health products with hemp seeds or using steroids can lead to a short Air Force career - Page 6

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Moving on



Photo by Airman 1st Class Shane Sharp

The P-47 Thunderbolt that has stood guard for 30 years at the southwest corner of Otis Street and Peterson Boulevard will be moved Monday evening. The World War II aircraft will be restored and put on permanent display at the Peterson Air and Space Historic District. A BOMARC interception missile, which was used until 1972 by both the U.S. and Canada in support of NORAD, will take the Thunderbolts place.

Obstetric services change for dependents

Starting in August, dependent obstetric services at the U.S. Air Force Academy hospital will transition to TRICARE. Active duty military members will continue to receive pre-natal care at the Academy. However, deliveries will be performed at Evans Army Hospital, Fort Carson, instead of the Colorado Springs Center for Women.

According to Col. (Dr.) David Armstrong, 10th Medical Operations Squadron commander, there will not be any changes for dependents who deliver before mid-August. For dependents delivering after August, TRICARE will contact pregnant family members and provide them with a civilian network provider.

The post-August arrangements have added benefits for expectant mothers. For example, the doctor that handles pre-natal care may be the same one who delivers the infants, and handles post-partum care. Currently, deliveries are handled by whichever obstetric physician is on call at the time of delivery.

For the past three years, the obstetrics clinic staffed two geographically separated locations: one at the Academy and the other at the Colorado Springs Center for Women. The 10th MDG is unable to keep both locations optimally manned because of severe staff shortages expected later this year. Therefore, staffing at the Colorado Springs Center for Women will be suspended Aug. 30.

As for gynecological care, there will be no change. Currently four Ob/Gyn providers offer around-the-clock gynecological medical and surgical coverage at the Air Force Academy hospital. Peterson clinic routine gyn care (annual exam) continues to be offered by primary care providers and women's health care practitioners.

The "get well" date with proposed return of OB care at all locations is 2004. If you have questions, call the Peterson health benefits advisor at 556-1016 or the TriWest Service Center at 264-5000, option 4.

USSPACECOM's first-ever quarterly command run scheduled for April 27

U.S. Space Command will hold its first-ever quarterly command run April 27 at 6:30 a.m.

Runners will begin in front of Building 1470 and travel south on Peterson Boulevard to Hamilton Avenue.

They will follow Hamilton Avenue east until they turn north on Suffolk Street. Runners will then turn east on Dover Street, north on Mitchell Street, and west on Stewart Avenue. Once on Stewart Avenue, they will run to Peterson Boulevard and return to the starting point. Peterson Complex employees are advised to be aware of the USSPACECOM run and make needed adjustments while traveling on base that morning.

For more information on the run, call Chief Master Sgt. Anthony Freeborn at 554-5780.



From the top

Action line

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 do we have to provide orders to eat at the dining facility? I work in the 302nd Air Wing and whenever I am on orders, I eat at the dining facility. March 12 when I worked a rescheduled drill weekend, I was told I needed my Form 40A and orders. This has never been the case before. We were able to eat there in civilian status. What is the reason for this change?

A. Thank you for your question concerning reservists using the Aragon dining facility. The dining facility staff must have a means of verifying authorized customers. The way they do it is to check military ID cards, orders and AF Form 40As. As a reservist, you are authorized to use the dining facility when you are in a duty status, i.e. IDT/AT/mandays. When you are in a duty status, you must present your military ID and a copy of your orders or your AF Form 40A to the cashier to confirm your status. The fact that you may have used the dining facility in the past, as a civilian, was an oversight on the part of the dining facility staff and they are working to ensure only authorized guests use the facility. We apologize for any inconvenience. If you have further questions, please call Senior Master Sgt. Steve Ray, 21st Services Squadron, at 556-7955.

Q. Why aren't the express lanes at the commissary being used properly? Thank you

A. Thank you for your call. Registers 19 and 20 are designated as express registers and are used for processing orders of 20 items or less. Cash or credit cards are accepted at register 20 and cash, credit cards or checks are accepted at register 19. However, daily operations must be conducted with some flexibility. For example, if the express registers are not utilized and patrons are waiting in the regular lines, they will be checked through the express register. This allows maximum use of commissary resources and provides efficient customer service. Patrons at register 20 who inform the checker they need to write a check will be allowed to do so. This is the exception, not the rule. It would be more disruptive and time consuming to void a customer's order and move to register 19 to write the check. Commissary employees monitor the express lanes to provide the best customer service possible. We apologize for any inconvenience you have experienced. If you have further questions, please call Rita Harper at 556-7765

Q. Can we get more parking spaces at the gym for handicapped customers?

A. We're going to add more handicapped spaces at the gym. Americans with Disabilities Act guidelines suggest that five spaces should be provided. Currently there are two. This parking lot is scheduled for resurfacing this spring as soon as the temperature is consistently warm. At that time, we will add the three additional spaces. If you have further questions, please contact Daniel Yocum, 21st Civil Engineer Squadron, at 556-1833. Thanks for calling.

Let's recognize those who choose to stay in

By Chief Master Sgt. Ronald G. Kriete
14th Air Force command chief master sergeant

VANDENBERG AIR FORCE BASE, Calif. - Every day, on any military base, there's an announcement about a retirement ceremony for Lt. Col. So-and-so or Master Sgt. What's-his-name.

Last year, within two months, I went to six retirement ceremonies. During the ceremonies, the soon-to-be civilians were presented mementos and medals to honor their distinguished Air Force careers. Rightfully so, they earned them.

But this tradition caused me to ponder over something while I was re-enlisting recently—we need to show our airmen the advantages of staying with the Air Force in the same fashion. We need to recognize and praise their choice to re-enlist.

We all should have noticed by now, recruiting and retention are pretty hot topics with our top Air Force leaders.

Over the past 25 years, I've seen airmen and junior NCOs leaving the Air Force for various reasons, some personal and some professional.

Some airmen can get disillusioned during their first enlistment. They might not like living in the dorms, or maybe their jobs aren't satisfying enough. They might have a personality conflict with a supervisor.

I'm not saying these aren't real problems for today's airmen, but in the grand scheme of things, say a 20- or 30-year career, these are temporary situations.

If we let someone leave the service without explaining the many benefits of staying with the Air Force, then we haven't upheld our end of the deal. In fact, we've done that airman a disservice. We shouldn't allow an emotional situation guide a person's decision to change the course of their life.

When I talk to many of our first- and second-termers getting out, I discover they are not doing enough homework. Do they really know what it's like in the civilian job market? And do they really understand how loyal the Air Force is to its mem-

bers and their families? The Air Force will stay with you as long as you stay with the Air Force, maybe longer.

Consider this: How many civilian-sector jobs will the entry-level employee have immediate health care? How many know they can count on an opportunity for advancement? How many start out with 30 days of paid vacation per year? How many offer 75 percent tuition assistance? How many offer the recreational and family support programs we have in the Air Force? Not many!

Some people talk about the good ol' days, back when we had twice as many people in the Air Force. I say "These are the good ol' days!"

