

# SPACE OBSERVER

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

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Peterson Air Force Base, Colo.

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## Celebrating Hispanic Heritage



By 2nd Lt. Suzy Kohout  
21st SW Public Affairs

The Peterson annual Hispanic Heritage month luncheon was held Monday at the Enlisted club, featuring guest speaker Lionel Rivera, vice mayor of Colorado Springs.

According to Master Sgt. Carlos Cisneros, master of ceremonies, this year's theme was, "Paving the Way for Future Generations."

"(Hispanic Americans) all brought with them a commitment to work, a commitment to family," said Cisneros.

According to Cisneros there are more than 26 million people of Hispanic heritage living in America.

This observance is important because it brings people together.

"My family is from Panama and I think it's a great way to start to trace my heritage," said Senior Airman Joy

Shaw, 21st Mission Support Squadron.

"It's really good that we do luncheons like this," said 21st Space Wing Commander Brig. Gen. Bob Kehler, "It's good that we recognize our heritage across the board and I would tell you, now more than ever, it's important for us to recognize culture and understand cultural diversity."

Airman 1st Class Jenypher Caicedo has been living in the United States for three years, and has been in the Air Force for a year. She knows the importance of understanding various cultures. "Sometimes it is hard to fit in, but now I can fit (as a member of the Hispanic heritage committee). Being from Colombia, people have called me bad things," she said explaining her experiences with discrimination.

Hispanic people have long influenced American agriculture, government, language and religion. In honor of America's Hispanic people, a

Presidential referendum established Sept. 15-16 for Hispanic heritage observance. Later, Aug. 17, 1988, the day was changed to Oct. 15 because many Latin nations achieved independence during this time. However, now America celebrates an entire month of Hispanic heritage from Sept. 15 to Oct. 15.

The luncheon program covered different aspects of Hispanic heritage, and a children's dance group performed folk dances.

Rivera spoke following the dance performance.

"Hispanic' is a term that we use now to describe everyone in the world who is of Spanish descent or those of us who draw our roots from Spain, Puerto Rico, Central America, Mexico, parts of California and Texas...all walks of life," said Rivera.

He also stressed the importance of continuing education for Hispanic Americans. According to Rivera, Hispanic Americans are a growing demographic group however, approximately 45 percent of Hispanic Americans don't graduate from high school.

Rivera is adamant about the importance of helping these kids through programs such as Big Brothers and Big Sisters of America.

An event like the Hispanic heritage luncheon recognizes the opportunities to help future generations.

Airman 1st Class Darlene Rivera (no relation to the guest speaker), president of the Peterson Hispanic Heritage Committee, said "It brings us together, especially in a time like this when everybody is worried about what is happening (in the world)."

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### Straight Talk Line 556-9154

Call the 21st Space Wing Straight Talk Line for current information on real-world wing events.

## Action line

**Q:** Why can't I as a citizen get on the base to have my emissions tested? Colorado State Law requires that emission tests be open to the public, and you are doing emission testing.

**A:** Under normal force protection conditions, if you do not have military identification card or base sticker, you may stop at the Visitor Center, call the Automotive Skills Center, and we will give authorization to come on base for the emission test. Unfortunately, during the heightened force protection condition, we are unable to sponsor non-ID cardholders onto the base. We ask for your patience during this period. If you have any further questions, contact Calvin

Gammon, Automotive Skills Center manager, at 556-4481.

**Q:** Why can't we dispose of used motor oil at the maintenance shop? A civilian employee said they couldn't do it because they don't know what is in the oil. That is a poor excuse.

**A:** Thank you for your concern. Unfortunately, because of environmental regulations, we are unable to dispose of oil that we have not watched the customer drain from their vehicle in the Automotive Skills Center. Most parts stores off base will accept your oil free of charge. If you have any further questions, please contact Calvin Gammon, Automotive Skills Center manager at 556-4481.

### Submitting Action Lines

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

Action Lines can make Peterson a better place to live and work.



Brig. Gen. Bob Kehler



Photo by Jim Garamone

### With full military honors

Soldiers from A Company, 3rd Infantry, "The Old Guard," fold the giant garrison flag that draped the side of the Pentagon beside the impact site where terrorists crashed a hijacked airliner Sept. 11. The soldiers lowered and folded the flag Oct. 11. "This flag will never be flown again," said Maj. Gen. Jim Jackson, commander of the Army Military District of Washington.

## News in Brief

### Lane closure

The outbound lane of the west gate will be closed from 6 a.m.-5 p.m. Tuesday and Wednesday. It will also be closed periodically Thursday and Oct. 26.

### Trick-or-treat times

Family housing residents who are planning to go trick-or-treating Oct. 31 can do so from 5:30-8 p.m.

Children are encouraged to carry a flashlight and wear light colored or reflective clothing.

### Daylight savings

Service members are reminded to set their clocks back one hour Oct. 27.

### Crime stoppers

Because of recent terrorist incidents in the United States, the Air Force Office of Special Investigations

Detachment 803 at Peterson Air Force Base is asking the military community to report any and all suspicious activity immediately.

If you see suspicious activity and you need to reach an AFOSI agent immediately, call the Crime Stoppers Hotline at 556-4357.

### Security clearances

Beginning Monday and running through Oct. 26 there will be a mass security clearance process for personnel who need to renew their clearance from 7-11 a.m. and noon-5 p.m. at the auditorium. This is specifically for personnel who will lose their clearance on Nov. 1.

For more information, call Master Sgt. Larry Prichard at 556-4501.

### Commissary closure

The commissary will be closed

Nov. 11 in observance of Veterans Day. The facility will also be closed Nov. 12 for restocking.

It will reopen Nov. 13 for normal business hours

### Make a Difference

The "Make a Difference Day 2001" will be Oct. 27, 9 a.m.-2 p.m.

More than 500 volunteers are needed for projects around the local area.

Projects include painting, clean-up, sorting food, housework, reading to children and setting up a Halloween party. Locations include the Youth Outreach Center, the Ronald McDonald House, the Silver Key Nursing Home, the Children's Literacy Center, the food bank and the Cheyenne Mountain Zoo.

For more information on times of specific activities or to volunteer for a specific activity, call the Family

Support Center at 556-6141 or 556-9268.

### Airman's Attic hours

The Airman's Attic is now open Tuesdays, 11 a.m.-3 p.m.

For details, call 556-3215.

### AFSA donations

The Air Force Sergeants Association, Chapter 1181, is collecting items to donate to different organizations.

Items include old or unused greeting cards to be sent to a children's rehabilitation center, old or unused stamps to be sent to the Children of America foundation and food coupons to be sent to bases overseas.

Items may be dropped off at the Mission Support Facility, Building 350.

For details on the AFSA log on to [www.afsahq.org](http://www.afsahq.org).

## Space Observer

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## AT/FP/DP reminder

The goal of terrorism is to destabilize a government by causing fear of possible attacks. When terrorists succeed in holding people hostage to their own fears, they have achieved that destabilization goal. For other information on terrorism log on to <http://www.terrorismfiles.org>

The president of the United States, George W. Bush, made his and the American stance on terrorism known.

