



S P A C E OBSERVER

Serving Team 21 and its Global Mission
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Peterson Air Force Base, Colo.

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Happy Thanksgiving



As you sit down to a Thanksgiving meal – in makeshift camps, aboard ships at sea, on bases far from your families and your homes – know that you are in the hearts and prayers of every American. As families all across the land gather together, they will give thanks to God not only for the blessings and benefits of freedom, but for every soldier, sailor, airman and Marine who is fighting to defend it for us and for every human heart that longs for liberty.

- Donald Rumsfeld, Secretary of Defense -

Keep safety at forefront of holiday travel plans

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

It's that time of year again, a time to celebrate Thanksgiving and reflect on our blessings with those we love and cherish. Many of us will be traveling great distances to be with those we love.

Thanksgiving is one of the most traveled days of the year, increasing chances of injury and accidents. During this holiday season, safety should be at the top of your priorities and planning list.

"I'm glad that Thanksgiving is here, it's a well deserved break for many of our hard working men and women," said Brig. Gen. Bob Kehler, 21st Space Wing Commander. "This year in particular, we need to reflect on the great job our men and women throughout the 21st do every day.

"We also need to keep those engaged in Noble Eagle and Enduring Freedom in our thoughts and prayers and remember that many in the 21st Space Wing will be on watch from the arctic to the desert providing global vigilance for America; they are serving all over the world so that our countrymen can enjoy the holiday.

"I would like to remind everyone to think about safety and use common sense while traveling over the holidays," continued Kehler. "I'll be very thankful when all our troops have returned back safely to the wing."

Personal Risk Management, PRM, is one way to help prevent any accidents or injuries.

"PRM is a great way to be prepared and ensure everyone has a safe holiday," said Maj. Pat Goodman, wing chief of safety. PRM is a five-step process: define the activity, recognize your limitations, identify what could go wrong, take steps to avoid danger, and stop and re-evaluate the situation if conditions change.

Here's some additional helpful tips from the wing safety office on how to avoid being a statistic over the holidays; drink alcohol in moderation, don't drive under the influence, always wear your seat belt, keep an eye on the weather, be aware of fatigue, know your limitations, and make sound decisions.

A four-day pass has been granted starting Thanksgiving until next Monday. An important reminder is that you can't combine additional leave with this pass. If you plan on taking leave on Monday, you would need to take the full five days of leave.

The safety office also has a great web site with information such as winterizing your car and what you need for a winter survival kit.

For more information on winter or any safety concerns, please call the wing safety office at 556-4392 or log on to the safety web page under unit pages on petecentral.

Secretary of Defense offers Thanksgiving Day message

Thanksgiving is a uniquely American holiday, a day that commemorates the Pilgrims' survival in the New World and celebrates the freedom for which we offer our thanks to God.

But while every American knows why we celebrate Thanksgiving, few -- I'm sure -- realize that it took the Civil War to make Thanksgiving a national holiday.

"In the midst of a civil war of unequalled magnitude and severity," President Abraham Lincoln wrote, "order has been maintained, the laws have been respected and obeyed, and harmony has prevailed everywhere except in the theatre of military conflict."

Thus, did he declare the last Thursday in November a national day of "thanksgiving and prayer."

Today, America is once again at war -- a war every bit as dangerous and threatening to our national survival as that war that so tested America's courage and resolve. And again, America's citizens have met the challenge. Order had been maintained, laws have been obeyed, and love has prevailed over unspeakable evil and destruction. Indeed, Americans have shown the world just what stuff we're made of -- and for that I am very grateful.

But as in all war, the responsibility for its successful conclusion falls to you, America's defenders. You carry the torch passed to you by the hundreds of policemen and firefighters who raised our country's flag over the wreckage and pulled our fellow citizens out of the rubble. And for that, all America is grateful.

So, as you sit down to a Thanksgiving meal -- in makeshift camps, aboard ships at sea, on bases far from your families and your homes -- know that you are in the hearts and prayers of every American.

As families all across the land gather together, they will give thanks to God not only for the blessings and benefits of freedom, but for every soldier, sailor, airman and Marine who is fighting to defend it for us and for every human heart that longs for liberty.

On behalf of the entire Department of Defense and a grateful people, thank you, and may God bless you and return you safely home.

Donald H. Rumsfeld
Secretary of Defense

News in Brief

Promotion ceremony

A Team Peterson Promotion Recognition and Induction Ceremony will be Dec. 3, 3:30 p.m. at the Peterson officer's club.

For more information call TSgt George Hinojos at 556-2108

Military Family Appreciation Week

■ Today through Nov. 25 will continue Military Family Appreciation Week and Nov. 23 a family day for NORAD, U.S. SPACECOM and AFSPC units. The Thanksgiving holiday weekend, Thursday through Nov. 25, will be a four-day regular pass period in accordance with Air Force

Instruction 36-3003, military leave program, paragraph 8.2.4 and other applicable service regulations.

