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Summer safety a top priority

By Senior Airman
Shane Sharp
21st SW Public Affairs

21st Space Wing leaders and representatives from the safety office handed out safety cards to base members Tuesday as part of the 101 Critical Days of Summer safety campaign with a focus on the Fourth of July.

"The Fourth of July presents unique safety concerns such as fireworks, barbecues and food safety," said Maj. Patrick Goodman. "The safety cards emphasize this key information to base members and reminds them to keep safety in mind while enjoying the holiday."

The cards included six ideas for a safe Fourth of July: be reasonable on the road, fatigue kills, leave fireworks to the pros, don't drink and drive, watch out for lightning and Seatbelts! Seatbelts! Seatbelts!

According to Goodman, the cards paid off. "People did a great job of being safety conscious over the holiday," said Goodman. "As a wing, there weren't any mishaps reported. That's outstanding."

In fact, the 21st SW has a perfect record so far this summer.

"We haven't had a mishap yet during the 101 Critical Days of Summer," said Goodman. "On average, during the entire campaign the wing has 10-15



Photo by Senior Airman Melanie Epperson

Col. Douglas Cook (near), 21st Logistics Group commander, and Col. Michael Selva, 21st Support Group commander, hand out safety cards to base members as they leave the main gate Tuesday. The cards were handed out to remind people to have a safe Fourth of July.

mishaps. Everyone is doing an outstanding job this year, being safe on and off duty."

According to the 21st SW vice commander, this doesn't mean the wing can let its guard down.

"As the summer progresses, it's important we keep a dedicated focus on the safety of our

people," said Col. Don Alston, 21st SW vice commander.

The 21st SW's perfect start to the 101 Critical Days of Summer is a bright spot in the Air Force's worst pre-summer performance in the campaign since 1997, when 37 airmen lost their lives because of ground mishaps. This number has risen

to 42 deaths as of the end of the fourth week of the summer campaign.

Maj. Gen. Timothy Peppe, Air Force chief of safety, attributes this trend to a sharp increase in off-duty motor vehicle deaths, now totaling 33, up 32 percent from last year. The

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Court martial sentence reaffirms zero tolerance

By 2nd Lt. Mike Andrews
21st SW Public Affairs

The court martial sentencing June 29 of Senior Airman Jason A. Huchel sent a strong message to all service members-do the crime and you'll do the time.

Huchel was found guilty on all ten drug charges against him including the use and distribution of LSD, Ecstasy, Marijuana, and Ketamine. He was sentenced to a dishonorable discharge, reduction to E-1, total forfeiture of all pay and allowances and five years confinement.

"The strong sentence imposed by the members of the jury sends a message that drugs will not be tolerated in today's Air Force," said Capt. Nathan W. Kearns, 21st Space Wing chief of military justice. "Hopefully this case will help educate

those who are using, thinking, or even considering using or selling illicit drugs."

The Air Force has used a number of tools to help inform our service members on the dangers of drug use.

Commander's calls, briefings, as well as an educational video on the effects of drug use have been used to educate and inform commander's, first sergeants, and service members on the signs of drug use.

The Air Force also uses a deterrence program to help prevent drug use.

"Court martials are only one phase of deterrence," said Lt. Col. Wayne Wisniewski, 21st Space Wing staff judge advocate. "Urinalysis and weekend drug testing are also used to deter drug use by service members."

Military members know that they're held to higher standards. Discipline and

professionalism are two recognized qualities of all military members. The Air Force core values of "Integrity first, Service Before Self, and Excellence In All We Do," requires that military members live by the highest standards.

"The responsibility of our vital mission demands our people to be at their best, and illicit-drug use mocks this great responsibility and the honor to serve this great nation," said Col. Don Alston, 21st Space Wing vice-commander.

The Air Force has always had a zero tolerance policy on drug use. This case helps to reaffirm that policy. According to Lt. Col. Wisniewski, "Those who don't follow the rules will be punished. Drug use will not be condoned." The message from the courtroom was clear - do the crime and you will do the time."

Air Force board assists with community issues

By Lynn Gonzales
AFSPC Public Affairs

The Air Force realized years ago that a military community is more than just aircraft, buildings and homes. It's people and their concerns too.

Addressing those concerns is the job of Community Action Information Boards, commonly called the CAIB.

These groups are composed of representatives from base agencies or command directorates that work to resolve issues brought to their attention by the base communities. They act as liaisons to bring about resolutions to problems existing on base.

If a base CAIB can't provide a solution, the concern is forwarded to the major command CAIB and then to the Air Force-level. Quicker solutions are possible through the CAIB because membership includes key people from the family support center, chapel services, life skills, family advocacy, legal services, child development and military equal opportunity. Each segment of the base population is also represented, such as officers, enlisted members, spouses, single airmen and DOD civilians.

"The CAIB provides us one more avenue to work issues that are important to our people and their quality of life," said Col. Deborah Baker, director of personnel for Air Force Space Command. "Some issues can be resolved at base level once the leadership is made aware of them, some at major command level, and some issues have Air Force-wide applicability that can be best addressed by the Air Staff. It's one more way to hear and meet the needs of our people."

Those needs cover a wide range. For example, a base housing resident's home may be so old that the

leaks, creaks and cracks get worse every month. Quick fixes no longer help. The CAIB comes in to help find a long-term solution at a higher level.

A CAIB can help in other ways too. Say an airman with five years has a wife, two children, a new home, two cars and a growing debt. After speaking to his immediate supervisor and first sergeant, he enrolls in the family support center's Personal Financial Management Program where he can receive one-on-one assistance with his current situation in addition to funding his children's college education and a secure retirement. The base CAIB notes that the percentage of airmen with financial problems has increased and decides to take it to the major command level.

Most issues focus on the quality of airmen's lives. Issues such as child care, housing, medical care and financial problems have made their way up through AFSPC's CAIB to the Air Force level. Others started with a base CAIB but ended up helping the entire command.

