



S P A C E OBSERVER

Serving Team 21 and its Global Mission
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Snow Call Line 556-SNOW

Call the 21st Space Wing Snow Call Line for reporting times and procedures in the event of snow.

Command Chief: Happy holidays

By Chief Master Sgt.
Fredrick J. Schoettler
21st Space Wing Command Chief

This holiday season marks the ending of a year full of events for the 21st Space Wing.

In my travels throughout the wing one thing stands clear; the spirit of serving one's country is truly alive and well. From the frozen north at Cavalier N.D., Clear Alaska and Thule Greenland, to island life on Diego Garcia and Maui, and desert locations such as Holloman N.M., Edwards Calif. and Moron, Spain everyone has the right attitude, tremendous pride, and a great desire to make the mission happen.

I say "thank you" to all those standing the

wall. Your contributions to the wing and our Air Force mission could never be described as just a job.

Please take time out this holiday season to appreciate family and friends and the contributions of those who work for or with you.

Please consider inviting a dorm resident or single person to join you for Christmas or New Year's dinner.

Many Air Force Reservists have been recalled to active duty to help fill short-manned career fields here at Peterson. Many of these people are away from their family and friends, so I ask you to consider including them in your holiday events.

I wish you the brightest and safest of holiday seasons. God bless, and I'll see you around the wing.



Secretary, chief of staff send holiday message

WASHINGTON—The following is a holiday message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff John P. Jumper:

"This holiday season marks the end of an emotional year for all Americans; a time reserved for reflecting on past events, counting blessings, and looking to the future and the promise of the new year.

"While the tragic events of Sept. 11, 2001 weigh heavily on the hearts of all Americans,

our spirit continues to rise from the ashes of New York, Washington D.C., and Pennsylvania. America's abundant blessings are more evident than ever; we now appreciate things once taken for granted. Our nation turned to its military for strength and character during this critical time, and America's military again answered her call.

"As in holidays past, America's airmen can be found across the globe, in more than 115 countries, mak-

ing a stand for freedom and eliminating the scourge of terrorism. Like all Americans, these airmen cherish holidays spent with family and friends, but faithfully choose to serve their nation. America is blessed by your service.

"On behalf of a grateful nation, we give thanks for the selfless sacrifice of those who wear the uniform. Know that you and your families are foremost in our thoughts and prayers during this special season."

News Briefs

MICROWAVE HOOD COMBINATION

RECALL - Whirlpool is recalling microwave-hood combinations with model numbers MH-7140 and GH-7145. Whirlpool received seven reports of fires.

The recall involves microwave ovens with a serial number beginning with XC. Customers should contact Whirlpool for a free repair at 1-800-785-8897.

AIR FORCE BALL - The Air Force Ball is slated for Feb. 1 at the Sheraton Colorado Springs Hotel.

Tickets are available through the following representatives:

■ NORAD/USSPACE - Lt. Col. Mike Hennessy at 554-3442.

■ AFSPC/ Cheyenne Mountain - Maj. Penny Heiniger at 554-2442.

■ 21st Space Wing - Maj. Craig Biondo at 556-1430 or Senior Master Sgt. Brad Steininger at 556-1714.

■ 367th Recruiting Squadron - Capt. Jeff Gibson at 554-1246.

■ USAFA/ 10th Air Base Wing - 1st Lt. Joy Kaczor at 333-3752.

■ 50th Space Wing/Space Warfare Center - 2nd Lt. Damion Barbour at 567-5612.

For details, call Jeri Andrews at 638-1305.

CONSTRUCTION NOTICE - Saturday and Sunday, traffic on Mitchell St. and Stewart Ave. will be re-routed. Normal traffic patterns will resume Monday.

Kehler: Have a safe holiday

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

The holiday season is normally a time of giving and joy shared with our family and friends. This holiday season however, America finds itself embroiled in a bitter war against the evil forces of terrorism.

Team 21 has always played a valuable and vital role in guaranteeing this great nation's security. Our brave men and women around the globe have answered the call and should take great pride in our mission and what we bring to the fight.

In addition to those who are keeping watch around the world, Team 21 has deployed numerous service members in direct support of Operations Enduring Freedom and Noble Eagle. Your readiness and vigilance allow our countrymen to celebrate the holidays with a sense of security and peace.

Too often, the word hero is only associated with movie stars and famous athletes, but I would argue that real heroes are those who give selflessly of themselves for the greater good of others.

Make no mistake, the real heroes are the ones who act decisively and courageously despite danger, doubt, and fear.

While it's important to recognize the great job our troops are doing, it's equally important to acknowledge the many spouses and families who now have the burden of running a household alone because their husbands and wives have

been deployed.

Our hearts and prayers go out to those deployed and their families, but I'd like everyone to know there are programs available to help you cope.

Our chapel has numerous programs for your spiritual needs. The family member services flight offers the "Give Parents a Break" program, providing babysitters for those with special circumstances.

The fitness center and the newly opened Health and Wellness Center is always there to help you with your physical well-being or, if you simply need to talk to someone about raising your children or dealing with stress, contact the family advocacy program.

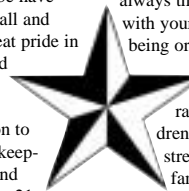
These are just a few of the programs offered year-round to our military families.

Many of you have sacrificed much in this fight against terrorism, and for this we are very grateful.

I want to personally thank everyone in the 21st Space Wing family for your unbending strength and support throughout these trying times. Your selfless service gives me great pride to be your wing commander.

Finally, many of you will be traveling this season and I would ask you to be especially careful. Use personnel risk management in your decision making process, and let's make sure our people are aware of the proper safety measures as well. Let's have a great Christmas holiday and see everyone safely home.

Merry Christmas and best wishes.



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21st Space Wing Commander

Brig. Gen. Bob Kehler

Chief of Public Affairs

Capt. Donald B. Kerr

NCOIC Internal Information

Staff Sgt. Gino Mattorano

Newspaper Staff

Staff Sgt. Melanie Epperson

Senior Airman

Josh Clendenen

Senior Airman Shane Sharp



This is the last issue of the
Space Observer for 2001.
Thanks for a great year and look
for the first issue Jan. 11.

Peterson members bring Christmas to homeless

Story and photos by
Staff Sgt. Gino Mattorano
21st Space Wing Public Affairs

Members of the 21st Contracting Squadron helped bring Christmas to Colorado Springs homeless children by collecting and delivering more than \$6,000 in toys and hygiene products to area homeless shelters.

For the second straight year, members of the squadron organized the project, called Operation Holiday Kids, and gathered donations from throughout the 21st Logistics Group and the base.

"Disadvantaged children don't usually get much of a Christmas, so we decided to do what we could to help them," said Staff Sgt. Steve Collum, 21st CONS and project coordinator.