Military personnel not required for mission essential duty are authorized non-chargeable leave Nov. 23. For civilian personnel, liberal leave is encouraged.

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.

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.

Clinic change

■ The Peterson Air Force Base Clinic is changing the way it does

business. The Nurse Triage line is now available for patients. People who call the line will be able to make same-day appointments, get lab and test results, get medication refills, and leave messages for specific providers. The triage number is 556-2273.

Active duty same day appointments will be taken 6:30-7:30 a.m. All other same day appointments will be taken 7:30 a.m.-4:30 p.m.

Cadet mentors

Air Force Cadet Officer Mentor Action Program meeting Dec. 6, 4 p.m. at the Peterson AFB Officer's Club.

For more information, please contact Maj Louis Fletcher at 474-2266 or Maj. Gayle Rankine at 554-3706.

Space Observer

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Construction projects enhance life at Peterson

By Brian Hub
21st Civil Engineer Squadron

Several construction projects are underway or about to begin in order to improve the living and working conditions for the residents and employees of Peterson AFB.

As part of this effort, there will be numerous facility and road closures/detours required to enable the completion of the work. People should be aware of these projects to make plans for alternative routes and revise schedules as necessary in the near future.

■ The jogging path along Stewart Avenue going out to Peterson East (1) will have new energy-saving solar-powered lights installed to allow jogging at night. The project started Nov. 5 and is scheduled to be complete by Mar. 1, 2002.

■ The stormwater drainage system (2) is being upgraded at the south end of the base to prevent flooding and property damage, as well as conserve runoff for irrigation.

A new drainage pipe will extend from one of the ponds at Silver Spruce Golf Course, north through the golf

course, and ending at the intersection of Peterson and Stewart.

The project started Sept. 1, and the actual work will begin the middle of November on the Stewart Ave portion. More details on road closures and detours will be provided as they become available, but plan on alternate routes as construction advances. The project should be completed by May 30, 2002.

The map below shows the location of the current construction projects underway. The numbers in parenthesis correspond to locations on the map, that are marked with a dot.

Here are the construction projects underway or scheduled to begin:

■ At the West Gate (3), the single lane leaving the base will be widened to increase the safety of drivers and Security Forces personnel and reduce the possibility of hitting either the guard shack or the security gate itself. The project started Sept. 15 and is scheduled for completion by Dec. 7.

■ At the Golf Course (4), the air conditioning in the snack bar will be upgraded for the comfort of patrons and employees. Work is expected to begin

after Nov. 26 and completed by May 15, 2002.

■ The Fitness Center running track (5) is being upgraded to a paved track with synthetic surface. The project also includes adding area lighting to allow nighttime events for the track and infield. It began May 1 and is scheduled for completion by Jan. 1, 2002.

■ The Youth Center (6) will receive a complete upgrade and addition this year. The inside of the existing building will be completely renovated, including altering the existing basketball court into multi-level activity spaces.

The addition will provide a new basketball court to replace the existing one. The outside will have anew, lighted basketball court and additional parking. Construction started Oct. 19 and will last approximately one year.

■ The playgrounds in, the housing area (7) will receive major improvements. The ground under the play equipment will be replaced with 12-inch-deep wood chips which will provide a much better shock absorbing surface and allow access for handicapped children.

Playground equipment will also be

replaced with modern state-of-the-art equipment.. Work started Oct. 9 and should be finished by April 19, 2002

■ An in-line skate/skateboard park (8) will be constructed in the large playground at the corner of Selfridge and McGuire Streets. It will provide a concrete pad and concrete quarter-pipe ramp. Work started Nov. 5 and will be completed by Jan. 18, 2002.