Some issues require additional research. For that information, the CAIB turns to its task force, the integrated delivery system, or IDS. The IDS acts as the action arm of the CAIB, exploring ideas and creating proposals the board can use when making decisions.

"One of the things we're really proud of started with Peterson's IDS," said Nancy Brewer, executive director of AFSPC's CAIB. "One of the needs identified throughout the command by the spouses was the ability to access community information easily. To resolve this issue at their level, Peterson's IDS put together a Web page. We liked it so much that we are working on making it a command template to be adopted by our other bases."

Following a recent initial needs assessment sur-

vey by the Air Force, AFSPC's CAIB had questions on housing, health care, child care, deployments and temporary duty assignments that were unanswered. They decided to investigate using a small multi-disciplinary team from the IDS to conduct focus groups at each wing.

"We want to validate that everything found in the original needs assessment is still current and get more information on these issues of concern," said Brewer. "We want the top three strengths and top three issues of every single focus group. Once we have that information, then we can put together a command action plan that will address these issues and improve our airmen's and their families' quality of life."

The AFSPC's CAIB has forwarded several issues to the Air Force-level CAIB for action. Since they affect more than a single base and can be found Air Force-wide, they involve policy changes and other major recommendations that require the highest level of decision-making power.

"Some of these issues will probably come up in a future Corona [the quarterly meeting of all senior Air Force leaders]," said Lt. Col. Joni Miranda, chairwoman of AFSPC's IDS. "There are some real issues out there because we are in such a changing environment in today's world, not only in the military itself but the world outside the door."

"That's why it's more and more important to get the family members' view of it, the retirees' view of it, the local community people's view of it, to find out what are those key issues we face now that we didn't face 20 years ago."

For more information about AFSPC's or one of its base's CAIB or IDS, call Ms. Nancy Brewer at 719-554-4087.

Air Force requests \$80.5 billion in 2002 budget, meaning raises in pay and BAH

By Staff Sgt. Amy Parr
Air Force Print News

WASHINGTON -- Defense officials recently released their proposed \$329.9 billion budget for fiscal 2002, with \$80.5 billion requested for Air Force-specific programs.

The Department of Defense budget, the largest since the mid-1980s, targets pay, housing expenses, infrastructure, military health care, facilities and processes.

According to Under Secretary of Defense (Comptroller) Dov Zakheim, the DoD budget is broken up as follows:

- Procurement, \$61.6 billion;
- Operations and maintenance, \$125.7 billion;
- Research and development, \$47.4 billion;
- Military personnel, \$82.3 billion; and
- Other, \$10.6 billion.

The budget gives service members a minimum 5-percent pay raise, with targeted pay raises up to 10 percent for middle grades. Civilian pay raises are set for 3.6 percent, with targeted pay raises in critical skills, such as air traffic controllers. Out-of-pocket expenses for people living off base will be reduced to 11.3 percent and, according to Zakheim, will be eliminated by fiscal 2005.

Quite a bit of the Air Force budget is dedicated to human resources and recruiting and retention, said Maj. Gen.

Larry Northington, Air Force deputy assistant secretary for budget. "The Air Force is a retention service, and maintaining those field technicians is awfully important to us."

The Air Force is trying to maintain its experienced people, targeting midlevel and senior noncommissioned officers, as well as midgrade officers, said Northington. "We put a substantial amount of money in bonuses and special pays, maintaining the enlistment bonus to attract folks in and, in many cases, expanding the reenlistment bonuses to keep them in."

Other highlights of the Air Force budget include:

- Increased military construction, with 60 percent mission focused, 18 percent support related, and 22 percent dealing with quality-of-life issues;
- Sustaining current modernization programs, including revitalizing 2,189 military family housing units;
- Addressing degraded facilities; and
- Modifying, upgrading and improving reliability of aircraft, such as updating F-16 avionics and weapons delivery and improving E-3 radar systems.

It is important to defense officials that military people are treated in a way they deserve to be treated, said Zakheim. "They're the ones out there. They're the ones risking their lives for us. Clearly, we can't play any games or take any risks with morale; it's as simple as that."

— SAFETY, From Page 1

primary causes continue to be drinking while driving, not wearing seatbelts, excessive speed for conditions and violations of traffic laws. The losses during sports and recreation activities are significantly down from previous years, with three fatalities to date.

Following are some facts about Air Force injuries and deaths:

- 30 percent of people not wearing seat belts in reported vehicle mishaps suffered fatal or disabling injuries. This compares to seven percent for those wearing seat belts (results of a five-year study).
- 67 percent of the 33 motor vehi-

cle fatalities this year involved single vehicle crashes.

- 55 percent of the fatalities this year were noncommissioned officers and commissioned officers, a substantial increase from previous years.

- 50 percent of blood test results reported in fatal cases this year have been positive for alcohol with 39 percent being above the 0.10 blood alcohol content.

Air Force safety officials have compiled historical and summer season mishap information to assist in campaign efforts at <http://safety.kirtland.af.mil>. (Air Force information courtesy of Air Force Print News)

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

Staff sergeant list set for early release again

RANDOLPH AIR FORCE BASE, Texas -- For the second year in a row, the Air Force will release the list of the service's newest staff sergeants earlier than expected.

The release, which normally happens the first week of August, will now take place the first duty hour of July 19 (July 20 for those units across the international date line).

"We're very pleased with the early release because we expect another bumper crop of new staff sergeants this year," said Chief Master Sgt. Greg Haley, chief of the enlisted promotion and military testing branch chief at the Air Force Personnel Center here. "We have several airmen who need to get enrolled in and complete the Airman Leadership School before they sew on their new stripes, so this early release will allow commanders to get more of these airmen scheduled so they can assume their new ranks on time."

Another reason for the early release is the continued push by the Air Force to shorten the waiting period between testing and announcement.

