



Space Observer



“Best in Air Force Space Command – 2002”

Thursday, Nov. 20, 2003

Peterson Air Force Base, Colorado

Vol. 47 No. 46



Pill packers

Pages 10-11

Photo by 2nd Lt. Jennifer Whitaker

Thanksgiving turkey tips

Page 6

Preparing for winter weather

Page 7

Quality child care

Page 12

Photo by Tech. Sgt. Michael Phillips

Look for the next issue of the Space Observer Dec. 4

Inside This Issue:

Blotter ... 9

At Your Service ... 12

Snow Call 556-SNOW



Fit to fight:

Fitness program showing results

By Tech Sgt. David Jablonski
Air Force Print News

MAXWELL AIR FORCE BASE, Ala. -- Airmen have been filling fitness centers and burning up running tracks in preparation for the new, tougher fitness-testing standard set to begin Jan. 1.

Direct, immediate and overwhelming feedback from the field says that airmen are taking the new fitness challenge seriously, said Air Force Chief of Staff Gen. John P. Jumper. He talked about fitness Monday while participating in the Air Force Doctrine Summit IV here.

"We may be healthy, but we're not as fit as we should be," Jumper said.

Months before the change was formally announced, rumors about the new program encouraged airmen to get fit fast.

"Already, the feedback is overwhelming," he said. "We've had a 30 percent increase in the use of our fitness centers in the last three months. We've also seen remarkable progress

in the number of people who quit smoking in the last three months. The only complaint that I've gotten is that people (have) to wait in line to get onto the machines in the fitness centers."

Jumper said he has not only heard about the improvements through e-mail feedback, he has also seen it firsthand.

"I've seen squadrons out exercising in the morning as units; people running as groups with their squadron banners flying," he said. "I see people proud of what they're doing."

"These are the kind of results I'm looking for," Jumper said. "I want us to be a fit and healthy force ready to deploy, fit to fight."

The new fitness plan puts commanders in charge of the fitness of their airmen rather than within the medical community. It's also been made more of an individual responsibility, officials said. The new standard includes a 1.5-mile timed run, push-ups, crunches and waistline measurement.



Photo by Larry Hulst

Donations, please

Diane Vulcan, 21st Space Communications Squadron, winces as a medical technician draws blood at a bone marrow donor drive Tuesday. Due to her selfless act, a laboratory will determine her marrow matching type, and her information will be entered into the Department of Defense's Marrow Donor Program database. For information on the marrow donor program, visit www.dodmarrow.org.

Action Lines

Submitting Action Lines

The Action Line is your direct link to the 21st Space Wing Commander. We suggest you first try to resolve problems at the lowest level possible – with the person or activity, and then follow the chain of command.

Though it's not required, we ask that you leave your name and phone number so we can get back to you for clarifications, or if your response isn't printed. If you can't get satisfactory results, call 556-7777. Or you can fax your question to 556-7848.

Card Concerns

Question: I recently needed a new military identification card and went to get one at Bldg 350. The first two trips I made, I was told the DEERS/RAPIDS system was down nationwide and I would have to come back. The third time I went, the system was working, so I logged into the computer check-in process and began my wait. On this particular day there were two overworked Air Force personnel, the reception area was crowded with

bored children of all ages, dependents, active duty military, civilians, and retirees. It took me an hour just to get called behind the counter. Why aren't all four DEER/RAPIDS ID card stations fully manned during the Military Personnel Flight customer service hours? Why doesn't management have a full cadre of trained personnel who can staff this critical position, allowing for breaks and absenteeism in order to keep those computer stations at full tempo?

Answer: We are always looking for better ways to take care of those we serve and we appreciate your feedback. In recent months, a series of unique obstacles have impeded our ability to serve our customers in as timely a manner as we desire. Hurricane Isabel destroyed the Air Force's main DEERS/RAPIDS site in Virginia, forcing Peterson – and other bases – to use an alternate site that proved slow and unstable. Fortunately, the system is repaired and customer waiting times are reduced. The signs we post reflecting waiting times are intended to help alleviate as much

frustration as possible, letting customers know when they can expect considerable delays so they can adjust their schedules accordingly. Also, we encourage our customers to call ahead for an estimate of when the centralized systems will be running most efficiently. To help alleviate the incredible workload our customer service representatives experience, we have begun an aggressive training program that uses augmentees from all other sections in the MPF. This program is already paying dividends. Additionally, above and beyond those we've had deployed, we also provided MPF personnel to augment the NATO Ministerial Conference support tasking, which contributed to delays. We'd love to have more trained people, but we are not manned with enough people or experience – something we've highlighted to AFSPC, and something common today across the Air Force. Again, we are striving to do everything we can with available resources to provide the best customer service, and we appreciate your patience when factors beyond our control stand in the path.



Space Observer

Published by Gowdy Printcraft, 22 N. Sierra Madre, Colorado Springs, 80903, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 21st Space Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the Space Observer are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DOD, the Department of the Air Force, or Gowdy Printcraft, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 21st Space Wing Public Affairs Office, 775 Loring Ave., Suite 218, Peterson AFB, Colo., 80914-1294. All photographs are Air Force photographs unless otherwise indicated.

The Space Observer is published every Thursday. For advertising inquiries, call Gowdy Printcraft, (719) 634-1593. Employees of Peterson Air Force Base who want to place a free classified advertisement should call 556-5241.

Articles for the Space Observer should be submitted to the 21st SW/PAI, Attn: Space Observer, 775 Loring Ave., Ste. 218, Peterson AFB, Colo., 80914-1294 or e-mail space.observer@peterson.af.mil. Deadline for submission is 4:30 p.m. the Tuesday one week before publication. All articles, copy and announcements submitted will be edited to conform to AFI Series 35 and the Associated Press Stylebook and Libel Manual. For details, call the editor at (719) 556-4351 or DSN 834-4351.

21st Space Wing Commander

Brig. Gen. Duane Deal

Chief of Public Affairs

Capt. Don Kerr

Editorial Staff

Chief Internal Information
and Editor

2nd Lt. Jennifer Whitaker

NCOIC Internal Information

Tech. Sgt. Michael Phillips

Layout and Design

Kara Magana

A Moment in Time



■ **Nov. 20, 1963** – The U.S. Air Force accepts the first two F-4C jet fighters.

■ **Nov. 22, 1988** – Northrop and the Air Force roll out the B-2 Stealth Bomber at Air Force Plant 42 in Palmdale, Calif.