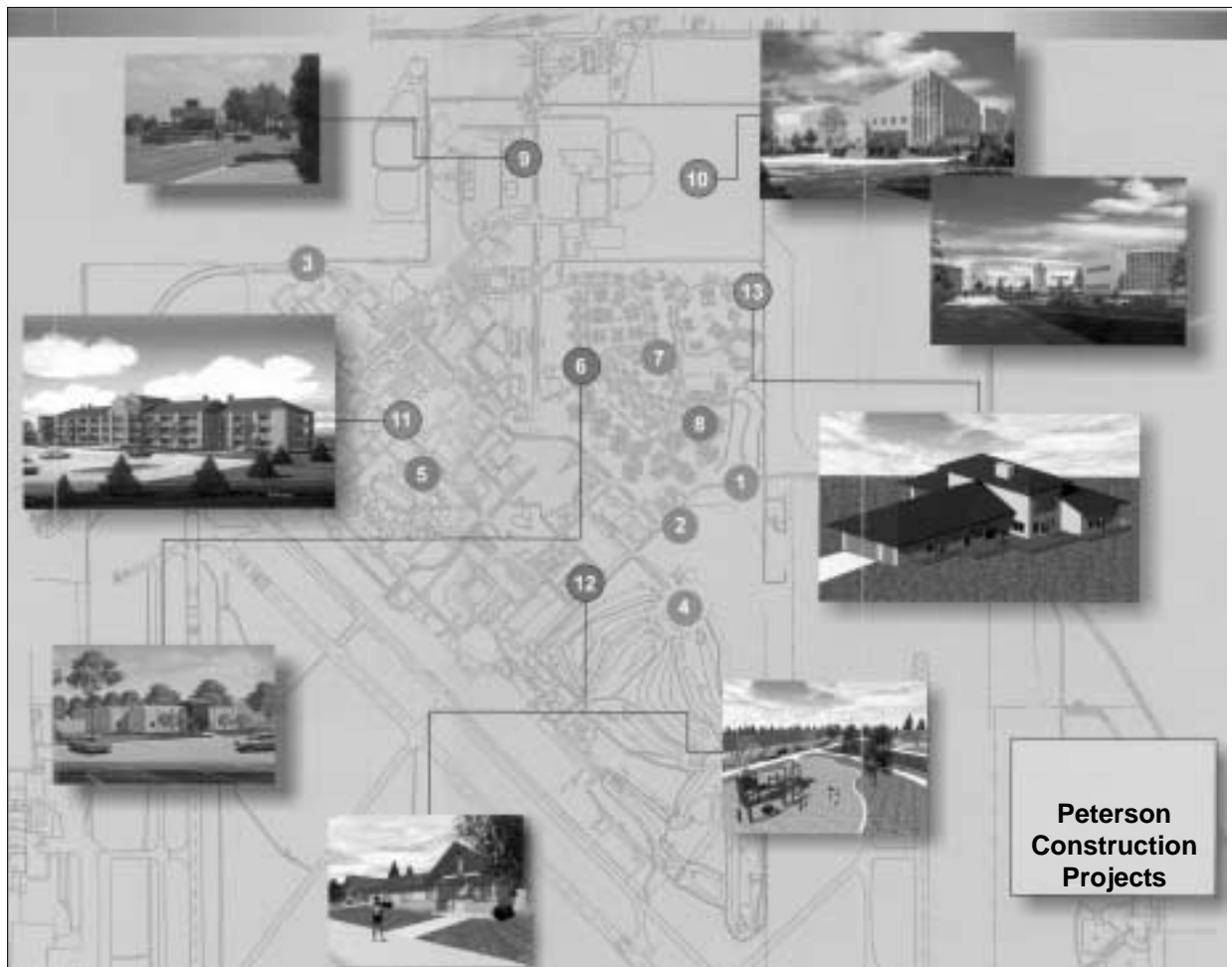
■ Widen Peterson Blvd South to Three Lanes (9). Project widens southbound lanes to three.

■ Space Complex project (10). This project constructs a building for HQ NORAD/USSPACECOM and another building for Army Space command and is scheduled for completion in 2002.

■ New Dormitory Phase 2 Project (11) for an additional 144 person dormitory.

■ Construct Temporary Lodging Facility Units (12). Project constructs an initial 30 modern units for transient families. Project began this year and is scheduled for completion in 2002.

■ New General Officer Quarters Housing (13). Housing for AFSPC/U.S. Space Command commander. This project is still in the planning stage and will be scheduled in the future.



**Peterson
Construction
Projects**

Map Courtesy 21st Civil Engineer Squadron Facilities Development Brochure

Veterans Awareness Week unites yesterday's heroes, today's youth

By 2nd Lt. Matthew Bates

90th Space Wing Public Affairs

F.E. WARREN AIR FORCE BASE, Wyo. - At a time when Americans are preoccupied with the war on terrorism, President George W. Bush is urging the nation to learn from veterans who faced past crises.

On Oct. 30 the president addressed a crowd of veterans and high school students to announce a 'Lessons of Liberty' initiative designed to bring America's youngest generation in contact with past generations of veterans.

As part of the initiative, he signed a proclamation making Nov. 11, which is both Veterans Day and the two-month anniversary of the terrorist attacks on the World Trade Center and Pentagon, the beginning of National Veterans Awareness Week.

Under the guidelines of the new initiative, schools are asked to invite veterans to speak about their experiences serving in the armed forces and of the importance of defending American ideals of liberty, freedom and democracy.

"In these difficult days here in America, I ask all of us, children and adults, to remember the valor and sacrifice of our veterans. American veterans have extraordinary stories. We should listen to them," Bush said.

President Bush closed his speech to high school students and veterans by saying, "American veterans preserved our world and freedom, and we should honor them. American veterans show us the meaning of sacrifice and citizenship, and we should learn from them.