"If we're ready, why not release it?" Haley added. "These early announcements cut down on the anxiety level of our hard-working troops, many who spend the better part of a year preparing for these tough, but fair promotion exams. These written tests, along with the other weighted factors, help measure their potential to serve in the next higher rank."

Although the list of promotees will be released early, actual promotions will not begin until Sept. 1. Promotion statistics will be released as soon as they become available, said AFPC officials. (Courtesy of AFPC News Service)



Courtesy photo

Wing CC visits Det 3, 18th SPSS

Capt. Robin Orth, Detachment 15 Air Force Research Laboratory Operations Flight commander, briefs Brig. Gen. Bob Kehler, 21st Space Wing commander, on the capabilities and operation of the RAVEN small telescope deep space surveillance sensor. The general reviewed Detachment 3, 18th Space Surveillance Squadron, operations, research and development activities at the Air Force Maui Optical and Super Computing site June 27.

Commissary scholarship recipients announced



Colleen O'Shea



Jessica Rattray

The winners of the Scholarship for Military Children program at the Peterson Air Force Base Commissary were recognized with a certificate of honor June 28, from the 21st Support Group commander.

Colleen O'Shea and Jessica Rattray both received a certificate of honor, presented by Col. Michael Selva, 21st SPTG commander, recognizing their selection as Defense Commissary Agency/Fisher House Foundation Scholars.

O'Shea and Rattray will each receive \$1,500 to put toward a college education. Scholarship funds will not be sent to students until mid-summer, since many high school students have not yet decided which college or university they will attend in the fall.

The Scholarships for Military Children program was initiated last fall to award scholarships to graduating high school seniors or college-enrolled students at over 280 commissaries worldwide. At least one \$1,500 award per commissary location was planned for the first year, but eager students turned in more than 5,000 applications and sponsor donations amounted to well over \$500,000.

"The response from students and sponsors was fantastic," said Maj. Gen.

Robert J. Courter Jr., Defense Commissary Agency director. "Through the generosity of our trading partners, additional scholarships are available for other high quality applicants. As a result, a total of 391 scholarships are being awarded for the fall of 2001."

"We were pleased with the response of our customers to Scholarships for Military Children," said Rita Harper, Peterson AFB Commissary store director. "There were many inquiries between the Dec. 1 and the Feb. 15 deadline. The community was really enthusiastic about the program, as was our local scholarship sponsor General Mills Inc."

"The commissary benefit is always named as one of the top military benefits," said Courter. "This scholarship program enhances an already valuable benefit by improving educational opportunities for military children. It also involves our commissaries more deeply with the military community they serve."

The scholarships were open to qualified sons and daughters of U.S. military members to include active duty, retirees, and guard/reserves. A 3.0 grade point average, community and leadership activities, and an essay on "What Being a Military Dependent Means to Me" were also required.

According to Bernard Coté of Scholarship Managers, the overall caliber of applicants for Scholarships for Military Children was very high. So high in many cases that the decision came down to the student's level of community involvement coupled with the essay.

"I'm impressed by the quality of the students," said Courter. "It's a testimony to the educational values of our military families, and I want to be sure the commissaries support those values by helping to 'feed' the minds of our young people as well as literally 'feeding' them through the commissary benefit!"

The commissary system has long supported promotions with a focus on education. "This program is meant to complement existing local or regional scholarship programs that are awarded through installation activities or organizations affiliated with the military community, or by vendors at local commissaries," Courter said. For example, a recent Commander Stuhr Scholarship promotion raised over \$65,000 for that particular scholarship fund. Participating manufacturers donated a quarter for every case of product they sold in commissaries.

(Courtesy of the Defense Commissary Agency)

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Law closes gap for offenders overseas

A new law on the books now provides U.S. federal law enforcement authorities jurisdiction over military civilians who commit certain types of crimes overseas.

The Military Extraterritorial Jurisdiction Act of 2000 establishes federal jurisdiction over offenses committed overseas by U.S. civilians employed by or accompanying the armed forces as well as military service members.

The act applies if the offense is punishable by confinement of one year or more had it been committed within the special maritime and territorial jurisdiction of the United States.

The law applies to civilian employees, contractors and family members, and to service members who separate from active duty before being identified and prosecuted, according to Lt. Col. Douglas Anderson, with the Air Force judge advocate general's international and operations law division.

Previously, civilians could not be tried in the United States for many different offenses if they committed the offense overseas. If a civilian allegedly committed a federal crime that had no extraterritorial effect and the host nation chose not to prosecute, the United States had no authority to pursue criminal charges, Anderson said.

However, in 1995, Congress directed the departments of defense and

justice to review and make recommendations to determine appropriate measures to extend criminal jurisdiction over civilians outside the United States.

With the consent of the host nation and applicable international agreements, the act allows the United States to use federal authorities overseas to arrest and detain persons suspected of committing offenses and to telephonically conduct initial pretrial proceedings.

Provided a federal magistrate orders it and the host nation agrees, "the act now authorizes U.S. authorities to remove the person to the United States to be tried in federal district court when the host nation chooses not to prosecute," Anderson said.

"Through this legislation, Congress has addressed a significant concern that we have long faced at our overseas military installations," said Maj. Gen. William Moorman, Air Force judge advocate general.

"Commanders needed better tools to help maintain good order and discipline on their installations, including the need to ensure that justice was applied as consistently as possible," Moorman said.

Currently, the DOD is working with the Department of Justice to establish procedures and regulations to implement the act, Anderson said.

(Courtesy of Air Force Print News)



Photo by Staff Sgt. Gino Mattorano

Supersonic

The Lockheed F-104 Starfighter is a single-seat supersonic fighter interceptor. Development of the F-104 began in 1952, and the first XF-104 made its initial flight in 1954. On May 18, 1958, an F-104A set a world speed record of 1404.19 mph and on December 14, 1959, an F-104C set a world altitude record of 103,395 feet. The Starfighter was the first aircraft to hold simultaneous official world records for speed, altitude and time-to-climb.