■ **Nov. 26, 1948** – The Military Amateur Radio System is jointly formed by the Army and Air Force.

■ **Nov. 26, 1991** – The lowering of the American flag at Clark AB, Philippines, signals the closing of the largest overseas U.S. Air Force base in the world as well as the end of more than 90 years of U.S. presence there.

1ST SHIRTS: *Few Team Pete master sergeants to make cut to wear diamonds*

By Master Sgt. Ty Foster

21st Space Wing Public Affairs

After 10 years of struggling to keep the Air Force's first sergeant career field 100 percent manned through a voluntary application process, the service's top chief master sergeant has revamped the selection process.

"The foundation of this program will continue to be volunteerism," Chief Master Sgt. of the Air Force Gerald Murray wrote in his Oct. 20, 2002, Enlisted Perspective titled "First Sergeants: Filling the Vacancies."

"However, because volunteers only filled 66 percent of our requirements in Fiscal Year '03, the new program will identify some of our top master sergeants and make them first sergeants," Murray said. This month, about 400 candidates received their notice.

Last month, the 21st Mission Support Squadron identified the wing's master sergeants who have two years time on station; less than 17 years of total active federal military service; one year time in grade; a history of perfect enlisted performance reports; and have completed the Senior NCO Academy.

The list was short.

With 16 years in the service next week, Master Sgt. Kristin Clark, the new NCO in charge of the First

Term Airmen Center, is one of Team Pete's senior NCOs whose records meet the high mark. She understands the reasoning for the new selection process.

"I think this is necessary and may prompt those who have been thinking about first sergeant duty to accept the challenge, but I hope there are enough volunteers to fill the vacancies," Clark said. After serving as an additional-duty First Sergeant for nearly three years, Master Sgt. Scott McCalla, 21st Security Forces Squadron Superintendent of Police Services, is another one of Team Pete's diamonds in the rough. He reaches the 16-year mark in less than two weeks.

"Obviously, a First Sergeant is one of the most demanding, and key, positions in any unit," McCalla said. "So meeting this Air Force manning need should be a top priority."

He knows that one of the concerns some of the 400 candidates will have is "How will this impact my career?"

What many senior NCOs believe is the answer to that question is one of the reasons for the current manning dilemma. Some believe leaving their primary career field kills their opportunities for promotion to senior and chief master sergeant.

To find the real answer and put his mind at ease, McCalla turned to his Security Forces Manager, Chief Master Sgt. Rosemarie Stange.

"She stated it is very important to go outside of your current career field, to volunteer for a special duty assignment, if you desire to move up in levels of duties and responsibilities," McCalla said. "It is key in being promoted to senior master sergeant or chief master sergeant to acquire the skills needed to become a leader."

"Under the new system, you become a First Sergeant for three years and then return to your previous career field," said Chief Master Sgt. Brian Gauthier, 21st Mission Support Squadron First Sergeant. "From my experience, many 'shirts' who return to their previous career field are picked up within the first couple of years after they turn their diamonds in."

For McCalla, the choice is clear.

"It is time to step up to meet the Air Force needs, move to the next level, and become a leader – an Air Force First Sergeant."

There is a first sergeant recruiting briefing from 9-11 a.m. Monday at the Enlisted Club. All master sergeants and master sergeant selects may attend. For more information call Senior Master Sgt. Neal Thatcher at 556-7065 or talk to a first sergeant.

AFSPC briefs officer force development

By Capt. Angie Blair

Air Force Space Command Public Affairs

Air Force Space Command's "Spread the Word" briefing team is on a command-wide tour to explain the Air Force chief of staff's force development initiative.

The team, led by Col. Robert Worley, AFSPC mission support director, hit the road in late October visiting Los Angeles Air Force Base, Calif. The AFSPC "Spread the Word" team will be at Schriever AFB Dec. 8-9 and at Peterson AFB Dec. 15-16. This is a mandatory briefing for all officers in AFSPC.

The team's goal is to ensure all officers and their supervisors understand the concept, policies and procedures of the force development initiative – designed to help officers pursue assignments, education, and training opportunities to better prepare them to meet Air Force needs.

Worley said the new program removes the element of chance from professional development and mentoring.

Assignments

The bottom line of the initiative is to meet Air Force needs by putting the right person, with the right skills, in the right place, at the right time.

The assignment process has expanded to help meet this goal.

Development Teams, made up of functional leaders, will now provide officer development plan vectors to assignment teams to improve assignment matches. The teams increase feedback between all players and ensure officers' career development plans are on track.

"The current preference worksheet is one-way, and the only feedback you get is by the next assignment drop," said Maj. Jean Iwai, AFSPC deputy chief of officer assignments. "The development teams will provide some realistic feedback on your inputs to both you and your commander."

Doctrine

Force development doctrine places officers at three developmental levels: tactical, operational, and strategic.

At the tactical level, officers will focus on their primary skill combined

with educational and leadership training experiences.

Officers widen their experience and accept increased responsibility at the operational level. They will gain a wider perspective on Air Force issues critical to the Air Expeditionary Force construct.

At the strategic level, officers are challenged to gain breadth of experience and leadership perspective beyond the Air Force to other services and agencies.

Education

The Air Force has redefined what it means to send someone to developmental education.

"It used to be Air Command and Staff College was the trademark of intermediate training – ACSC was the place the service looked to send most of its promising majors," Worley said. "However, the Air Force has realized that one size doesn't fit all."

The Air Force has already expanded its in-residence developmental assignments by 50 percent this year.

"Under the new construct, if the Air Force needs you to have an

advanced academic degree, we will send you to get the right one that is useful to you and the Air Force, either as part of PME or AAD," said Gen. John Jumper, Air Force chief of staff.

Space Professional Strategy and Force Development

Officers asked good questions during recent briefings, Worley said, one of which was how, or if, the Space Professional Strategy is linked to Force Development. He said there is close coordination underway between the Space Professional Task Force and the force development initiative.

"These efforts are in lockstep. The space professional strategy will give development teams the tools to make Force Development come alive within AFSPC," Worley said.

"The end state for both initiatives is to develop a cadre of professionals that will allow assignment of the right person, with the right skills, to the right job, at the right time," he said.

For more information on force development, go to www.dp.hq.af.mil/afslmo/fd or www.afpc.randolph.af.mil/afas.