"Americans should always honor our veterans. At this moment, we especially need the example of their character."

Anyone interested in getting involved with the Lessons of Liberty initiative can contact the Department of Veterans Affairs at www.va.gov/Veteranedu/.

Crossroads poll offers quality-of-life answers

by Staff Sgt. Amy Parr

Air Force Print New

WASHINGTON -- People who surf the Air Force Crossroads Web site will soon see a new addition -- quality-of-life quick polls.

The polls, which begin Dec. 3, will be short, consisting of only a few questions.

The first poll will have two questions, said Lt. Col. Bruce Lovely, Air Force quality-of-life chief. One will pertain to demographics and the other will relate to a Quality of Life item or issue. All questions will have multiple-choice answers.

"The poll will be used to develop and target future QOL initiatives," Lovely said. "However, the primary purpose of the quick poll is to increase the quality-of-life awareness level across the Air Force."

The results are not scientific in nature and only reflect the opinions of the participants, Lovely said. Respondents can instantly view submission results by clicking on the results button. Results will also be maintained at the Air Force QOL office.

Because the questions are designed for the entire force, including active duty, Guard, Reserve, civilian, family members and retirees, Lovely said posting the polls on the Crossroads Web site offers a great benefit to all, but particularly to family members.

"Since Air Force Crossroads is a major information source, it's a great vehicle to announce Air Force initiatives," he said. "This avenue allows family members to have a voice



The Air Force Crossroads website can be found at <http://www.afcrossroads.com/>

and provides (instant) feedback on QOL initiatives."

Initially, questions will be displayed or posted for seven days, with a new question posted every Monday, said Master Sgt. Tony Chapman, Air Force QOL superintendent. In the future, adjustments will be made based on requirements and participants' response rate.

"All questions will have the underlying (QOL) theme," Chapman said. "(But,) eventually the quick-poll questions will integrate all aspects of Air Force QOL, such as pay and housing."

"As the popularity of the polls increase, additional features may be added to enhance QOL feedback, capture items of interest for future questions and address possible concerns," he said.

21st Space Wing



GSU

Corner

20th Space Surveillance Squadron: “Space AWACS on the Emerald Coast”

hours a day, 365 days a year, in any weather... and weather can be

By Maj Scott Beidleman
20th Space Surveillance Squadron

The men and women of the 20th Space Surveillance Squadron operate and maintain Air Force Space Command's oldest and most powerful phased-array radar, the Army-Navy Fixed Position Sensor 85 (AN/FPS-85).

Originally built in 1962 and standing 150 ft tall and 190 ft wide, the radar tracks over 90 percent of the 8,300 objects orbiting the Earth. Simultaneously tracking objects in both deep space and near-earth orbits. Producing over 40,000 observations per day, the 20 SPSS provides the majority of USCINSPACE's total space surveillance requirement, making us America's #1 contributing sensor.

Similar to an AWACS squadron, our “space traffic control” mission is threefold: “Detect, Track, Identify”. We detect new objects in space as they are launched, and hunt and locate objects “lost” in space. We track all manmade objects within our field of view, pinpointing their location with superb accuracy. Finally, we provide size, shape and motion data to help identify objects in space. We execute our mission 24

deadly on the Florida Gulf coast.

The AN/FPS-85 sits approximately 10 miles north of the Gulf of Mexico on the “Emerald Coast”, a stretch of Florida coastline with sugar-white beaches and crystal clear, turquoise water. But it's not always “just another day in paradise”. Every summer, we enter hurricane season, from June through November. Our host base, Eglin AFB, monitors storms developing in the Caribbean Sea and Atlantic Ocean this time of year, and declares Hurricane Conditions (HURCONS) when necessary.

HURCONS are readiness conditions dictating when a hurricane will hit land. Each condition has specific actions associated with it. Depending on the severity of the storm, we may be required to shut down the radar and evacuate. Hurricanes come in five categories, ranging from Category 1, a storm with winds as high as 95 mph and some minor flooding, to Category 5, your worst nightmare, with winds greater than 155 mph that effectively raise sea level over 18 ft!

To prepare for the worst, Eglin AFB holds annual exercises to execute hurricane emergency actions and we include hurricane inputs during 21 SW CONDOR CREST exer-



File photo

A view of the phased-array radar at the 20th Space Surveillance Squadron.

cises, as well as local Crisis Response Element exercises. Our Disaster Preparedness representatives train hurricane preparation actions, manage shelter operations, and maintain evacuation plans for all squadron members.

As a storm approaches, our civil engineers cover all glass doors and windows with storm shutters, remove or tie down all loose objects, and move government vehicles indoors. We eventually select “ride-out” crews; operators and maintainers who will execute the surveillance mission as long as possible until the storm hits. These crews will return to the site with food, clothing and other provisions for a 72-hour period to “ride out” the storm. Once the storm subsides, ride-out personnel will restore radar operations help

clear blocked roads and do their best to bring things back to normal.