Instead of four people to a dorm room, like I had as an airman, we now have one-plus-one rooms. Today's airmen have more opportunities to get financial counseling and build wealth through investing. Even if they decide, based on logic not emotions, to leave the Air Force, we have a transition assistance program that will ease their job hunt. How many employers will help you market yourself better for your next job?

If our first-term airmen aren't satisfied with their job, encourage them to retrain rather than leave the service. When they re-enlist and retrain, they can apply for a base of preference anywhere in the country they're needed. If they've already been out of the Air Force they can come back in. Not only will we welcome them, we might even pay them a bonus.

My challenge to my fellow Air Force professionals is to reflect on what life in the Air Force has done for you. Look at what it will do for your family. Listen to people who've decided to make it a career. Ask them "Why?" Share that with someone who's looking at leaving this great profession. The Air Force is all about freedom for tomorrow, while corporate America is all about profit gain today.

Recognize and praise the choice to re-enlist. The airmen who stay with us will carry the flag into the future. Your involvement today, will keep a strong and viable Air Force for tomorrow.



Photo by Staff Sgt. Alex R. Lloyd

AFSPC outstanding airmen

The Air Force Space Command Outstanding Airmen of the Year nominees and their spouses gather for a photo with Lt. Gen. Roger Dekok, AFSPC vice commander, and Chief Master Sgt. Kevin Estrem, AFSPC command chief master sergeant.

Three AFSPC members split \$10,000 for a 'good idea'

By Irene Fleischman
21st SW Manpower

Three Air Force Space Command members split \$10,000 for an idea that saved the Air Force over \$2 million.

Robert Lange and Capt. Byron Love, Headquarters AFSPC Civil Engineer Division, and Andrew Conder, 21st Civil Engineer Squadron, earned cash for their submission to the Air Force Innovative Development through Employee Awareness Program. This incentive program rewards submitters for approved ideas that benefit the government by streamlining processes or improving or increasing productivity and efficiency. It also recognizes individuals for intangible benefits such as improving morale or working conditions.

Lange, Love and Conder came up with a way to cut the cost of a clean-up project at Thule Air Base, Greenland, saving the Air Force \$1,875,000 in the first year of implementation alone.

AFSPC's objectives for Thule included demolishing unnecessary real property to reduce operational and maintenance costs and eliminating environmental and safety liability.

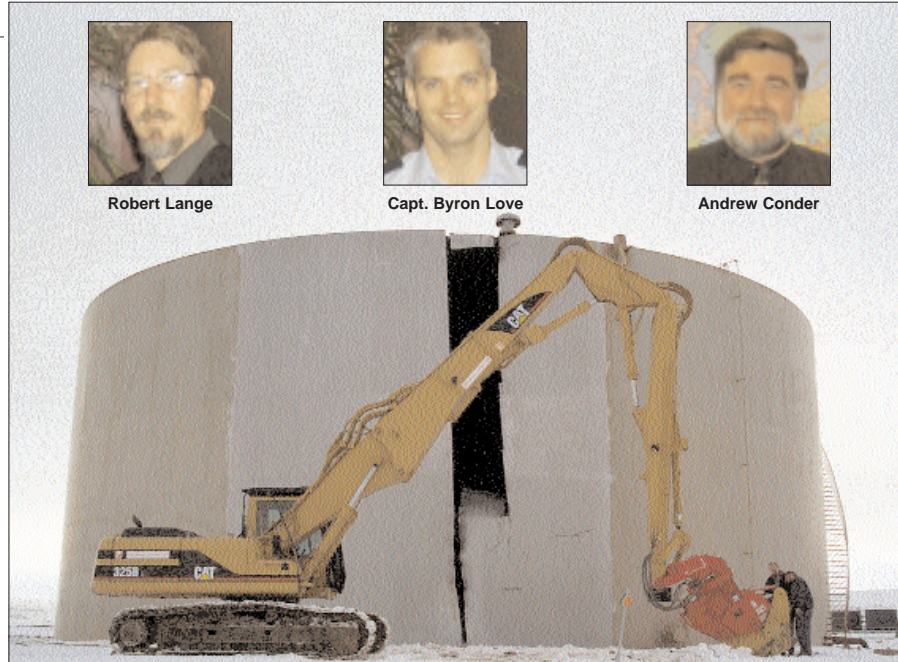
In 1997, the base had plans to demolish 28 abandoned and deteriorating fuel tanks. Each of the tanks has a 2.2 million-gallon capacity.

The original project was to be accomplished in phases, with a new contractor each year mobilizing to Thule to take down three tanks per phase. Once demolished, the steel would be disposed of in the base landfill. The cost estimate for this method was \$110,000 per tank.

After three years the Air Force had yet to demolish a single tank because of high costs and low priority of demolition.

During a visit to Thule, Lange began thinking about alternative disposal methods for the tanks. The wing needed a new course of action or the old tanks would never come down. He thought it would be better to use the "in-house" labor force to cut the tanks into manageable pieces using hydraulic metal shears on a backhoe, and then palletize the pieces. Not only could he save the Air Force money, but he knew he could help the environment as well.

Thule supply ships usually return to the U.S. empty, so Lange thought it



Courtesy photo

Workers pause for a break during the dismantling of fuel tanks at Thule Air Base Greenland. The tanks are cut into pieces by hydraulic shears attached to a backhoe, then shipped to a recycling plant.

might be a good idea to send the steel back on the ships. Since eliminating environmental waste at Thule is another AFSPC objective, sending the steel to a stateside recycling facility seemed perfect.

"Sometimes a new set of eyes on a problem will see a different solution," Lange said. "This one was so simple, yet no one else brought it to light."

Upon his return from Thule, Lange, together with Conder and Love (who was the Thule civil engineer at the time) obtained approval for the project, then set out to purchase hydraulic shears, and budget the labor hours into the in-house base support contract.

As co-submitters, Conder and Love helped carry out the plan at the Wing and base level. Because of their idea, the tanks are now being dismantled and removed at a cost of about \$35,000 per tank.

Lange submitted his idea on the web-based, automated program called the IDEA Program Data System at

<https://ideas.satx.disa.mil>.

After an idea is submitted, it goes through an evaluation process. The supervisor reviews it to determine if the subject of the idea is within or outside the job responsibilities of the submitter. This is important because if an award is granted, it determines the percentage of the award. After an idea is evaluated at base level, it may still require major command or Air Force level evaluation depending on the subject matter. Submitters are notified each time their idea is sent for evaluation and for other actions during its evaluation.

IDEA awards range from a certificate to the maximum award amount of \$10,000 depending on job responsibility and tangible savings. Approved ideas with tangible savings that are outside job responsibility are awarded 15 percent of the first year's savings. Ideas within job responsibility are awarded 3 percent. Team or group idea awards are divided equally among team members, depending upon each submitter's job

responsibility. An award of \$200 is granted for ideas with intangible benefits that are outside job responsibility.

Because this idea was outside the job responsibilities of all three submitters, the award was based on 15 percent of the first year's savings.

According to the trio of civil engineers, the money is only part of the reward.

"The cash is great, but the award is only part of it," Conder said when asked about receiving such a great award. "Being able to submit an idea that provides a cost saving solution is very fulfilling and gives one a sense of accomplishment."