76th Space Control Squadron: Former GSU is the only operations squadron on Peterson

1st Lt. Taira Dinsmore
76th SPCS chief of intelligence

If you follow the flightline south on Peterson AFB, you'll pass Base Operations, rows of C-130s and maybe even a Cessna fueling up at the pumps. But if you follow the flightline all the way to the end, you'll find Hanger 104, home of the 76th Space Control Squadron, the "Vanguards."

The 76th moved to Peterson from Schriever AFB in March of 2000 to join the ranks of the 21st Space Wing. At that time it was the 76th Space Operations Squadron. The 76th SOPS trained and operated the Air Force Space Support Teams whose mission was to take space support to the theater war fighters.

After five years of countless exercises, theater deployments, and opera-



Photo by Walt McCuiston

Hangar 104 on the Peterson flightline, home of the 76th Space Control Squadron.

tions in 13 countries, the AFSST mission ended, but the 76th was far from done.

Jan. 22, the 76th was given a new name and a new mission. As the 76th Space Control Squadron, they were assigned the task of exploring future offensive and defensive counterspace concepts and technologies. This mission includes developing, modeling and evaluating prototype counterspace systems for fielding consideration.

In addition to changing missions, the 76th changed command May 22. The squadron bid farewell to Lt. Col. David Ziegler and welcomed Lt. Col. Sam McCraw as "Vanguard 40", the 40th commander in the unit's 60-year legacy.

The 76th earned the 2000 Vern Orr Award nomination from the 21st Space Wing as the squadron best able to accomplish its mission with available resources. Unit personnel also received numerous other individual awards. Master Sgt. Bruce Knight earned Air Force Space Command's Vanguard Award for heroism. Maj. Denette Sleeth received the 14th Air Force's General Chuck A. Horner "Tiger" Award for being the top space operator. Staff Sgt. Patrick Needham received the 21st Space Wing Spirit of Hope Award for his service to the community, and Capt. Jonathon Davis was named the 21st Space Wing



Photo by Staff Sgt. Alex R. Lloyd

Gen. Ed Eberhart, Air Force Space Command commander, talks about 76th Space Control Squadron history during the ribbon cutting ceremony of the Silver Grill bar while Lt. Col. Samuel McCraw (right), 76th SPCS commander, looks on.

Company Grade Officer of the Quarter for the first quarter of 2001.

The squadron not only leads the way in mission accomplishment, but also in community service. This unit consistently pursues service opportunities, participating in activities including the Children's Literacy Program, an effort to help first and third graders improve their reading skills.

As a squadron, they were named "Everyday Heroes" by Colorado Springs' Fox 21 News for their 219 man-hours of support for the Rebuilding Together program.

Although the 76th never has trouble finding reasons to celebrate, June 28 was a special occasion. The squadron hosted Gen. Ed Eberhart, AFSPC commander and Lt. Gen.

Roger DeKok, AFSPC vice commander, for the grand opening of the Silver Grill, a hand-built, self-help project to replicate the historical Burmese hangout of the 76th during WWII. The new Silver Grill is a squadron tribute to a legacy that dates back to China during WWII where the 76th Pursuit Squadron and the other "Flying Tigers" helped the Chinese fight the Japanese from 1941-1945. Years later, in a different theater, the 76th Tactical Fighter Squadron, flying A-10s, fought during Desert Storm.

With a 60-year history to build on and a new mission to accomplish, the Vanguards of the 76th have a lot to look forward to as a member of the 21st Space Wing.

JACS needs volunteers for community mentors

By Chris Setti

JACS Regional Director

Do you remember when you were between the ages of 16 and 24? It was a time of transition: you graduated from high school, began college, joined the military, got your first "real" job. Hopefully, you had caring, responsible adults to whom you could turn for advice and guidance.

At Joint Action Community Service, we are looking for just such a group of adults to help young people get through their own transition. All of the youth at JCS have graduated from Job Corps, an intensive residential job-training program. These young people often come from difficult backgrounds, but all attend Job Corps in order to become successful. Returning home is not without its difficulties. The transition from a rigorous program to independence is made easier when young people can rely on the community for support.

JACS is looking for dedicated volunteers from the Peterson Air Force Base community to serve as community mentors for Job Corps graduates returning or relocating to the Colorado Springs area. Community mentors serve as caring advisors, concerned friends and positive influences for a young person trying to succeed in the community. Through brief monthly contacts, mentors ensure that Job Corps graduates know the community supports them.

Community support is a key ingredient in these young people's recipe for success. Whatever obstacles these students faced before attending the program, they make the choice to go to Job Corps and truly accomplish something by graduating.

For a commitment of about an hour a month, you can make a difference in the life of a young adult. If you would like to learn more about being a JACS community mentor, call (800) 852-8988 or email csetti@doleta.gov.

AF Audit Agency: How can we help?

“Motivated professionals helping to build a better Air Force by providing world-class audit service through dedication, innovation and teamwork”

The Auditor General of the Air Force recently selected the Air Force Audit Agency's Mountain Area Audit office for the Office Excellence Award. This award was based on meeting goals in areas such as customer focus, professional development and process quality management.

The office has auditors at Peterson, Buckley, Vandenberg and Ellsworth Air Force Bases.

In addition to performing reviews at these locations, they are also responsible for providing audit services to Air National Guard units in Colorado, Wyoming, South Dakota, North Dakota, Iowa and Montana.

There are a total of 35 personnel assigned to the Mountain Area Audit Office and more than 70 percent have a graduate degree or professional certification.

The Air Force Audit Agency offers many services:

Installation-level audits- provide commanders with objective evaluations of operations

Commander's Audit Program-audits are requested by wing commanders to address priority problem areas

Training Services- including management/internal controls and lessons learned advisory conferences

Team Participation- auditors serve as members on the customer's teams providing insight and advice on specific subjects as needed

Centrally Directed Audits- audits accomplished concurrently at multiple locations to identify systemic Air Force-wide problems

Management Advisory Services- a tailored consulting service designed to define problems and obtain additional data.