The last major hurricane to hit Eglin AFB was Hurricane Opal in 1995, which caused millions of dollars in damage to the area; however, our radar “weathered” the storm well. In August 2001, we weren't so lucky. Winds and rain from Tropical Storm Barry tore off the radar's 4-ton teflon cover—causing severe flooding and \$2.4 million damage overall. Through outstanding teamwork and dedication we returned to operations 22 days later.

Hopefully our dedication won't be tested again anytime soon, but rest assured, the men and women of 20 SPSS are committed to keeping the AN/FPS-85 radar operational regardless of what Mother Nature has to offer!

Laser Vision: eye surgery offers clear sight

Story and Photos by
2nd Lt. Suzanne Kohout
21st SW Public Affairs

Visually impaired active-duty members now have the opportunity to free themselves of corrective lenses through laser eye surgery at the Air Force Academy hospital.

This procedure, known as Photorefractive Keratectomy or PRK, is open to all active duty, reserve component personnel, and to all aviation and special duty personnel.

Lt Col Michael Caylor, military assistant to Chief Scientist, AFSPACECOM, recently had the PRK procedure done at the Academy's laser eye clinic. "I had been considering laser eye surgery for the last few years, but once I learned that the USAFA was doing it at no charge I decided to go for it. I researched PRK versus the newer LASIK procedure that is more commonly performed in the civilian sector. PRK typically causes more pain and has a longer recovery period than LASIK, but the end results are nearly the same."

The PRK process doesn't involve making incisions into the eye; instead it removes layers of the cornea with an excimer laser to correct vision without damaging neighboring cells. According to the Patient Education Concepts, Inc., the excimer laser is unique in that it

emits a 'cool' or non-thermal light beam. This makes it ideal for corneal surgery because it eliminates the possibility of thermal damage to surrounding tissue. Because no incisions are made, PRK does not weaken the structure of the cornea.

According to the Ophthalmology clinic at the Academy, PRK corrects nearsightedness (myopia), nearsightedness with astigmatism, or farsightedness (hyperopia). For nearsightedness with or without astigmatism, the excimer laser beam flattens the front of the cornea and for farsightedness the laser steepens the front of the cornea.

Before undertaking this procedure one must pass certain criteria before being approved for the surgery. According to Air Force standards, a candidate must be at least 21 and cannot have a significant eye prescription change within the past two years. Other medical problems as well as pregnancy may prevent one from the surgery as well.

Other criteria that must be fulfilled include an initial counseling session, which must be made by appointment. This includes the measuring of your pupil. The ultimate decision is based on an individual's prescription and pupil size.

During the initial counseling, other factors are discussed that help



Maj. (Dr.) Steven Stetson prepares the patient's eye for the laser surgery. The process normally take only 10-60 seconds per eye.