"We will starve terrorists of funding, turn them one against another, drive them from place to place, until there is no refuge or no rest. And we will pursue nations that provide aid or safe haven to terrorism. Every nation, in every region, now has a decision to make. Either you are with us, or you are with the terrorists."

## What to do if you receive an anthrax threat through mail

In light of recent events concerning mail, the United States Postal Service has released the following questions and answers regarding Anthrax and the mail.

**Q. What should I do if I receive an anthrax threat by mail?**

**A.** There are many things you should do. They are:

- Do not handle the mail piece or package suspected of contamination.

- Notify your supervisor, who will immediately contact the Inspection Service, local police, safety office or designated person.

- Make sure that damaged or suspicious packages are isolated and the immediate area cordoned off.

- Ensure that all persons who have touched the mail piece wash their hands with soap and water.

- List all persons who have touched the letter and/or envelope.

- Include contact information and provide the list to the inspection service.

- Place all items worn when in contact with the suspected mail piece in plastic bags and keep them wherever you change your clothes and

have them available for law enforcement agents.

- As soon as practical, shower with soap and water.

**Q. What is anthrax?**

**A.** Anthrax is a bacterial, zoonotic disease caused by *Bacillus Anthracis*. It occurs in domesticated and wild animals.

The skin form of the disease may be contracted by handling contaminated hair, wool, hides, flesh, blood or excreta of infected animals and from manufactured products such as bone meal.

Infection is introduced through scratches or abrasions of the skin, inhalation of spores, eating insufficiently cooked infected meat or from flies.

**Q. What are the symptoms and effects of anthrax?**

**A.** After an incubation period of up to seven days, the onset of inhalation anthrax is gradual. Symptoms include:

- fever.
- malaise.
- fatigue.
- cough.
- mild chest discomfort

followed by severe respiratory distress.

This mild illness can progress rapidly to respiratory

distress and shock in two to four days followed by a range of more severe symptoms, including breathing difficulty and exhaustion. Death usually occurs within 24 hours of respiratory distress.

**Q. What constitutes a suspicious letter or package?**

**A.** Some typical characteristics which ought to trigger suspicion include letters or parcels that:

- May have any powdery substance on the outside.

- Have strange odors or stains.

- Show a city or state in the postmark that doesn't match the return address.

**Q. What should I do if I've received a suspicious letter or parcel in the mail?**

**A.** The best things you could do if you receive a suspicious letter or package are:

- Do not try to open the mailpiece.

- Isolate the mailpiece.

- Evacuate the immediate area.

- Report that you've received a suspicious parcel in the mail.

For more information on Postal Service initiatives, log on to [www.usps.gov](http://www.usps.gov).

(Courtesy of the USPS)

## Top 10 winter safety tips

With the onset of cold weather, the 21st Space Wing Safety Office has compiled the top 10 winter safety tips to help keep people safe this winter.

- Get your vehicle winterized.

- Remove all snow, ice and grime from the overall vehicle, not just the windshield.

- Make a survival kit to carry in your vehicle containing warm clothing and food.

- Carry a bag of sand or rock salt in your vehicle to help with traction if you are stuck.

- Drive slower than the posted speed limit when roads are icy and snow covered.

- If you go into a skid, keep calm, take your foot off the gas, steer your vehi-

cle into the skid, and pump your brakes.

- Do not swerve your vehicle to avoid wildlife on the highway, apply your brakes and blow your horn.

- When walking on icy sidewalks and streets, keep your body position slightly forward putting your feet down flat.

- Wear footwear with good soles to help with the prevention of slip and fall hazards.

- Wear layered loose fitting clothing, instead of tight fitting clothing.

- Stay dry, sober, covered, and well fed to prevent hypothermia.

- Keep your arms and legs covered and your circulation up to prevent frostbite.

For more information, call the safety office at 556-4392.

(Courtesy of the 21st Space Wing Safety Office)



## Family member SGLI coverage is automatic as of Nov. 1

By Staff Sgt. Matt Miller  
Air Force Personnel Center Public Affairs

**RANDOLPH AIR FORCE BASE, Texas**—Married airmen who carry any amount of military life insurance will see a change in the amount deducted from their November pay as their spouses are automatically enrolled in the Servicemembers' Group Life Insurance benefit Nov. 1.

Each child of a military member enrolled in the SGLI program will also be automatically covered for \$10,000 of life insurance free of charge. These changes were brought about by legislation that was signed into law June 5.

"This is a great deal for Air Force people—especially the free insurance for children," said Maj. Jerry Couvillion, chief of the casualty services branch at the Air Force Personnel Center. "I don't know of any better deal out there."

Participation in the SGLI program for spouses is voluntary, but initial enrollment is automatic. Military members deciding they do not want coverage for their spouses will have to disenroll them to reverse the automatic registration, officials said.

"The inclusion of spouses gives military members and their children some financial help in the unfortunate event of a family member's death," Couvillion said. "However, enrollment for spouses in the program is not mandatory."

The spouse coverage comes in \$10,000 increments and cannot exceed the amount of coverage the military member carries, up to \$100,000.

"If the military member is covered for \$100,000

or more, (his or her) spouse will automatically be enrolled for \$100,000," Couvillion said. "On the other hand, if a member is only covered for \$90,000, then the maximum amount the spouse can be covered for is \$90,000."

Military members can carry up to \$250,000 of SGLI coverage for themselves.

Coverage for children is also automatic starting Nov. 1, but it is free.

"If the military member holds any amount of SGLI, then (any) children are automatically enrolled for \$10,000," Couvillion said. Military people who hold SGLI coverage for themselves will not be able to disenroll their children from the program.

The SGLI program does not make the distinction between spouses who are military members themselves and those who are not. Thus, military members married to military members will also be automatically enrolled Nov. 1.

"The same rules in terms of coverage and disenrollment apply to military couples," Couvillion said. "Essentially, each spouse will receive a separate policy (other than the one they already have on themselves) with their spouse as the beneficiary. They're not being covered twice under the same policy."

Although coverage for children is automatic, children from dual military families will not receive coverage from both parents. They will receive coverage via the person who claims them through the Defense Enrollment Eligibility Reporting System.

If, by chance, that person is not enrolled in SGLI, then the children's coverage will divert to the parent who is.

A military participant can decline spouse enrollment or reduce the coverage amount by visiting his or her local military personnel flight.

"Making a change is as simple as filling out the right form," Couvillion said, "which the MPFs will have in hand by Oct. 1."

In order not to see any increase in premiums, people must disenroll their spouse no later than close of business Oct. 31. Canceling or reducing coverage after Oct. 31 will take effect the first day of the following month.

"Essentially, if someone changes the coverage for their spouse Nov. 2, that change will not happen until Dec. 1," Couvillion said. "And the same holds true for any month thereafter."

People not enrolled in the SGLI program still have time to take advantage of the added benefits.

"Anyone wanting to enroll can do so at any time," Couvillion said. "And when they enroll, their spouse and children are automatically going to be enrolled as well."

The military person paying the premium for his or her spouse will automatically become the beneficiary under the family member SGLI program. It is similar for children—the parent who claims them under the DEERS system will be named the beneficiary.

"Under this new program, there are no beneficiary designations," said Couvillion. "It's intent is to provide extra financial security, and that's exactly what it does — with minimum cost to the member."