The Air Force Audit Agency is an organization that offers advice, consultation and solutions to problems. To learn more about services offered by the Air Force Audit Agency, visit www.afaa.hq.af.mil.

(Courtesy Air Force Audit Agency's Mountain Area Audit office)

Chuck Norris -- from airman to Hollywood star

By Staff Sgt. Amy Parr
Air Force Print News

WASHINGTON -- Chuck Norris, recently named 2001 Veteran of the Year at the American Veteran Awards, visited Air Force senior leadership, honor guard members, security forces and recruiters at the Pentagon on June 26.

Norris, famous for his television series, "Walker, Texas Ranger," said that without his time in the Air Force, he does not know where he would be today.

"My years in the military changed my life," he said. "It helped me get my focus."

When he joined the Air Force at 18, Norris said he was a shy young man without much self-esteem. Describing himself as the product of a single-parent home, with only his mother raising him, he said he did not have much in the way of male role models.

When Norris decided to enlist, he knew he wanted to enter the law-enforcement career field, so he became a military policeman.

As he met with current members of the 11th Security Forces Squadron at Bolling Air Force Base, D.C., he said, "I'm pleased to be here and see the new generation of police."

Although many things have changed in the time since Norris left the Air Force, he said he still saw the same camaraderie and high spirits within the troops.

A sergeant at Osan Air Base, Korea, was the first to encourage Norris to go out and get involved with the base and community. It was in Korea that his martial arts career started.

He began his training in judo. When he saw people practicing tang soo do, he said he was mesmerized and wanted to learn it, too. Soon his discipline and self-esteem increased. He said he owes this to learning martial arts, as well as the added responsibility he received in the Air Force. It all played a part in what he says cracked his egg of insecurity and helped him grow as an individual.

Norris said everything is about focus and imaging what you want. To help other youth gain focus, he formed his "Kick Drugs Out of America Foundation" in 1992. The nonprofit organization instills positive martial arts disciplines and philosophies in children. Currently, the program is run in two states and serves more than 5,400 youth throughout the year.

The program instills self-respect and self-esteem in the children who par-



Photo by Tech. Sgt. Jim Varhegyi


Chuck Norris meets with members of the 11th Wing Security Forces Squadron, Bolling Air Force Base, D.C., at a static display of arms and equipment on the Pentagon parade grounds. Before achieving fame in Hollywood, Norris served as a military policeman at Osan Air Base, Korea, and at March AFB, Calif.

ticipate, Norris said. "It changes lives."

Norris was named Veteran of the Year for his outstanding character, prominence as a veteran and his accomplishments. The award is one of the American Veteran awards, founded by the Veterans Foundation Inc., a

nationally recognized nonprofit, non-political, public-benefit organization.

Evolving from a shy, insecure young man to the prominent television and movie star and sought-after public speaker, Norris said he owes it all to the military.