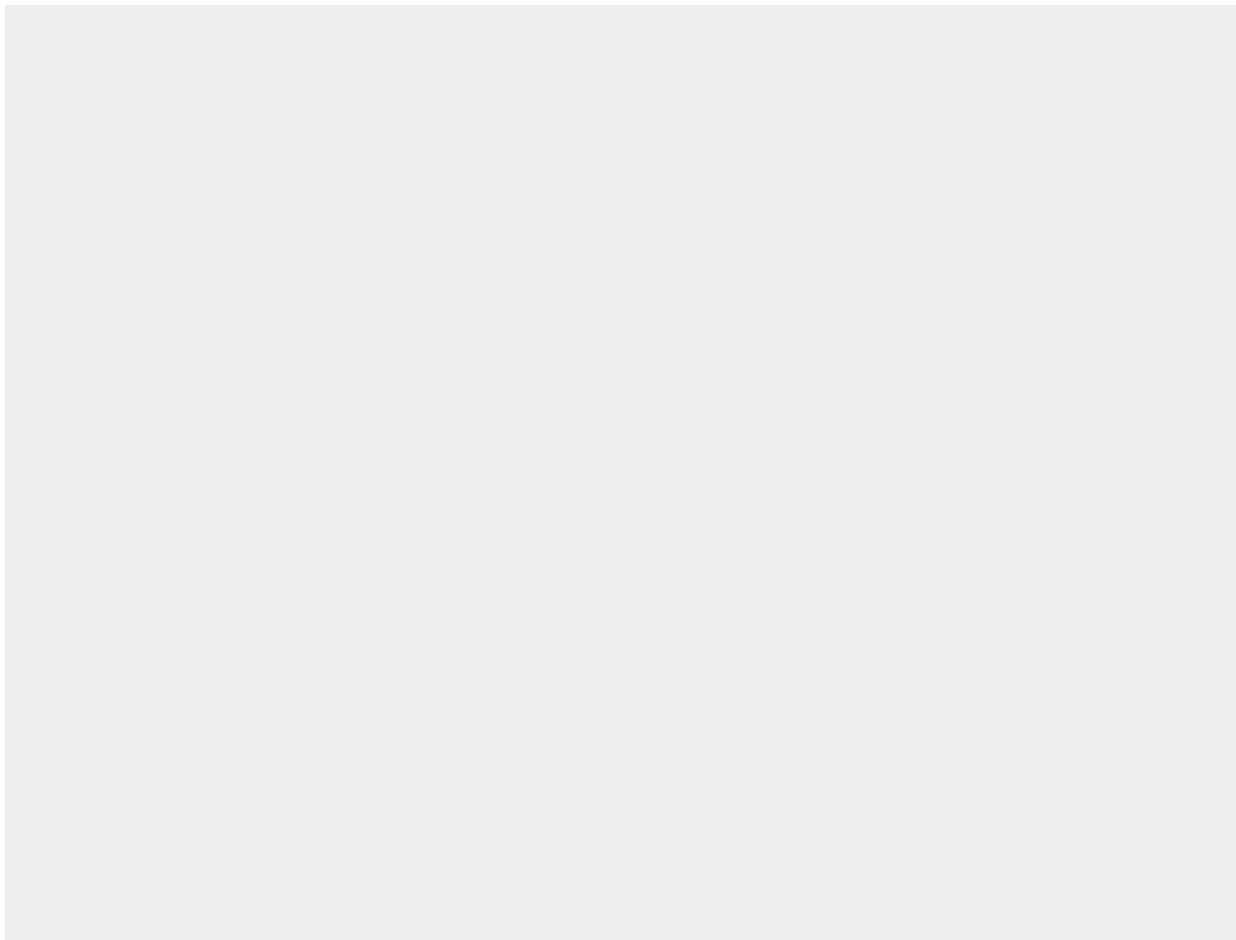
determine whether or not PRK is for you. Items discussed are age, preparations for the surgery, and pros and cons of PRK surgery. Typically, the older you are the more complications may be discovered. According to eye clinic personnel at the Academy, individuals over the age of 40 may confront a slower healing process.

Once one becomes a candidate, they must start preparing for the actual procedure. As part of the pre-operation instructions and depending on the doc-

tor's decision one cannot not wear contacts from the day of their initial counseling to surgery day or cannot wear contact lenses two weeks prior to the surgery date. Medical paperwork must also be filled out as well as receiving a supervisor's signature for permission.

The actual procedure itself takes anywhere from 10 to 60 seconds. Antibiotics and an Alcaine numbing drop are placed into the eye. The eye lids are then held in place by a tool that

See "PRK" Page 8



Today

- Thanksgiving Day buffet, 11 a.m.-2 p.m., at the Officers and Enlisted Clubs. Reservations are required. Call 574-4100 for the Officers Club and 556-4194 for the Enlisted Club.
- Play Group, 10:30 a.m.-noon, at the Chapel.

Thursday

- Thanksgiving holiday.

Friday

- Designated as a family day for NORAD, USSPACECOM, and AFSPC units.

Monday

- Mothers on the move, 9:30-10:30 a.m., at the Family Advocacy Center.

Tuesday

- Thanksgiving Interfaith Worship, and Community Service, 6 p.m., at the base chapel. Pie social to follow at 7 p.m. Bring two pies - one to share at the chapel and one to take to the troops who work over the holiday.



Courtesy photo

Trench digging

Construction workers dig a trench by the golf course for a sewage line. This construction could interrupt the flow of traffic on Mitchell Ave in the near future, so be aware of construction personnel and posted signs while driving in this area.

- Right Start briefing, 8 a.m.-12:30 p.m., at the Enlisted Club
- Toastmasters meeting, 11:35 a.m., at the Enlisted Club.
- Sponsorship Training, 7:30-8:30 a.m., at the Family Support Center.

Nov. 28

- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.

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

TEMPORARY POWER OUTAGES: There will be a temporary power outage at the base library and Family Advocacy Center (Building 1171) Friday, 2:30-4:30 p.m. The power outages will also affect the NCO academy. For more information, call Robert Dixon at 556-1463.

TOASTMASTERS: The Peterson Toastmasters meet every Tuesday, 11:35 a.m., at the Enlisted Club. The group improves on public speaking skills through formal speeches and impromptu "table topics." For more information, call Maj. Jerry Perkins at 554-3680.

AUTO SKILLS CENTER: The Auto Skills Center offers a free oil change for spouses of deployed military members. Bring new oil and a filter for your vehicle and the skills center will do the work free of charge. Interested customers must bring a copy of deployment orders. Call 556-4481 for details.