For more information on the SGLI program, visit the Department of Veterans Affairs SGLI Web site or the AFPC casualty Web site.

## Information for reservists, National Guard, families

By Capt. Mike Burke  
AFSPC Surgeon General's Office

Sept. 11, 2001, is a date that will never be forgotten. In response to the terrorist attacks, President George W. Bush authorized mobilization of up to 50,000 National Guard and reserve members for operations supporting the war against terrorism.

By Oct. 9, over 27,000 had been called to active duty from 194 units in 44 states, the District of Columbia and Puerto Rico. This mobilization is the largest since 1990 when over 250,000 guard members and reservists were activated in support of Operation Desert Storm.

Most reservists are presented with short-notice mobilization orders and must leave families and civilian jobs behind. These members can better carry out their mission knowing responsive medical coverage is there for them and their families.

Medical and dental benefits depend on the length of a member's orders which helps determine who gets what. Because service members benefits vary in some cases, it's best to look at medical and dental benefits separately by beneficiary category.

### **Benefits for active duty members:**

In accordance with United States Code, reserve component member called to active duty for a period of more than 30 days is entitled to medical and dental care in uniformed service military treatment facilities and may be enrolled in TRICARE Prime. Simply put, the member receives the same medical coverage as all other active-duty military members.

### **TRICARE medical benefits for the family member:**

Family members of activated reservists and National Guard members are eligible for medical benefits through TRICARE Standard or TRICARE Extra. Eligibility begins the first day of the sponsor's active

duty service if the member's orders are for a period of more than 30 consecutive days. If a member is called to active duty for 179 or more days, family members may choose to enroll in TRICARE Prime or TRICARE Plus (where available) or may receive medical benefits through TRICARE Standard or TRICARE Extra.

When a member is called to duty for an indefinite period, family members become eligible for TRICARE Prime the day the sponsor reaches 179 consecutive days of active service. Prime enrollments cannot be retroactively processed to the beginning of the active-duty period. TRICARE Standard and Extra deductibles have been waived for all members activated in support of Operations Noble Eagle and Enduring Freedom. However, cost-shares still apply. There are no enrollment fees or co-pays for Prime-enrolled family members receiving authorized care.

### **TRICARE Prime Remote:**

Members called to active duty for more than 30 days may be enrolled in TPR if they live and work more than 50 miles from a military treatment facility. Some family members of activated reserve or Guard sponsors may be eligible for TRICARE benefits through the TRICARE Prime Remote for Family Members program, if the sponsor has been activated for 179 or more days. The programs offer benefits similar to TRICARE Prime. People covered by other health insurance, like a civilian employer health plan, should note that TRICARE will pay secondary to their plan.

### **TRICARE Dental Program:**

The TRICARE Dental Program is a voluntary dental insurance program for eligible beneficiaries including selected reserve, individual ready reserve and family members. Selected reserve members may enroll in the program at any time and are responsible for only 40 percent of the premium while the government cost-shares the remaining 60 percent. IRR members may enroll in the program at any time and

are responsible for 100 percent of the premium. When called to active duty for more than 30 days, both selected reserve and IRR members are automatically dis-enrolled from the TDP, because as dental care is then provided in the military dental treatment facility. Family members of both selected reserve and IRR members may enroll in the TDP are responsible for paying 40 percent of the premium if their sponsor is activated for more than 30 days. If not, they are responsible for 100 percent.

### **The first step:**

Members should first verify that their personal information in the Defense Enrollment Eligibility Reporting System is accurate. DEERS is the system used to determine eligibility for military health care benefits. Incorrect information may result in delayed claims processing, or in problems using the retail pharmacy or national mail order pharmacy benefits. The DEERS office can be contacted 7 a.m. to 6 p.m., local time, at (800) 538-9552.

### **Other important sources:**

Members may also seek guidance from their orders-issuing official or beneficiary counseling and assistance coordinators at the nearest TRICARE Service Center or treatment facility.

Effective immediately, the Employer Support of the Guard and Reserve Crisis Assistance Team is operational from 6:30 a.m. to midnight, and can be reached at (800) 336-4590 or (703) 696-9134, or DSN 426-9134, or on the internet at [www.esgr.org](http://www.esgr.org). The ESGR is prepared to meet the projected increase in inquiries pertaining to Uniformed Services Employment and Reemployment Rights Act, Chapter 43 of Title 38, U.S. Code.

For more information log on to [www.tricare.osd.mil](http://www.tricare.osd.mil), [www.ucci.com/tdp/tdp.html](http://www.ucci.com/tdp/tdp.html) or [www.defenselink.mil/ra/html/family.htm](http://www.defenselink.mil/ra/html/family.htm).

*(TRICARE and Reserve sources contributed to this article)*



**By 1st Lt.  
Amy L. Shannon**  
10th Space Warning Squadron

**T**he 10th Space Warning Squadron, Cavalier Air Force Station, N.D. is home to an exceptional team of professionals.

The 10th has been recognized for its accomplishments with numerous awards, including Air Force Outstanding Unit Award, Air Force Best Space Operations Crew, the Seth McKee Trophy for Best Space Warning Unit Space Command, and the Verne Orr Award for most effective use of assigned resources.

As one of only three CONUS isolated units in the Air Force, CAFS boasts some world-class facilities that have been recognized as the best in the command on two occasions. U.S. and Canadian Air Force members, civilians and contractors work together to provide Missile Warning and Space Surveillance 24-hours a

day, seven-days, a week.

Information about approximately 8,300 different man-made objects orbiting the earth is transmitted daily to the Space Control Center, Cheyenne Mountain Operations Center, Colorado Springs.

Observations from CAFS and other sensor sites are used to update the SCC catalog of satellites. This catalog is then used by a variety of agencies including the Defense Department and the National Aeronautics and Space Administration.

Keeping the catalog up-to-date has new meaning for 10 SWS operations crews in light of the military operations being conducted in and around Afghanistan. U.S. crew members take every measure to ensure error-free operations in order to provide the SCC with the latest most accurate information available for updating the satellite catalog used by our military.

According to 10 SWS Commander, Lt. Col. David

## 10th Space Warning Squadron Operations-watching northern skies

Doryland, "Our current focus of providing error-free space surveillance information is extremely important, because it helps provide a situational awareness for our forces not available to our adversary."

This ability to support the troops, as well as provide for a homeland defense, is nothing new for Cavalier AFS, and in fact dates back to its origin as a National Missile Defense site.

In the late 1950s and early 1960s it was thought that rocket science would soon advance to a point where nuclear and non-nuclear payloads could be accurately delivered across continents.

Over time many advances to develop computerized tracking radars, characterization radars, high altitude intercept missiles, low altitude intercept missiles, and the software to tie it all together.

Construction began on the North Dakota Tactical Facilities, the phased array radar, the missile site radar, and the four remote sprint launch sites in March 1970. The six



North Dakota sites made up one system that was part of a total of twelve planned systems. The May 26, 1972 signing of the SALT I treaty by President Nixon and Secretary Brezhnev on halted development of the other systems. The North Dakota Tactical Facility was the only facility completed.