Collum, along with co-organizer, Airman 1st Class Michelle Zeller, collected donations and coordinated drop-off points for the toys. For the second consecutive year, they also asked the Peterson main exchange to contribute and were overwhelmed at their response.

"Last year AAFES (Army/Air Force Exchange Service) gave us a gift certificate," said Collum. "We were really thankful when they called us this year and told us that they had two pallets of

toys and hygiene products for us. They really came through for us this year."

After securing assistance from other 21st CONS members, Collum and Zeller arranged to deliver the goods to needy families.

"We chose to deliver to the Red Cross because they have a children's center and we knew they were in need of toys," said Collum.

The American Red Cross' R.J. Montgomery Homeless Shelter Child Enrichment Center serves nearly 1,800 homeless people annually, according to Renee Brabant, center manager. "The donations will help us provide Christmas toys for children who wouldn't otherwise get any presents this year," she said. "We rely on donations for 100 percent of the services we provide, so we're very grateful for the donation."

The Operation Holiday Kids team also delivered toys to the Springs Rescue Mission in downtown Colorado Springs.

"When we arrived at the mission, we were told that they were supposed to get toy donations from another organization, but that organization had just called and told them they couldn't make the donation, so they were really happy that we were bringing the toys," said Collum.



Marilyn Vyzourek, emergency services coordinator for the Springs Rescue Mission, was very happy to receive the donations.

"We have about 80 families here who are in need," she said. "I was just trying to figure out how I was going to get toys to give to all of the children for Christmas when the Air Force members arrived with all the toys."

Despite the donations, the center is still in need of more toys and Vyzourek is also looking for people to cook turkeys or bring canned goods to the center. For more information, call her at 632-1822.



Top: Airman 1st Class Michelle Zeller, left, and other members of the 21st Contracting Squadron load toys into boxes for distribution to area homeless children.

Bottom: Airman 1st Class Eddie Baldomero, 21 CONS, hands a Red Cross worker one of the many toys donated by the 21st Contracting Squadron.

Peterson Reserve wing called to active duty

By Tech Sgt. Dave Morton
302nd Airlift Wing Public Affairs

More than 600 reservists from the 302nd Airlift Wing were activated this week, and a portion of those will be spending their holidays overseas this year in support of Joint Forge Operations.

The 302nd AW along with four other C-130 Air Force Reserve and selected Air National Guard units were on a 18 month rotation cycle, and just returned from the latest round of Joint Forge deployments when they were activated Dec. 14.

"We knew it was coming," said an activated Major, "When you're associated with a good unit you expect it to happen. It could be disruptive, but we have a job we're trained to do." Hill, who has been with the 302nd AW since 1998, received a phone call while at work notifying him he was activated for a year. "My employer was extremely sup-

portive. We have everything covered here," said Hill. "Go do what you need to do."

"I recently returned from Joint Forge and was flying the evening the 302nd AW was activated," said a senior pilot with the 731st Airlift Squadron. "It was still a shock even though we had planned for it."

A senior NCO said he was getting ready for work at 5:30 the following morning when notified of the activation. "You get an adrenalin rush, but you're not totally surprised. It's a different world now. We train all the time. This is a chance to call on that training and rise to the occasion."

"A real world situation is one of the best opportunities we'll ever have to see if our training has met our needs over the years," said Chief Master Sgt. Dan Maine, 302nd AW Command Chief. It's an unfortunate time for the activation to happen, but our people are highly motivated to do their



Photo by Robb Lingley

Members of the 302nd Airlift Wing process onto active duty here Tuesday. The 302nd AW was called to active duty Dec. 14 to participate in Joint Forge operations.

job. It's why we all signed up." "The American Red Cross has made themselves available 24-7 to help us during deployment processing and in case any emergencies should arise," said Chief Master Sgt. Carolyn Rice, 302nd AW per-

sonnel superintendent. "Nicole Grier has been wonderful. The 21st Space Wing Family Support Services provided us with phone cards and indicated they would be available and ready to help at a moment's notice.

"Base Tricare personnel assisted our personnel through three mobility briefings."

Presidential call-ups can last up to one year, and an additional 12 months can be added on at the discretion of the President.

Peterson K-9 team costs drug trade millions

21st SFS military working dog team makes record-setting marijuana bust

By Senior Airman Shane Sharp
21st Space Wing Public Affairs

Usually, TDYs only cost the Air Force money. A recent TDY of a 21st Space Wing military working dog team cost drug traffickers nearly \$50 million and resulted in the biggest marijuana bust in Department of Defense Counter Drug Task Force history.

Staff Sgt. Marshall Cavit, 21st Security Forces Squadron K-9 section, and Nero, a German Shepherd drug detection dog, spent nearly three months working with the U.S. Customs Service on the U.S./Mexico border where they made the record-setting find.

In late August, Cavit and Nero were working at a bridge where cargo trucks cross the border. While the drivers presented documents to customs officials, Cavit and Nero walked three lanes of trucks, checking for drugs.

"As we walked down the second lane, Nero showed a lot of interest in the trailer of one of the trucks," said Cavit. "I asked the customs investigator to open the back so we could search it."

"Once the door was open, Nero raised up, took a couple of sniffs, then sat down, which is the passive response he is trained to give when he detects drugs," explained Cavit. "After Nero's response, the customs investigator climbed up in the truck and stuck a knife in one of the boxes, pulled it out and smelled it, then looked at me and said, 'it's loaded.'"

The box was full of marijuana. It wasn't the only one. Several other boxes concealed more of the same — 8,316.8 pounds in all. According to customs, that much marijuana is worth more than \$4.1 million on the street.

The K-9 handler from Peterson was elated.

"I couldn't stop smiling for three days," said Cavit. "The customs investigators said it was one of the largest marijuana busts they had ever seen. I knew it was big, but I didn't think it would set the DoD

U.S. Customs Service members examine boxes of marijuana found by Cavit and Nero. The boxes contained 8,316.8 pounds of marijuana, making the bust the biggest in DoD Counter Drug Task Force history.



Photo by Senior Airman Shane Sharp

Nero, a military working dog from the 21st Space Wing, searches intently for a drug-scented training aid (top center) under a truck during an exercise while Staff Sgt. Marshall Cavit, 21st Security Forces Squadron K-9 Section, gives commands and encouragement.

record. I thought it might be third or fourth maybe."

Cavit was wrong. About two weeks later, DoD K-9 Program Manager Bob Dameworth sent Cavit an e-mail, informing him that it was the biggest marijuana bust in DoD Counter Drug Task Force history.

"I was ecstatic," said Cavit. "I've been a K-9 handler for six years. Making the biggest marijuana bust in DoD counter drug history was the best moment of my career so far."

The bust was one of 19 Cavit and Nero made over the course of the TDY. Some of the drug smug-

glers were more creative than others.

"We found drugs in gas tanks, wheels, false trunks and packed around engines," said Cavit. "You can hide drugs from people, but you can't fool the dogs."

