



# Space Observer

“Best in Air Force Space Command – 2002”

Thursday, Dec. 4, 2003

Peterson Air Force Base, Colorado

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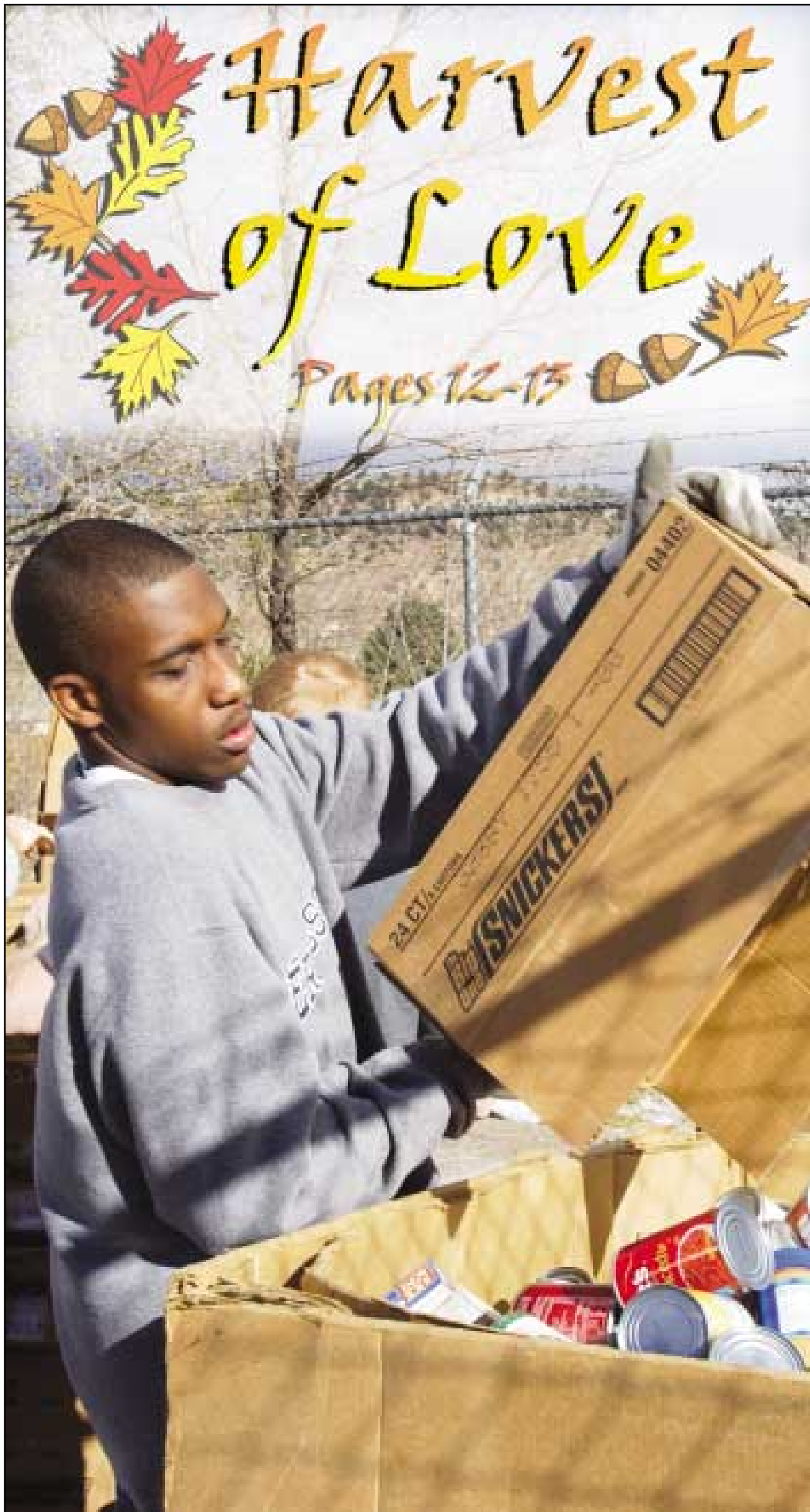


Photo by Staff Sgt. Josh Clendenen

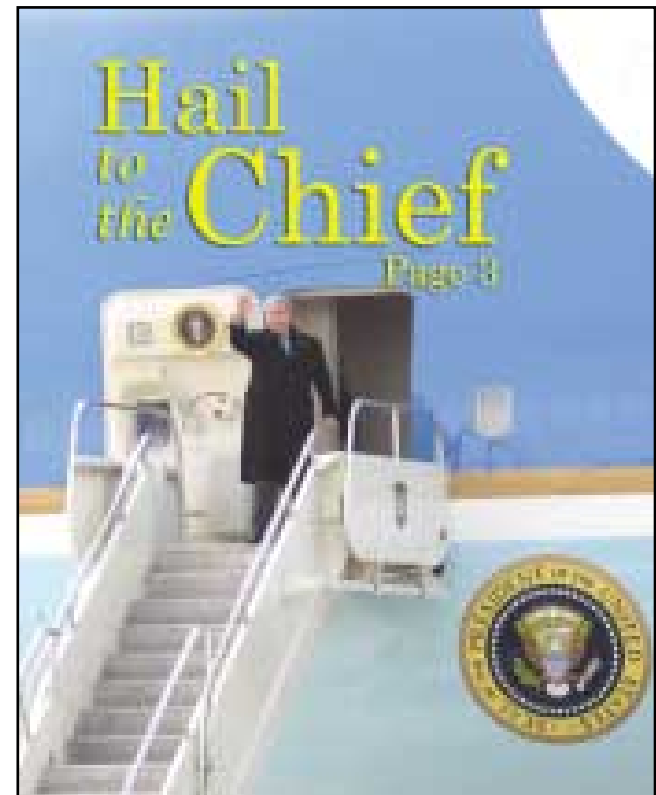


Photo by 2nd Lt. Jennifer Whitaker

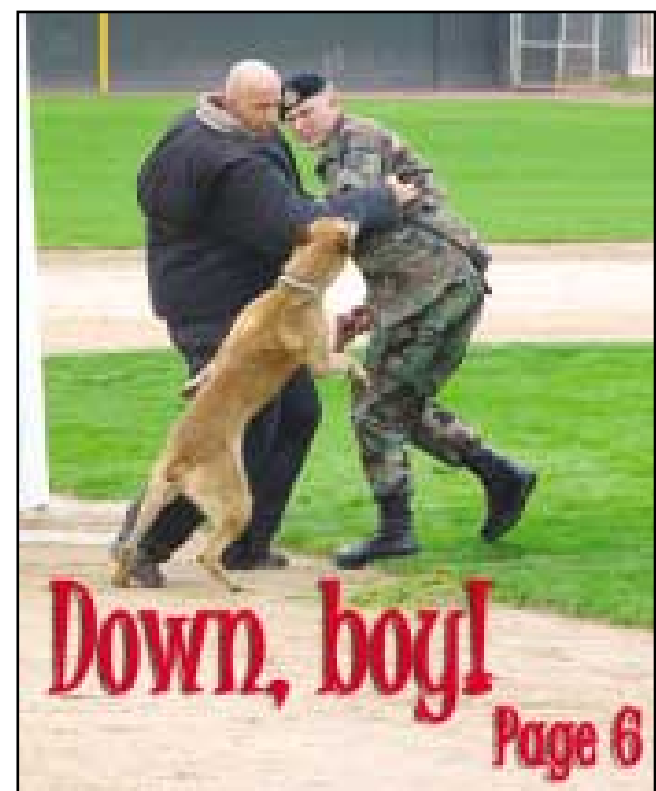
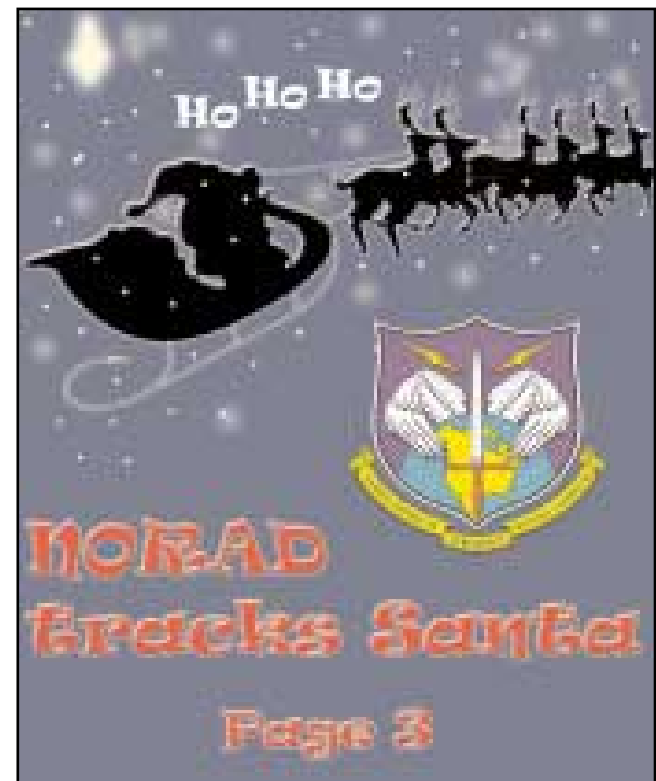