The first live satellite track occurred in August 1973 and full operational capability was announced in September 1975. Safeguard operations ceased five months later, on February 10, 1976.

Congress directed the

North Dakota Tactical Facility be shut down, because of the high cost and a single site's inability to defend the minute-man inventory with the 100 interceptors permitted by the Anti-Ballistic Missile Treaty.

Its new missions would be "attack characterization" and "space surveillance".

"I think the success of the squadron is largely due to the good working relationships we have developed through the years with our on-site contractor teams, as well as our friends and partners in the local communities and Grand Forks AFB," said Doryland.

## Spotlight on justice for July, August

Base legal officials recently announced court-martial and Article 15 actions for July and August 2001. All of the service members were tried under the Uniform Code of Military Justice.

### COURTS-MARTIAL

■ A staff sergeant was tried by General Court-Martial for violation of Article 120, rape, and violation of Article 125, forcible sodomy.

The accused was also charged with assault and indecent acts, however those two charges were withdrawn after the accused had been arraigned. The sergeant pleaded guilty to both charges.

The court sentenced the member to a dishonorable discharge, 54 months confinement, forfeiture of all pay and allowances, and reduction in rank to airman basic.

■ An airman first class was tried by general court-martial for violation Article 112a, wrongful use of a controlled substance.

The airman was found guilty of wrongful use of Ecstasy and guilty of possession of LSD.

The court sentenced the member to a bad conduct discharge, six months confinement, forfeiture of all pay and allowances and reduction in

rank to airman basic.

### ARTICLES 15

■ An airman received an Article 15 for violation of Article 134, false or unauthorized pass, altering a military identification card.

The member received a suspended reduction in rank to airman basic and 25 days extra duty.

■ An airman first class received an Article 15 for violation of Article 86, failure to go to M-16 training.

The member received a suspended reduction in rank to airman, restriction to Peterson AFB for 14 days, 14 days extra duty and a reprimand.



■ An airman received an Article 15 for violation of Article 92, dereliction of duty, changing duty schedule without authorization.

The member received a reduction in rank to airman basic and 45 days extra duty.

■ An airman first class received an Article 15 for violation of Article 92, dereliction of duty, sleeping on duty, and violation of Article 86, failure to go to appointed place of duty.

The member received a reduction in rank to airman basic and 45 days extra duty.

■ An airman first class received an Article 15 for violation of Article 111, drunken driving and violation of Article 92, dereliction of duty, underage drinking.

The member received a suspended reduction in rank to airman and forfeiture of \$150 pay per month for two months.

■ A senior airman received an Article 15 for violation of Article 86, failure to

go at the time prescribed to appointed place of duty.

The member received a suspended reduction in rank to airman first class, forfeiture of \$100 pay per month for two months and a reprimand.

■ A senior airman received an Article 15 for violation of Article 112a, wrongful use of marijuana.

The member received a reduction in rank to airman first class, 14 days extra duty and a reprimand.

■ A senior airman received an Article 15 for violation of Article 134, dishonorable failure to pay debts.

The member received a reduction in rank to airman and a reprimand.

■ An airman first class received an Article 15 for violation of Article 92, dereliction of duty and violation of Article 86, failure to go.

The member received a suspended reduction in rank to airman, forfeiture of \$100 pay and a reprimand.

## Today

- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- Yoga, 12:05 p.m., at the Fitness Center.
- Seafood Buffet, 6-8 p.m., at the Enlisted Club.

## Monday

- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- New Beginnings, 1-3 p.m., at the Education Center.

## Tuesday

- Sponsorship Training, 7:30-8:45 a.m., at the Family Support Center.
- Roast Beef and Fish, 5-7 p.m., at the Enlisted Club.
- Stress Management, 2:30-4 p.m. at the Education Center.
- Keystone Club meeting, 6 p.m., at the Youth Center.
- Karate, 5-7:30 p.m., at the Youth Center.
- Taekwondo, 6 p.m., at the Fitness Center.

## Wednesday

- Mothers on the Move, 9:30-10:30



Photo by Christie Bond

## Showing support

Master Sgt. Laura Velasquez, 21st Space Wing, talks to Daniel Doyle, an emergency medical technician, during an appreciation picnic in Colorado Springs Oct. 1. The event, "An American Tribute to Our Firefighters, Policemen, Military and Volunteer Personnel," was held at One City Centre and was sponsored by the businesses in that building. During the National Anthem, hundreds of red, white and blue balloons were released.

a.m., at the Family Advocacy Center.

- Common Sense Parenting, 2-4 p.m., at the Chapel.

## Thursday

- Anger Management, 2-4 p.m.,

- at the Education Center.
- Play Group, 10:30 a.m.- 12:00p.m., at the Chapel.
- Job Orientation, 1-2:30 p.m., at the Family Support Center.
- Karate, 5-7:30 p.m., at the Youth Center.

## Oct. 26

- Yoga, 12:05 p.m., at the Fitness Center.
- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- Cash drawings, 5-7 p.m., at the clubs. Only members are eligible.
- Lobster Night, by reservation only, at the Officers' Club. For reservations, call 556-4100.

## Helpful Numbers

- Family Advocacy Center 556-8943
- Education Center 556-4064
- Library 556-7462
- Community Center 556-7671
- Aquatics Center 556-4608
- Fitness Center 556-4462
- Officers' Club 556-4181
- Enlisted Club 556-4194
- Youth Center 556-7220
- Family Support Center 556-6141
- Chapel 556-4442

# Community Notes

### Community News

**TRAGEDY SUPPORT GROUP:** The Family Support Center is offering a support group for people who want to discuss the terrorist attacks of Sept. 11.

Coffee and cookies will be provided and participants may bring a lunch. Groups will meet Tuesdays and Fridays, 11:30 a.m.-12:30 p.m. at the Family Support Center, Building 350, Room 1016.

For more information, call 556-6141.

### RECYCLING CENTER

**RELOCATION:** The Refuse and Recycling Center has relocated temporarily to the parking lot behind Building 678.

For details, call 556-1458.

**AUTO SKILLS CENTER:** The Auto Skills Center now offers emissions testing and VIN verification Monday-Friday, 8 a.m.-5 p.m.

### ULTIMATE MEMBERSHIP

**DRIVE:** The 2001 Officer and Enlisted Club Ultimate Membership Drive continues through Nov. 18.

All club members who sign up during this time are eligible for automobiles that will be given away to club members.

For information about club membership, call one of the clubs.

### CUSTOMER SERVICE IS ON-

**LINE:** Answers to commonly asked questions concerning Servicemembers' Group Life Insurance are available on-line at PeteCentral.

### Education Center

#### MOVEMENT OF PETERSON

**CLASSES:** All classes from the four on-base colleges and universities have been moved off base to the Centennial Campus for the remainder of this term.

For more information, call Pikes Peak Community College at 574-1169.

**CLASS WITHDRAWAL:** Any military member taking classes at Pikes Peak Community College can withdraw from classes because of real-world situations if they do the following:

- Complete a PPCC registration/class adjustment form to withdraw from class.
- Complete a tuition appeal form.
- Complete an Air Force form 118 and have it signed by a supervisor.
- Submit all paperwork to the PPCC representatives on Peterson.

For more information, call the education center at 556-4064.