When all was said and done, the pair accounted for \$49.8 million in drug and vehicle seizures.

For more than a decade, the DoD Counter Drug Task Force has supported civilian drug law enforcement agencies. According to Dameworth, both parties benefit from the partnership.

"Working on the U.S./Mexico border is a great training environment for our K-9 teams," said Dameworth. "They are exposed to a variety of odors and drugs. They gain experience they couldn't get anywhere else."

"Civilian law enforcement benefits as well. DoD K-9 teams have had a significant positive impact on interdiction efforts at ports of entry all around the United States," added Dameworth.

Since the attacks of Sept. 11, the 21st SFS hasn't sent anyone TDY for counter-drug work. So Cavit and Nero, along with the other 13 military working dog teams here keep the base safe, doing what Cavit calls, "the best job in the Air Force."



Courtesy photo

Security Forces resume exercise activities

By Staff Sgt. Lee Cochran
21st Security Forces Squadron

In these days following the devastating attacks of 9-11, we find our world and our lives have changed considerably.

Due to the increased security postures that went into effect immediately following the attacks, military training exercises were directed to cease at all levels. This was the normal operating procedure for that time.

Since that time, Force protection condition levels have dropped and we need to get back to training our personnel.

You may have already seen, or soon will see, Team 21 training around base. These training exercises are essential and are a valuable tool to ensure our troops are properly prepared for any situation that may arise.

Don't be alarmed if you see security forces personnel

running around as if the base or a building was being attacked. Look first. If you see security forces personnel observing the activity, then it's probably an exercise.

If for some reason you don't see an observer, or you think something is wrong, you can call the Base Defense Operations Center, formerly known as the law enforcement desk, at 556-4000.

This type of training is vital to our operational environment and mission effectiveness, while maintaining our current security posture.

It's the holiday season, and the time for giving. But let's not give terrorists any opportunity to succeed in terrorizing our community. The best weapon you can use against terrorism is your eyes. Stay alert and stay aware!

Report any suspicious activities or personnel to Security Forces at 556-4000.



Photo by Staff Sgt. Gino Mattorano
Airman Mariael Williams, 21st Security Forces Squadron, puts an exercise suspect, Tech. Sgt. Michael Henn, 21st SFS, into a police car, during a training exercise Monday. Security Forces have resumed exercise training activities and ask that people remain vigilant, but be aware that exercises are being conducted in various locations around the base.

21st Space Wing



GSU

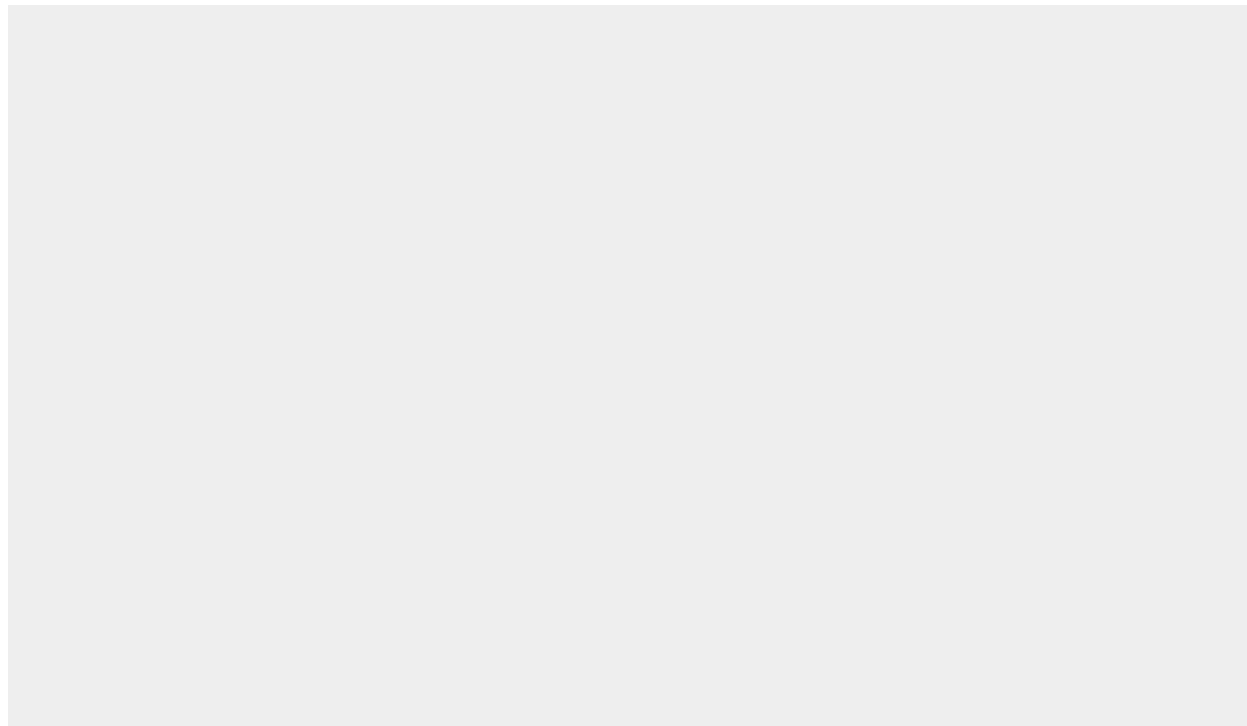
At a Glance



**7th
Space
Warning
Squadron**

Unit: 7th Space Warning Squadron
Location: Beale AFB, Calif.

Mission: The 7th Space Warning Squadron, Beale Air Force Base, Calif., is primarily responsible for detecting sea-launched ballistic missiles fired from submarines in the Pacific Ocean. The unit then determines how many missiles were launched and their probable destination, and reports that to the missile warning center, Cheyenne Mountain Air Force Station, Colo.; U.S. Strategic Command; and national command authorities. The system also detects intercontinental ballistic missiles launched toward North America. In addition, the squadron helps track earth-orbiting satellites, and reports that information to U.S. Space Command's space control center at Cheyenne Mountain AFS.



For your information

Today

- The wing holiday party will be today, 7-10 p.m., at the Officer's Club.

Sunday

- The Enlisted Club will be closed until Jan. 1.

Monday

- Silver Spruce Golf Course's Annual sale ends today.
- The commissary will be open 9 a.m.-3 p.m.
- The Child Development Center will be closed for the holiday.

Tuesday

- The commissary will be closed for the holiday.
- The Child Development Center will be closed for the holiday.

Wednesday

- Story time for kids, 10:15 a.m. at



Photo by Staff Sgt. Gino Mattorano

Dedication to duty

Kathryn Sutton, 21st Communications Squadron Resource Advisor, discusses budget issues with a co-worker. Sutton was recently presented with a certificate of civil service from Lt. Col. Merrilly Lallo, 21st CS commander, for 40 years of service. The Cripple Creek native began her service in 1957 with the Department of the Navy in Washington D.C. She was assigned to the 21st CS in November 2000.

the base library.