Photo by Tech. Sgt. Mark Dedrick

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Snow Call 556-SNOW



# 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.

## Pet peeves

**Question: What is the policy about pet owners letting their dogs bark day and night? What is the policy for base housing residents, and whom do we call if we have a complaint about dogs barking? I called Security Forces and they said it wasn't their responsibility and to call base housing. If base housing is responsible, whom do we call after duty hours? A neighbor's dog is in the back yard during the day and barks continuously. People who work nights are trying to sleep.**

**Answer:** Para 5.4. of the Housing Brochure (21SWPAM32-4, 10 Jul 03) spells out the base policy on pets. Pet owners must realize the importance of having a well-behaved pet that does not become a nuisance to the neighborhood. As a neighbor of a pet owner, when a problem surfaces, you should seek resolution by talking to your neighbor. This is a situation that neighbors can normally resolve before involving first sergeants, housing staff, or Security Forces. Some pet disturbances are nuisances, and some are merely irritants. If you are not successful in resolving a pet problem, you can provide a written, signed, and dated complaint to the 21st Civil Engineer Squadron Housing Flight. The Housing inspector will validate the problem and notify the resident and first sergeant of needed corrections. If the Housing flight receives a second complaint – typically not from the same individual – the inspector contacts the first sergeant and initiates a letter of warning, signed by the 21st Mission Support Group Commander, advising the member that any additional complaints could result in a direct order to remove the animal from the base. For more information, call Colleen Miller at 556-4332.

## Cattin' around

**Question: What is the policy on letting cats roam free? There is a cat that has free reign of the base and if a door is open, it will enter. Pets are wonderful, but pet owners need to be considerate of their neighbors.**

**Answer:** The Housing Brochure states that when pets are outdoors, they must be on a leash or contained in a fenced yard. Report violations to the Housing Flight at 556-7174 or 556-7761. If available, provide the owner's name and address so Housing can contact

the resident. If there is any perceived danger, call Security Forces at 556-4000 for an immediate response. For more information, call Colleen Miller at 556-4332.

## Smokin' away the day?

**Question: Why are Contracting personnel working in the Civil Engineer Building allowed to take extended cigarette breaks? I work in the CE Building where Contracting also maintains an office. People take several cigarette breaks each day for extended periods of time, seem to smoke several cigarettes at each visit, and carry on lengthy conversations on many varied subjects. And when someone recently called them on it, the Contracting supervisor defended her people, saying they were conducting business. Where's the supervisory control and the personal integrity in this situation?**

**Answer:** Contracting people in the CE building have been briefed on the 21st Contracting Squadron's Tobacco Use Policy Letter and Personnel Break Policy letter. The designated smoking area is used by both contracting and civil engineer personnel and at times has been used to discuss business, which lengthens the time spent in the area. The supervisor will once again brief her flight on both the amount of time as well as the locations permitted for smoke breaks.

The incident that was referenced was a meeting that the NCO had with the military to discuss various training and deployment issues. It was conducted in the gazebo area of CE because there were no available conference areas where they could meet. The supervisor has advised them to try and schedule all meetings when there is a conference room available. She also advised him that if there are future meetings in that area due to lack of available conference rooms, no one should smoke during the meetings.

Supervisors are required to ensure employees – both military and civilian – adhere to the stringent criteria for breaks. Smokers are not allowed longer or more frequent breaks than their non-smoking counterparts. For members' near-term and long-term health as well as increasing productivity, the 21st Medical Group offers a variety of methods toward smoking cessation. Finally, within the next two to three months, Peterson will be enacting even more measures toward being more of a tobacco-free installation.

## Emissions mission

**Question: What is the policy on emissions stickers for new vehicles? Do we need to get emissions or not if we are out of state, and our vehicle is four years or newer? The folks at the Auto Hobby Shop and the Security Forces are telling me I have to register my vehicle and I have to get emissions on a new vehicle, even though it is from out of state.**

**Answer:** All people assigned to, living on, or who frequent Peterson AFB – more than 90 days per year – are required to comply with emissions inspections prior to registering their vehicle on Peterson AFB.

Emissions inspection must be accomplished within seven days of signing in to Peterson AFB. According to this policy, the age of the vehicle does not exempt the emission inspection. The state of Colorado requires all vehicles in El Paso County receive a state emissions test prior to being registered in the state, hence the Peterson Air Force Base requirement for registering vehicles on base. However, there are three exceptions to this rule:

1. New vehicles purchased in the state of Colorado receive a four-year exemption. At the end of the four years, the vehicle must be tested every two years.

2. Diesel vehicles purchased in the state of Colorado receive a two-year exemption. At the end of two years, the vehicle must be inspected every year.

3. New vehicles purchased outside of Colorado must have Colorado printed on the "Manufacturer Statement of Origin." New vehicles previously registered in another state, regardless of the age of vehicle, immediately fall into the inspection cycle. For more guidance, call Rick Kiger at the Department of Revenue at 594-8709. For more information on base registration, call Staff Sgt. Jennifer Ake at 556-6282.

## Speed demons

**Question: Who is responsible for enforcing the speed limit outside the West Gate? My departure route from the base takes me through the West Gate. I can't help but notice that most drivers obey the 30 mph limit on base, but once they get past the guards at the West Gate – even though the posted speed limit is 35 mph – they accelerate to speeds in excess of 50 mph. With the recent emphasis on speed limits on Colorado Springs and on base, I am careful to drive the speed limit on that road and almost get run over by the vehicles whose drivers obviously think I'm impeding their progress. Is this 21st Security Forces Squadron territory? If so, they could write many speeding tickets each and every day. Is it Colorado Springs Police Department territory? If so, they could dramatically increase Colorado Springs revenue by issuing speeding tickets in that area.**

**Answer:** Thank you for your observation, and for the concern we share regarding safety. Our Security Forces have jurisdiction up to the red boundary line near the intersection of Airport Road and Stewart Avenue. Security Forces does and will continue to periodically monitor traffic and the speed of those departing the installation with speed measuring devices to detect and prevent the violations to which you refer. We'll step up that monitoring as manning and other priorities allow. If you observe further violations, please call the Law Enforcement Desk at 556-4000. As the jurisdiction beyond the red line belongs to the Colorado Springs Police Department, they can address any other observations you have. You may contact them at 444-7000.



# Space Observer

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## 21st Space Wing Commander

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## A Moment in Time



■ Dec. 4, 1979 - The first production model of the stretched C-141B Starlifter is delivered to Military Airlift Command.

■ Dec. 5, 1975 - To more fully integrate women into the Air Force, Air Training Command assigns eight female military training instructors to two Basic Military Training Squadrons.

■ Dec. 7, 1941 - The Japanese attack Pearl Harbor.

■ Dec. 8, 1941 - The United States declares war on Japan.

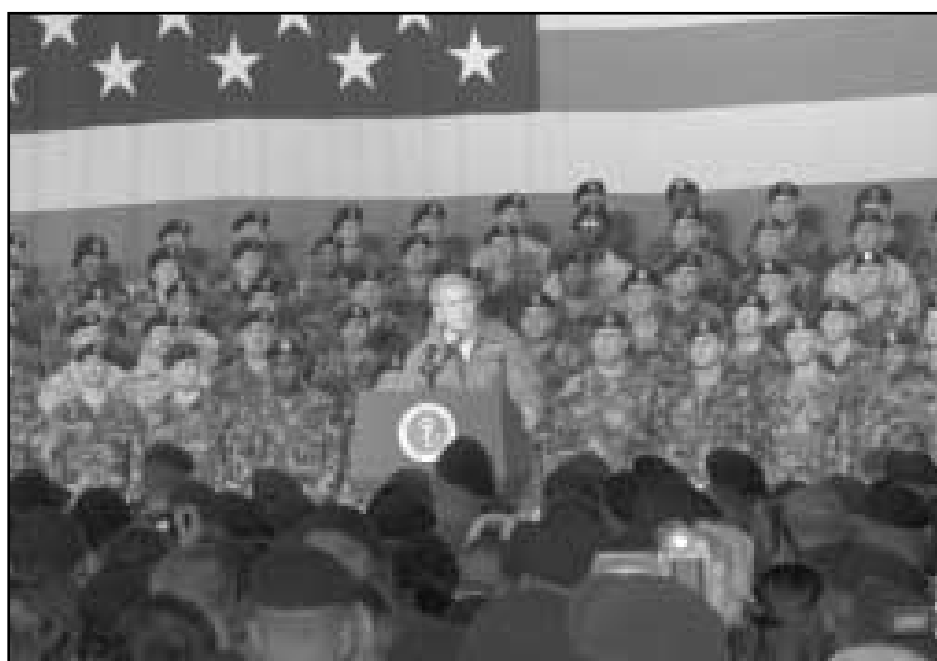
■ Dec. 9, 1956 - The 463rd Troop Carrier Wing receives the Air Force's first C-130 Hercules tactical cargo and troop carrier. This four-engine turbo-prop airlifter has an unrefueled range of more than 2,500 miles. It can take off and land in about 3,600 feet.