Photo by 2nd Lt. Jennifer Whitaker

The dream still rises

Retired Chief Master Sgt. Denver Bolster, Director of Retiree Activities for southern Colorado, donates a lithograph titled "Wings through Time" to the Peterson Air Force Base museum Friday. The original painting, created by Bolster's son-in-law, Robert Emerson Bell, celebrates the Air Force's heritage from the Army Air Corps to today. The lithograph dedication kicked off Peterson's celebration of the Centennial of Flight.



NORTH GATE CONSTRUCTION

Installation of new security gates at the North entrance to Peterson Air Force Base will run through January 17. All work on this project will be accomplished from 9-11 a.m. and 1-3:30 p.m. On a few occasions, one traffic lane will be closed for the day, and traffic will be directed around these closures. For more information, call Senior Master Sgt. Gordon Wilkins at 556-4140, or 2nd Lt. Scott Sinclair at 556-6190.

THRIFT SAVINGS PLAN

OPEN SEASON REMINDER

Thrift Savings Plan open season runs through Dec. 31. Federal Employees' Retirement System employees may contribute up to 14 percent of their basic pay, and Civil Service Retirement System employees may contribute up to 9 percent. Employees serviced by the Peterson Civilian Personnel Flight must call the automated BEST line, 1-800-997-2378, or access the Employees Benefits Information System at www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm to make a TSP contribution election or change. For more information, call Beverly Sagapolutele at 556-7073.

FEHB OPEN SEASON AND HEALTH FAIR 2003 SCHEDULED

FEHB open season runs through Dec. 8. All elections and changes will be made electronically through the Benefits and Entitlements Service Team at 1-800-997-2378, or via the EBIS secured Web site at www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.HTM. The FEHB 2003 Health Fair is 9-11 a.m. Dec. 2 in the Officers' Club Ballroom. The 2004 FEHB Guides, plan brochures, and new premiums are available on the FEHB Web site at www.opm.gov/insure. For more information, call Beverly Sagapolutele at 556-7073.

EDUCATION FAIR SCHEDULED

The Peterson Education Center holds an Education Fair from 11 a.m.-1 p.m. today in the Education Center, Building 1141. For more information, call the Education Services office at 556-4064.

VOSLER NCO ACADEMY DEDICATES ROOM TO FIRST COMMANDANT

Peterson's Forrest L. Vosler NCO Academy commemorates Chief Master Sergeant Lincoln D. Jeffus with a room dedication ceremony at 3:15 p.m. Dec. 2 in Building 1142. Chief Jeffus was the NCO Academy's first commandant in May of 1984.

MPF CUSTOMER SERVICE

WEDNESDAY HOURS CHANGE

Due to increased training, the Peterson Military Personnel Flight Customer Service counter is open 9:45 a.m.-5 p.m. on Wednesdays. Customer Service hours remain 8 a.m.-4 p.m., with the exception of Wednesdays. For more information, call Customer Support at 556-4819.

TRANSITIONAL OFFICER DEVELOPMENT PLAN

The Transitional Officer Development Plan replaced the Preference Worksheet in the Assignment Management System effective Nov. 3. The ODP meshes the current AMS preference worksheet and AF Form 3849 to allow officers and their supervisors to discuss development potential. The ODP is Web-based and accessible by authorized personnel from any unclassified computer. For more information, call Customer Support at 556-4819.

TOP THREE COUNCIL MEETS

The Pikes Peak Top 3 meets at 3 p.m. today at the Enlisted Club Buffalo Grill. This month, nominees for

executive officer positions will speak. Membership is open to all master sergeant selects through chief master sergeants assigned to Team Pete. Retirees sponsored by an active-duty top three member are also welcome to join as associate members. For more information, call Master Sgt. Michael McGraw at 556-6850.

EXECUTIVE LEADERSHIP DEVELOPMENT PROGRAM

Two Air Force nominees can participate in the 2004 Executive Leadership Development Program, scheduled to begin in September 2004. This program is designed for active duty officers who demonstrate outstanding leadership ability, public service, integrity, and who have an interest in senior management positions. Officers must be in the grade of major and have completed Squadron Officer School and Intermediate Development Education. Active duty officers must apply by Feb. 15. For more information, visit the AFPC Web site at www.afpc.randolph.af.mil/pme, or call the MPF at 556-4819.

NORAD SEEKS SANTA TRACKER VOLUNTEERS

NORAD Public Affairs needs volunteers to answer telephone calls and e-mails generated by NORAD's Web site www.noradsanta.org. All personnel assigned to a military installation in Colorado Springs, their families and friends are invited to participate.

Sign up for one two-hour shift, beginning at 7 a.m. Dec. 24, and continuing until 1 a.m. Dec. 25. Volunteers assigned to CMAFS, e-mail jamie.booker@cheyennemountain.af.mil. Volunteers assigned to Peterson AFB, Schriever AFB, Ft. Carson, or the U.S. Air Force Academy, e-mail gary.carpenter@northcom.mil. Volunteer by Dec. 4. Positions are limited, and will fill on a first-reply, first-filled basis.

Chapel Schedule

Protestant

Worship Services:

Liturgical Service, 8:15 a.m.
Traditional General
Protestant Service, 11 a.m.
Gospel Service, 12:30 p.m.

Catholic

Weekday Mass, 11:35 a.m. (except Monday)

Saturdays, 5 p.m.
Sundays, 9:30 a.m.
Reconciliation
Saturdays, 4 p.m.

**For more information -
Call the chapel at 556-4442 for
available chapel programs.



130 graduate from NCO Academy

The following technical sergeants graduated Oct. 30 from Peterson's Forrest L. Vosler NCO Academy, Class 03-7:

Jason R. Albert, Fairchild AFB, Wash.
Daniel H. Anderson Jr., Fairchild AFB
Archie B. Archuleta, U.S. Air Force Academy, Colo.
Anthony Arnold, Fairchild AFB
Robert J. Arellano, Anderson AFB, Guam
Edward V. Avant, Peterson AFB, Colo.
Joseph F. Biggs, Hill AFB, Utah
Anita J. Blair, Hill AFB
Kevin M. Bluto, Malmstrom AFB, Mont.
Donald J. Bolling, Fairchild AFB
David P. Bourgeois, Malmstrom AFB
Paul E. Bowman, Schriever AFB, Colo.
Scott M. Boyle, Hill AFB
Randy C. Bridenthal, Malmstrom AFB
Richard Brinkerhoff, Hill AFB
Vincent E. Britton, McChord AFB, Wash.
Gary Lee Bruce, Hill AFB
Jeffrey E. Burgos, Hill AFB
Robert K. Burkhardt, McChord AFB
Robert L. Burt Jr., Beale AFB, Calif.
John M. Burton, Hill AFB
Martin R. Byers, Peterson AFB
Stephanie J. Carter, Denver, Colo.
James P. Conant, Fairchild AFB
Christopher Cordero, McChord AFB
Scott A. Cornett, Fort Lewis, Wash.
Raymond C. Crump, Peterson AFB
Christopher Cumming, Schriever AFB
John J. Dubois, Peterson AFB
John E. Dunbar Jr., Littleton, Colo.
Carroll C. Ellis, Colorado Springs, Colo.
Rolando R. Espino, Malmstrom AFB
Enrique Evangelista, McChord AFB
Wayne J. Fangman, McChord AFB
Todd J. Farlee, Schriever AFB
Frank D. Farley, Hill AFB
Juan Garcia III, Peterson AFB
Mark A. Garner, U.S. Air Force Academy
Robert T. Gauthier, F.E. Warren AFB, Wyo.
Fernandez Gonzalez, McConnell AFB, Kan.
Mark L. Goodner, McConnell AFB
David D. Gotthardt, McConnell AFB