Thursday

- Job orientation, 1-2:30 p.m., at the Family Support Center.

Dec. 28 - Dec. 31

- New Year's Eve celebration, 6 p.m., at the Officer's Club. Call for reservations.
- The commissary will be open 9 a.m.-8 p.m.

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

HELP NORAD TRACK SANTA: NORAD Public Affairs needs volunteers to help track Santa Claus on his Christmas journey.

Volunteers will work in two-hour blocks, between 5 a.m. Monday and 3:30 a.m. Tuesday, answering telephones and e-mail messages.

Volunteers will work across from the Cheyenne Mountain visitor gate, or from their homes. Those who volunteer at the Cheyenne Mountain facility may bring their children. NORAD PA will provide refreshment and will play family videos during the event.

There were more than 70 million "hits" on the Santa tracker Website last year, which generated more than 4,000 e-mail messages. In addition, more than 40 phones were busy the entire tracking period last Christmas.

To volunteer, e-mail Maj. Doug Martin at douglas.martin@peterson.af.mil. In your message, include the time(s) you want to work, whether you will work from home or from CMAS, and if you will have family members with you at the mountain.

OPPORTUNITIES IN THE ALASKA AIR NATIONAL GUARD: The 168th Air Refueling Wing is hiring people to fill part-time positions for Clear Air Force Station, Alaska, in the following career fields:

- IC6X1-space operators
- 13S3E-space operator crew commander.

Other positions are available at Eielson Air Force Base.

For more information, call 1-800-770-JETS (5387), or (907) 456-1016, e-mail

jordan.niemuth@akeiel.ang.af.mil or tracy.gudgel@akeiel.ang.af.mil or try the website at www.akeiel.ang.af.mil

TAX VOLUNTEERS NEEDED: The base tax office needs volunteers for the coming tax season. Volunteers will be

trained to serve as Volunteer Income Tax Assistance tax preparers.

To volunteer or for more information, contact Tech. Sgt. Debra Henry at 556-4403, or debra.henry@peterson.af.mil.

SILVER SPRUCE ANNUAL SALE: Discounts are offered on sportswear, golf clubs and bags, videos, books, jewelry and more at Silver Spruce's annual sale.

Gift wrapping is free for every purchase. The sale ends Monday at noon. Call 556-7414 for details.

Community Activities Center

SNOFEST- SnoFest is Feb. 22-24 at the Keystone Resort.

LODGING RESERVATIONS- Make them by Jan. 4 for the best military discounts and availability. Lodging availability and discounts are not guaranteed after Jan. 4. Call the CAC at 556-1733 for details.

PARTIGRAS- Tickets are on sale at the CAC for \$7 each for those who purchase tickets by Feb. 15. Tickets purchased after Feb. 15 are \$10 each. **LIFT TICKETS-** Lift tickets are on sale now at the CAC. Adults (ages 13 and older) pay \$28 per day and youth (5-12 years) pay \$18 per day.

RENTAL EQUIPMENT- Equipment is available for rent at Outdoor Recreation. Reserve equipment at least 24 hours in advance. Call 556-4867 for more information.

RACES- Race categories include individual, team, commander's cup and challenge. Look for details in the January issue of Good Stuff or Leisure News. Register at Outdoor Recreation, call 556-4867.

For general information about SnoFest, visit or call the CAC, 556-7671 or 556-1733.

Education Center

SCHOLARSHIPS FOR DEPENDENT CHILDREN: School grants of

\$100 to \$1,000 are available for dependent children. Apply on line at <http://www.troa.org>. Application deadline is March 1.

The scholarship program is sponsored by the Retired Officers Association.

SCHOLARSHIPS FOR MILITARY CHILDREN PROGRAM:

Applications for the second annual Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program are now available at your local commissary and for download at <http://www.commissaries.com>.

Qualified sons and daughters of U.S. military ID card holders, including retirees, may apply for the \$1,500 scholarships.

The deadline for filing applications is Feb 5.

DANTES TEST PROGRAM- The DANTES Test Program will no longer offer the following tests after Jan. 1:

- Introductory Business Law.
- Calculus with Elementary Functions.
- Information Systems and Computer Applications.

After July 1, the center will no longer be offering the following tests:

- American Government.
- College Algebra and Trigonometry.
- Human Growth and Development.

- Principles of Marketing.
- Introductory Sociology.
- Trigonometry.

For more information on the cancellations, call the Education Center at 556-4064.

Leave Donations

VOLUNTARY LEAVE DONATIONS NEEDED- Civilian annual leave donations are needed.

To donate leave, or for more information, call the Civilian Personnel Flight at 556-9231.

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.

Holiday Schedule

Saturday

-Chapel decoration, 9 a.m.

Sunday

- Christmas Cantata (Protestant Service) 11 a.m.
- Catholic youth caroling 5 p.m.

Monday

Christmas eve Mass (Catholic) 5 p.m. and midnight.
- Christmas eve candlelight service (Protestant) 7 p.m.

Tuesday

- Christmas Day Mass (Catholic) 9 a.m.

Dec. 31

- Home Watch-night services
Jan. 1
- Mary Mother of God New Years Day Mass (Catholic) 9 a.m.

Have a safe and happy holiday season

Personal risk management key to holiday safety

By Staff Sgt. Gino Mattorano
21st Space Wing Public Affairs

During the holiday season many military members will be traveling to other parts of the country to spend time with family and friends or taking advantage of their time off by participating in recreational activities like skiing.

Along with these activities come risks that can be disastrous if not taken seriously. According to the 21st Space Wing Safety office staff, the key to a safe holiday travel season is personal risk management.

"Personal risk management is simply an organized way of looking at an activity to identify what could go wrong and to take action to prevent a mishap," said Maj. Patrick Goodman, 21st Space Wing Safety chief. "In fiscal year 2001, the wing had one off-duty fatality and other off-duty mishaps cost the wing more than \$165,000, not to mention that the people who were injured weren't available for duty.

"The concept of managing risk isn't new to the military, and the same principles used to manage risk in the workplace can be applied to your personal life."

"Risk management is just as important off duty as it is on duty," said Brig. Gen. Bob Kehler, 21st Space Wing commander, "and personal risk management is the right tool to keep our people safe off-duty."

The PRM concept is made up of six steps:

Define the activity – determine what you are planning to do and

how you're going to do it. If you're planning a ski trip, make sure you look at all the activities, such as driving there and back, equipment rental and the actual skiing.

Recognize your limitations – Is your car ready for the trip? Are you prepared for bad weather? Do you have enough time to make the trip? How good a skier are you?

Identify what could go wrong – How far will you drive each day? Is your car in good mechanical condition? Are you prepared for bad weather?