# President Bush lands at Peterson



Photos by 2nd Lt. Jennifer Whitaker

President George W. Bush arrives aboard Air Force One at Peterson Air Force Base Nov. 24. The President was here to visit Fort Carson and meet with the families of soldiers who were killed in action.

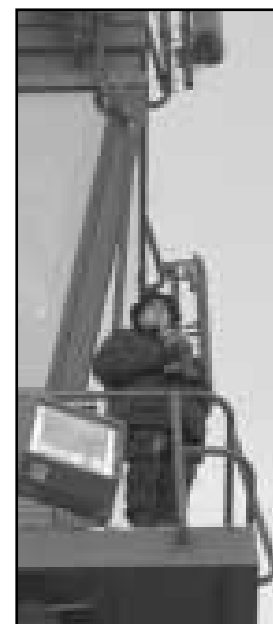


Bush speaks to more than 4,000 soldiers and their families in a hangar at Fort Carson's Butts Army Air Field. "By the unselfish dedication of Americans in uniform, children in our own country and in lands far away will be able to live in freedom, and know the peace that freedom brings," Bush said.



ABOVE: The President's motorcade circles Air Force One in preparation for departure.

RIGHT: A Secret Service agent scans the airfield for signs of suspicious activity from atop the Base Operations tower.



## 'Starr in the east' guides NORAD holiday tradition

By Tech. Sgt. Michael Phillips

21st Space Wing Public Affairs

A Starr in the east will help guide North American Aerospace Defense Command's Santa Tracking tradition this Christmas Eve. The Starr is none other than former Beatle Ringo Starr, who will be NORAD'S honorary Santa Tracker for Christmas 2003.

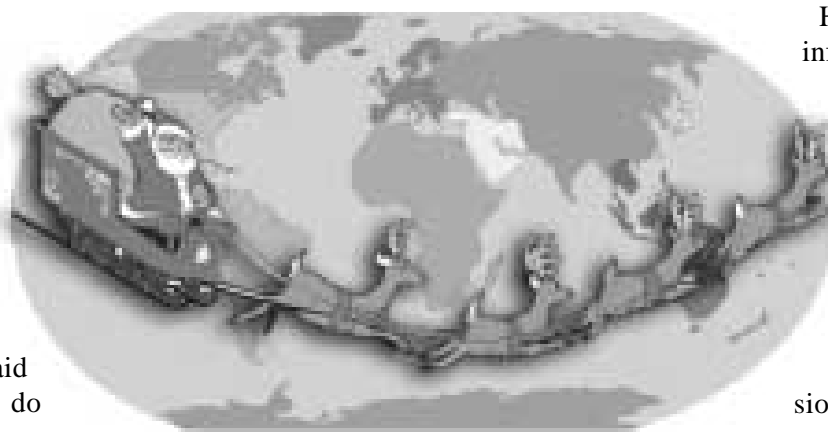
"Santa and I are personal friends," Ringo said from his home in England. "He's asked me to do this special job with this incredible new SantaCam, and I'll be tracking him as he comes over Great Britain."

NORAD technicians upgraded the omni-directional high-speed digital SantaCam stationed in Great Britain, and have moved it from Stonehenge to a top-secret hideaway near Ringo's home.

"We took it offline for awhile and upgraded it, and gave it some new capabilities," said Maj. Doug Martin, Chief of NORAD Santa Tracking Operations. "We then began to wonder who we could ask to operate it this year."

"We discussed it with Santa, and his first idea was Ringo Starr," Martin said. "When we called Ringo, Santa had already phoned and he said 'Yes' immediately."

"Ringo recently received Santa Tracking techniques from NORAD technicians and has become an expert in the use of the SantaCam," said Canadian Maj. Gen. Angus Watt, Director of Operations for



NORAD. "We hope he'll capture images of Father Christmas somewhere in Great Britain this year."

"We expect images to come in around 4 p.m. our time Christmas Eve," Martin said. "That's around 11 o'clock England time."

The Santa tracking tradition started in 1955 by accident after a Colorado Springs newspaper ran an advertisement for a department store 'Santa Hotline.' The ad included a phone number, which turned out to be the 'Operations Hotline' to NORAD's predecessor, the Continental Air Defense Command.

The senior officer on duty at the time, Col. Harry Shoup, received the first "Santa" call. Realizing what had happened, Shoup played along. He told the callers he was helping Santa, and said his radar screens showed Santa heading south from the North Pole.


His staff quickly jumped in to help handle the influx of calls. A picture of Santa and his reindeer was added to the map of North America, and the tradition was underway.

The next year, calls came flooding in to Continental Air Defense Command from children who wanted to know where Santa was. NORAD assumed the tradition in 1957. Since then, the program has expanded over the years, hitting the Internet in 1997.

In 2001, NORAD's Santa Tracking mission was nearly forgotten in the wake of the events of Sept. 11, Martin said. It wasn't until early December that anyone was able to give it any thought. The Operations Center was readied, and volunteers stood by the phones.

That night, Martin said, "we received a call from a New York City firefighter who was feeling very emotional, because he was with his children on Christmas Eve. This particular person had lost 43 friends in the terrorist attacks.

"We were all touched by this firefighter's loss, but it also gave us the realization that we were doing the right thing by making sure that kids around the world knew that NORAD is still tracking Santa."

Children worldwide can phone NORAD's operations center beginning at 7 a.m. local time Christmas Eve at (719) 474-2111, or toll free outside the Colorado Springs area at 1-877-Hi-NORAD, or visit the "NORAD Tracks Santa" Web site at [www.noradsanta.org](http://www.noradsanta.org) to view reports on Santa's progress, and Ringo's SantaCam images. 



## OLD UNIFORMS NEEDED FOR MOULAGE PATIENTS

The 21st Medical Group needs old uniforms and clothes for moulage patients to wear in exercise scenarios. Medical protocols are to cut and expose an area experiencing simulated trauma. Though medical personnel may not do this every time for every patient, they need a stockpile of uniforms for occasions when this is necessary. For more information, call Master Sgt. O. K. Stoll at 556-1153, or Staff Sgt. Bella Smith at 556-1053.

## NORTH GATE CONSTRUCTION

Installation of new security gates at the North entrance to Peterson Air Force Base runs through January 17. All work 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. For more information, call Senior Master Sgt. Gordon Wilkins at 556-4140, or 2nd Lt. Scott Sinclair at 556-6190.

## GATE SIGN REPLACEMENT SCHEDULED

Placement of the Peterson Air Force Base North and West Gate signs may require the merge lanes at the North Gate to close for about two hours Monday. Placement of the North Gate sign begins at 8 a.m. The new West Gate Sign will be set in place at 10 a.m. The new signs will be blank until aluminum lettering is set in place. For more information, call Robert Dixon at 556-1463.

## GUARD/RESERVE AUTHORIZED UNLIMITED COMMISSARY PRIVILEGES

Effective immediately, Guard and Reserve members and their family members are authorized unlimited use of the commissary, unless otherwise stipulated in overseas host nation agreements. Reserve and Guard commanders are responsible for determining commis-

sary eligibility in the United States. Possession of a Uniformed Service Identification Card confirms eligibility. The Commissary Privilege Card used by Guard and Reserve members or their family members is no longer required.

## NCO PROMOTION/INDUCTION CEREMONY HELD FRIDAY

Team Pete's December NCO Promotion/Induction ceremony is at 3 p.m. Friday in the Peterson AFB Enlisted Club.

## MPF CUSTOMER SERVICE

## WEDNESDAY HOURS CHANGE

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

## COMMITTEE SCHEDULES ANNUAL AWARDS BANQUET

The 2003 21st Space Wing Annual Awards Banquet is slated for Feb. 19, 2004. Retired Chief Master Sgt. Bob Gaylor, the fifth Chief Master Sergeant of the Air Force, is the guest speaker. The committee is soliciting prospective themes for this year's event. Though planning for the event has begun, several committee and subcommittee positions remain open. The planning committee meets weekly in the 21st Medical Group conference room. Send theme nominations to [tyler.foster@peterson.af.mil](mailto:tyler.foster@peterson.af.mil). For more information or to volunteer, call the chairman at 556-1339.

## MILITARY OFFICERS ASSOCIATION BASE/POST SCHOLARSHIPS

The Military Officers Association of America opens its 2004 Base/Post Scholarship Program, offering individual one-time \$1,000 grants to 50 dependents of active duty personnel worldwide. Only dependent sons

and daughters, under age 24, of active duty officers and enlisted military personnel, including members of the drilling Reserves and National Guard, are eligible to apply. Apply by March 1 via the MOAA Web site at [www.moaa.org](http://www.moaa.org). Membership in MOAA is not a requirement for Base/Post Scholarship.