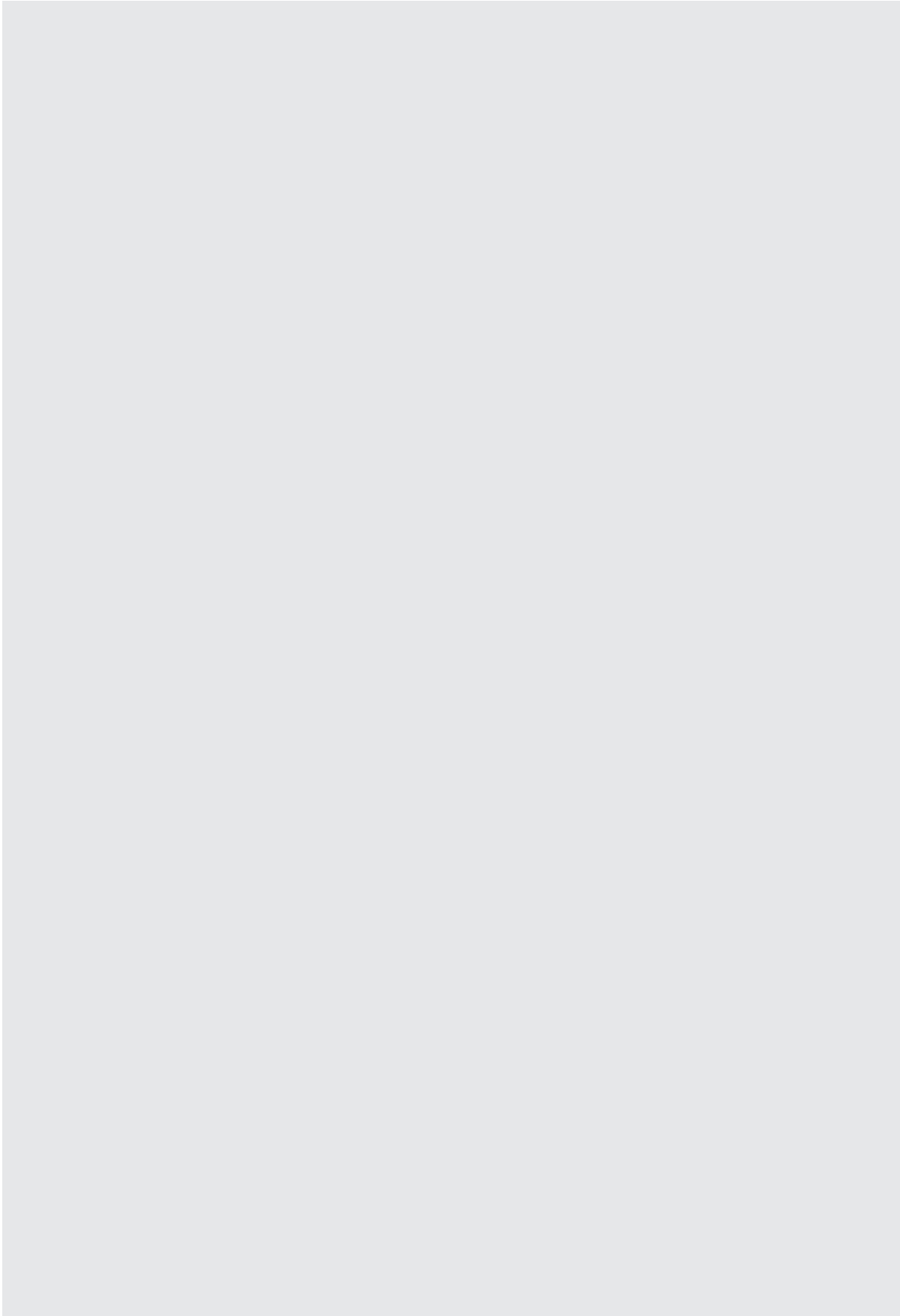


PETERSON JULY AWIND CALENDAR

21st Services Squadron

MON	TUE	WED	THUR	FRI	SAT	SUN
Every Monday Lunch at the Officers' Club, Sky Buddies at the Fitness Center, Use the Library Internet	Every Tuesday Each paid round of golf at SSGC, Family Night at the Enlisted Club	Outdoor Rec Rafting Trip to Brown's Canyon		Community Activities Center - Trip to Denver 16th St. Mall Fitness Center - 5K Fun Run, 1130	Outdoor Rec rafting at Parkdale and Royal Gorge	
Every Sunday at the Fitness Center, Brunch at the O'Club	Community Activities Center - Stained Glass Classes, 1700	Airmen's Bowling Night Out Flight Training Cent. Safety meeting, 1000 Auto Skills - Gas Welding Class, 1730 CDC Parent Advisory Board meeting - 1130	Community Activities Center - Trip to Royal Gorge Auto Skills - Mig Welding Class, 1730	Outdoor Rec - ATV Camping Trip Auto Skills - Arc Welding Class, 1730	Community Activities Center - Trip to Cliff Dwellings Outdoor Rec rafting at Parkdale and Royal Gorge	
Outdoor Rec rafting at Parkdale and Royal Gorge	Outdoor Rec Fundamentals of Kayaking pool class, 1930, 16 & 18 July	Aquatics Center - register for and complete a swim class, 2 game pieces	Outdoor Rec Fundamentals of Kayaking pool class, 1930, 18 July	Outdoor Rec Overnight Canoe and Camping Trip on CO River near Kremling, CO 20-22 July	Community Activities Center Trip to Mountain Spirit Winery Outdoor Rec rafting at Parkdale and Royal Gorge	
Chapel Picnic 1200 Outdoor Rec rafting at Parkdale and Royal Gorge	Community Activities Center Trip to Central City and Blackhawk Youth Center Youth Soccer Camp 23-27 July	Youth Center Youth Soccer Camp	Youth Center Youth Soccer Camp	Community Activities Center Trip to Mt Evans Youth Center Youth Soccer Camp	Youth Center Youth Soccer Camp	CAC - Trip to Winter Park Outdoor Rec Kayak Weekend on Arkansas River Rafting at Parkdale and Royal Gorge
CAC - Trip to Renaissance Fest Outdoor Rec rafting at Parkdale and Royal Gorge Flight Trn. Cent. Safety meeting 1745, Bldg 1	Community Activities Center Trip to Bishops Castle and Lake Isabel	Every Wednesday at Community Activities Center Lunch at the Aragon Water Aerobics Classes Story Time at the Library Family Night at O'Club Bingo at E Club	Every Thursday Lunch at the Bowling Cen Lunch at the Golf Course Lunch at the E'Club Lunch at the Granite Inn Check Out at the Library	Every Friday Membership Night at the Enlisted Club Fitness Center Kickboxing Class, Yoga Class Youth Nite Hoops at FC	Every Saturday at the Auto Skills Center Aquatics Center Youth Day at the Golf Course (SSGC) Youth Baseball	

AWIND.COM
1-888-597-9960
ONE game piece per activity unless noted



News

DEPARTMENT OF DEFENSE CAREER FAIR: The Colorado Springs 2001 DoD regional summer career fair will be held July 19 from 9 a.m.-3 p.m. at the World Arena. This event is sponsored by Fort Carson, Peterson AFB, the Air Force Academy, the American Heart Association and the Employment News. It is open to the general public and will have over 100 local, regional, national, and international company representatives in attendance. This is a unique opportunity to talk one-on-one with recruiters from a wide range of career fields looking to fill jobs from entry to senior management levels. For additional information, please phone 526-1002.



FEDERAL WOMEN'S PROGRAM: The Federal Women's Program will hold their next meeting Monday at 3 p.m. in the Peterson Air Force Base Chapel. For more information, call Dallas at 268-2566 or Debra Agnew at 554-5265.

ASIAN AMERICAN/PACIFIC ISLANDER EMPLOYMENT PROGRAM: The newly formed AAPI committee will hold its second meeting July 18 at 3 p.m. in the 21st Mission Support Squadron's atrium. This forum is open to all interested Peterson Complex civil service and military personnel. One of the topics discussed will be how to improve civilian employment opportunities for AAPI personnel within under-represented career fields and/or progression into upper mobility positions within the federal employment market. Another goal of the committee is to assist military AAPI personnel who are transitioning to a civilian life that want to continue working for the government as a civil service employee. For more information, contact Yong Sharp at 567-4501.

FAMILY CHILD CARE OPPORTUNITY: Family Child Care is an Air Force program that allows military spouses an opportunity to supplement their family's income while caring for their own children in their licensed FCC home. Military spouses can provide child care for other families' children for a total of at least 10 hours a week, on a regular basis. They must be licensed to provide care in on-base quarters. If you are interested in learning more about this career option and its professional development opportunities, call the FCC office at 556-4322.