"The best reward is being part of a team that makes things happen," Lange said.

For more information on the IDEA Program, log into the IPDS website or call the base IDEA program manager, Irene Fleischman at 556-7274.

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Peterson ALS instructor named best in Air Force for year 2000

By Senior Airman Melanie Epperson
21st SW Public Affairs

A Peterson Air Force Base Airman Leadership School instructor was recently named the 2000 Air Force ALS Instructor of the Year.

Tech. Sgt. Cheryl A. Collins, who retrained in 1996 from F-15 avionics to professional military education instructor, has a personality that her peers and students alike describe as vivacious, motivating and infectious.

"Tech. Sgt. Collins' enthusiasm and interactive learning style made ALS more interesting and enjoyable," said Senior Airman Jodi M. Glassic, ALS distinguished graduate from class 01-D. "She made us want to learn."

While Collins' Air Force-level award package couldn't capture the essence of her personality, it did highlight her outstanding leadership abilities. She was named the 21st Mission Support Squadron 1999



Noncommissioned Officer of the Year and graduated at the top of her NCO Academy class, earning the John L. Levitow Award for excellence as a leader and a scholar.

"As I move up through the ranks, I will take the example of Tech. Sgt. Collins with me," said Senior Airman C. Gene Adams, another ALS distinguished graduate from class 01-D. "She really does set the standard for Air Force leadership."

The award also recognizes her self-improvement and community involvement.

Despite Collins' busy schedule with the ALS curriculum, she earned her bachelor's degree in the summer of 1999 and was decorated with the Military Outstanding Volunteer Service Medal for work with handicapped children and adults at Pikes Peak Therapeutic Riding Center and with Friends of Garden of the Gods, an environmental beautification group.

"This award was a long time coming, but it doesn't surprise me at all," said Master Sgt. Joey Quiroz, ALS flight chief. "She's probably one of the sharpest NCOs I've ever worked with, and she truly deserves the recognition."

Collins takes the praise with a grain of salt.

"I never expected any of this," she said. "I do my job because it's fun. Leadership skills are very important for future NCOs to possess, and I enjoy talking to the students and relating the techniques to them."

In a few weeks Collins will be off to Tyndall Air Force Base in Florida where she will finish up the last three years of her Air Force career as an instructor at the NCO Academy there.

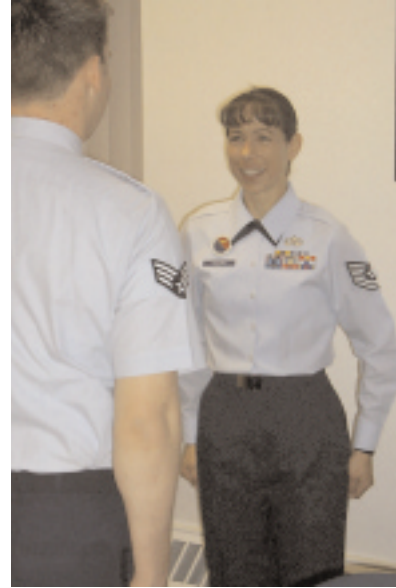


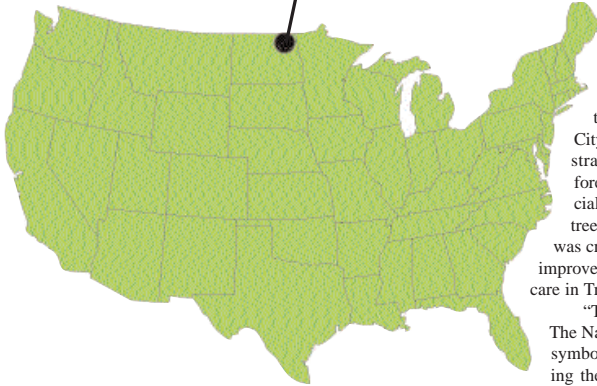
Photo by Senior Airman Melanie Epperson

Tech. Sgt. Cheryl Collins performs the very first inspection of ALS class 01-E. Dress and appearance standards are just one aspect of the leadership skills she teaches future NCOs to employ.



Cavalier AFS, N.D., receives Tree City USA Growth Award

**10th Space Warning Squadron,
Cavalier Air Force Station,
North Dakota**



2nd Lt. Amy L. Shannon
10th SWS unit public affairs representative

Cavalier Air Force Station has been named a Tree City USA for the fourth consecutive year.

This is the second year that Cavalier has received the Tree City USA Growth Award for demonstrating progress in community forestry programs in the areas of special tree planting projects and street tree planting. The Growth Award was created to recognize environmental improvement and higher levels of tree care in Tree City USA communities.

"Tree City USA recognition from The National Arbor Day Foundation is a symbol of our commitment to improving the environment," said Lt. Col. Ed Bergemann, 10th Space Warning Squadron commander. The National Arbor Day Foundation is a non-profit education organization that helps people plant and care for trees.

Communities receive Tree City USA designation upon recommendation by state foresters, who co-sponsor the program along with the USDA Forest Service. To become a Tree City USA, a community must have a tree care ordinance, a legal tree governing body, a comprehensive urban forestry program, and an Arbor Day observance. There are 55 certified Tree Cities in the state of North Dakota and only

eight North Dakota Tree Cities qualified for a Growth Award. Cavalier AFS is one of the smallest installations in the Air Force recognized as a Tree City.

"I congratulate Cavalier AFS military members and their families, DoD civilians and our contractor partners for coming together as a community to make this happen," said Bergemann. "It is a year-long effort, and working together as a team gives us great pride in taking care of our community."

Tree City USA communities receive a flag with the program's logo and a walnut-mounted plaque. Winners also receive Tree City USA community signs with stickers indicating additional qualifying years. North Dakota Forest Service specialist Jason Weinerman will present the Tree City USA flag and other recognition materials to Jean Kotchman, 10th SWS site environmentalist, during this year's Arbor Day Celebration May 18 in front of the Cavalier AFS community center at 3 p.m. The public is invited to attend.