## TRANSITIONAL OFFICER DEVELOPMENT PLAN

The Transitional Officer Development Plan replaced the Preference Worksheet in the Assignment Management System Nov. 3. The ODP meshes the current AMS preference worksheet and AF Form 3849 to provide a logical springboard for officers and their supervisors to discuss developmental potential. The ODP is Web-based and accessible by authorized personnel from any unclassified computer. The ODP is initiated by the officer, routed through the chain of command, and then forwarded to the Development Teams, and there are instructional links to help people through each step of the process. Call 556-4819 with questions.

## EXECUTIVE LEADERSHIP DEVELOPMENT PROGRAM

Two Air Force nominees are allocated to participate in the 2004 Executive Leadership Development Program in September 2004. This program is for motivated active duty officers who demonstrate leadership ability, a commitment to public service and integrity, and who have an interest in moving into senior management positions. To be eligible, officers must be in the grade of major and have completed Squadron Officer School and Intermediate Development Education in residence or by correspondence or seminar. Active duty military personnel must apply to Headquarters Air Force Personnel Center by Feb. 15. Information is available on the AFPC Web site at [www.afpc.randolph.af.mil/pme](http://www.afpc.randolph.af.mil/pme). For more information or applications, call the MPF at 556-4819.



## 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.

# Christmas Unlimited helps children

By 2nd Lt. Jennifer Whitaker  
21st Space Wing Public Affairs

The National Center for Children in Poverty estimates that 16 percent of American children – almost 12 million – lived in poverty in 2001. During the holiday season, many of these children go without the luxuries of new toys and gifts.

Team Pete has a chance to help less fortunate children in the Pikes Peak region through a toy donation program called Christmas Unlimited, a local program dedicated to enhancing the quality of life for Pikes Peak region families in need during the holiday season. The program gives donated new and reconditioned toys to needy children ages 13 years and younger.

This month, Team Pete can donate new and gently used toys in boxes placed in front of the Base Exchange and outside the West Gate. Donations can also be dropped off at any Colorado Springs fire station.

“The purpose of toy giving has an impact far beyond that of just making a child happy on Christmas day,” said Staff Sgt. Scott Hazen, 21st Security Forces Squadron and Team Pete’s Christmas Unlimited organizer. “It serves to strengthen family unity at a time of year that is espe-

cially difficult for financially troubled parents.”

According to the Christmas Unlimited Web site, at [www.christmasunlimited.org](http://www.christmasunlimited.org), the Holiday Toy Distribution program is the largest in Colorado.

What really sets Christmas Unlimited apart from other programs is the method of toy distribution. Each client is issued a shopping pass with points allocated relative to the number of children they have. They spend points to purchase toys.

This ensures the adults participate in the process and the children get what they want or need.

Hazen said in December 2002 more than 12,000 local children each received about \$35 in gifts.

“Over the past six years, only 7 percent of the families served have used the service every year. During that same time, 58 percent of the families served have been one-time users,” he said.

Hazen said this year Christmas Unlimited plans to help another 12,000 children, and has asked for help from the Peterson community.

In 2002, almost 300 volunteers contributed 14,000 hours of energy and talent to local families in need through this program.

“My husband just started a

new job so he doesn’t make much yet,” said one Christmas Unlimited client in a thank-you letter. “We were worrying about Christmas. It’s a blessing that there’s a program like this.”

“Please help them continue their efforts in lending a helping hand to the less fortunate with this great program,” Hazen said.

“This has been an annual tradition at Peterson, and this year, we are hoping to receive a record amount of donations for the less fortunate in the Colorado Springs area.”

In addition to toy donations, people can give to Christmas Unlimited through monetary donations. This allows the greatest flexibility for the program.

Those wishing to make a monetary donation to Christmas Unlimited can send a check to Christmas Unlimited, 2204 E. Boulder, Colorado Springs, CO, 80909.

People preferring to donate new toys should purchase toys costing less than \$15. Christmas Unlimited workers also refurbish used toys in good condition.

For more information, call Hazen at 556-4654. Military families desiring assistance through the Christmas Unlimited program can call the Army Community Service Center at Fort Carson at 526-4590.

## Letters from Santa

**EIELSON AIR FORCE BASE, Alaska** – Combat weather flight airmen here will once again help Santa send out thousands of signed, North Pole-postmarked letters to children worldwide.

The Santa’s Mailbag program started in 1954 by 58th Weather Reconnaissance Squadron airmen, and has been carried on by those of the 354th Operations Support Squadron.

Each year, the unit receives thousands of Dear Santa Claus letters and Christmas wish lists. Volunteers in the 15-person unit sort and read the letters, select an appropriate reply from Santa Claus, and mail the letters with an official North Pole postmark.

“Last year, we received about 3,000 letters,” said Capt. Thomas Crenshaw, Combat Weather Flight Chief.

The volunteers will continue to process letters through Christmas. The flight must receive letters to Santa by mid-December to ensure a reply before Christmas. Children whose letters arrive too late will get a special “after Christmas” letter from Santa.

Children can write to Santa at:

**Santa’s Mailbag**  
**354th OSS/OSW**  
**2827 Flightline Ave. Suite 100B**  
**Eielson AFB AK 99702-1520**

There is no cost for the letters, but self-addressed stamped envelopes or donations to help defray the cost of postage are accepted.





# K-9 teams are top dogs at Tucson Trials

By Tech. Sgt. Michael Phillips

21st Space Wing Public Affairs

Military Working Dog teams from the 21st Security Forces Squadron brought home seven trophies from the 15th Annual Tucson Canine Trials, Nov. 14-16.

The Tucson Canine Trials is a civilian competition with Department of Defense Military Working Dog teams also invited. All teams entered in the competition must be full time peace officers, military personnel, or correctional personnel assigned to a K-9 unit with law enforcement duties. A total of 71 teams competed in this year's trials.

The teams compete in six different categories: narcotics/explosive detection, building search, agility course, tactical obedience, area search, and handler protection.

Teams must place eighth or higher to receive awards.

Staff Sgt. Steven Lopez and his partner Chaky brought home the first place trophy in the agility course event.

The agility course consisted of 10 obstacles, with the handler negotiating eight of the obstacles with the dog. Ten points are awarded for each obstacle, seven for the dog and three to the handler. The judges look for control and ease in which the dog completes the obstacle, and deduct points if the dog hesitates. Points are docked from the handler for multiple commands.

"There were plenty of good



Photo by Tech. Sgt. Mark Dedrick

**Endy successfully clears a hurdle on the agility course at the command of his handler, Staff Sgt. Levi Wilson, 21st SFS. Wilson and Endy competed at the Tucson Canine Trials Nov. 14-16.**

teams, and the competition was tough this year," Lopez said. "Our dogs performed extremely well under the pressure."

Staff Sgt. Levi Wilson and his partner Endy earned second place awards in the agility course, and the handler protection event, along with a third place for tactical obedience, and fifth place in the building search event.

In the handler protection event, handlers confront a maximum of three suspects, with a possibility of blank gunfire. The event is divided into two phases, with each phase judged separately and 100 points possible in each phase.

In the tactical obedience event, the handler maneuvers the dog around equipment and through barricades, places the dog in a down-stay while running, and performs other basic obedience drills. The judges award points for how well the handler controls the dog, but deduct points for wandering and inattentiveness of the dog.

The building search is a timed event in which the team must clear a building in which suspects are hidden. The team is judged on the handler's ability to read the dog, the dog's alert, and team tactics. Points are deducted if the dog leaves the suspect.

Endy was also recognized with a

third place award in the competition's prestigious Top Dog category, honoring the top overall dog. All events, including detection, count toward this trophy.

In addition to the individual awards won by the teams, the 21st SFS placed fourth in the Top Agency category.

The Top Agency trophy is awarded to the department with the highest point total, divided by the number of teams entered. To be eligible for this trophy, a department must enter at least two teams.

"If any of us had not performed as well as we did, we would never have brought back the agency award," Lopez said. "(That's) the one that counts the most."

Being recognized with one of the Top Agency awards is special, Lopez said, because it depends on a total team effort "from everyone at the kennels, to our squadron personnel and leadership, and all the agencies on base that allow us to use their facilities to train.

"Although the (teams) were primarily responsible for this success," said Tech. Sgt. Richard VanWinkle, MWD Training Supervisor, "all Peterson K-9 personnel sacrifice to make it happen."

A third team, Staff Sgt. Bruce Estep and his partner Reno, also competed at Tucson. Estep and Reno are a new team. Estep competed last year at the Tucson trials with MWD Rin, who died last July.

# Safeguarding your Home for the Holidays

Decorations and costumes should be flame-retardant or made of non-combustible materials. Supervise children and keep matches, lighters, and candles out of their reach.