Danny J. Graves, McChord AFB
Brian L. Halvorson, F.E. Warren AFB
William R. Hanna, Fairchild AFB
Michael W. Harden, Hill AFB
Derrick G. Harper, Fairchild AFB
Thomas A. Hart, Malmstrom AFB
Rosema C. Hermanto, Travis AFB, Calif.
Bruce E. Heuler Jr., McConnell AFB
Jamie Heyduk, Buckley AFB, Colo.
Murray A. Hill, Schriever AFB
Shane E. Hofius,
Cheyenne Mountain Air Force Station, Colo.
Rodney L. Hooks, Peterson AFB
Raymond R. Hughes, Fairchild AFB
Benjamin D. Ingram, Hill AFB
Christopher Jarrett, Malmstrom AFB
Joseph M. Keller, Peterson AFB
Russell T. Keller, Buckley AFB
Betsi A. Keltz, McConnell AFB
Warren E. Kerls Jr., Buckley AFB
Clifford W. King, F.E. Warren AFB
Nicholas C. Klangos Jr., McConnell AFB
James W. Knox Jr., Peterson AFB
Randall D. Koon, McChord AFB
Daniel L. Koral III, Cheyenne Mountain AFS
Tonya D. Labish, Hill AFB
Todd J. Lane, Hill AFB
Joseph D. Larance, Fairchild AFB
Todd S. Larkin, Malmstrom AFB
Paul D. Laws, Hill AFB
Woodrow E. Marshall, Fairchild AFB
Rodney R. Martin, Schriever AFB
William F. Martin Jr., Schriever AFB
Valorie A. Mathes, Hill AFB
Jon B. McGraw, Hill AFB
Frederick T. McKenna, Schriever AFB
Steven V. Medrano, Hill AFB
James Mello, Peterson AFB
Larry Morgan, McConnell AFB
Scott M. Murray, McConnell AFB
Darren A. Nelsen, Fairchild AFB
Harold E. Neuman, Peterson AFB
Chad E. Nixon, McChord AFB
Jeffrey M. Outlar, U.S. Air Force Academy
Tech. Sgt. Glenn R. Pelletier, Hill AFB
Ronald F. Petersen, Malmstrom AFB

Dominic R. Peterson, Fairchild AFB
Daniel F. Pickett, Buckley AFB
Michael S. Poplewko, Fairchild AFB
Anthony Powell, Whidbey Island Naval Air Station, Wash.
David R. Pratt, F.E. Warren AFB
Jeffery M. Race, Peterson AFB
Christopher A. Ranck, Oak Harbor, Wash.
Gregory D. Ransom, Schriever AFB
Chad D. Rees, Malmstrom AFB
Frank Rodriguez, McChord AFB
Sarah K. Rodriguez, McConnell AFB
Karl G. Romeis, McChord AFB
Alan E. Rousseau, McChord AFB
Todd L. Schaapveld, McConnell AFB
Timothy P. Schmidt, Hill AFB
Todd J. Schmitt, U.S. Air Force Academy
Brian S. Stevens, McConnell AFB
Curtis L. Stover, Buckley AFB
Barry W. Stuart, Fairchild AFB
Gary L. Stuck, Hill AFB
John H. Svendsen Jr., Hill AFB
Gregory A. Swiger, McConnell AFB
Rowena L. Tabulina, McChord AFB
Jonathan L. Taylor, Cheyenne Mountain AFS
Edward A. Tillman III, Fairchild AFB
Patricia A. Toliver, Buckley AFB
Anne E. Tomlin, Schriever AFB
David B. Toombs, Fairchild AFB
Michael J. Urmanski, U.S. Air Force Academy
Matthew A. VanDusen, Malmstrom AFB
Obert Van Heemstede, Fairchild AFB
Jason T. Vanlacker, F.E. Warren AFB
Anthony L. Villamor, Schriever AFB
Dijon E. Washington, Peterson AFB
Troy A. Weaver, F.E. Warren AFB
Craig Wolfe, Buckley AFB
Paul D. Works, McConnell AFB
Douglas E. Wright, Hill AFB
Christopher C. Yarcho, Malmstrom AFB
Forrest T. Young, Hill AFB
Kevin W. Young, F.E. Warren AFB