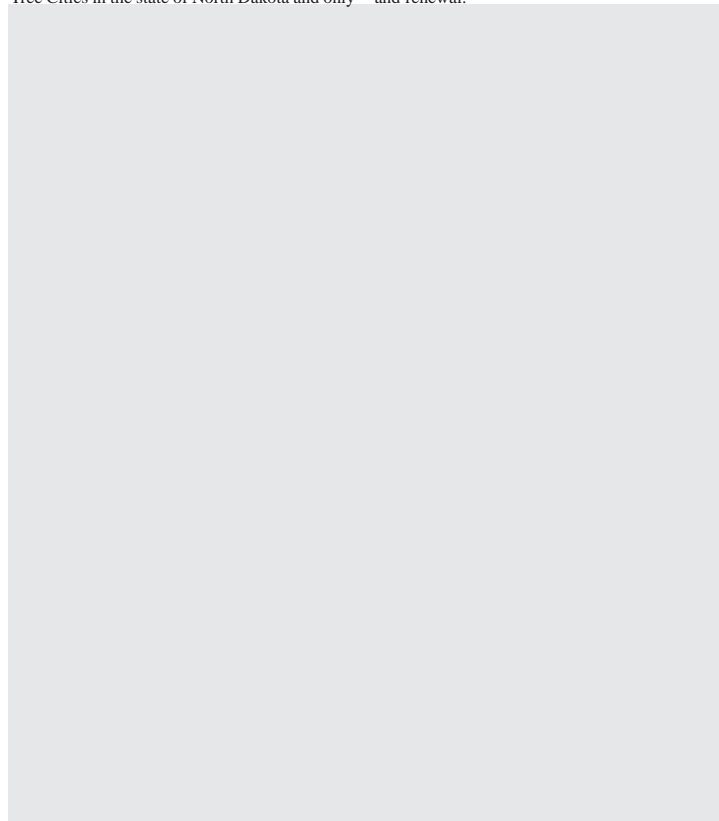
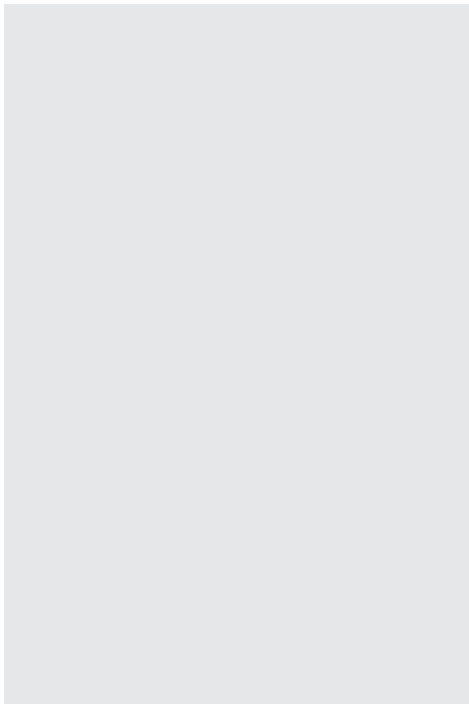
"Trees and their many benefits to our communities have never been more important," said John Rosenow, president of The National Arbor Day Foundation. "Proper tree planting and care today will help ensure cleaner, healthier, more tree-filled cities and towns tomorrow."

"Tree City USA is a recognized standard of an effective community forestry program," added Rosenow. "And the basis of such a program is a commitment to ongoing improvement and renewal."



Photo by Tech. Sgt. Mike Neubert

Lt. Col. Ed Bergemann, 10th Space Warning Squadron commander, reads the Tree City USA proclamation to members of Cavalier Air Force Station, N.D. during Arbor Day ceremonies in May 2000. Cavalier received recognition again this year as well as the Tree City USA Growth Award.



Commissary customers can expect savings with best value item program

By Bonnie Powell
Marketing Business Unit

FT. LEE, Va. - Commissary customers are stretching their paychecks further by buying best value items. That's a fact.

"Sales are meeting or exceeding our expectations and customer response has been phenomenal," said Maj. Gen. Robert J. Courter, Jr., Defense Commissary Agency director. "Feedback from recent commissary focus groups indicates that customers are aware of the program and are taking advantage of the savings."

"We've had comments such as 'I used to use a calculator to shop and now I don't have to!' and many young service members say they are only buying best value items, rather than brands downtown," he added.

DeCA launched the best value item program in July in response to feedback from young, active-duty military members and spouses who attended commissary focus groups.

"They told us we needed to offer quality products that match or beat 'store brand' products downtown. We heard them and responded," said General Courter. "The best value item program complements existing commissary sales promotions and 'power buys' and is part of our overall strategy to improve savings for our customers."

The program includes popular categories such as diapers, baby food, paper goods, chilled and frozen foods, and grocery items. Best value item signs indicate the lowest price found on commissary shelves

as well as local grocery stores, supermarkets or super centers.

"We're very happy with the customer response to the program," said Bruce Dubisar,

DeCA best value item program manager.

To see how best value items can help you stretch your paycheck, visit the Peterson Air

Force Base Commissary Tuesdays or Fridays, 9 a.m.-8 p.m., Wednesdays or Thursdays, 9 a.m.-7 p.m., Saturdays, 8 a.m.-6 p.m., or Sundays, 9 a.m.-5 p.m.

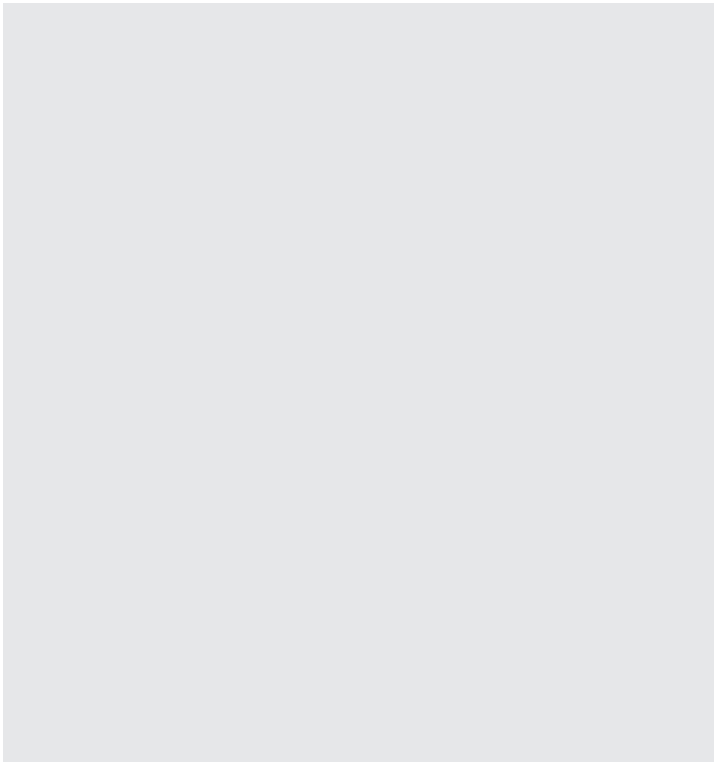
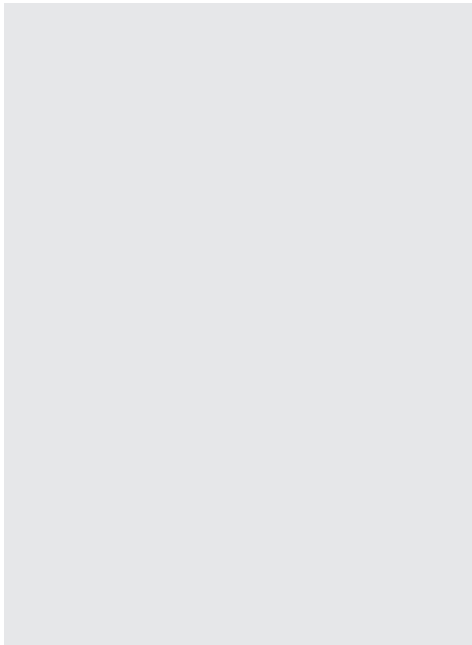
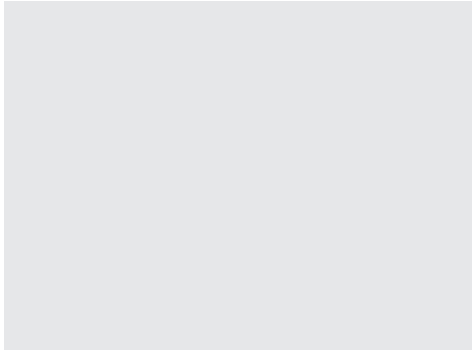


Photo by Staff Sgt. Eric Larson



Accepting the Challenge

The 5th Space Surveillance Squadron's Guardian Challenge Team prepare for the Space Operations Competition with a training scenario. Pictured from left to right are Capt. Bruce Krapovicky (Crew Commander), Staff Sgt. Kevin Moser (Satellite Console Operator), Staff Sgt. Jeremy Bair (SCO), Staff Sgt. Steve Lyon (SCO) and Tech. Sgt. Collin Mahoney (SCO Planner).