Chimneys should be inspected and cleaned once a year. Use a fireplace screen to prevent sparks from flying out of the fireplace, keep fires small, and don't leave children alone in a room with a burning fireplace.

Avoid overloading outlets. Unplug all decorative lights before leaving home or going to bed.

Never burn wrapping paper or Christmas trees in the fireplace. Put ashes into a metal container and do not store ashes indoors.

Never run extension cords across doorways, near heaters, or under carpets.

**T**he holidays can be a festive time of the year for everyone. To keep them that way, here are fire and life safety tips to help keep families safe.

Decorative lights should be tested and labeled by an independent testing laboratory. Throw away frayed or cracked cords and those with damaged or loose sockets. Electric lights should never be used on a metal Christmas tree.

Fresh trees should have no shedding needles, and artificial trees should be flame-retardant. Install the tree in a deep, non-tip stand away from exits and heat sources. Keep fresh trees well watered. Dispose of dry trees promptly.



Graphic courtesy [www.christmas-screen-savers.com](http://www.christmas-screen-savers.com)

*(Information courtesy of Tech. Sgt. Burchell Franklin, 21st Civil Engineer Squadron fire inspector)*





Photo by Staff Sgt. Josh Clendenen

## Eagle Eyes

Brig. Gen. Duane Deal (left), 21st Space Wing Commander, and Special Agent Jim Mowry (far right), Air Force Office of Special Investigations Detachment 803 Commander, present the first-ever joint 21st SW/AFOSI Det. 803 Eagle Eyes coins to (left to right) Capt. Ben Jacobson, 21st Security Forces Squadron, Airman 1st Class Christine Burkard, 21st SFS, and Lt. Col. Al Klein, 21st SW Judge Advocate General. Jacobson, Burkard, and Klein received the coin and certificate for reporting suspicious activity around the flight line and the Mission Support Facility through the Eagle Eyes program. Future submitters of Eagle Eyes inputs will also receive coins and certificates for reporting anything suspicious or out of the ordinary in a 21 SW-OSI joint effort to encourage greater security awareness.



# Space school presents Chennault award

By Lt. Col. Joseph E. Brouillard

Dean, Space Operations School

SCHRIEVER AIR FORCE BASE, Colo. – The U.S. Air Force Space Operations School presented its first Claire L. Chennault Space Tactics Award to Capt. Bart Hughes Nov. 19. Anna C. Chennault, wife of the late Maj. Gen. Claire L. Chennault, spoke during the ceremony at the U.S. Air Force Academy.

The Gen. Claire L. Chennault Space Tactics Award is the highest honor bestowed to a SOPSC member and is presented to the person who contributes the most in the arena of space tactics through tactics development, and education and training.

The award was named for Chennault in the spirit of his many contributions to aviation. Between World War I and World War II, he was a major influence in the Air Corps Tactical School, which taught air tactics and strategy and also developed principles of airpower. The ACTS created the theory and doctrine that prepared U.S. combat air forces for World War II.

During her address, Mrs. Chennault spoke about her husband's role and impact on national defense and the defense of China during the early days of World War II.

"In China, the Chinese still remember and appreciate our assistance during World War II," Chennault said.

As a pioneer and visionary, Maj. Gen. Chennault organized and led the World War II American volunteer group, the "Flying Tigers," the China Air Task Force and commanded the 14th Air Force in China.

"Our country needs more rugged individuals with the same determination as General Chennault had," Mrs. Chennault said.

The SOPSC is Air Force Space Command's and the Department of Defense's premiere advanced space education and training organization. The SOPSC trains space operators for Air Expeditionary Force deployment, prepares space weapons school candidates for a demanding 5.5 month course at Nellis AFB, Nev., trains senior leaders for space positions in air operations cen-

ters and is the executive agent for tactics, techniques and procedures development – in essence, a modern day "space" equivalent of the ACTS.

The SOPSC is AFSPC's lead space professional program, developing entry, mid-career and senior space professional courses, including Advanced Space Training, the contemporary equivalent of the ACTS weapons system-specific training. Just as the ACTS trained yesterday's warriors on new tactics for combat operations, the SOPSC trains today's warriors on space tactics and combat applications.

"The ACTS provided an environment for airmen to develop and train tactics that became critical to the victory in World War II," said Lt. Col. Charles Helms, SOPSC commander. "Today, the modern ACTS space equivalent, the SOPSC, allows the space cadre to practice and develop new tactics for space systems."

Helms also stressed the importance of "looking to the future by remembering the past." The Space Operations Squadron traces its heritage to the Air Corps Tactical School.







## Happenings

### CHRISTMAS TREE LIGHTING CEREMONY

The annual Base Christmas Tree Lighting is at 4:30 p.m. Friday at the west side of the Base Chapel. Following the ceremony, visit with Santa in the chapel annex. Cookies and hot chocolate will be served.

### HOLIDAY DOOR DECORATING CONTEST

The Community Activities Center hosts a holiday door-decorating contest. Winning doors receive an office party. Judging is Dec. 12. For more information, call Dave Seckman at 556-1737.

### COMMISSARY HOLIDAY HOURS

The Peterson Commissary is open Dec. 21-23, and open until 3 p.m. Dec. 24. The Commissary is closed Dec. 25 and Jan. 1.

### COOKIES FOR THE TROOPS

The Pikes Peak Combined Spouses' Club needs donations of homemade cookies to put in gift bags for dorm residents. The cookies will be bagged Dec. 16 at the Mission Support Building. Volunteers are invited to come for the fun and find out more about the PPCSC. Call Tara Bridges at 597-0380 to volunteer or donate cookies.

### 21ST MSG STAGES OPERATION HOLIDAY KIDS

There are just two weeks left in the 21st Mission Support Group's Operation Holiday Kids Toy Drive. Operation Holiday Kids partners with community agencies who serve children, putting gifts in hands that would otherwise go unfilled. Donation boxes are in buildings 350, 365, 982, 1324, 1376, 2, 626, 1038, the BX, Base Library, Fitness Center, Bowling Center, Silver Spruce Golf Course, Fire Department,

and Aragon Dining Facility. Donations are accepted through the morning of Dec. 19. For more information, call Diane Coulson at 556-6127.

### SILVER SPRUCE HOLDS ANNUAL HOLIDAY SALE

The Silver Spruce Golf Course has its annual holiday sale through Dec. 24. Shop for gift items at great prices. For information, call 556-7414.

### FITNESS CENTER'S SHAPE UP FOR THE HOLIDAYS PROGRAM

The Peterson Fitness Center is has a Shape up for the Holidays program, in which participants must lose 5 pounds by Jan. 1. For details, call Mike Coats at 556-1515.

### FESTIVAL OF LIGHTS PARADE KICKS OFF HOLIDAY SEASON

The Festival of Lights Parade Saturday in downtown Colorado Springs is the city's kickoff to the holiday season. The parade begins at 5:50 p.m. The parade route goes south on Tejon Street, and north on Cascade. The parade is free.

### ARMED SERVICES YMCA CHRISTMAS DINNER

Join the Armed Services YMCA on Christmas Day for family fun in the heated indoor pool, and a free turkey dinner. This event is open to military families only. Seating is limited, so call 622-9622 for reservations.



## Changes at hand for NCO Academy

By 2nd Lt. Jennifer Whitaker

21st Space Wing Public Affairs

The Forrest L. Vosler NCO Academy here is undergoing some changes.

Changes in the staff and curriculum are being made in an effort to best fulfill the academy's mission of educating NCOs to lead the world's best Air and Space Force.

"Our staff has changed quite a bit since April 2003, and we are constantly improving our procedures and processes," said Chief Master Sgt. Aliquippa Allen, Peterson NCO Academy Commandant.

The Forrest L. Vosler NCO Academy is one of 12 NCO academies Air Force wide. Attendance at the academy is phase two of enlisted professional military education.

NCOs in the grade of technical sergeant and technical sergeant select who meet physical and weight standards are eligible to attend. The five-week course offers NCOs from various career fields and locations a chance to develop as leaders and supervisors.

The curriculum consists of 220 hours of study in the fields of communication skills, leadership, and the profession of arms.

"The entire staff is committed to ensure our students leave our school with a new perspective on their Air Force careers," said Master Sgt. John Clark, Peterson NCO Academy Director of Education.

Master Sgt. Shirley Lamontagne heads the PNCOA Profession of Arms team.

"A goal of (enlisted professional military education) curriculum is to expand the student's perspective of the military profession, and increase their commitment to the Profession of Arms," she said. "The Profession of Arms curriculum is changing to help foster this commitment."

Lamontagne said now each student attending the

academy is required to command drill movements, and will be evaluated using a "go/no-go" standard.

Master Sgt. Larry Selman, PNCOA Test and Analysis Team, said the academy offers students a test taking and study lab on training day three to help them re-acclimate to a professional military education environment.

In the new fiscal year, students at the academy will see changes in the curriculum, said Tech. Sgt. Tonya Draper, PNCOA Communication Team.