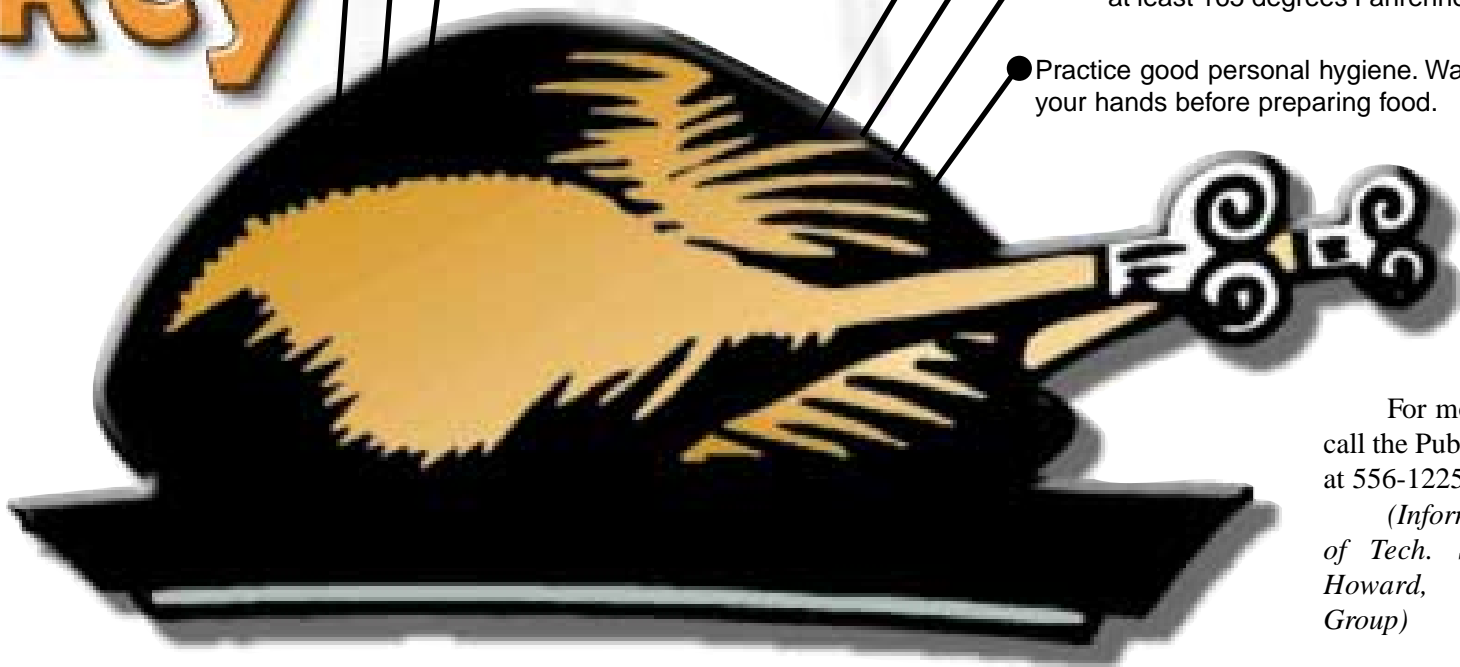
The following staff sergeants also graduated with Class 03-7:

Vance E. Holtgrewe, Hill AFB
Julie A. Huston, Fort Riley, Kan.



Let's talk turkey

The holiday season is just around the corner, and many people have plans for gathering with family and friends, giving thanks, and enjoying good food. During this season, the potential for food-borne illness increases. To enjoy a safe, healthy holiday meal, follow these food preparation guidelines.



- Don't let raw turkey touch other foods. Bacteria from the meat can transfer to uncooked foods. Never use the same utensils or containers for raw meat and other foods.
- Never defrost a turkey at room temperature. Thaw a frozen turkey in the refrigerator, allowing 24 hours for each five pounds of turkey.
- Cook the turkey thoroughly, checking the temperature with a meat thermometer for accuracy.
- Immediately refrigerate leftovers. Letting food sit at room temperature promotes bacteria growth.
- Eat leftover turkey within seven days. Re-heat leftover food to at least 165 F before serving.
- Cook stuffing separately rather than in the bird. If you choose to stuff the turkey, mix only the dry ingredients, stuff the turkey loosely, and make sure the stuffing reaches at least 165 degrees Fahrenheit in the center.
- Practice good personal hygiene. Wash your hands before preparing food.

For more information, call the Public Health Flight at 556-1225.

(Information courtesy of Tech. Sgt. Rosemary Howard, 21st Medical Group)

Turkey roasting times

The National Turkey Federation recommends roasting a turkey in a 325 F oven until the internal temperature registers 180 F in the thigh, and 170 F in the breast.

Roasting guidelines:

Roast in a 325 F conventional oven on the lowest oven rack.

Weight

8 - 12 pounds
12 - 14 pounds
14 - 18 pounds
18 - 20 pounds
20 - 24 pounds
24 - 30 pounds

Unstuffed Turkey

2.75 - 3 hours
3 - 3.75 hours
3.75 - 4.25 hours
4.25 - 4.5 hours
4.5 - 5 hours
5 - 5.25 hours

Stuffed Turkey

3 - 3.5 hours
3.5 - 4 hours
4 - 4.25 hours
4.25 - 4.75 hours
4.75 - 5.25 hours
5.25 - 6.25 hours

Commissaries offer \$1,500 academic scholarships

By Donna Miles

American Forces Press Service

WASHINGTON – Children of active-duty, retired, Guard and Reserve members can now apply for \$1,500 academic scholarships. The application window for the 2004 Scholarships for Military Children program extends through Feb. 18.

The scholarship program is open to unmarried dependent children enrolled in the Defense Enrollment Eligibility Reporting System database with a current military identification card. Applicant must be attending, or planning to attend, an accredited college or university starting in the fall term of 2004 on a full-time basis.

Awards in the Scholarships for Military Children program are based on academics, activities, and the quality of essays written by applicants.

“Ben Coté, president of Scholarship Managers, reports that even with the large increase in applications in 2003, the very high quality continues to impress him,” said Jim Weiskopf, Fisher House Foundation Public Affairs Director. “Most applicants have at least a 3.5 grade point average and are heavily involved in meaning-

ful activities outside the classroom.”

Applications are now available at the Peterson Air Force Base Commissary.

The goal is to award at least one scholarship at every commissary location, depending on the number of qualified applicants and funding, said Kay Kennedy, chief of corporate communications for the agency.

Funding comes from manufacturers and suppliers who sell their products at military commissaries, Kennedy said. The Fisher House Foundation is also underwriting the program’s administrative costs.

The general public can also contribute to the program through the Fisher House Foundation and the Armed Forces Foundation.

In four years, the Defense Commissary Agency program has awarded nearly \$2.5 million in scholarships to about 1,500 children of U.S. servicemembers and retirees.

Last year, 550 scholarship recipients were selected from 6,500 applicants.

For more information about the scholarship program and application procedures, visit the program’s Web site at www.militaryscholar.org.

Surviving the chill



Colorado weather can change in a matter of minutes. Before heading out in the car, make sure you’re prepared to handle the winter weather.

Before heading out:

- * Check weather and road conditions.
- * Let someone know your destination.
- * Check your winter car kit.

Prepare vehicles for winter driving

Have a mechanic check the battery, antifreeze, ignition system, lights, heater, oil level, defroster, exhaust system, tires, brakes, thermostat, wipers, and washer fluid.