**CLEP AND DANTES:** The education center has received many score reports that have not been picked up.

If you have not received a CLEP/DANTES score report from an exam that was taken in August or early September, stop by the Education Office between 9-10:30 a.m. or noon-1:30 p.m. on any Tuesday, Wednesday or Thursday to check on your report.

### Youth Center

**BASKETBALL:** Youth basketball sign-ups will begin Nov. 1.

**COACHES NEEDED:** Coaches are needed for youth baseball, soccer and basketball. Call the Youth Center for details.

**SOCCER SEASON:** The youth soccer season starts Saturday.

### Vote

**ON BASE VOTING:** Chap. (Maj.) Norman Ellis, base voting officer, reminds everyone to vote.

Call the voting hotline number at

556-8683 or log on to the Federal Voting Assistance Program Website at [www.fvap.ncr.gov](http://www.fvap.ncr.gov).

### CFC drive

**CFC:** The Combined Federal Campaign will run through Nov. 6.

The campaign helps a number of different charities and human assistance agencies.

The money is distributed to charitable agencies that donors designate to receive their contributions.

### Right start

**RIGHT START BRIEFING:** The 21st Mission Support Squadron will have a Right Start briefing Oct. 30, 8 a.m.-12:30 p.m., at the Enlisted Club.

The event combines the Newcomer's Briefing and the Information Fair.

For more information, call 556-7525.

### Family Support Center

**RESUME REVIEW CLASS:** A resume review class will be Oct. 29, 9-11 a.m., at the Family Support Center.

Anyone attending the class needs to bring a current copy of their resume so the instructors can give tips on improving it.

For more information, call the Family Support Center at 556-6141.

**ESTATE PLANNING SEMINAR:** An estate planning seminar will be Oct. 30, 1-4 p.m., at the Family Support Center.

For details, call the Family Support Center at 556-6141.

## Chapel Schedule

### Protestant Services

Liturgical Worship

8:15 a.m.

Traditional Sunday

Worship

11 a.m.

Gospel Services

12:30 p.m.

Sunday School

9:45 a.m.

### Catholic Services

Mass

Weekdays

11:35 a.m.

Saturdays

5 p.m.

Sundays

9:30 a.m.

Reconciliation

Saturdays

4 p.m.

### Religious Education

Adult and

pre K-12th grade

Sundays

8:30 a.m.

## DoD bone marrow registration drive Oct. 23

The Department of Defense Marrow Donor Program registration drive will be Tuesday, 9 a.m.-4 p.m., at the Chapel.

**Q:** Do I have to give bone marrow at the drive?

**A:** No, all you need to register is a consent form and a blood sample (which is one tube taken from your arm).

Your marrow type is listed in the national registry and you are only contacted if you become a match for someone, at which time you would decide whether to continue and possibly donate marrow.

The registry currently has more than 3 million potential donors, yet only about 10,000 matches have been made.

**Q:** Doesn't donating bone

marrow hurt?

**A:** It is not nearly as painful as you would think.

The marrow is removed from the back of your pelvic bone, through your hip area using a needle syringe technique (requiring no surgical incisions) while you are under anesthesia.

The small amount of marrow removed, is less than 5

percent of your body's marrow. Your body replenishes itself and you won't even know it's gone. You receive pain medication for a few days or a week to ease soreness you may feel in your lower back area.

**Q:** What about costs and taking time off work to donate marrow?

**A:** There are no costs for the donor at any time.

All expenses are paid by the coordinating marrow donor center, including transportation for anyone you choose to accompany you during the donation.

This is a DoD program, funded by Congress, and both military and civilian employees will receive orders if they need to travel to donate bone marrow.

**Q:** Why target the DoD?

**A:** The DoD community more than any other best meets the age and health requirements for marrow donation.

Also, the DoD program performs a contingency mission to quickly locate marrow donors in the event of a chemi-

cal or nuclear incident requiring blood platelets or marrow donation.

**Q:** What if I've registered before?

**A:** If you previously registered at a bone marrow drive, whether DoD or not, your marrow type is already in the registry and will remain until your 60th birthday or until you request to be removed.

**Q:** I've been told I can't donate blood for one reason or another. Does this apply to donating marrow too?

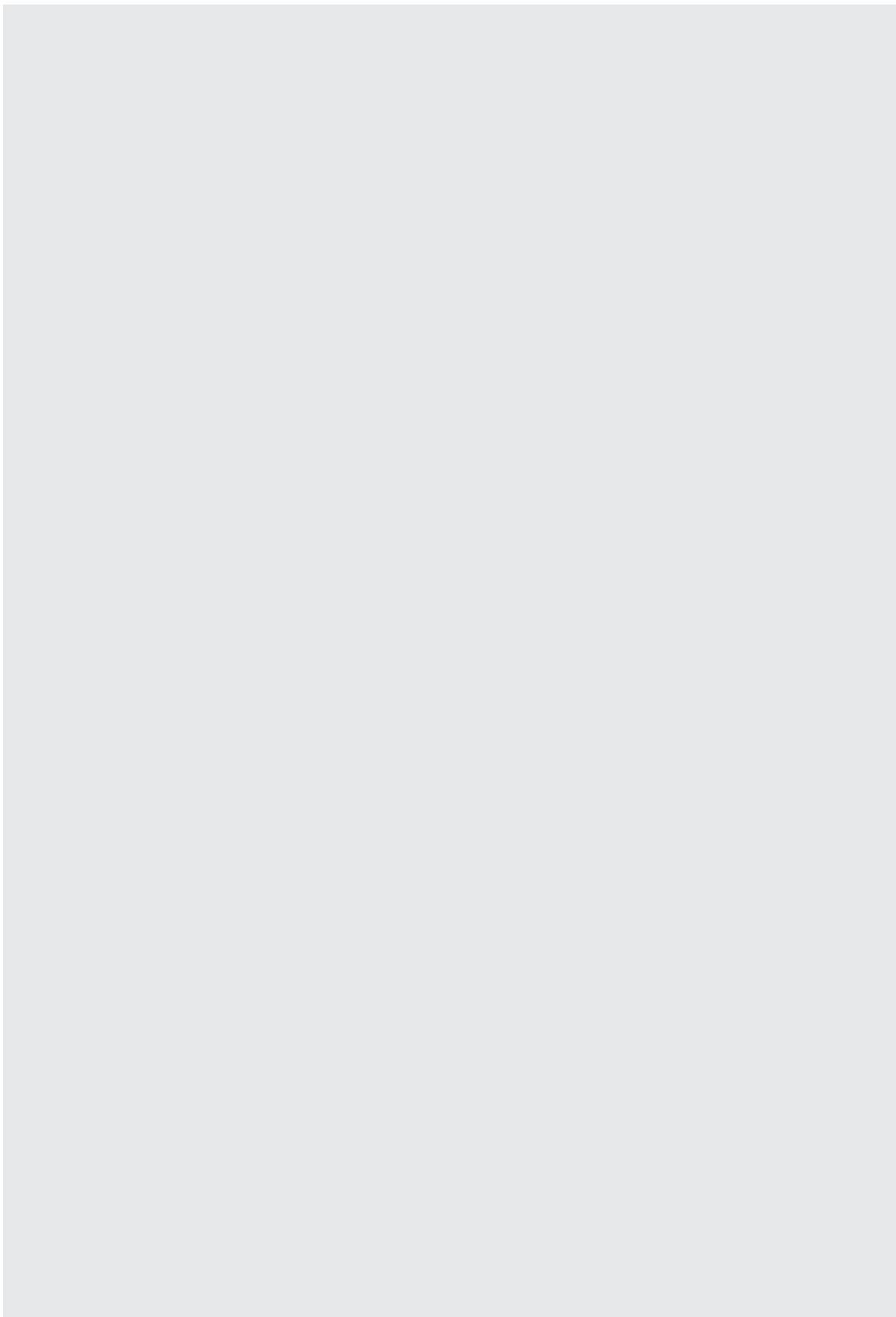
**A:** In many cases, no. Restrictions are different and somewhat more lenient.