"The new communication skills curriculum has been designed as a three-track program: speaking, narrative writing, and editing bullet statements," Draper said.

She said practical application in these areas gives the students a realistic look at the types of managerial communications required of senior NCOs. During the speaking track, the students conduct a group counseling session covering typical work center issues, and give a briefing on topics of interest from the Profession of Arms module.

The narrative track focuses on writing and editing, as students are required to write and edit a memorandum, and the bullet statements track requires students to draft and edit standard Air Force bullet statements like those found on enlisted performance reports and awards packages.

Tech. Sgt. Shane Warye, PNCOA Leadership Team, said the leadership curriculum includes instruction in human resources and organizational management. During this module, students share their experiences with each other, learning from their peers.

"In the Performance Management lesson plan, students now get to practice their ability to communicate in a group setting," Warye said. "It has definitely enhanced the overall learning environment."

For more information on the PNCOA, visit their Web site at [www.peterson.af.mil/pncoa/](http://www.peterson.af.mil/pncoa/).

## Thule's "Treadwall"



Photo by 1st Lt. Jeremy Eggers

**THULE AIR BASE, Greenland – Staff Sgt. Brad Williams, 821st Support Squadron, tests out Thule's new "Treadwall," a vertical treadmill used to simulate rock climbing, during a dedication ceremony Nov. 29. The new Treadwall was purchased using money earned from the ATWIND program, designed to increase participation in Air Force Services programs. In 2003, Thule showed a significant increase in participation and won \$5,000 in ATWIND quality of life money.**

# 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.*

## FEMALE FOUND FILCHING FINGERNAIL KIT

– Nov. 18

A Base Exchange store detective called Security Forces to report detaining a shoplifting dependent family member. Apparently, the pre-teen pilfering princess thought the BX offered free manicures, as she tried to walk off with a fingernail tip kit worth \$4.95. The Colorado Springs Police Department responded, issued the shoplifter a summons, and released her to her parents.

## KOWARDLY KLUTZ KEYS KAR – Nov. 18

Security Forces responded to the parking lot of the NORAD/USNORTHCOM building where a military member reported his car had been damaged. He stated that sometime between 7:20 a.m. and 3:35 p.m., two scratches appeared on his car – one on the driver's side door about 2 feet long, the other on the driver's side back door extending 3 feet to the rear quarter panel.

## COP CAUSES COP CASUALTY – Nov. 19

A Security Forces member, who was picking up another Security Forces member for a shift change, suddenly heard screaming as she started to drive off – apparently, the passenger was not completely in the vehicle when it started to advance. The hurtin' hitchhiker called Security Forces and reported his knee was injured and that he would be going to Fort Carson's hospital. No word on whether the clumsy cohort redeemed herself and drove him there.

## GLIDER GOES GEAR-LESS – Nov. 19

Security Forces was notified of an in-flight emergency at approximately 9 a.m. when a glider from the Air Force Academy landed without its landing gear down. The two pilots sustained no injuries. The glider, however, suffered a few bumps and bruises.

## CAMERA CAPER – Nov. 19

A member at the base museum contacted Security Forces to report a missing camera. The member gave the camera to her co-workers to use while she went on leave for a month. She didn't notice the camera was missing until Nov. 13 – leaving the crafty camera three and a half months to find a really good hiding spot.

## STROLLER SERVED SUMMONS – Nov. 19

Security Forces detained a civilian for trespassing on base. The Colorado Springs Police

Department responded and served the drifting dummy for trespassing on private property.

## WEIRDO PITCHES 'DARK STAR' TO WOC

– Nov. 19

The Wing Operations Center received a call from a Pueblo-area resident, who stated he had invented the 'Dark Star' and was giving the U.S. the first chance to purchase it before selling it to Italy or a man known as "Mr. Fox". The crazy caller proceeded to tell the WOC that his invention has submarine and flying capabilities, can be armed with a missile or "good" medicine and can travel around the Earth in just five hours – then hung up. The schizoid salesman then called back and informed the WOC that he was angry with the Air Force for not allowing him to come onto active duty and be a pilot (perhaps he couldn't pass the psych screening??) and that World War III was coming for the Air Force.

## FOUND ITEM #1 – TRUMPET TURN-UP

– Nov. 20

A brown case, containing a silver trumpet, instruction book, and cleaning kit was found by Security Forces adjacent to the bus stop on Selfridge Street and McChord Street. Contact Security Forces for collection information.

## LAPTOP ON THE LOOSE – Nov. 20

A civilian working in the Air Force Space Command Headquarters building contacted Security Forces to report a Dell laptop computer worth approximately \$2,500 was taken from a storage room there sometime between Oct. 15 and Nov. 20. A co-worker stated he found the storage room unsecured on Nov. 10.

## PLAYSTATION POACHER – Nov. 20

A Base Exchange store detective called Security Forces to report detaining a shoplifting dependent family member. The looting lass longed for a Sony Play Station game and memory card – but didn't want to go through the hassle of paying the \$59.95 for it. The CSPD responded and issued her a memory card of sorts – a summons for shoplifting.

## FIST FIGHT FOSTERS FYSICAL HARM

– Nov. 20

Security Forces, the Fire Department and CSPD responded to the Youth Center when notified that a physical assault had taken place. It seems one young boy attacked another, causing multiple cuts to the face and a wrist injury. The Fire Department splinted the assaulter's wrist and then released him to his parents, who took him to the Air Force Academy hospital. No charges were pressed.

## DRIVER DISMISSES DAMAGE DOER – DUH?

– Nov. 21

Security Forces was notified of a minor motor vehicle accident in the Commissary parking lot. While waiting for a parking spot, a vehicle backed and bonked into the side of his government van. Noticing no damage at the time, he told the bonker to not worry about it and go ahead and leave.

Upon returning the van to transportation he did spot a six-inch dent underneath the gas tank on the driver's side. Security Forces could not issue a citation though, because no information was available on the damage doer.

## HURT HIP HELP – Nov. 22

A base housing resident notified Security Forces that a member of their family had slipped and hurt their hip. The American Medical Response services the Fire Department were notified and the person was transferred to Memorial Hospital for treatment.

## BARRIER BUMPS UNSUSPECTING CAR

– Nov. 23

A member of the 21st Civil Engineer Squadron reported he hit a white four-door Volkswagon Jetta in the parking lot of Dormitory 1158. The CE troop was moving a barrier and had a spotter when the vehicle was hit. A search for the owner of the vehicle was conducted, but to no avail. A note was put on the vehicle to contact Security Forces as soon as possible.

## ROBBERY SUSPECT PROVEN INNOCENT

– Nov. 23

The El Paso County Sheriff's Office contacted Security Forces to request assistance in detaining an armed man who had just robbed a local bookstore outside the North Gate. Security Forces stated a man matching the robber's description had entered the base with another individual. Stop, check, and pass procedures were initiated and the car with an individual matching the description was held until the Sheriff's office arrived on scene. After further investigation, the suspect was released after they determined he was not involved.

## BLOCKHEAD BELLOWS BELLIGERENCE

– Nov. 24

A civilian notified Security Forces that he received a message on his work voicemail from a military member threatening him. The cautious civilian made the official complaint in the event any further action takes place.

## FOUND ITEM #2 – TOOLS TURN-UP – Nov. 24

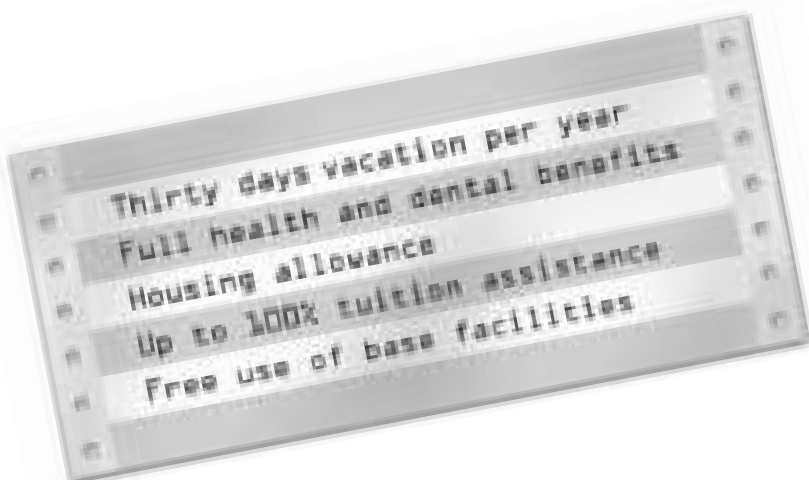
A civilian notified Security Forces that he found a Swiss Tech mini tool, one clear light, two master lock keys, two other keys, and a blue mini pocketknife at the North Gate. Contact Security Forces for collection information.

## BRAINLESS BOOZER BUSTED – Nov. 24

Security Forces was notified that a military member was apprehended by the El Paso County Sheriff's Office downtown for drunk driving. The vodka'd voyager refused a breathalyzer and also refused to accomplish field sobriety maneuvers (but felt fine to drive?). The inebriated imbecile was issued a summons for driving under the influence and also had his base driving privileges suspended.