CLINIC WEEKEND HOURS: The USAFA family practice clinic and pharmacy hours will change Saturday : new hours will be 8 a.m.-2 p.m. and Sunday 8 a.m.-noon. For appointments, call 333-CARE (2273). This is the same number used for active duty sick call appointments.

YMCA CAMP: The Armed Services YMCA will hold a day camp Aug. 10-16 for military children ages 5-7. The day camp hours are 9 a.m.-4 p.m., Monday through Friday. Children will experience field trips, outdoor adventures, arts and crafts, games and more. The cost is \$25. For more information, call 393-9620 extension 130.



Education Center 556-4064

AIR WAR COLLEGE: Recruiting for the Air War College nonresident studies seminar program is now underway. This is an ideal way to complete senior Professional Military Education, combining self-

study with a formal, semi-structured meeting environment highly conducive to learning. Seminars are scheduled to start in early August and will run until June 2002. The program is open to active duty, guard, and reserve colonels, lieutenant colonels, and lieutenant colonel selectees (or their equivalent) of any component of the U.S. armed forces and civilian employees (GS/GM-13 or above). Applications for enrollment into the seminar program are now being accepted. To enroll, an individual must use the application form available at www.au.af.mil/au/awc/enrolpr.htm. Sign up now or you will have to wait until August 2002 for the next seminar academic year to begin. Contact Mike Madsen at 556-7738.

AIR COMMAND and STAFF COLLEGE: The Air Command and Staff College seminar will start in August. Majors or major selects from all services are eligible to enroll as well GS-11s and above. Application forms may be picked up at the education center. After Tuesday, the education office will start putting the enrollments into the base level personnel management system which flows to Air University. Course material will be mailed directly to the student once the enrollment has been processed. The material will consist of a multimedia CD-ROM and course books. Seminars meet for approximately 10.5 months, three hours per week. It should be noted that the number of missed sessions for each student is no longer a factor and attendance will not be tracked or recorded. Call Lisa Simon at 556-7392.

EDUCATION FAIR: The base education office will hold an education fair at the base exchange July 13, from 11 a.m. to 2 p.m. About 10 colleges and universities from the area will be available to provide information on their programs and answer questions. Stop by, discuss your educational goals with them and learn what each has to offer.

COLORADO CHRISTIAN UNIVERSITY: The Colorado Christian University will hold an accelerated degree completion information seminar on Thursday from 1-2 p.m. at the base education office, room 208. Earn your associate and bachelor degree through accelerated programs. This new student information seminar discusses admission policy, transfer credit including Community College of the Air Force, CLEP and college credit for work experience, financial assistance and course schedules. Call and reserve a seat today. For more information call Tom Boven, Academic Advisor at 573-6616.

TOP UP LAW CHANGE: Under a new law signed by the president last month, the amount of top-up benefit a person uses will reduce his or her Montgomery GI bill entitlement. "Entitlement" is the number of months of MGI benefits people are entitled to use. The amount of entitlement charged for top-up payments is determined by dividing the amount of top-up payments by a person's full-time institutional rate. The present full time rate is \$650 per month which means that one month of entitlements will be charged for each \$650 paid out by the VA under the top up program. This provision is retroactive, so people who already received top-up payments will be affected.

Finance 556-4770

ATTENTION TRAVELERS: When submitting travel vouchers for payment, include three copies of your orders, three copies of your voucher, and receipts for airline tickets, billeting, rental car, and any purchase over \$75.

Family Advocacy 556-8943

ANGER MANAGEMENT: Learn ways to successfully express anger and increase your ability to recognize and cope with feelings of anger. Dates of the classes are Thursday and July 19, 26 and Aug. 2, 9 from 2-4 p.m. Classes will be held at the Peterson Air Force Base Education Center.

COMMON SENSE PARENTING: This five-session workshop offers fun, practical and skills-based training in raising responsible children and building happy families. Class dates are Wednesday and July 18, 25 and Aug. 1, 8. Call Family Advocacy for details.



Youth Center 556-7220

BASEBALL CERMONY: The closing ceremony for baseball will be on July 28 at the youth fields at 11 a.m. - 1p.m.

INDOOR SOCCER: Sign up for indoor soccer until the end of July. The season starts in August.

SPORTS DEPARTMENT: The youth sports department is looking for youth coaches to coach the upcoming sports: indoor soccer, basketball, and flag football.

COUNCIL ADVISORY MEETING: There will be a sports council advisory meeting on Thursday at 6:30 p.m. at the youth center.

Family Support Center 556-6141

Classes are held in the family support center classroom, 135 Dover Street, Building 350, Room 1016, unless otherwise specified. Registration is required for all FSC classes. To register, call the FSC at 556-6141 or stop by the FSC classroom.

JOB ORIENTATION: For an overview of the local job market and a look at how family support can help with your job search, sign up for this orientation offered Thursday and July 26, 1-2:30 p.m.

INVESTMENT SEMINAR: The seminar will be taught in two parts, July 17 and 19, 1-4 p.m. The topics of discussion will be understanding mutual funds and exchange traded funds, taxes, expense ratios, loads and no loads. The instructor will be Professor James Agresta. The seminar will be held in Building 350, Suite 107. Call 556-6141 to register.

GOING OVERSEAS: This program assists families in dealing with a new language, customs, courtesies and lifestyle when preparing for a move to a foreign country. Information on travel, phones, currency and voltage requirements are just a few of the subjects that will be addressed in this class. The class will be held on Wednesday, from 8-9 a.m. Call 556-6141 for more information.

SMOOTH MOVE SUMMARY: The smooth move summary will be on Wednesday, from 9-9:30 a.m. It is intended to provide information for spouses who did not attend the one-step out-processing briefing. A summary of useful information and handouts from relocation agencies are provided.



Fit Force?