Create a winter car kit

- | | |
|------------------|--------------------|
| ice scraper | bag of sand |
| flashlight | booster cables and |
| first aid kit | tow rope |
| matches | flares or colored |
| extra clothing | cloth |
| small shovel | necessary |
| tire chains | medications |
| cards or puzzles | three-inch |
| bottled water | diameter candle |
| whistle | pocket knife |
| non-perishable | plastic bags |
| food | maps |
| blankets | |

What to do in a blizzard

If you are trapped in a vehicle during a blizzard, remember:

* Stay in your car unless help is visible within 100 yards.

* Display a trouble sign. Hang a brightly colored cloth on the antenna and raise the hood.

* Occasionally run the engine to keep warm – 10 minutes each hour.

* Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation.

* Watch for signs of frostbite or hypothermia. Frostbite: loss of feeling, white or pale appearance in fingers, toes, nose, and ears. Hypothermia: uncontrollable shivering, slow speech, memory lapses, drowsiness, and exhaustion.

* Do minor exercises to keep up circulation. Try not to stay in one position for too long.

* If more than one person is in the car, huddle together. Use newspapers, maps, and removable floor mats for added insulation.

Avoid overexertion. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse.

Blotter

The following real life events with real individuals from around Peterson are to inform you of crimes, accidents, and events occurring on base. These entries are from hundreds recorded in the Peterson Police Blotter.

*** Editor's note: Although the Space Observer staff may make light of some blotter entries, the intent is to call attention to our security and law enforcement concerns. However, rest assured, our professional Security Forces treat each incident seriously.*

MEDICAL RESPONSE #1 – Nov. 6

Security Forces, American Medical Response services, and the Fire Department responded to the Commissary, where a retired military member was complaining of difficulty breathing. AMR transported the individual to Penrose Hospital for further treatment.

MEDICAL RESPONSE #2 – Nov. 6

Security Forces, the Fire Department, and AMR responded to the 76th Operations Squadron, where a military member had collapsed after donating blood. AMR transported the individual to Penrose Hospital for further treatment.

EAGLE EYES – PLATES PILFERED OR MERELY MEANDERED? – Nov. 7

A military member notified Security Forces that a set of GSA plates was missing from his office at the Transportation Maintenance Shop. The member reported he placed them in a filing cabinet for storage, and noticed them missing when he went to turn them in to Fleet Management.

SCRATCH SUSPECT SOUGHT – Nov. 7

Security Forces responded to the parking lot of the base Thrift Shop, where a military member reported his car had been damaged. He stated that sometime between 9:30 and noon, the nose of his black Trans Am received two parallel scratches. If you have information on this hit and run, call 556-4000.

'MIRROR, MIRROR ON THE GROUND ...'

– Nov. 7

Security Forces responded to the parking lot adjacent to Army Space Command where a military member reported his burgundy Chevy S-10 pickup had been damaged. At the end of his duty day, he noticed his driver's side mirror on the ground between the left side tires. The mirror had been pulled off its mounting bolts. The member didn't recall parking next to any other vehicles. If you have any information on this hit and run, call 556-4000.

FURNITURE-FLINGING FOOLS – Nov. 8

Security Forces responded to Dormitory 1158, where a military member reported several individuals throwing a government owned chair from the third floor balcony of the Dormitory. Security Forces discovered a chair completely broken on the courtyard, and photographed the damage.

Four chair chuckers were transported to the Security Forces facility. Three of the loopy lobbers were read their rights, but refused to make a statement without legal representation. The fourth seat slinger was deemed too intoxicated to understand his rights. Here's a hint to all would-be lounge launchers – alcohol and table tossing don't mix. The four furniture flingers were later released to the custody of their First Sergeant.

BARRIER BASHER – Nov. 9

Security Forces responded to the North Gate, where a military family member sneaked up and surprised the middle barriers with the right front side of her vehicle. The barrier basher was issued a citation for careless driving resulting in an accident. Civil Engineers responded, and returned the bruised barriers back to their normal positions.

PHYSICAL ASSAULT – Nov. 9

Security Forces responded to a possible assault in progress at Dormitory 1154. A female civilian stated that a military member had physically assaulted her, and would not allow her to leave his room. Security Forces transported the military member to the Security Forces facility, where he was advised of his rights, but declined to give a statement without legal representation. The Fire Department and alert photographer responded.

The victim did not require further treatment, but photographs of the victim's injuries were

taken. The military member was later released to his First Sergeant.

MEDICAL RESPONSE #3 – Nov. 10

Security Forces, the Fire Department, and AMR responded to the parking lot adjacent to NORAD/US Northern Command headquarters, where a military member was complaining of chest pains. AMR transported the individual to Memorial Hospital for further treatment.

RECRUITING THEM YOUNGER EVERY DAY ... – Nov. 10

Security Forces responded to Dormitory 1154, where a military member reported being disturbed by the sound of a baby crying. Security Forces located a crying infant in one of the rooms. The resident of the room was instructed to have his visitor depart the premises.

LONELY LEMON – Nov. 11

Security Forces located a white Chevrolet Blazer near a construction area on Tyndall Avenue. Since the owner could not be contacted, an Abandoned Vehicle notice was placed on the secluded SUV.

NO LICENSE, NO INSURANCE, NO DRIVING! – Nov. 11

Security Forces detained a civilian at the North Gate because he only had a Colorado identification card on his person, and no driver's license. A check revealed the moronic motorist was driving on a suspended license. The Colorado Springs Police Department assumed custody of the driving doofus, and issued summonses for Driving under Restraint-Penalty, No License, and for lacking Compulsory Insurance.

DOOR AJAR – Nov. 12

During routine patrol, Security Forces found the northeast exit door to the Mission Support Facility left unsecured. The building custodian conducted an interior search of the facility with Security Forces, finding all in order.

ALARMING TRENDS CONTINUE:

In addition to these entries, there continue to be too many illegitimate alarm activations on base. Among those noted by Security Forces this week were two from individuals who enabled duress activation accidentally, one who entered an improper PIN number, two accidentally triggered door alarms, one automatic fire alarm activation, and a system malfunction.

*** If you have any information on a crime, report it to Security Forces at 556-4000.*

**Focus
on the**

PHARMACY

Peterson Clinic Pharmacy: emphasis on patient safety

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

New renovations and updates at Peterson's base clinic have an impact on patient safety, and customer service.

A new system – the Pharmacy Data Transaction Service – allows providers to review patients' complete medication histories, reducing exposure to safety risks.

"We do about 22,000 prescriptions a month, between new prescriptions and refills," said Maj. Marsha Vanpelt, Pharmacy Flight Commander.