For example, if you lived in England during certain time frames, you can't donate blood but can register for marrow donation.

For more information on donating, contact Tech. Sgt. Kristin Clark at 556-8474 or e-mail [kristin.clark@peterson.af.mil](mailto:kristin.clark@peterson.af.mil)

You can also contact the DoD Marrow Donor Center at 1-800-MARROW3 or [www.dodmarrow.org](http://www.dodmarrow.org).







The new outdoor track will feature a soccer/football field in the center. The lighted track will also have a rubberized surface.



Doug Claes, a construction worker on base, sweeps the floor of gym #2 after it has been stripped. The floor will be repainted and shellacked as will the floor in gym #1.

**Story and photos by  
2nd Lt. Suzy Kohout**  
*21st SW Public Affairs*

The Peterson Complex Fitness Center, under construction since June 30, 2000 looks to be finished sometime this month.

Construction is in its final phase, which means that the center is waiting for the final inspection from the contractor and from the civil engineers. Fitness Center staff expect that within two weeks all facilities will be handed back to the fitness staff so that they can finish installing equipment.

The fitness center was allotted \$1.28 million in order to make this construction successful. A little over a half million was given to the Health and Wellness Center, about a quarter million went to the Colorado Room, a cardiovascular room featuring more than 70 pieces of equipment, and nearly a half a million for the running track.

Renovations underway include indoor and outdoor projects. A new running track will circle a soccer and flag football field. The lighted track will feature a sided wall and rubberized surface with track markings. The track suspension date is estimated for the end of December.

Changes inside include an expansion of the Colorado room, a new aerobics room, a spinning room that will include 30 spinning bikes (which should all be completed within two weeks), and a U-shaped climbing wall (to be started Dec. 1).

Other minor changes include refurbishing

the gym floors. Both gym floors will be sanded down, sealed, painted, and shellacked. According to Ernie Martin, assistant fitness manager, this remodeling will benefit customers by enabling them to improve and maintain military physical standards. He added that the place offers members an outlet to stay fit and fight stress. Indoor construction is also affecting the HAWC, and includes a new ramp connecting the fitness and wellness center as well as a new elevator.

The HAWC, co-located with the fitness center, also has a new classroom with a kitchen which will be used for cooking demonstrations. There will also be a new ergonomometry area that will offer six private rooms with space for both the aerobic and muscular endurance tests.

The center will also provide a massage chair in the new relaxation room. There will also be a library providing resources on fitness and wellness. Renovations should be complete in two weeks.

"The Health and Wellness Center is housed in the best Fitness Center in the Air Force," said Maj. Scott Guthland, the new health promotions manager, "Our objective is to be the premiere Health and Wellness Center in the Air Force. Within this new facility and my current staff, how can we not."

The Fitness Center and HAWC construction will improve and increase customer satisfaction, physical fitness programs, facilities use, type of equipment, management, and innovation.

For more information, call 556-4462.



## HAWC services

The Health and Wellness Center, located in the Fitness Center, offers many services to help base members stay healthy. Some of those programs are as follows:

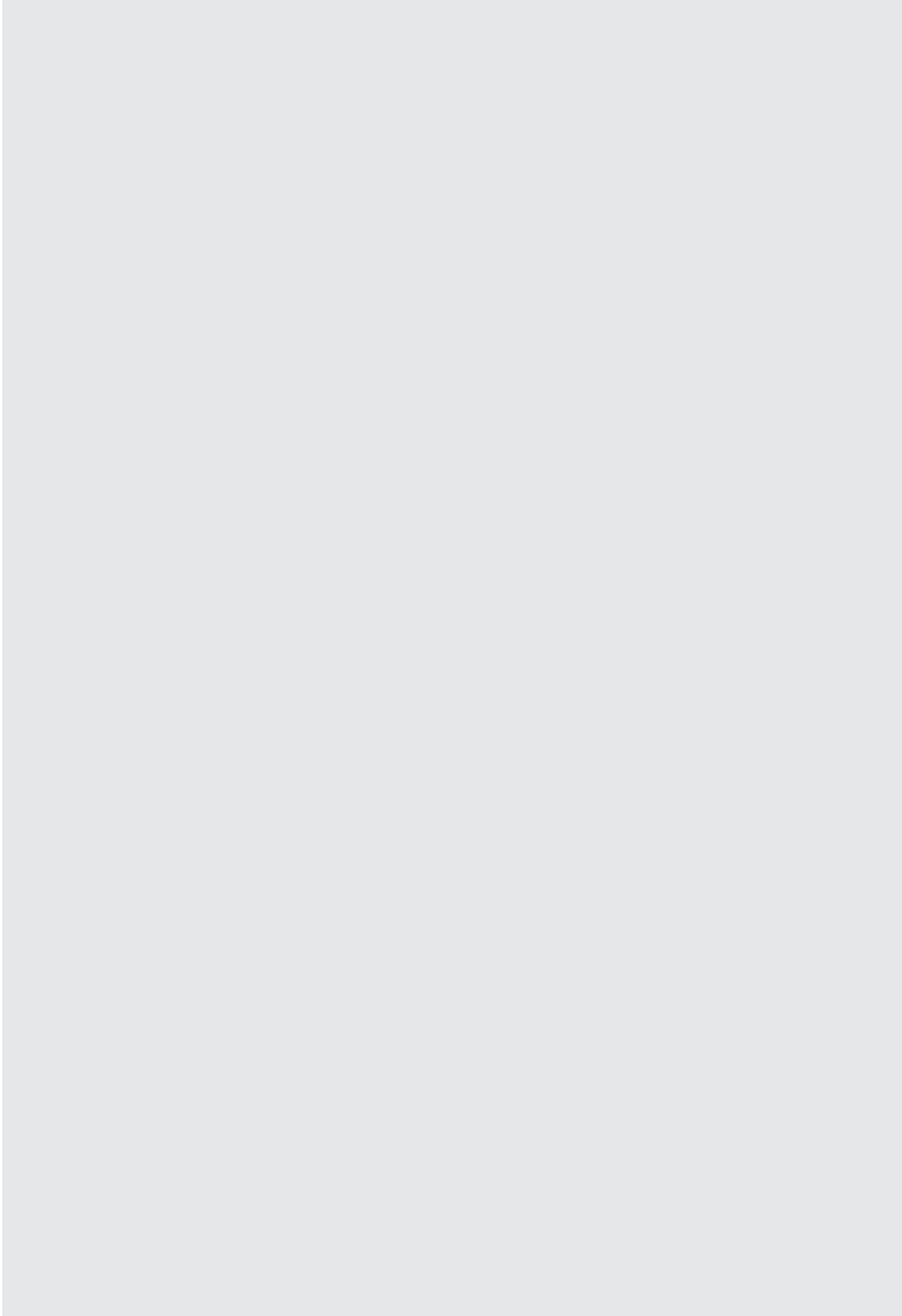
- Blood pressure screening-self service machines are located in the Fitness Center for screening at any time.
- Body fat analysis-the Tanita Body Fat Analyzer, as well as the skin fold calipers are available to have your body fat checked.
- Cholesterol screening-lab slips are available at the HAWC for cholesterol screening.
- Polar heart rate monitors-available for check out, the monitors tell you if you are working withing your target heart rate.
- Video loan library-a large selection of fitness videos covering everything from fast food to tobacco cessation is available for viewing.
- Pamphlets and literature-much like the video library, the literature selection covers a wide variety iof topics.
- Relaxation room-a quiet subdued room away from loud noises, it features an easy to operate massage chair.