AIR FORCE CADET OFFICER MENTOR ACTION PROGRAM MEETING: There is an Air Force Cadet Officer Mentor Action Program meeting scheduled for Dec. 6, 4 p.m., at the Officer's Club. For more information, call Maj. Louis Fletcher at 474-2266 or Maj. Gayle Rankine at 554-3706.

FEDERAL EMPLOYEES HEALTH BENEFITS OPEN SEASON 2001: The 2001 FEHB open season is underway and will continue through Dec. 10. All elections and changes will be made electronically through the Benefits and Entitlements Service Team (1-800-997-2378) and

will take effect Jan. 13. The 2002 FEHB guides, plan brochures and the new premiums will be available on the OPM's FEHB website at www.opm.gov/insure. For more information, call Beverly Sagapolutele at 556-7073.

Right start

RIGHT START BRIEFING: The 21st Mission Support Squadron will have a Right Start briefing Tuesday, 8 a.m.-12:30 p.m., at the Enlisted Club. The event combines the former newcomer's briefing and the information fair. For more information, call 556-7525.

Base construction

PARKING LOT CLOSURES: The Dover Street entrance into Building 365 and 391 parking lots are closed temporarily. The Contractor will install utilities for the new Operational Support Facility. These buildings can be accessed from Peterson Boulevard during this time. For more information, call Ken Chalifour, at 556-4133.

JOGGING TRAIL IMPROVEMENTS: To improve safety on the east jogging path, solar powered lights will be installed along the entire length of the path. Work is underway and will continue until April 30. The project consists of installing light pedestals beside the jogging path. The contractor will dig trenches beside the path to install underground power lines between each light. The trenches will be worked during daylight hours and will be filled in at the end

of each workday. Base personnel should use caution while using the jogging path throughout the duration of this construction project. Particular care should be taken around contractor equipment, open trenches, and areas of disturbed earth beside the path. Any questions or concerns to Master Sgt. Gordon Wilkins, at 556-4140.

Chapel

ADVENT LUNCH BUNCH: Everyone is invited to an hour of inspiration, fellowship and food Friday, Dec. 4, 11 and 18 at noon at the chapel. For more information, call 556-4442.

Community Activities Center

TICKET DISCOUNTS: Get discounts on tickets for Three Irish Tenors at the U.S. Air Force Academy Dec. 8, 7 p.m. or Ocean Journey, Cave of the Winds, Royal Gorge, Denver Nuggets, Colorado Avalanche and Colorado Gold Kings. Call 556-7671.

KRIS KRINGLE MARKET: The Kris Kringle Market is a craft fair scheduled for Dec. 8, 9 a.m.-3 p.m., in Building 210 on the flightline. Rent a table to display crafts or come and buy. Call 556-1733 for details.

FRAMING CLASS: There is a framing class scheduled for Nov. 28, 5-9 p.m., at the CAC. Cost for the class is \$25.

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.

“PRK” from Page 6

prevents you from blinking. As the machine is calibrated to your corneal and pupil measurements the doctor painlessly ‘scrubs’ your cornea with an instrument that resembles an electronic toothbrush.

The technicians let you know how many seconds the procedure will take in each eye and will count down the last few remaining seconds before the laser shuts off automatically. Eye drops are placed into the eye as well as a contact that protects the cornea to help it heal faster.

Immediately following the procedure your vision is measured. Some patients see an improvement directly following the procedure.

“Your eyes will hurt after the surgery,” said Rickey Mann, USAFA Ophthalmology

technician. “This will last about two to three days. They will burn, sting, water and feel like they have sandpaper in them. This is all normal. Your vision will slowly get more and more blurry as long as the bandage contact lens is in the eye. You may be 20/20 the first day after surgery and then things start getting blurry. Do not be alarmed, this is normal. This happens because your eye is growing back your surface cells.”

Post operation patients receive a kit containing painkillers and numerous eye drops. Keeping your eyes lubricated is what is most stressed. All patients receive five days of convalescent leave.