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

## WELCOME TO THE AIR FORCE



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# Harvest of Love

## Team Pete lends a helping hand

By Christie Bond  
21st Space Wing Public Affairs



More than 25,000 people a week in Southern Colorado will be able to eat for at least the next four months thanks to help from the children of El Paso County, and 200-plus Peterson Air Force Base, Cheyenne Mountain and Schriever Air Force Base military and civilian volunteers and their family members.

The 13th Annual KRDO/Care and Share Harvest of Love food drive, conducted in November, garnered cash and food equaling more than 845,000 pounds to date, and additional donations are still being tallied. The final total is expected to be close to 900,000 pounds; about 67,000 pounds more than last year's Harvest. This is a phenomenal accomplishment in light of the financial difficulties many people face this year, said Care and Share Food Bank representative Scottie Bibb. The final total will be post-

ed on the Care and Share website at [www.careandshare.org](http://www.careandshare.org) on Monday.

Team Pete has supported the drive for the past 11 years, providing vehicles and volunteers to serve in various roles. The relationship began with a handful of transportation people and a couple of trucks. From a small unit effort, the drive has blossomed into a full-force community relations program supported by three installations and blessed by the Peterson AFB installation commander.

The drive begins when the Care and Share staff sends invitations to participate to local schools. Participating schools then begin collecting food. By the time Peterson gets involved in mid-November, elementary, middle, and junior high schools throughout the county have collected – literally – truckloads of food, which must be transported to the food bank warehouse near I-25 and Garden of the Gods.

That's where Peterson, Cheyenne Mountain, and Schriever come in. Pickup teams take Air Force trucks to more than 170 schools throughout El

Paso County, load the food donations, haul it to the warehouse north of town, and help unload it in 4-foot-tall bins in the warehouse yard. After their trucks are unloaded, they repeat the process until the day's school pickup schedules are exhausted (and usually, so are the volunteers).

Once food has been unloaded at the warehouse, it's weighed and moved into the repack room. There, more Team Pete volunteers sort the food to ensure variety and repack it for distribution to 400 other support agencies throughout 31 southern Colorado counties. It is at those agencies that people in need have access to the food.

Lori Kapu, Care and Share Director of Operations and Agency Relations, said Peterson saves the food bank countless dollars in transportation and labor costs – money that is desperately needed to help feed the needy, she said. Volunteers save the agency approximately \$16.54 per volunteer hour (source: The 2002 Annual President's Economic Report), according to food bank litera-

ture. So, Peterson's 200 volunteers, over the five-day period, saved the food bank approximately \$18,000 in labor costs. When translated into the number of pounds of food that much money can buy, that equals about 180,000 pounds of food.

Care and Share accepts volunteer support throughout the year.

So Team Pete people who would like to support the food bank can call the food bank at 528-1247, or contact the volunteer coordinator online at [www.careandshare.org](http://www.careandshare.org).



Photos by Staff Sgt. Josh Ciendener  
Master Sgt. Todd Lokey, 21st Security Forces Squadron, helps unload the truck in the yard at the Care and Share warehouse. Lokey was one of the more than 200 Team Pete volunteers who pitched in with eager hearts and open arms.



Volunteers in the repack room pack donated food into smaller boxes for distribution. The donations support more than 25,000 people every week.



Staff Sgt. Diana Wilson, 21st Operations Support Squadron, marks through the UPC symbols on donated food items so the goods cannot be returned to a store. Once the UPCs are marked, the goods are packed into smaller boxes for delivery.



Volunteers work together to unload a shipment of canned goods collected in local schools. Team Pete's pickup crews visited more than 170 local schools to pick up about 900,000 pounds of food items.



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

## This Week

### Today

■ Job Orientation, 1-2 p.m. in the Mission Support Center, Building 350, Room 1016.

■ Play Group, 10:30 a.m.-noon at the Peterson AFB Youth Center.

### Friday

■ Pre-Separation Briefing, 8-9 a.m. in the MSC, Room 1016. A mandatory briefing for those that are retiring or separating from the military.

■ Friday social hour from 5-6:30 p.m. at the Enlisted Club. Drink specials, free food, and a disc jockey playing a variety of music.

### Saturday

■ Thunder Alley, 8:30 p.m. at the Bowling Center.

### Sunday

■ Art auction at the Officers' Club. Preview at 1 p.m., auction begins at 2 p.m. \$10 per person.

■ Sunday Brunch, 10 a.m.-1:30 p.m. at the Officers' Club.

■ Deadline to register for a Doubles Racquetball Tournament, Tuesday-Thursday at the Fitness Center.

### Tuesday

■ Sponsorship Training, 7:30-8:30 a.m. in the MSC, Room 1016.

■ Bundles for Babies, 1-3 p.m. in the MSC, Room 1016.

■ Assertive Communication, 2:30-4 p.m. in the Peterson AFB Library.

### Wednesday

■ Pre-Separation Briefing, 8-9 a.m. in the MSC, Room 1016. A mandatory briefing for those who are retiring or separating from the military.

■ Mongolian Barbecue, 6-8 p.m. at the Officers' Club.

### Dec. 11

■ Job Orientation, 1-2 p.m. in the MSC, Room 1016.

### Helpful Numbers

- Family Advocacy 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 556-6141
- Red Cross 556-9201
- Outdoor Recreation 556-4487
- Golf Course 556-7810

## CDC fees increase

### Higher fees mean better-paid staff for continued quality child care

Parents who take their children to the Child Development Center for Before- and After-school programs will now see a fee increase of up to 4 percent.

"Before you start to worry about this fee increase denting your wallet, let's understand what the fee covers and what it means in actual numbers," said Margie Arnold, 21st Services Squadron.

Arnold said revenue from the CDC, fees parents pay every two weeks, can be used only to pay staff salaries. The CDC is raising its fees to help offset a 4 percent cost of living increase for its employees – "those knowledgeable, trained, trustworthy, dependable professionals who work with your child," Arnold said.

The Air Force picks up the tab for food, supplies, playgrounds, and appropriated funds employees' salaries.

Arnold said the Air Force pays its CDC staff significantly more than most non-military child development centers.

"The good news – and you were waiting for this – is that the CDC staff are not babysitters but professionals who work with child development," Arnold said. "Because of the Air Force's stringent requirements for CDCs and their employees, the CDCs are staffed by better-trained quality profes-

sionals than centers outside the gate. For parents who want the best for their child, the Air Force CDCs offer the best quality programs and staff.

"In addition, our CDC at Peterson Air Force Base is a state-of-the-art facility which meets all fire and safety codes, is a comfortable environment with respect to lighting, heating and furnishings, and offers the children a government regulated nutrition program," she said.

Senior Airman Lorrie Jones takes her three-month old son Hayden to the Peterson CDC every day.

"Hayden is my first child," Jones said. "I want to be sure he is well cared for. At the CDC they have security cameras in all the rooms, and the staff is friendly and has taken good care of him.

"Because the CDC is on base, if there is an emergency or I am needed, I can be there for him right away," she said. "Sometimes I visit Hayden on my lunch hour to feed and play with him.

That convenience and peace of mind are important to me."

Arnold said the Peterson CDC's fees are already near the maximum allowed, so the full 4 percent increase won't be accomplished in every payment category.

"That means that while (we're) giving our professionals a 4 percent cost-of-living increase, they are already operating at a deficit," Arnold said.

In hard numbers, here's what the increases mean for parents' pocket-books.

"For those in Category I, the current fee is \$58," Arnold said. "The maximum fee range for Cat. I is \$47 to \$60. A 4 percent increase means an additional \$2.32 or now \$60. That additional \$2 a week translates into an additional 40 cents a day. So you are paying a total of \$12 a day for quality care at an Air Force Child Development Center."

For all other categories, the fee increases mean:

Cat. II increased 2 percent, from \$71 to \$73

Cat. III increased 1 percent, from \$85 to \$86

Cat. IV increased 2 percent, from \$96 to \$98

Cat. V increased 2 percent, from \$110 to \$112

Cat. VI increased 4 percent, from \$115 to \$120

Arnold said fees for school-age programs, both before- and after care, will increase, too.

To pick up a fee increase chart, stop by the Child Development Center and the R.P. Lee Youth Center.