STAR PERFORMER



NAME: Staff Sgt. Tamara S. Haag
UNIT: 21st Logistics Support Squadron
JOB TITLE: Maintenance Data Systems Analyst
HOMETOWN: Ft. Walton Beach, Fla.
TIME IN SERVICE: Seven years
ABOUT HAAG:

Staff Sgt. Haag is a member of the maintenance analysis/quality assurance team. She provides equipment status reports for the 21st Space Wing's 18 early missile warning and

space surveillance sites. She is also responsible for checking and analyzing over 200 electronic equipment source documents for negative maintenance trends every month. She reviews maintenance deficiencies, automated commander reports and maintenance summaries that determine mission performance rates for the wing.

In addition, she researches maintenance reports from missile warning sites, validating their accuracy and coordinating with site personnel to correct deficient maintenance reporting procedures. She then informs key personnel and commanders of the results via a 21st Space Wing maintenance analysis quarterly summary.

Haag is also the Flight Automated Data Processing Equipment Custodian and is responsible for 340 computer items.

Her seemingly endless list of duties doesn't stop there though. She is also the B Team flight chief for the Peterson High Frontier Honor Guard Team.

A testament to her dedication, Haag won 21st Logistics Support Squadron and 21st Logistics Group NCO of the Quarter for the second quarter of 2000.

Off duty, she routinely supports Habitat for Humanity by helping to build homes here in Colorado Springs. She recently volunteered her time to Care and Share, which prepared 93,000 pounds of food for local needy families.

In the future Haag hopes to earn her bachelor's degree in electrical engineering.



Buy a wing coin, support Guardian Challenge

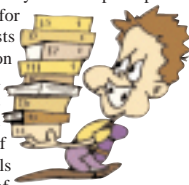
21st Space Wing coins are being sold to raise money for Guardian Challenge 2001. The coins cost \$5 each. Call Capt. Brian Freiburger at 556-4570 for more information.

For your information

New Items

STUDY GUIDE MATERIALS: Commercial study guide software is no longer allowed on government computers for any reason and must be removed. Any waivers granted in the past are rescinded. Also, commercial study guides may not be purchased with government funds. The Air Force does not sanction or recommend the use of these products. If you have any questions, contact the test management section, Headquarters Air Force Personnel Center, at DSN 665-2265.

CLEP/DANTES STUDY MATERIAL: The Peterson Air Force Base library has multiple copies of the latest study guides for CLEP and Dantes tests offered at the base education center. The books have a three-week checkout limit and the videos have a one week limit. Renewal of CLEP and Dantes materials is not allowed. A copy of each study guide is also available in the reference section.



Miscellaneous

MUSEUM CLOSURES: Access to the static display planes near the Peterson museum is closed until May 15. The area is considered a hard hat area until then. The museum will be closed Monday for work that requires the temporary removal of exhibits.

ECAMP: The annual Peterson AFB Environmental Compliance and Assessment Management Program inspection will be April 30-May 4. The purpose of this inspection is to identify areas of environmental non-compliance and to achieve increased environmental awareness.

The 21st Civil Engineer Squadron Environmental Flight will conduct pre-inspections for organizations that request them. Contact 2nd Lt. Jeff Barber at 556-1459 for more information or to schedule a meeting. Information can also be found on the environmental flight Web page at Pete Central under unit pages.

RETIRED SERGEANT MAJORS AND CHIEFS ASSOCIATION, INC: TRSMCA, Chapter 1, holds monthly meetings 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. The next meeting is Wednesday. For membership information, please contact Chief Master Sgt. (ret.) Bob Roy at 597-3868 or USARoy@aol.com.

CLASSICAL CONCERT: The United States Air Force Band of the Rockies' Stellar Brass presents a free, public concert Tuesday, 7 p.m. at the First United Methodist Church. For tickets contact Kathleen Arcuri, music director, First United Methodist Church, 420 N. Nevada Avenue, Colorado Springs, CO 80903 or pick them up at the church during normal business hours. For more information, call 471-8522.



Outdoor Recreation 556-4867

SPRING KAYAK POOL CLASS: Learn the basics of kayaking. Classes are scheduled for May 7, 9, 14 and 16, 8 p.m. at the aquatics center. To register, call outdoor recreation.

Civilian Personnel Flight 556-4775

VOLUNTARY LEAVE TRANSFER PROGRAM: Civilian annual leave donations are needed for Ruth A. Parker, 305th Comptroller Squadron, McGuire Air Force Base, N.J. She is recovering from major surgery and is in need of an indefinite number of hours of donated leave.

Leave donations are also needed for Larry Maxwell, 1110th United States Army Signal Battalion, Fort Detrick, Md. He has exhausted his leave and is in Texas caring for his wife, who had surgery and has had complications which make it necessary for him to stay longer.

If anyone would like to donate leave to Parker or Maxwell, please call Theresa Dickson, Civilian Personnel Flight Workforce Effectiveness at 556-9231 or e-mail Theresa.Dickson@peterson.af.mil.

Family Support Center 556-6141X

CLASSES: Classes are conducted in the family support center classroom, 135 Dover Street, Building 350, Room 1016 (unless otherwise specified). Registration is required for all classes. To register, call or stop by the center.

JOB ORIENTATION: A job orientation class is scheduled for Thursday, 1-2:30 p.m. This class gives a brief overview of information on the local job market and how the family support center can help with job searching.

GOING OVERSEAS: Information on travel, phones, currency and voltage requirements are just a few of the subjects that will be addressed in this class scheduled for May 9, 8-9 a.m. This program helps families deal with a new language, customs, and lifestyle when preparing to move to a foreign country.

SMOOTH MOVE SUMMARY: A summary of useful information and handouts from relocation agencies are provided in this class scheduled for May 9, 9-9:30 a.m. It is intended to provide information for spouses who did not attend the one-stop outprocessing briefing.

APPLYING FOR FEDERAL CIVILIAN SERVICE: A representative from the civilian personnel office will provide tips on how to correctly fill out resumes for civil service jobs May 9, 11:30 a.m.-12:30 p.m.