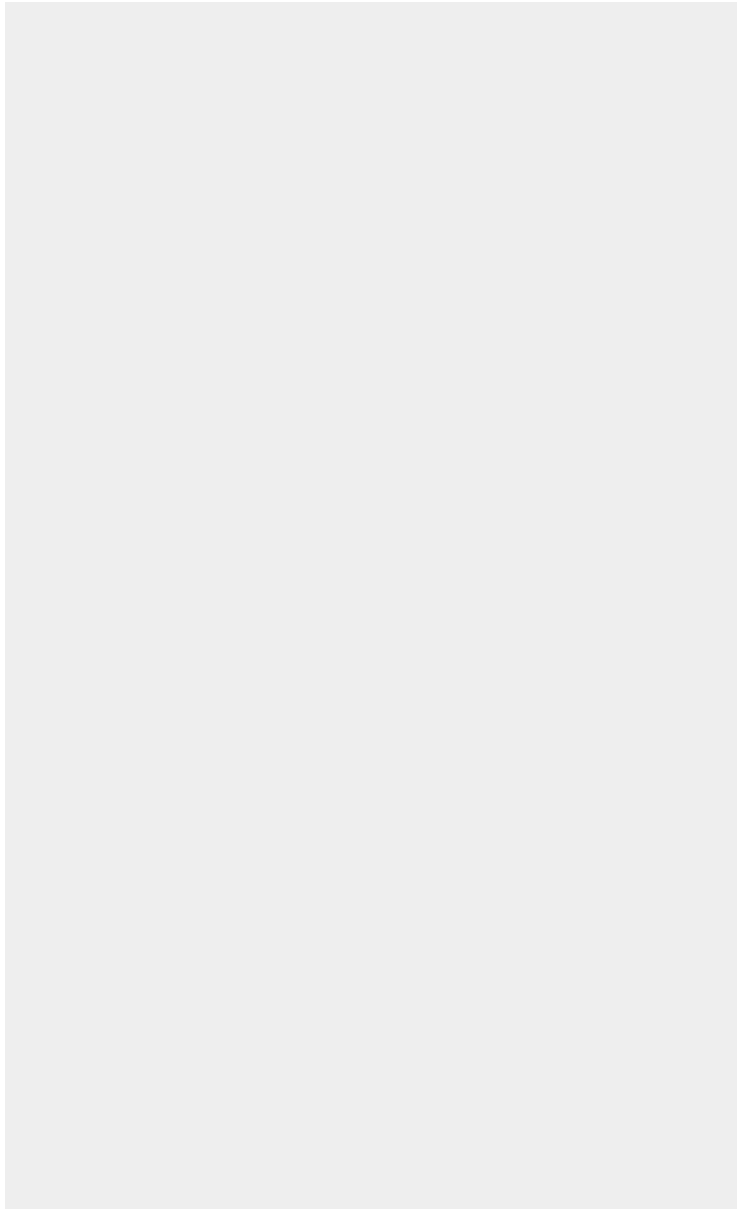
During the healing stages, patients are highly encouraged to constantly lubri-

cate their eyes. Also it is strongly recommended to get sunglasses that have Ultraviolet A and B protection. These should be worn during the first month on both sunny and cloudy days, after this they should be worn outside during sunny times for up to half a year. Use of the computer and television should be limited during the first two weeks after the procedure.

PRK surgery isn’t for everybody. According to the Academy’s statistics 75-80 percent of the people who undergo the surgery no longer require glasses for 20/20 vision. If considering PRK, adequately research the procedure and talk with others who have experienced it. For more information or to schedule an appointment call the Academy at 333-9646.



Doctors at the optometry clinic calibrate the laser vision correction machine to the measurements of the patient's eyes.



**Straight
Talk Line
556-9154**



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

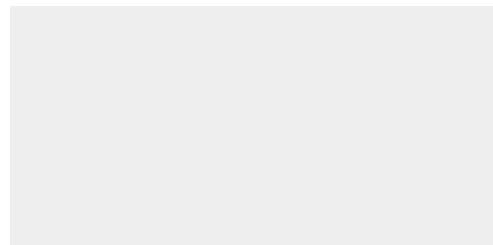




Photo by 2nd Lt. Suzanne Kohout

Smashing!

Thomas Yereance, right, and John Mollick, both AFSPC Inspector General Division, enjoy a game of pick-up racquetball at the fitness center Monday.

Sports

Shorts

Badminton tournament - A badminton tournament is scheduled for Nov. 28-30 at the Fitness Center. Entry fee is \$5 per team. Games will be played between 11 a.m.-1 p.m. The registration deadline is Nov. 21.

Personal trainers - Personal trainers are available at the Fitness Center to work with Peterson Complex members. For more information call 556-4462.

Military Ski Team - The Military Ski Team is preparing for the 2001-2002 season. The military ski team is a member of a weekend ski race group called Teamski Inc., which sponsors seven weekend races at the Nation's most popular destination ski resorts, including Keystone, Steamboat Springs, Loveland, Winter Park, A-Basin and Beaver Creek. Teamski is a

ski racing program for adult recreational skiers who live in the front range cities. The Military Ski Team is looking for skiers who have had some racing experience or are strong recreational skiers. Teamski rules prohibit participation by people who have made money skiing -- including professional racers, coaches or ski instructors -- in the past three years.

Racers must be active duty, reserve or National Guard military, or Department of Defense civilians, dependents of either group or retirees from either group.

For more information call Dan Wilson at Peterson Air Force Base, 554-9189, Brian Healy at Schriever AFB, 567-4759 or Andy Thornburn at Buckley AFB, DSN 877-6721.