Take steps to avoid danger – Prepare survival kit; Get your car ready, don't plan to travel further than you should; stay on slopes that match your ability level.

Stop and re-evaluate if conditions change – This is the most important step. "Too many times a person is faced with a critical decision, such as pressing on in bad weather. That decision could result in a mishap," according to Goodman. Adjust your PRM plan to account for the new conditions.

Repeat PRM as necessary – Use PRM for everything you do. Whenever you leave the house, use this checklist.

Advanced planning and PRM are the key to a safe and joyful holiday season.

Kehler had these final words of advice, "Fasten your seatbelt, don't drink and drive, look out for your friends, use Personal Risk Management and I'll see you back here after the holidays."

you enjoy.

■ Check your breathing throughout the day. Relax all of your muscles and take several deep, slow breaths. When you are relaxed, both your abdomen and chest should expand when you breathe.

■ Try not to isolate yourself; however, participate at a level that feels comfortable to you.

■ Don't let your emotions dominate you. Write your thoughts and feelings down to help you clarify and renew your perspectives.

■ Be flexible.

■ Remember that you cannot control the actions of others. Accept the fact that we live in an imperfect world.

■ Put a little love into everything you do!

■ Bring season greetings to others in need and volunteer.

■ Remember not to sweat the small stuff, because when managed well, it is all small stuff.

Happy Holidays from the Life Skills and Family Advocacy staff.

For more information or to schedule yourself for the next stress management class, call Family Advocacy at 556-8943.

Tips on surviving the stresses of the holiday season

By Nikki Laughlin
810th Medical Operations Squadron

There's no place like home for the holidays. However, even the happiest of families have circumstances that may create some holiday blues.

It is important for families to recognize their stressors, communicate their worries and respond cooperatively to their concerns. In other words, happy families combat stress by working their issues together.

Understanding your stressors and responding to them effectively can help you turn negative stress into positive stress.

Think of stress in terms of body temperature. If it's too low or too high, you can't survive, but at optimal range your health and productivity are maximized. Use some of these stress management ideas to keep your holiday blues balanced.

■ Relax your standards and be realistic about your expectations.

■ Don't procrastinate. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.

■ Indulge yourself daily with something



Happy and safe holidays from the staff of the Space Observer. See you next year.

DeCA, PFSE offer holiday food safety tips

If there's one thing we know at the Defense Commissary Agency, it's food. We also know food can be dangerous if not handled correctly. Midwest Region Food Safety Officer, Chief Warrant Officer Greg Burnham and the Partnership for Food Safety Education (PFSE) have some great tips on how to stay healthy and fight bacteria

throughout the holiday season.

"The holiday season, though full of fun and festivities, is a time of year that there are increased reports of illnesses caused by food. Because food is often a part of the holiday fun, there is an increased potential for mishandling, resulting in illness. As well as the information below, please remember this simple rule, "Keep hot foods hot (140 °F or above) and cold foods cold (40 °F or below)", to ensure you have a "food-safe" holiday. All of us here at the Defense Commissary Agency hope you have a happy holiday season and always remember to "Fight-BAC!" said Burnham.

Tips
Don't forget to wash your hands with soap and warm water before and after preparing raw meat, poultry, and seafood.

Use a clean food thermometer to make sure raw meat and poultry have been cooked to a safe internal temperature. Wash the food thermometer in hot, soapy water between uses.

Combating Cross-Contamination
■ Separating is Essential

■ **Seal It Up**
To prevent juices from raw meat, poultry, or seafood from dripping onto other foods in your refrigerator, place these raw foods in sealed containers, plastic bags, or on a plate or tray. Then store them on the bottom shelf, so they don't drip

onto foods below them.

■ **Marinating Mandate**
Don't use sauce that was used to marinate raw meat, poultry, or seafood on cooked foods, unless you boil it before applying. Never taste marinade or sauce that was used to marinate raw meat, poultry, or seafood unless it was heated to the boiling point first.

For more information about food safety, contact:
The Fight BAC!™ Web site at: www.fightbac.org
The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at (800) 535-4555 or (202) 720-3333 (Washington, DC area). The TTY number for the hearing impaired is (800) 256-7072. www.fsis.usda.gov
The U.S. Food and Drug Administration (FDA) Food Information Line at (888) SAFE FOOD. www.cfsan.fda.gov

And don't forget to visit DeCA on the Web at www.commissaries.com to learn more about how you can now save you more than 30 percent over what you pay for groceries downtown.

(Courtesy of the Defense Commissary Agency)

Frequently asked questions

Q: Should I wash raw meat, poultry or seafood before cooking it?

A: Washing raw poultry, beef, pork, lamb, veal, or seafood before cooking is not necessary. Although washing these raw foods may get rid of some of the pathogens on the surface of these foods, it may allow the pathogens to spread around the kitchen. Cooking these foods to a safe internal temperature will destroy any bacteria that may be present in the food.

Q: If cooked meat and poultry look pink, does it mean that the food is not done?

A: The color of cooked meat and poultry is not a sure sign of its degree of doneness. For instance, hamburgers and fresh pork can remain pink even after cooking to temperatures of 160 °F or higher. Smoked poultry remains pink, no matter how cooked it is. Only by using a food thermometer can you accurately determine that meat and poultry have reached safe internal temperatures.

Safe-Cooking Temperature Chart

Beef/Pork

- Cook beef roasts and steaks to 145 °F for medium rare or to 160 °F for medium.
- Cook ground beef to at least 160 °F.
- Cook raw sausages to 160 °F.
- Reheat ready-to-eat sausages to 165 °F.
- Cook pork roasts, chops, or ground patties to 160 °F for medium, or 170 °F for well done.

Poultry

- Cook whole poultry to 180 °F.
- Cook ground poultry to 165 °F.
- Cook chicken breasts to 170 °F.
- Cook stuffing to 165 °F.

Eggs

- Cook eggs until the yolks and whites are firm.
- Don't use recipes in which eggs remain raw or only partially cooked.

Fish

- Cook fish until it's opaque and flakes easily with a fork.
- Avoid eating raw oysters or raw shellfish. People with liver disorders are especially at risk for getting sick.

Leftovers

- When reheating leftovers, heat them thoroughly to at least 165 °F.

Eberhart: Keep safety a priority this holiday season

By Gen. Ed Eberhart
Air Force Space Command commander

The holiday season is a time for great joy and celebration. For many of us, it includes traveling across the country to be with family and friends.

Whether you are driving or staying home, we remind everyone to keep safety a top priority.

Historically, the number of fatalities and injuries from motor vehicle mishaps increases during the holidays.

The most common hazards continue to be excessive speed, fatigue, failure to adjust to winter driving conditions and alcohol. Usually, at least one or more of these factors is present in every incident involving our people.