"If they have something at a civilian pharmacy, PDTS will flag it," Vanpelt said. "That lets us know – even though we can't see their actual profile. It acts as a safety check. If there could be a problem with drug interactions, we can provide information and ask the patient questions."

A refill pharmacy at the Commissary opened in July, and should help relieve congestion in the lobby. When patients call in refills, they are filled at the clinic and sent to the refill pharmacy.

"If they call their doctor to get a refill, and

their doctor enters it into the computer, it's considered a renewal," she said. "They have to come to the clinic to get it filled, because there are no medications at the Commissary."

"It used to be that people would stand in line, and drop their prescriptions off, or the doctor put them into the computer, and we'd fill everything," she said. "Now, we have what's called 'modified point-of-service.' They come to the window, we process everything, and we can ask them right there if there are any questions."

If the clinic doesn't have specific medications on hand, patients have the option to use mail order, or a TriCare civilian pharmacy.

"If we're going to have to change anything – we can tell them while they're standing there."

Vanpelt said 'PharmAssist,' a new quality system, uses bar coding to help prevent or decrease errors.

"We scan the prescriptions, scan the labels, and scan the product again after we fill it. Once it goes through, we ask them again if they have any questions, and let them know how many times a day to take it, like counseling. It gives them another

opportunity to ask any questions."

A renovation at the end of April streamlined the prescription counter configuration to a 'U' shape. An inputter accepts the prescription and enters it into the computer system. The prescription then goes to a filler, a checker, and to the patient.

"We've made a lot of changes these last couple of months, so it's slowing things down," she said. "The next phase, we'll be getting more people, and that should help speed up the process."

Vanpelt and 21st Medical Group Commander, Col. Thomas Baldwin, are aware of the increased waiting times since the new system was implemented.

Baldwin emphasized that customers should understand there are usually slowdowns when any new system comes online.

"People think that as you get more technology, things will automatically get faster," Vanpelt said. "This system isn't a robot in the sense that you can fill 200 prescriptions an hour."

"Safety is the emphasis and, hopefully, things will go faster once the system is in place."



Photos by Tech. Sgt. Michael Phillips

ABOVE: Staff Sgts. Cossandra Moore and Mike Sigley review patient information at the clinic pharmacy.

LEFT: Capt. Don Schatz, Pharmacy Assistant Officer in Charge, interviews a customer at the clinic pharmacy prescription window.



Pharmacy Technician Michelle Pagliuco measures out tablets to fill a patient's prescription.





A T Y O U R S E R V I C E

This Week

Today

- Community Activities Center trip to Hammond's Candy Factory in Denver. Register with Vicky or Olivia at 556-1733.
- Career Marketing, 8 a.m.-noon, in the Mission Support Center, Room 1016.
- Job Orientation, 1-2 p.m., in the MSC, Room 1016.
- UNISERV TSP, an overview of the Thrift Savings Plan for the uniformed services, 1-2:30 p.m., in the MSC, Room 1016.

Friday

- Pre-Separation Briefing, 8-9 a.m., in the MSC, Room 1016.
- Friday social hour from 5-6:30 p.m. at the Enlisted Club. Drink specials and free food, and a disc jockey playing a variety of music.
- Members only Land and Sea Dinner, featuring filet mignon and fried shrimp. 6-8 p.m. at the Enlisted Club. Reservations are required. Call 556-4194.

Monday

- Holiday shopping trip on the 16th Street Mall in Denver. Register with Vicky or Olivia at 556-1733.

Tuesday

- Sponsorship Training, 7:30-8:30 a.m., in the MSC, Room 1016.
- Pre-Separation Briefing, 8-9 a.m., in the MSC, Room 1016.
- Resume Review, 9-11 a.m., in the MSC, Room 1016.

Nov. 27

- Thanksgiving Dinner Buffet at the Officers' Club. Seatings at 11 a.m., noon, 1:30, and 2:30 p.m. Call 574-4100.

Holiday Hours

These businesses are closed Nov. 27 and will resume normal operating hours Nov. 28, unless noted otherwise.

Aero Club, Office closed. Flying, weather permitting.

Aquatics, Closed Nov. 27-Dec. 22.

Aragon Dining Facility, Open 6-10 a.m. and 11 a.m.-5:30 p.m. Carry-out from 8-11 p.m.

Auto Skills, Closed.

Bowling, Closed.

CDC, Closed.

Community Center, Closed.

Enlisted Club, Closed Nov. 27, 28.

Family Child Care Office, Closed.

Fitness Center, 7 a.m.-2 p.m. Nov. 27 and 7 a.m.-6 p.m. Nov. 28.

Golf Course, Closed.

Granite Inn, Open 6-10 a.m., 11 a.m.-5:30 p.m., and 11 p.m.-12:30 a.m.

Library, Closed.

Officers' Club, Closed.

Recreation, Closed.

Youth Center, Closed.

Child Care providers give working parents options

By Tech. Sgt. Michael Phillips

21st Space Wing Public Affairs

With possible deployments, busy work schedules, short suspenses, and endless deadlines, military members have a lot on their plates – and on their minds. Peterson's Family Child Care Program can help relieve some of the burden by making child care available to military members, so they can perform their duties knowing their children are being well cared for.

"Family Child Care providers live on base, and they have daycares in their homes," said Tracy Bovasso, Family Day Care Program Manager.

"Currently, we have nine providers," Bovasso said. "We usually average nine or 10. The Air Force goal is to have providers in 3 percent of enlisted homes, so we would like to have 12."

She said providers must take a three-day orientation class to get licensed.

"They have to pass a background check, and have their house inspected by fire, safety, public health, and our office. They have to correct any discrepancies we find before they can get their



Photo by Tech. Sgt. Michael Phillips

Family Child Care Provider Trina Schobinger, second from right, helps 2-year-old Floyd, right, while 2-year-old Hunter, left, and Jay, 3, work on their Thanksgiving art projects in Schobinger's home.

license."

"The Support Group Commander approves the application, and only the best qualified get selected to be providers," she said.

Bovasso said providers get a provisional license for a trial period of three months.

"If they pass the provisional period, they are given a license for 21 months," Bovasso said. "When they first start, they can provide care for up to four children, including their own. After the provisional period, they can care for up to six children."

Newcomers are briefed on the opportunity to become family child care providers

and on the availability of family childcare.

Orientation classes are held every quarter, Bovasso said, with the next class starting in January.

Potential providers must call and schedule to attend the class. Applications are only available at the Family Day Care Office in Building 880.

"Providers can stay at home with their own children, while earning extra income for their family," Bovasso said.