SPONSORSHIP TRAINING: Weekly sponsorship classes are held Tuesdays, 7:30-8:45 a.m. Classes cover sponsor responsibilities, relocation resources and the effect sponsorship has on the mission. Training is required for sponsors.

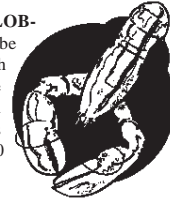
JPPSO 554-9298

PCSING, SEPARATING OR RETIRING? Get the latest information on your entitlements to relocate your household goods. For more information, visit the joint personal property shipping office Web page: www.peterson.af.mil/jppso.

ARE YOU OVER YOUR WEIGHT LIMIT? Use the on-line weight estimator to get an accurate weight estimate of your personal property shipment. The weight estimator can help prevent costs associated with exceeding weight limitations and facilitate your appointment with the JPPSO personal property counselors. For more information, visit the JPPSO weight estimator Web page: www.peterson.af.mil/jppso.

Officers' Club 556-4181

LIVE MAINE LOBSTER: Lobster will be cooked and served with salad, rice and a vegetable for \$14.95 per person, April 27, 6-8 p.m. Reservations are required. Call 574-4100 for reservations.



Enlisted Club 556-4194

STEAK WITH SHRIMP OR CHICKEN: Each dinner will be served with a baked potato and salad for \$9.95 per person, tonight, 6-8 p.m. A children's menu will also be available. Reservations are suggested.

MONGOLIAN BARBEQUE: Mongolian barbeque will be available Tuesday, 5-7 p.m. The cost is \$7.50 for members and \$10.50 for nonmembers.

Family Advocacy 556-8943

NEW BEGINNINGS: This class is for expectant parents. A family advocacy center registered nurse teaches the class Monday, 1-3 p.m., at the PAFB education center.

ANGER MANAGEMENT: Learn ways to increase your ability to recognize and cope with feelings of anger. Class dates are Tuesday and April 24, 2:30-4 p.m., at the PAFB education center.

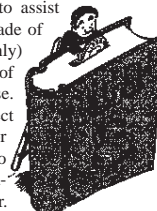
Military Personnel Flight 556-7377

ATTENTION ALL CMSGTS: The Air Force Personnel Center Chief's Group, in conjunction with Headquarters Air Force Material Command, Headquarters Eleventh Wing and Headquarters Pacific Air Forces Command, is seeking volunteers for the command chief master sergeant positions for the 377th Air Base Wing, Kirtland AFB, N.M., reporting no later than Sept. 30; Headquarters 11th Wing, Bolling AFB, D.C., reporting no later than June 30; 8th Fighter Wing, Kunsan AB Korea, reporting no later than July 31. Contact the MPF customer service section and ask for bulletins 10, 11 and 12 for additional information.

NEW HOURS OF OPERATION: Effective May 1, walk-in hours for all work centers other than customer service (promotions, evaluations, separations, etc.) will be from 10 a.m.-4 p.m. The hours from 8-10 a.m. will be reserved for customers with appointments only. The customer service counter will continue to remain open from 8 a.m.-4 p.m.

Education Center 556-4064

CIVILIAN TUITION ASSISTANCE: The purpose of the program is to assist DOD civilians in the pay grade of GS-12 or below (AFSPC only) and to pay for 75 percent of one off-duty education course. The program went into effect Feb. 1 and will not pay for any courses starting prior to that date. For more information, call the education center.



Make Earth Day Everyd



Earth Day/Arbor Day ceremony to be held at Peterson

By Senior Airman
Melanie Epperson
21_SW_Public_Affairs

Peterson Air Force Base is celebrating Earth Day/Arbor Day today with a tree-planting ceremony at the child development center.

The National Arbor Day Foundation in cooperation with the National Association of State

Foresters and the United States Department of Agriculture Forest Service named Peterson AFB a Tree



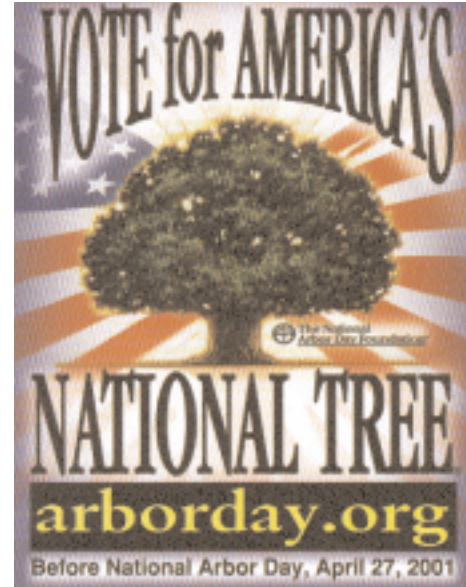
City USA for the seventh consecutive year. Col. Michael Selva, 21st Support Group commander, will accept the award from a forester during the ceremony.

"Tree City USA is a recognized standard of an effective community forestry

program," said John Rosenow, president of The National Arbor Day Foundation. "The basis of such a program is a commitment to ongoing improvement and renewal."

After accepting the award, Selva and several children from the CDC and youth center will plant a tree in observance of the holiday.

Educational materials and pamphlets about Earth Day, Arbor Day and recycling will be available to the children after the ceremony along with free saplings.



Fun Facts:

Peterson AFB has a new recycling drop-off center. This is a drive-up type facility that is fenced in. The new center is located behind Building 1324 on the corner of Ent Avenue and Goodfellow Street.

Former Senator Gaylord Nelson, who served as both senator and governor for the State of Wisconsin, founded Earth Day in 1970. For years prior to Earth Day, he had been troubled by the fact that the state of our environment was simply a non-issue in the politics of our country. In the year 2001, that is no longer the case.

J. Sterling Morton, a journalist and editor of Nebraska's first newspaper, proposed the idea of a tree-planting holiday at a meeting of the State Board of Agriculture in 1872. A few years later in 1874, Arbor Day was officially proclaimed by Governor Robert W. Furnas and became a legal holiday in 1885.



How to plant a tree



1: Unpack tree and soak in water three to six hours. Do not plant with packing materials attached to roots, and do not allow roots to dry out.



2: Dig a hole, wider than seems necessary, so the roots can spread without crowding. Remove any grass within a three-foot circular area. To aid root growth, turn soil in an area up to three feet in diameter.



3: Plant the tree at the same depth it stood in the nursery, without crowding the roots. Partially fill the hole, firming the soil around the lower roots. Do not add soil amendments.



4: Shovel in the remaining soil. It should be firmly, but not tightly, packed with your heel. Construct a water-holding basin around the tree. Give the tree plenty of water.



5: After the water has soaked in, place a two-inch deep protective mulch area three feet in diameter around the base of the tree (but not touching the trunk).



6: Water the tree generously every week or 10 days during the first year.

“Hey Shirt, Do you have a sec?”

By Angel Errigo

My husband often announces that someday he is going to write a book and entitle it “Hey Shirt, Do You Have a Sec?”

A first sergeant has 28,800 seconds in his or her typical eight-hour work day. So I need to do some recalculating and restate that a first sergeant has 86,400 seconds in a day, because they can be called upon 24-hours-a-day.