For more information, call 556-4292.

# GETTING THE FITNESS CENTER IN SHAPE INSTRUCTION AREA



The Colorado room, although completed earlier this year, is part of the renovations being made at the Fitness Center. The room offers more than 70 pieces of cardiovascular equipment for patrons to use.



# Americans show strength together

By Airman 1st Class  
Heather McMahan  
36th ABW Public Affairs

As tragedy struck the United States Sept. 11, the world watched in horror. Many world leaders have expressed sorrow and support for Americans.

Citizens of different countries laid flowers in front of U.S. embassies and prayed for the victims of this act of violence and for their families.

As I watched from the other side of the world, I felt helpless, sad and scared, but most of all, angry. As a member of the Air Force and more importantly, a citizen of the United States of America, I watched as my life, my world and the country I love was violated and changed forever.

When I joined the military, I made the choice to give my life for my country if need be, but many of the people who died or were injured in this attack did not make that choice.

They, in the course of an hour, became the reason I joined the military. I don't know their names, I don't know their faces, I was not their friend, but I was and still

am willing to fight for the freedom they enjoyed, the freedom that was taken from them.

A friend of mine in Illinois wrote this for me, but it applies to all of us.

*"During this crisis time I can't help but thank you for being part of our nation's military, protecting your family, friends, acquaintances and strangers all across this country. You have made a choice to work within an organization, devoting several years of your life to service, so that we may enjoy the freedoms our predecessors secured for us.*

*"This week I have battled with the questions, 'Why haven't I done the same? Why am I not serving my country?' I have come up empty every time. I have tremendous respect for you and all of your fellow comrades for holding this nation together. I know that I have you, as the military acts as one across the world to do what is necessary to protect all of us from further terrorist acts."*

Reflecting on what my friend wrote, I came to the conclusion that the rescue workers, firefighters, police and many comrades in arms are the true heroes.

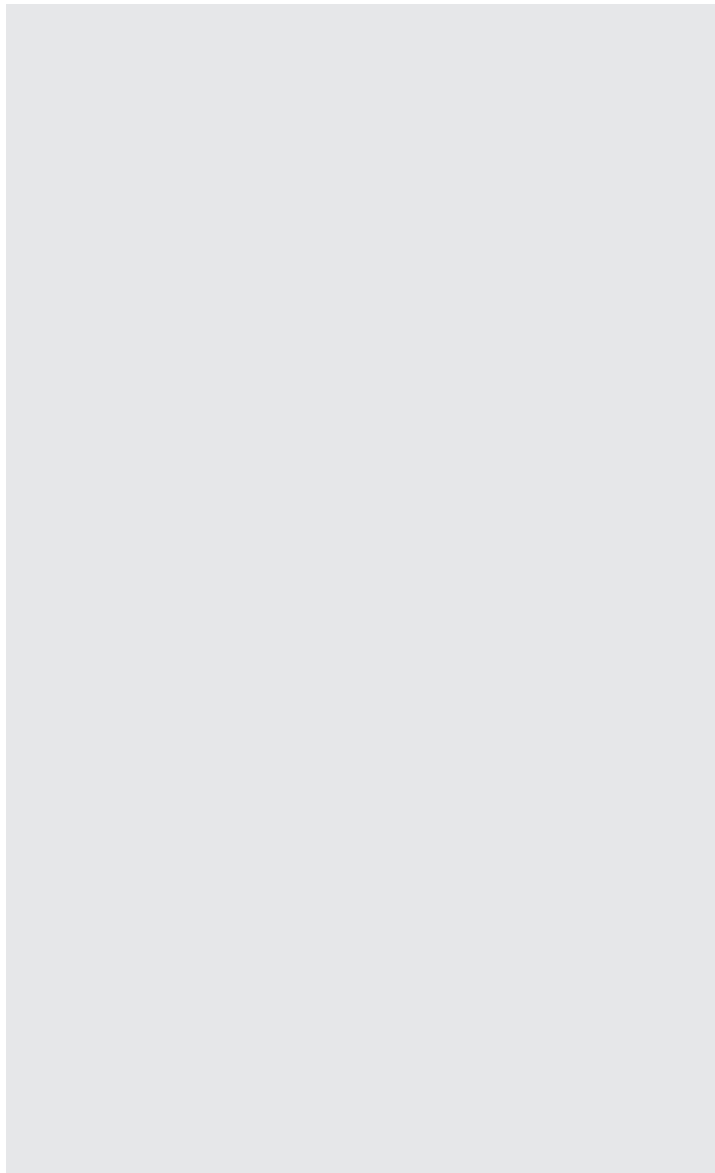
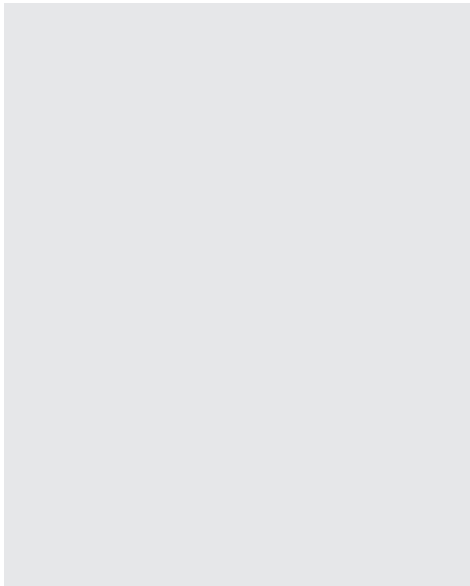
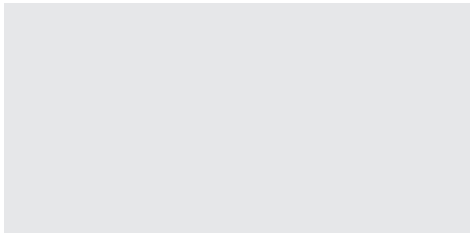
They are working countless hours to help clear the rubble in hope of finding survivors.