## ARAGON DINING FACILITY MENU

| Today  | Friday   | Saturday   | Sunday  |
|--|--|--|---|
| <p><b>Lunch:</b><br/>Liver with Onions<br/>Orange Spiced Pork Chop<br/>Tempura Fried Fish<br/>Broccoli<br/>Peas and Carrots<br/>Steamed Rice<br/>Rissolle Potatoes</p> <p><b>Dinner:</b><br/>Pepper Steak<br/>Mr. Z's Baked Chicken<br/>Ginger Pot Roast<br/>Mixed Vegetables<br/>Green Beans<br/>Steamed Rice<br/>Mashed Potatoes</p> | <p><b>Lunch:</b><br/>Beef Corn Pie<br/>Seafood Newburg<br/>Veal Paprika Steaks<br/>Mustard Greens<br/>Harvard Beets<br/>Potatoes<br/>Pea and Pepper Rice</p> <p><b>Dinner:</b><br/>Yankee Pot Roast<br/>Simmered Corned Beef<br/>Pineapple Chicken<br/>Fried Cabbage<br/>Carrots<br/>Mashed Potatoes<br/>Black-Eyed Peas</p>                                     | <p><b>Brunch:</b><br/>Creole Shrimp<br/>Savory Baked Chicken<br/>Swedish Meatballs<br/>Asparagus<br/>Creamed Corn<br/>Squash<br/>Baked Potatoes<br/>Noodles Jefferson</p>  | <p><b>Brunch:</b><br/>Cantonese Spareribs<br/>Mustard Chicken<br/>Oven-Fried Fish<br/>Broccoli Combo<br/>Country Style Tomatoes<br/>Peas<br/>Macaroni and Cheese<br/>Boiled Egg Noodles<br/>Sweet Potatoes</p>  |
|  | <p><b>Monday</b></p> <p><b>Lunch:</b><br/>Baked Stuff Fish<br/>Pot Roast<br/>Roast Loin of Pork<br/>Cauliflower<br/>Combo<br/>Green Beans w/ Mushrooms<br/>Oven-Browned Potatoes<br/>Steamed Rice</p> <p><b>Dinner:</b><br/>Chili Mac<br/>Southern Fried Chicken<br/>Beef Cannelloni<br/>French-Style Peas<br/>Glazed Carrots<br/>Mashed Potatoes<br/>Squash</p> | <p><b>Tuesday</b></p> <p><b>Lunch:</b><br/>Salmon Cakes<br/>Teriyaki Chicken<br/>Veal Parmesan<br/>Fried Cabbage<br/>Succotash<br/>Parsley Buttered Potatoes<br/>Filipino Rice</p> <p><b>Dinner:</b><br/>Country Captain Chicken<br/>Turkey A La King<br/>Meatloaf<br/>Mustard Greens<br/>Okra and Tomato Gumbo<br/>Steamed Rice<br/>Mashed Potatoes</p> | <p><b>Wednesday</b></p> <p><b>Lunch:</b><br/>Cantonese Spareribs<br/>Szechwan Chicken<br/>Beef Stir Fry<br/>Cabbage<br/>Carrots<br/>Vegetable Stir Fry<br/>Parsley-Buttered Potatoes<br/>Pork-Fried Rice</p> <p><b>Dinner:</b><br/>Barbecued Spareribs<br/>Lemon Herbed Chicken<br/>Stuffed Pork Chops<br/>Cauliflower Combo<br/>Mexican Corn<br/>Steamed Rice<br/>Scalloped Potatoes</p> |



*'Tis the season***Peterson Enlisted Club gets holiday facelift****By Pam Clarke***21st Space Wing family member*

In August, Melanie Grissett, the wife of 50th Space Wing Command Chief Stephen Grissett, and I decided we wanted to help the Enlisted Club decorate for Christmas.

Over the past six months, the Enlisted Club has gone through an interior facelift. New paint, stage curtains, a polished dance floor, and new light fixtures are just a few of the updated items. The decorations will only add to these improvements.

We knew Pam Fisher, spouse of Col. Marvin Fisher, Headquarters Air Force Space Command Civil Engineer, had a budget last year to totally renovate the Christmas decorations at the Officers' Club. She and several other ladies sought out, bought, and put together some great decorations.

We knew she was an expert, so Melanie and I recruited her.

Club Manager Garry Shaffer gave us permission to go through current decorations to see what

could be used and what might need to be replaced. Pam, Melanie, and I got all the decorations out of storage to assess their condition, and soon found many items needed to be replaced.

Mary Shore of Mary's Flowers, located in the foyer of the Enlisted Club, decorates the foyer, so Melanie and I took on the other rooms in the club. We started in the ballroom and made our way to each room, finding out what the Enlisted Club had to use and making a list of what we needed.

We went from store to store in our search for decorations, locating and pricing ribbon, ornaments, lights, and more. Mary helped Melanie and I buy new wreaths and garland at a 70 percent discount. We ordered new swags, and began purchasing ribbon, decorative picks, ornaments, and more as these items became available in stores.

After about three months, we had about 98 percent of what we needed to get started.

Then, we began putting the decorations together, and again, we recruited "The Bow Queen," Pam Fisher.

We three spent two days – eight to nine hours each day – putting everything together. We tied bows, strung lights through garland and wreaths, and attached bows and picks to wreaths, swags and garland.

Garry Shaffer said he was surprised when we offered to help the Enlisted Club staff decorate. Though the club staff has done a great job in the past, they have done all the decorating themselves.

"I'm very impressed with the outstanding job they've done," Shaffer said. "This is so much better than I ever would have imagined."

The Officers' Club has always had volunteers, such as the former Officers Wives' Club, to help decorate their club. This year, several volunteers, including the Pikes Peak Combined Spouses Club, helped decorate the Enlisted Club.

This was a combined effort of all ranks from all the local Air Force installations. Our enlisted at Schriever, Cheyenne Mountain, and Peterson deserve to have quality decorations in their club for Christmas.



Photo by Tech. Sgt. Michael Phillips

**Pam Clarke, front, hangs a holiday wreath while Rene Driscoll decorates a Christmas tree in the Enlisted Club Nov. 21. This year, several volunteers, including the Pikes Peak Combined Spouses Club, helped decorate the Enlisted Club for the holidays.**



# Babies help parents work out

By Airman 1st Class Susan Stout  
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LUKE AIR FORCE BASE, Ariz. – Balancing a career, family and fitness program is not always easy. A training routine, created by fitness trainer Mindy Mylrea here, may help new parents get fit and spend quality time with their babies.

The routine is designed for mothers and fathers with a 20- to 30-pound baby and should be done twice a week for about an hour. Instead of hoisting weights, parents use their child.

“This routine is good especially for people like me, a mom who works full time, so we don’t have to take more time away from our baby to go to the gym,” said Debbie Diveney, of the 56th Services Squadron.

The following are ways a child can help parents get fit. Perform one to two sets of eight to 12 repetitions unless noted otherwise.

■ Piggyback squat: Let the baby climb onto your back, wrapping his or her hands around your neck and legs around your waist. Stand with your feet hip-width apart, keeping your abdomen tight and back straight. Slowly bend your knees to lower yourself until your thighs are as close to parallel with the ground as you can get. Straighten your knees to return to starting position.

■ Quadricep lift: Sit in a chair with feet together, holding onto the sides of the chair with your hands. Have your baby sit on your feet, facing you and holding onto your calves. With abs tucked in, slowly straighten your legs to lift your feet and your baby off the ground. Hold for one count; then bend your knees to lower your feet back to the floor.

■ Calf raise: Sitting in a chair with feet placed together on the floor, put your baby on your lap facing you and hold him or her around the waist. Raise your

heels off the floor until the baby’s weight is on the balls of your feet. Hold for one count; then return to starting position.

■ Overhead press: Stand with your feet about hip-width apart, keeping your abs tight and back straight. Bending your knees, pick your baby up off the floor, and lift him or her over your head, straightening



Photo by Staff Sgt. Corey Drury

Debbie Diveney, 56th Services Squadron, lifts her daughter, Julianna, in an exercise called the “overhead press.”

your legs as you extend your arms. Be careful not to lock your knees or elbows. Bend your elbows and knees to lower your baby to chest level.

■ Triceps dip: Sit on the edge of a chair and place your baby in your lap with his or her arms wrapped as far as they can go around your waist. Place your hands on the sides of the chair, palms down and scoot your buttocks off the chair, making sure your thighs and calves form a 90-degree angle. Lower yourself by bending your elbows, keeping them pointing toward the wall behind you (not out toward the sides). Lower yourself until your upper arms are parallel with the floor, keeping your buttocks as close to the chair as possible. Slowly straighten your arms to raise yourself back up, being careful to not lock your elbows at the top of the move.

■ Chest press: Lie face up on the floor, with your baby resting facedown on your chest. Holding your baby with both hands, extend your arms, lifting him or her up as far as you can without locking your elbows. Hold for one count; then lower your baby back to your chest.

■ Push-up: Lie facedown on the floor with your hands directly under your shoulders, fingers pointing away from your feet and your baby resting on your back. Straighten your arms to lift your body away from the floor, keeping your back straight, buttocks tucked, abs tight and head aligned with your spine. Hold for one count; then bend your elbows to lower yourself to starting position.

■ Rocking cool-down: Lie face up on the floor with knees bent and feet flat on the floor. Let your baby lie facedown on your chest and wrap your arms around him or her. Gently rock your body from side to side for two minutes, letting your baby hear your heartbeat. Both of you can now relax.

(Courtesy of AETC News Service)