Being a first sergeant is not easy. To some of you, he is the disciplinarian, the enforcer of standards. That's part of his job. But, to me, he's a caring, compassionate

person who is always thinking of what is best for his troops. I know that his days far exceed 28,800 seconds.

Many a night you will find him in his office writing letters and reviewing packages to help ensure his troops get the awards and recognition they deserve. You will find him staying to chat with an airman who just needs an ear.

At other times you will find him at military functions and awards ceremonies showing his support and pride in his troops, and of course there are those late nights when he gets called out for various reasons.

In addition to being your

first sergeant, he is also a husband and a father. I get my second with the shirt every Saturday morning, when we go out to breakfast and have our time. That is when we get to talk about the week's events, the children and our future goals.

There are moments, even then, when he is not really with me. I know he is thinking about a significant person or event that took place that week, and that's okay. It just proves to me how much he cares and what a special person he is.

A good friend used these words to describe a first sergeant: “Few will ever know

how vehemently he served, how many airman he saved from themselves, and how deep his convictions are to our three core values: integrity first, service before self and excellence in all we do.”

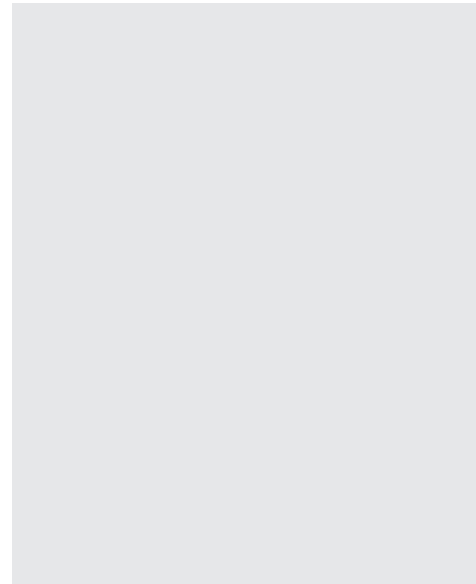
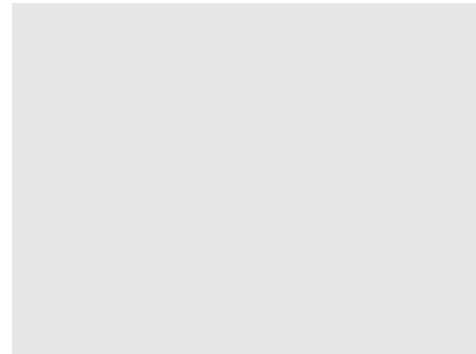
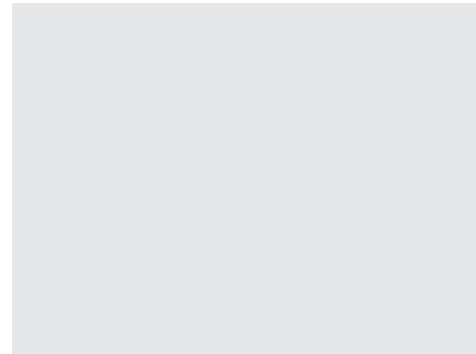
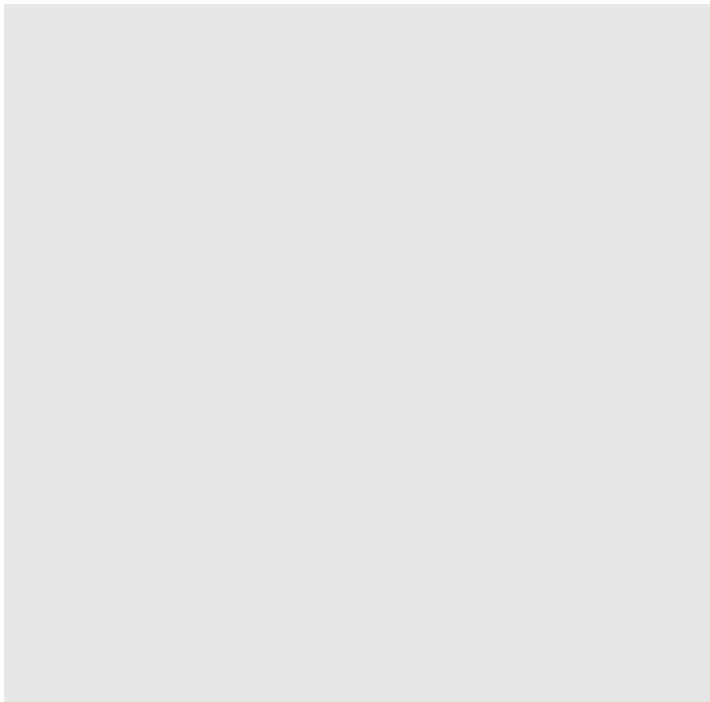
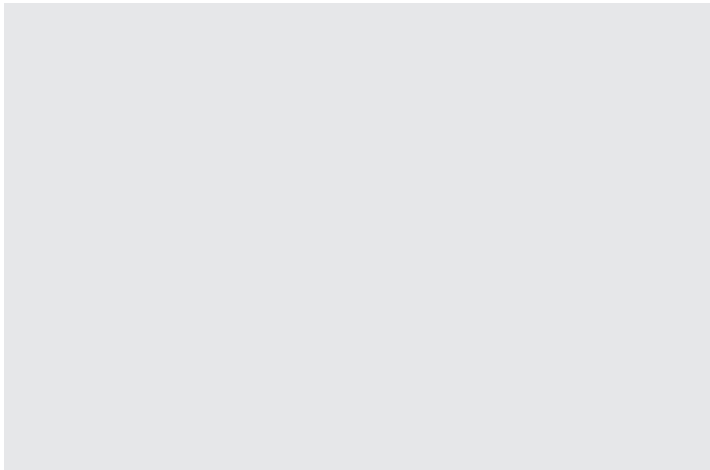
A first sergeant is a special person. Yes, he can be a disciplinarian, but he can also be a mentor, cheerleader or shoulder to cry on.

Hey Shirt, do you have a sec? I would like to tell you I am very proud of you and the

job that you do.

(Author's note: It is a rare occasion to see my husband walk through the door before 7 p.m. or later. It was one of those nights when the clock was nearing 10 that I decided to call his office. Sure enough he was in there, and that is what inspired me to write this.)

Contributed by:
Master Sgt. Brian Sarpy, 50th Operations Support Squadron



Intramural volleyball playoffs begin

Intramural volleyball playoffs highlighted sports action this week.

The AFSPC/SC "B" team knocked off the AFMC team, 26-24 and 25-22 in first-round competitive lunch league playoff action Wednesday.

Game one was a nail-bitter with both teams fighting back and forth for the lead, but AFSPC/SC "B" held on to win the game in overtime by a score of 26-24.

AFSPC kept their hot streak alive going into game two and despite some point flurries by AFMC, rolled on to win the game and the match, 25-22.

AFSPC/SC "B" advanced to the second

An AFSPC/SC "B" team member passes the ball to his setter and prepares for an attack.



round, while AFMC retired their jerseys for the season in the single-elimination tournament.