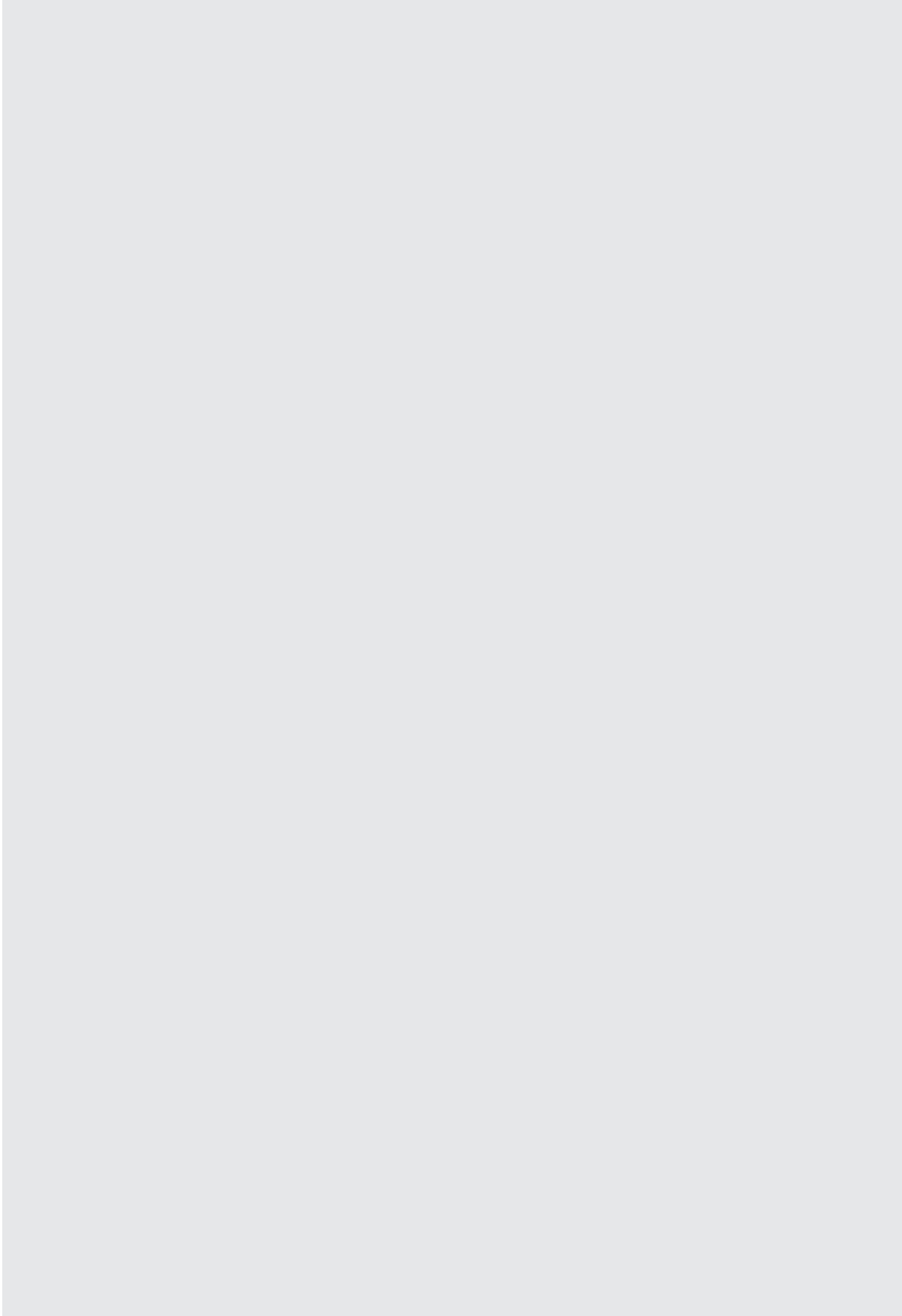
As days go by the world seems to be calmer. The sorrow is still there. So is the anger, sadness and confusion. But, as Americans, we seem to stand together, stronger and willing to fight for the freedom and for the honor of those who died in this tragedy.

I say this to those who attacked our great country: You tried to break us with your evil acts. You tried to bring us to our knees, but you will learn that we do not break and we will stand taller. You taught us was that, even in the face of tragedy, America shines bright.



Illustration by TSgt. Cody Vance





## Sports

**CMAFS wally ball tournament-** A wally ball tournament is scheduled for Nov 5-7, 10 a.m.- 1 p.m., at the Technical Support Facility, Cheyenne Mountain. The cost is \$10 per team.

For details, call the Fitness Center at 556-1515. **CMAFS racquetball tournament-** A singles racquetball tournament is Monday through Thursday at the Technical Support Facility, Cheyenne Mountain. The cost is \$5.

For details, call the Fitness Center at 556-1515. **Singles and doubles tennis tournament-** A singles and doubles tennis tournament is Monday through Thursday, 10 a.m.- 4 p.m., at the Fitness Center.

The cost is \$5 for singles and \$10 per team for doubles.

Call 556-1515 for details. **Doubles tennis tournament-** A doubles tennis tournament is set for Monday through Thursday. Cost is \$10 per team. Game times are between 10 a.m. and 4 p.m. **3-on-3 basketball tournament-** A 3-on-3 basketball tournament is scheduled for Nov. 12-15, 5-8 p.m., at the Fitness Center.

The entry fee is \$10 per team. Deadline for registration is Nov. 2.

For more information, call the Fitness Center at 556-1515.

**CMAFS 10K fun run-** A 10K fun run is slated for Nov. 9, 11:30 a.m., at the Technical Support Facility at Cheyenne Mountain. The cost is \$1.

For details, call the Fitness Center at 556-1515. **Taekwondo returns-** The Fitness Center has a new

Taekwondo instructor. Classes will begin Tuesday, 6 p.m., at the Fitness Center.

Call 556-1515 for details. **Challenge patches-** Earn 14er Challenge patches, one for each of the 56 Colorado peaks over 14,000 feet, on the climbing wall at the fitness center.

Call 556-1515 for details. **Personal trainers-** Personal trainers are available to assist Peterson Complex members.

For more information, call

556-4462.

**Youth council members needed-** The Youth Center needs volunteers to form the Peterson Air Force Base Youth Sports Council.

For details, call the Youth Center at 556-7220.

**Youth coaches needed-** Coaches for youth outdoor soccer, basketball and baseball are still needed.

If you are interested in becoming a coach, call Les Stewart at 556-7220.

**Youth basketball registration-** Registration for youth basketball begins Nov. 1 at the Youth Center. Practices will start in December, with the season starting Jan. 1.

**Volksmarch-** The Falcon Wanderers Volksmarch Club of Colorado Springs is sponsoring a 5K and 10K volksmarch Saturday. Marchers can start the trek between 8 a.m. and noon.

For more details, call Jan Converse at 591-8193.

We're within walking distance of a cure. Please join us.

Juvenile Diabetes Research Foundation International

1 888 533-WALK www.jdrf.org



dedicated to finding a cure

a CFC participant

Do you have a story idea? Let us know. E-mail us at space.observer@peterson.af.mil or call us at 556-8476 or 556-4351.