To minimize these dangers, we ask each of you to ensure holiday cheer does not impair your ability to make the right decisions.

Specifically, please obey posted speed limits, get plenty of rest before long trips, wear your seatbelt and don't drink and drive. If you are hosting a

party, be sure to use designated drivers or coordinate alternate transportation for your guests.

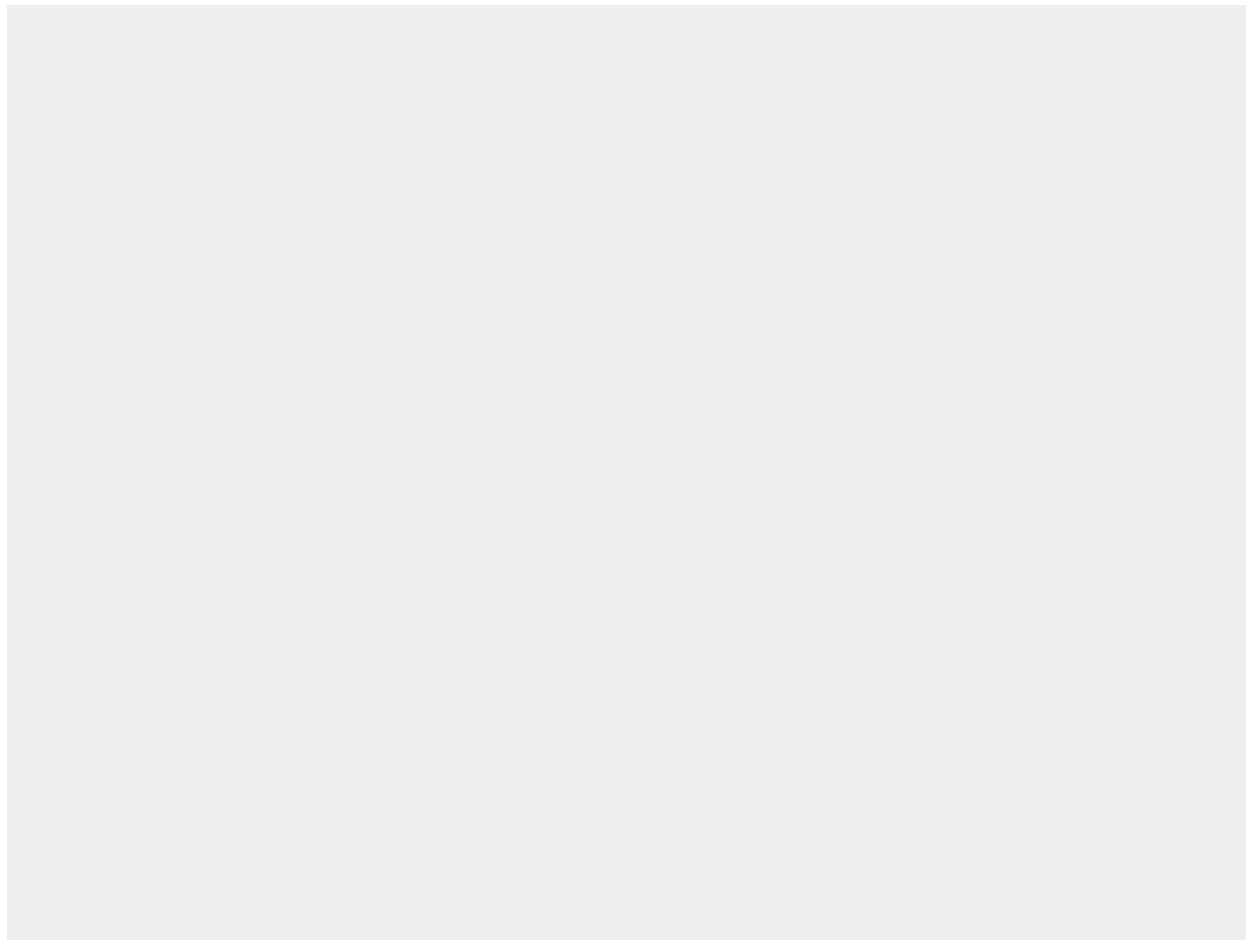
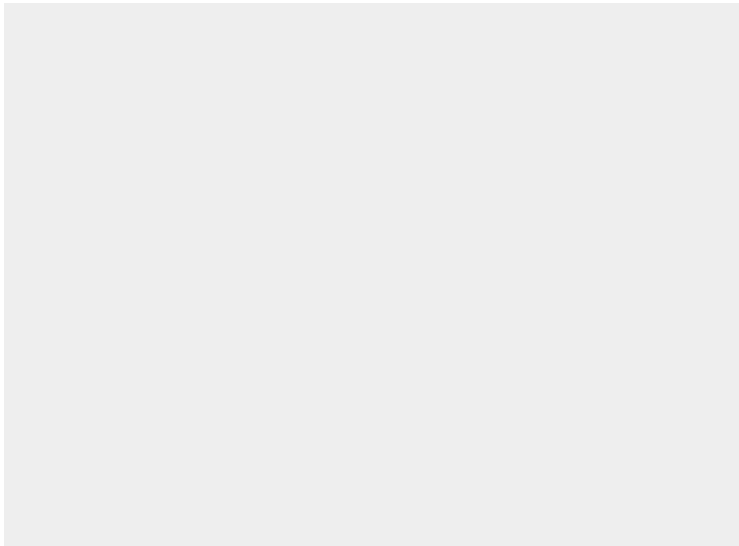
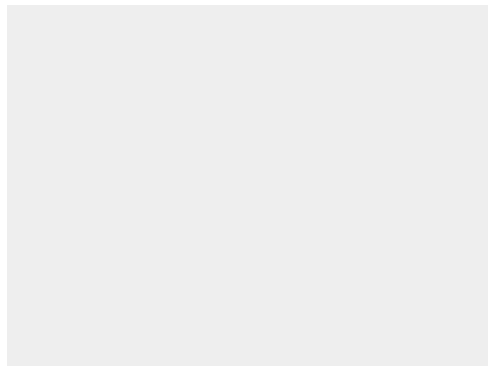
The day-to-day challenges associated with our satellite, missile and range operations demand our vigilance. Some say safety is nothing more than common

sense; however, personal risk management and mishap prevention go well beyond common sense.

The bottom line is, we must continue to maintain our safety awareness — both on and off duty. The few seconds it takes to measure the risks and act to reduce the potential

hazards may be the difference between life and death. We want everyone to safely enjoy the holidays.

The goal of our Air Force Space Command family is to have a safe and enjoyable holiday and a prosperous new year — we can only do that if we are all healthy and safe.



NORAD watches skies for reindeer, sleigh

By Master Sgt.
Austin Carter
AESPC Public Affairs

Canadian Army Maj. Doug Martin didn't have a tinge of irony in his voice when he spoke of the North American Aerospace Defense Command's annual yuletide mission.