"It gave me an opportunity to run a business out of my home, and to meet military family members, and help them out with their child

care needs," said Trina Schobinger, a Family Child Care Provider with two children of her own. "That's why I got into it."

"I usually have four children," Schobinger said. "I take a lot of 'drop-in care' with two openings during the day."

Some of the care Schobinger provides is in conjunction with the Child Care for PCS Program.

"Air Force members who are moving into or out of Peterson can apply for up to 20 hours of free day care (per child)," Bovasso said. The Air Force Aid Society will pay for the care in certified Family Child Care homes on base.

"We provide a smaller ratio group than the (Child Development) Center," Bovasso said. "Studies show infants do better in smaller groups. A provider cares for six children where, at the CDC, you might have 12 children in one room."

The Family Child Care Program also provides options for shift workers, Bovasso said.

"If parents work evenings and weekends, we have providers that provide evening and weekend care, while the CDC is not able to provide that."

ARAGON DINING FACILITY MENU

Today

Lunch:

- Liver with Onions
- Orange Spiced Pork Chop
- Tempura Fried Fish
- Broccoli
- Peas and Carrots
- Steamed Rice
- Rissole Potatoes

Dinner:

- Pepper Steak
- Mr. Z's Baked Chicken
- Ginger Pot Roast
- Mixed Vegetables
- Green Beans
- Steamed Rice
- Mashed Potatoes

Friday

Lunch:

- Beef Corn Pie
- Seafood Newburg
- Veal Paprika Steaks
- Mustard Greens
- Harvard Beets
- Potatoes
- Pea and Pepper Rice

Dinner:

- Yankee Pot Roast
- Simmered Corned Beef
- Pineapple Chicken
- Fried Cabbage
- Carrots
- Mashed Potatoes
- Black-Eyed Peas

Saturday

Brunch:

- Creole Shrimp
- Savory Baked Chicken
- Swedish Meatballs
- Asparagus
- Creamed Corn
- Squash
- Baked Potatoes
- Noodles Jefferson

Sunday

Brunch:

- Cantonese Spareribs
- Mustard Chicken
- Oven-Fried Fish
- Broccoli Combo
- Country Style Tomatoes
- Peas
- Macaroni and Cheese
- Boiled Egg Noodles
- Sweet Potatoes

Monday

Lunch:

- Baked Stuffed Fish
- Pot Roast
- Roast Loin of Pork
- Cauliflower Combo
- Green Beans w/ Mushrooms
- Oven-Browned Potatoes
- Steamed Rice

Dinner:

- Chili Mac
- Southern Fried Chicken
- Beef Cannelloni
- French-Style Peas
- Glazed Carrots
- Mashed Potatoes
- Squash

Tuesday

Lunch:

- Salmon Cakes
- Teriyaki Chicken
- Veal Parmesan
- Fried Cabbage
- Succotash
- Parsley Buttered Potatoes
- Filipino Rice

Dinner:

- Country Captain Chicken
- Turkey A La King Meatloaf
- Mustard Greens
- Okra and Tomato Gumbo
- Steamed Rice
- Mashed Potatoes

Wednesday

Lunch:

- Sauerbraten
- Grilled Bratwurst
- Jaegerschnitzel (Veal)
- Cauliflower
- Harvard Beets
- Spinach Salad
- Potatoes Au Gratin
- Sauerkraut

Dinner:

- Barbecued Spareribs
- Lemon Herbed Chicken
- Stuffed Pork Chops
- Cauliflower Combo
- Mexican Corn
- Steamed Rice
- Scalloped Potatoes

*Annual
Thanksgiving*

Meal

All dorm residents are invited to a Thanksgiving feast from 1 to 4 p.m.

Sunday, in Dormitories 1164 and 1102.

The meal is sponsored by the Combined First Sergeants Council.



Timmmberrr!

21st CES makes room for new growth

The sounds of chainsaws and cries of "timber" are now being heard in Military Family Housing; soon they will spread to other areas of housing. As part of the project to replace carports with garages in housing, several trees must be taken down to make room for the new garages and paved areas. 21st Civil Engineer Squadron grounds maintenance teams have looked at each tree individually and will be able to reuse healthy trees elsewhere on base. The trees will be taken down gradually as the project progresses to prevent leaving barren areas.

In a related effort starting soon, more trees will be removed on base and in housing as part of an integrated tree removal and replanting program. During their annual assessment of tree health, 21st CES members have identified several trees requiring removal. The reasons for removal include interference with utilities systems, endangering homes by being too close, removing diseased trees, and thinning overly thick trees.

There is no anticipated impact to Peterson's Tree City USA designation, a title the base has held for nine years running. Peterson Air Force Base strives to plant new trees and relocate removed trees whenever possible. Tree City USA is a program sponsored by the National Arbor Day Foundation in cooperation with the U.S. Department of Agriculture Forest Service and the National Association of State Foresters. The program provides direction, technical assistance, public attention, and national recognition for urban and community forestry programs in thousands of towns and cities across America.

The planned April 16 Arbor Day celebration and tree planting will ensure the base meets all four criteria for its annual Tree City USA designation. The other criteria are formation of a tree advisory council, a tree management plan, and expenditure of resources to care and manage the health of the community's tree population.

(Information courtesy of 21st CES)



Photo by 2nd Lt. Jennifer Whitaker

The 21st Civil Engineer Squadron plans to take down several trees in base housing. Healthy trees will be re-used elsewhere on base, and new trees will be planted.



Boxers spar at AF Boxing Championships



Photo by Staff Sgt. Derrick C. Goode



Photo by Alan Boedeker

ABOVE: Airman 1st Class Robert Luna (right) lands a punch on Senior Airman Richard Mora during a light-welterweight bout in the Air Force Boxing Championships Nov. 7. Luna is assigned to the 7th Logistics Readiness Squadron at Dyess Air Force Base, Texas. Mora is assigned to the 552nd Consolidated Maintenance Squadron at Tinker AFB, Okla. Luna won the match. The U.S. Air Force Boxing Championships were held at the Kelly Field Bennet Fitness Center near Lackland Air Force Base, Texas.

LEFT: Staff Sgt. Charmaine Carrington, right, the No. 1 ranked female amateur in the United States, delivers a combination of punches to Elizabeth Villareal, a local San Antonio opponent, at the U.S. Air Force Boxing Championships Nov. 8. Carrington is from the 33rd Maintenance Squadron at Eglin AFB, Fla., and was the only female on the Air Force boxing team.