AFSPC/SC "B" entered the playoffs with a 5-4 record and AFMC began their playoff run with a 7-2 record.

League championship games are today at 11 a.m., noon, 1 and 2 p.m. Evening games will be at 5, 6, 7, and 8:15 p.m.



Photos by Staff Sgt. Gino Mattorano

An AFSPC/SC "B" team member hits past the block of two AFMC defenders during intramural volleyball playoff action Wednesday afternoon at the fitness center.

Buyer beware! Legal steroid, hemp seed products off-limits to Air Force members

By Capt. Sean McKenna
Air Force Space Command Public Affairs

Exercising and following good eating habits can lead to a long and healthy life, but taking health products with hemp seeds or using steroids can lead to a short Air Force career.

There is a booming market for commercial weight and diet programs, high carbohydrate or protein diets, multi-level marketing plans and health club programs that cater to the health and fitness market. Air Force members are among the many working to stay in shape in a fast-paced world.

Some nutritional supplements on the commercial market are made with hemp byproducts such as hemp seeds and hemp seed oil. Although the use, importation or manufacturing of marijuana is illegal in the United States, hemp byproducts are not themselves illegal. To attract customers, manufacturers of hemp seed oil products such as Spectrum Essentials, Nutiva, Hempola and Manitoba Harvest market hemp byproducts as good sources of fatty acids and proteins, both important to good health. However, taking these products could spell the end of the line for airmen.

Even though hemp seeds do not themselves contain tetrahydrocannabinol (THC), the psychoactive ingredient in marijuana, the seeds may become contaminated with THC during processing through contact with the stems and leaves. In fact, studies have shown that products made with hemp seed oil may contain varying levels of THC, and may therefore be detectable in urinalysis samples provided as part of the Air Force Drug Testing Program.

Laboratory testing cannot distinguish between hemp seed oil products and marijuana. Thus ingestion of hemp seed oil or products made with hemp seed oil is now prohibited by AFI 44-121. Failure to comply with this prohibition is a

violation of Article 92 of the Uniform Code of Military Justice.

While few airmen want to jeopardize their careers, some may do so by ingesting products that contain hemp. The bad news is that ignorance is no excuse. When a urinalysis test detects the presence of prohibited substances in an airman's system, UCMJ action is likely to follow.

There are also many synthetic agents currently available as dietary supplements and marketed for body builders. The Air Force has not issued a general ban on these dietary supplement substances. However, there is an aeromedical policy requiring special duty personnel, such as those on PRP or on flying status, to report the use of dietary supplements. Any person considering using dietary supplements should consult the health and wellness center and their physician.

Use of steroids is a different story. Air Force members should be aware that steroids are a Schedule III controlled substance. They are illegal unless prescribed by a licensed physician. Wrongful use of steroids is punishable under Article 112a of the UCMJ. Not only will the wrongful use of steroids get you in legal trouble, the adverse physical effects of anabolic steroid use are serious. Effects include behavioral changes, shrinking testicles, reduced sperm production, development of adipose breast tissue in men and baldness. Long-term effects include increased risk of stroke or heart attack and hardening of the arteries as well as direct damage to the heart or liver.

The Department of Defense mandates that 75 percent of the total military population be tested for drug use each year. That means a base with 10,000 members, will run at least 7,500 random urinalysis tests per year. If an airman ingests hemp seed oil or uses anabolic steroids, it is possible

that his urine will test positive for THC or steroids, and he would become the subject of a criminal investigation and possible disciplinary action.

The Air Force does not tolerate illegal or improper drug use by Air Force personnel. It is a serious breach of discipline, is not compatible with service in the Air Force, automatically places continued service in jeopardy, and can lead to criminal prosecution resulting in a punitive discharge or administrative actions, including separation or discharge under other than honorable conditions.

"The Air Force recruits and retains great people who consider illegal drug use unwise and unhealthy," said Maj. Gen. William Moorman, Air Force Judge Advocate General. "But we're a huge organization and we can't expect that all members will be so steadfast in their attitudes regarding drugs. That's why we have a urinalysis program."

People should remember the consumer slogan "buyer beware," especially if they regularly use products from health or natural food stores because some contain hemp byproducts. Read the label and look for the active ingredients. If a product label lists any form of hemp seed oil or hemp byproducts, then don't buy it or use it.

The good news is, nutritional products sold at the fitness center and base exchange are safe because the products don't contain prohibited substances. The best course of action is to always consult with the health and wellness center and a physician before beginning any diet or exercise program. These professionals can help design a healthy fitness regimen and advise on the safe use of dietary and nutritional supplements.

So, buyer beware. Be smart, be aware, read the label and get professional advice.

Sports

Shorts

Cheyenne Mountain 5K fun run

There is a Cheyenne Mountain 5K fun run today at 11:30 a.m. There is an entry fee of \$1. Call Senior Airman Bonnie Miller or Chris Hicks at 556-1515 for more information.

Cheyenne Mountain 3-on-3 basketball tournament

The Cheyenne Mountain 3-on-3 basketball tournament is Monday through Thursday from 10 a.m.-2 p.m. There is an entry fee of \$5. Call Senior Airman Bonnie Miller or Chris Hicks at 556-1515 for more information.

Dodgeball tournament

There will be a Peterson Air Force Base dodgeball tournament April 27. Play will start at 11 a.m. and there is a 1\$ entry fee. Call Senior Airman Bonnie Miller or Chris Hicks at 556-1515 for more information.

Softball tournament

There is a softball tournament spon-

sored by the 50th Security Forces Squadron scheduled for June 2-3, at the Peterson Air Force Base softball fields. There is an entry fee of \$125 per team. Only squadron teams are eligible to enter. Trophies will be awarded for 1st, 2nd and 3rd place teams. Teams need to register by May 20. Call Staff Sgt. Brian James at 567-5628 or Staff Sgt. Cyrus Ford at 567-2175 to register and for more information.

Federal Cup 5K race

The 18th annual Federal Cup five-kilometer race for runners and race-walkers is May 19, 8:15 a.m., at the Denver Federal Center in Lakewood, Colo. The race also features a 1K fun run for children as well as refreshments, medals and trophies for winning individuals and

teams, and a prize drawing for all 5K participants. Commemorative T-shirts will be available for \$7 on a first-come, first-served basis. Team categories include men, women, co-ed, masters and seniors. The pre-registration entry fee is \$5 (\$10 on race day). More specific Federal Cup information, including race entry forms and past race results, are available at the Federal Cup home page at: <http://fedcup.homestead.com>.

Bowling center

During April, the Month of the Military Child, children of active-duty

military members can bowl up to three free games when they bowl with their parents. This offer is good throughout the month and is valid only when parents bowl with their children.

Weekend Bash softball tournament

The 13th Annual "Weekend Bash" Softball Tournament will be June 23-24 in Tucson, Ariz. The top four teams will receive awards. The tournament champions will have their choice of new gloves or bats. For more information, contact Greg Manning at (520) 228-5478, DSN 228-5478.

Colorado Rockies Baseball

Tickets for Rockies games are on sale at the Community Activities Center. Call 556-7671.