"Santa will be filing a flight plan this year, which will be helpful when it comes to tracking," he said. "He's already told us that he's flying a zigzag pattern. Rudolph's nose will show up on infrared sensors and that helps to pinpoint him."

On Monday, NORAD will be handling two missions: protection of North America from air attack and letting children know exactly where Rudolph's nose is glowing.

The program began in 1955 when a local newspaper in Colorado Springs ran an ad for a department store's Santa Hotline. Inadvertently, the number listed turned out to be the Operations Hotline at Continental Air Defense Command, NORAD's predecessor.

The bewildered people on duty that night received calls from children wanting to speak to Santa Claus. The senior officer that night, Col. Harry Shoup, reported calmly to all the children who called that Santa was being tracked by the command and was on his way.

Thus, a tradition was born; one that NORAD officially began in 1957.

Although children and parents still call the hotline, many others pick up Santa's wanderings on the Internet.

"We received more than 200 million hits last year from December 23 to 27, which we believe is a world record," said the major, who is the project officer for tracking this year.

Included in the Web site, other than the tracking portion, is a history of Santa, selections of Christmas music, and past sightings of Santa recorded for posterity.

Children will also enjoy the luxury their ancestors never had—a Santa Cam set up with Santa's consent. Santa Cam captures the kindly denizen of the North Pole flying over landmarks throughout the world at exactly the time when he is arriving.

Santa will not only wing it over New York, San Francisco and other well-known cities, he is also going to pay a visit to Reindeer Lake in Canada so that Donner and Blitzen can share a reunion with relatives. If children should fall asleep, they can catch the replay in the morning.

NORAD, America Online, Analytical Graphics of Malvern, Penn., as well as Globelink International Services and Etheriel Web Publications, both of Colorado Springs, created the site, which will be in six languages - English, French, Spanish,

Portuguese, Italian and Japanese. The cost to American and Canadian taxpayer is zero. It's all done by volunteers and is non-profit.

For those who like to hear a voice, NORAD has more than 100 volunteers manning the phones in the visitors' center outside Cheyenne Mountain. They will give children up-to-the-minute updates as it comes out of the granite fortress which will track Santa on its network of radar and satellite systems.

"People are coming in from Canada and the States to visit relatives here and they have volunteered. They wanted to participate," Martin said.

They won't be bored. Last year, the volunteers answered 4,500 phone calls and answered 3,200 e-mails.

The preparation process begins in July.

"We figured we'd start getting serious about it in early September after our last major exercise," the major said. "That changed Sept. 11. Our whole focus was on our mission to protect the North American airspace."

The Santa mission was re-examined in early November, when Santa contacted NORAD and asked if it would be too much trouble to track his route for the upcoming holiday.

"He contacted us; we usually contact him," Martin said.

"We asked the men and women of NORAD, glued to their scopes 24 hours a day, seven days a week, whether this



would be too much of an additional burden. 'Can we do it?' we asked. They all said, 'Of course.'"

With so much of the world in turmoil, NORAD's members felt it imperative to reassure children and many adults as well.

"Tracking Santa's more special this year, not only for what he does, but for what he represents to the world peace, joy and goodwill—no matter what faith you are or where you live," Martin said.

Santa begins his journey in the South Pacific on the International Dateline, working his way westward Monday and finishing in Hawaii the dawn of

Tuesday.

But the question still lingers: After Sept. 11, can the members of NORAD afford the luxury of believing in a fairy tale jovial fellow who seeks to spread toys and good will to the world? Does Martin?

"Absolutely," he said. "There's an expression here. When you're born, you truly believe in Santa. When you're a teen, you don't. When you're an adult, you become Santa. And when you're assigned to NORAD, you track him."

To track Santa on-line, go to www.noradsanta.org. To call on Christmas Eve, call 474-2111.

Deployment to 'bare bones' base brings plenty to do

By Tech. Sgt. Michael Phillips
21st Space Wing Public Affairs

As many service members know, serving at a deployed location can be tough. Being among the first to arrive at the deployed location and setting up from "bare bones" makes it even tougher, as some Team 21 troops found when they deployed in late September.

In an interview from his deployed location, one member of the 21st Civil Engineer Squadron talked about setting up an operating location from the ground up.

"Morale here has been high from the beginning. There was a lot of work to do set up a base from nothing. We were working 12-hour shifts in the sun setting up tents, and drinking about a liter of water an hour. But, through everything, everyone knew why they're here, and it gave them a sense of purpose," he said.

"We ate nothing but MREs for the first 45-50 days," he said. "They're OK, but after a while, you wish you had something else to eat. Once we got the dining facility up and running, it really made a difference.

"And we sleep on cots. I'm 6'5", so you can imagine how much fun that is for me," he joked.

For that initial 45-50 days, communications and news from the outside world were also extremely lim-

"It's gotten to the point where you can see changes for the better every day, as far as things to make life here a little better."

Deployed Member
21st Civil Engineer Squadron

ited but, he said, "Things have gotten better.

"Now we have American Forces Network television, so we're able to watch CNN and Good Morning America and things like that to keep up with the news. And, just before Thanksgiving, we were finally able to start making Morale Calls.

"We've got e-mail capability in the morale tent, so people can access e-mail and keep in touch that way," he said. "Most people with computers in their work centers, will write their letters there and save them to a disk. When they get into their e-mail, they can just download the letters and send them. That way, they're able to send five or six letters in a 10- or 15-minute session.

"We also get 'snail mail' a few times a week," he said. Though it usually takes seven to 10 days on average to get packages from the States, it's been one of the biggest morale boosters. Since we started getting letters and packages from home, we've been inundated with cookies and snacks and all kinds of treats.

"It's gotten to the point where you can see changes

for the better every day, as far as things to make life here a little better.

Recently, he received a DVD greeting from his family, as part of a holiday program being offered by a nationwide electronics store chain. "It was great to be able to see them," he said. "You really miss your family while you're here, but just being able to see their faces and hear the messages they sent made me feel good about why I'm here."

That good feeling about why he's there isn't unique to him, he said.

"The morale here, and the people here, are really outstanding. Everyone here has their job to do — and they give 110 percent every day. But if anything needs to be done, they all pitch in together to get it done.

"I was deployed during the Gulf War and I've been to Saudi, but nothing compares to this. Here, the troops know that what they're doing makes a difference to the people back home, and it makes them want to do everything they can."

Army Space creates a little holiday magic

COLORADO SPRINGS, Colo. – U.S. Army Space Command personnel recently used their skills to create some interesting holiday magic...tree ornaments, that is.

It all began earlier this fall when Lydia Cosumano, wife of the Commanding General of the U.S. Army Space and Missile Defense Command, decided to decorate the tree in the front office of SMDC Headquarters in Alexandria, Va., with something different this year: hand made ornaments from throughout the command.