By Capt. J.D. Holt
21st Logistics Support Squadron

Statistics show that nearly 55 percent of U.S. adults are overweight and more than 22 percent are obese. Without scientific proof I would never say that over half of Air Force members at Peterson Air Force Base are overweight, but all I have to do is look around to see that we are not a truly fit force.

Microwaves and computers provide us the opportunity to literally live and work in our offices throughout the entire day. People can avoid all exercise and still accomplish the mission. Before the luxury days of e-mail we had to actually walk our memos from office to office. Sometimes we even ventured outdoors to another building. I marvel at technology and curse it at the same time.

The Air Force has a maximum allowable weight chart and has ordered us to stay within a certain weight range. Because of this standard, we obsess about our weight and lose our focus on fitness. Rapid weight loss will not necessarily make you a "fit" person. Passing your weigh-in by eating cabbage soup for a month is not a healthy approach and will not solve your problem. A sensible diet and regular exercise will get you on the track toward fitness.

Peterson AFB has some of the greatest fitness facilities for an unbeatable price—they're free. Our fitness center offers state-of-the-art equipment and our aquatic center has more than six hours of lap-swim time daily. Numerous classes and group workouts like step aerobics, spinning and water exercise are available, so take your office buddies with you and make it a regular event. In addition, the Health and Wellness Center can provide you with a fitness assessment.

The Air Force requires you to be fit and provides you with everything except motivation to get fit.

Begin by treating yourself to a few new toys. Running is one of the greatest fat burners available, but proper running shoes are a must for it to be enjoyable. Donate your old sneakers to charity and spend the money on quality running shoes, not cross-trainers or court shoes.

Purchase a bike and explore the countless trails throughout our city and mountains.

Buy a new gym bag and lock and bring them with you to work everyday. Set the bag in your office. It will make you feel guilty if you skip your workout.

A fitness routine requires a well-balanced eating plan to get the most out of your workouts. Don't skip breakfast, and bring your lunch to work instead of eating out. You will eat better and save money by packing the right foods.

Eat healthy snacks like fruit, bagels, pretzels and veggies throughout the day, instead of waiting to pig-out at lunch. Drink water throughout the day to stay hydrated.

Experts agree that after a hard workout you have a 30-60 minute window of opportunity to refuel your body and speed your recovery. Try a mixture of protein and carbohydrates like turkey or chicken on whole grain bread with a piece of fruit, a peanut butter sandwich with a bowl of blueberries, or something as simple as an energy bar.

The easiest fitness test is your mirror. If you don't like the way your body looks, you are probably not at your ideal weight. You can't base your fitness on the annual cycle ergometry test. Fitness has to be a part of your everyday life.

Our country counts on us to be fit and the Air Force provides the time to get fit. It's easy to make excuses why you can't work out. The truth is, you shouldn't want to get fit to please the Air Force. You should get fit because your body has to last you a lifetime. Are you part of the 55 percent Club?



Photo by Brandi Denham

Soccer action

A member of the 21st Services Squadron dribbles past a defender from 21st Communications Squadron during intramural soccer action June 28. The 21st CS won the game 2-1.

Sports Shorts

Fitness center jobs - The Peterson Air Force Base fitness center has openings for one male personal trainer, one Tae Kwon Do instructor and one Tia Chi instructor. Contact Senior Airman Bonnie Miller or Airman 1st Class Jamie Artis at 556-1515 for more information.

Soccer tournament - There is a five-on-five soccer tournament scheduled for Monday through Thursday, 11 a.m.-2 p.m. Call 556-1515 for details.

5K fun run - There is a 5k fun run today that begins at 11:30 a.m. Call 556-1515 for more information.

Major contributor

The Boys and Girls Club of Peterson Air Force Base recently presented Maj. Montague Samuel with the 2001 Jackie Joyner-Kersee Volunteer Award.

Jackie Joyner-Kersee was the winner of six Olympic medals and the world record holder in the heptathlon and long jump. In recognition of her accomplishments, Boys and Girls Clubs of America created the Jackie Joyner-Kersee Volunteer Award. It recognizes one local club volunteer per year who significantly improves, expands or promotes fitness or sports opportunities for girls.

Samuel received the award this year for his outstanding service of more than four years.

During this time he volunteered almost 900 hours and coached both girls and boys in almost every sport available at the R. P. Lee Youth Center. He served as the president of the youth sports advisory council, organized and assisted in fundraising for the youth sports program and chaperoned dances and lock-ins.

"Monte has been instrumental in the success of the youth sports program since his arrival in 1996," said Sonny Campbell, assistant director of the youth center here. "He has served from coach to commissioner and was unselfish with his time when it came to the youth of Peterson AFB."

(Information courtesy of R. P. Lee Youth Center)



Courtesy photo

Maj. Montague Samuel (black t-shirt at right) coaches a group of boys during Night Hoops at the R. P. Lee Youth Center. Samuel recently received the 2001 Jackie Joyner-Kersee volunteer award from Boys and Girls Clubs of America.

Just Jump! Local jump-rope team teaches base children the basics at the youth center

Samantha Oliphant, a member of the Just Jump! jumprope team, trains a child in proper techniques. Just Jump! provided demonstrations and instruction to base children at the youth center Monday.



Photos by Rob Bussard

Members of the Just Jump! jump-rope team visited the Peterson youth center Monday giving demonstrations and teaching more than 80 local children the basics of the sport.

"The team taught the children single rope tricks and how to jump double dutch," said Lori Dion, Just Jump! coach.

The Just Jump! team is made up of nine girls ranging in age from 6-12. The team gives demonstrations for dona-

tions to raise money for them to attend the Junior Olympics in Virginia at the end of the month.

"The Junior Olympics is the national level of jump rope competition. These girls give up their summer practicing two days a week for this sport. They're very dedicated," said Dion.

If you would like to arrange for a demonstration from Just Jump!, call Lori Dion at 495-1149, extension 7604.



A local youth catches some air with the help of Just Jump! team members.