The word went out about the tree, and the result was a dozen works of art from Army Space units around the world ranging from a stained glass logo to a red, felt chili pepper.

The ornament donated by the 1st Space Battalion was thought provoking. Former 1st Space Battalion commander Timothy Coffin fashioned a golden globe with the battalion coin suspended inside.

"Actually I was trying to make one out of a glass ball

with the coin inside of it," said Coffin. "But after breaking four glass balls trying to cut them open I gave up and went to plan B."

Using an ornament already made, he carefully opened it and attached a battalion coin inside with one of his fishing lures.

According to Coffin, the project worked out pretty well. Laced with red gems, the gold wire sphere represents the Earth.

"The coin inside stands for the battalion here at Army Space reaching out and touching the warfighters all around the world," said Coffin.

In an unusual bit of inspiration, Maj. Eric Henderson, commander of the Army Space Support Company, took Woody, the toy figure from the movie "Toy Story," and positioned him astride a model of a Global Positioning Satellite.

Henderson noted the theme for this ornament was the "Space Cowboys," which reflects the Army Space Support Company.

"Basically, the ornament is showing us bringing Space gifts to the warfighters around the world," said Henderson.

Spouses, such as Deb Hayward, were not sitting by idly. Hayward, wife of the Chief of Staff, was able to craft an ornament in a day and a half. It was a rendition of the new ARSPACE Headquarters building with Pikes Peak in the background on one side and the SMDC eagle logo in patriot colors on the reverse.

"Since it is going onto the SMDC tree, I think people should know it is from ARSPACE," said Hayward. "And what better way than to show them our new home and Pikes Peak."

Other ornaments included small needlework pillows, with holiday greetings in four different languages, from the local and Regional Satellite Communication Support Centers around the world. Finally, the Joint Tactical Ground Station unit in Osan, Korea came up with a unique ornament in a Korean style, complete with JTAGS emblems.

The Army Space holiday spirit came through, represented on a single tree in the nation's capitol since Thanksgiving.



Photo Courtesy of 21st Space Wing Safety

Right of way

The 21st Space Wing Safety Office reminds drivers to be aware of pedestrians in crosswalks. With winter well upon us, morning and evening light is considerably less thus impairing a drivers vision. Remember, when a person is at a crosswalk, it is common courtesy to stop and let them cross.

Did you know that all of calendar year 2001's Space Observer's are archived online?



Check it out at www.spaceobserver.com and then click on "archives"

HAWC opens at Fitness Center

Fitness Center makes staying healthy easier by cutting the ribbon on the HAWC

On Dec. 14, Col. Donald Alston, 21st Space Wing vice commander, hosted the ribbon cutting ceremony of the new 5,000 square foot Health and Wellness Center located on the second floor of the Fitness Center.

Alston said the new facility demonstrates leadership's commitment to funding a Health and Wellness Center and the teamwork demonstrated by the 10th Medical Group in working with the 21st Space Wing to make this a reality.

The guest speaker, Col. David Schall, 10th Medical Group commander, remarked this new facility is a "powerful example of the 21st Space Wing's commitment to the quality of life of its people and this facility and staff is fully prepared to take wellness over the horizon for the premier space wing in the world."

The HAWC is a \$570,000 facility that has a full classroom, a kitchen for healthy cooking demonstrations, an ergometry area with six private rooms and space for both the aerobic and muscular endurance tests, a relaxation room and a resource room with videos, pamphlets and books.



Courtesy Photo

The ribbon cutting at the new Health and Wellness Center was Dec. 14. The HAWC offers a number of fitness related classes and demonstrations as well as videos, pamphlets and books for anyone who is serious about their health. Also featured in the HAWC is a relaxation room and space for the Ergometry testing.

The HAWC offers one-stop shopping for active duty, retirees, civilians and family members interested in being proactive about their health.

All classes are offered at no cost. Classes such as the sensible weigh class, tobacco cessation, the dynaband strength-training workshop and many others are featured monthly.

For more information, come by the HAWC during normal duty hours, call 556-4292 or visit <http://www.peterson.af.mil/ids/>

(Courtesy of the Fitness Center and the Health and Wellness Center)



Courtesy Photo

Just 5K to go

Eleven people turned out for the 5K fun run Dec. 7 at the Fitness Center. The following is the order in which the runners finished: Milton Diaz 21:08; John Gohl 22:32; Denise Scarbrough 22:42; Mark Burditt 22:57; Jeffrey Simon 28:46; Michael Peel, Sebastian Nieves, Alan Omo, Anthony Triola, Davis Dusablon 30:04; Judy Russo 30:14 and Helga Markus 31:32. The next fun run is scheduled for Jan. 18. For more information, call 556-4462.

Sports

Shorts

Holiday hours - The Fitness Center will be open from 7 a.m. to 6 p.m. Monday and Tuesday, Dec. 31 and Jan. 1.

Dodgeball tournament - A dodgeball tournament is today, 11 a.m., at the Fitness Center. The cost is \$1 per person. Call 556-1515 for more information.

Stairmaster challenge - There will be a stairmaster challenge Jan. 3, 10:45 a.m.-1:45 p.m. at the Fitness Center. Cost is \$2 per person. Call 556-1515 for details.

Wallyball tournament - A wallyball tournament is sched-

uled for Jan. 8-9 at the Fitness Center. Cost is \$10 per team. Call 556-1515 for more information.

Intramural racquetball meeting - There is an intramural racquetball meeting scheduled for Jan. 8, 1 p.m. at the Fitness Center. Call 556-7708 for more information.

Self defense classes - Self defense classes are scheduled for Jan. 12-13 at the Fitness Center. The classes will be given in two, four-hour sessions. Cost is \$20 per person. Call 556-1515 for more information.

CMAFS 5K fun run - A 5K fun run is scheduled for Jan. 11. The entry fee is \$1. The deadline for registration and race start time is 11:30 a.m. the day of the race. Participants should meet in front of the Technical Support Facility at CMAFS.

Fitness Center 5K fun run - A 5K fun run is scheduled for Jan. 18. The entry fee is \$2. Participants should meet in front of the Fitness Center.

Military Ski Team - The Military Ski Team is looking

for skiers who have had some racing experience or are strong recreational skiers.

Racers must be active duty, Reserve or National Guard, Department of Defense civilians, dependents or retirees. The minimum age to race is 18.

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

Tae Kwon Do - Tae Kwon Do

classes are held Tuesdays and Thursdays at the Fitness Center. Children 7-13, 6-7 p.m., and children 14 and older, 7-8 p.m. All military I.D. cardholders are eligible. Call 556-1515 for details.

Personal trainers - The Fitness Center has personal trainers available. If you are interested in hiring a trainer, call 556-4462 for more information.

Yoga - Yoga classes, Wednesday's, at 6:15 p.m. and Friday's, 12:15 p.m.

