



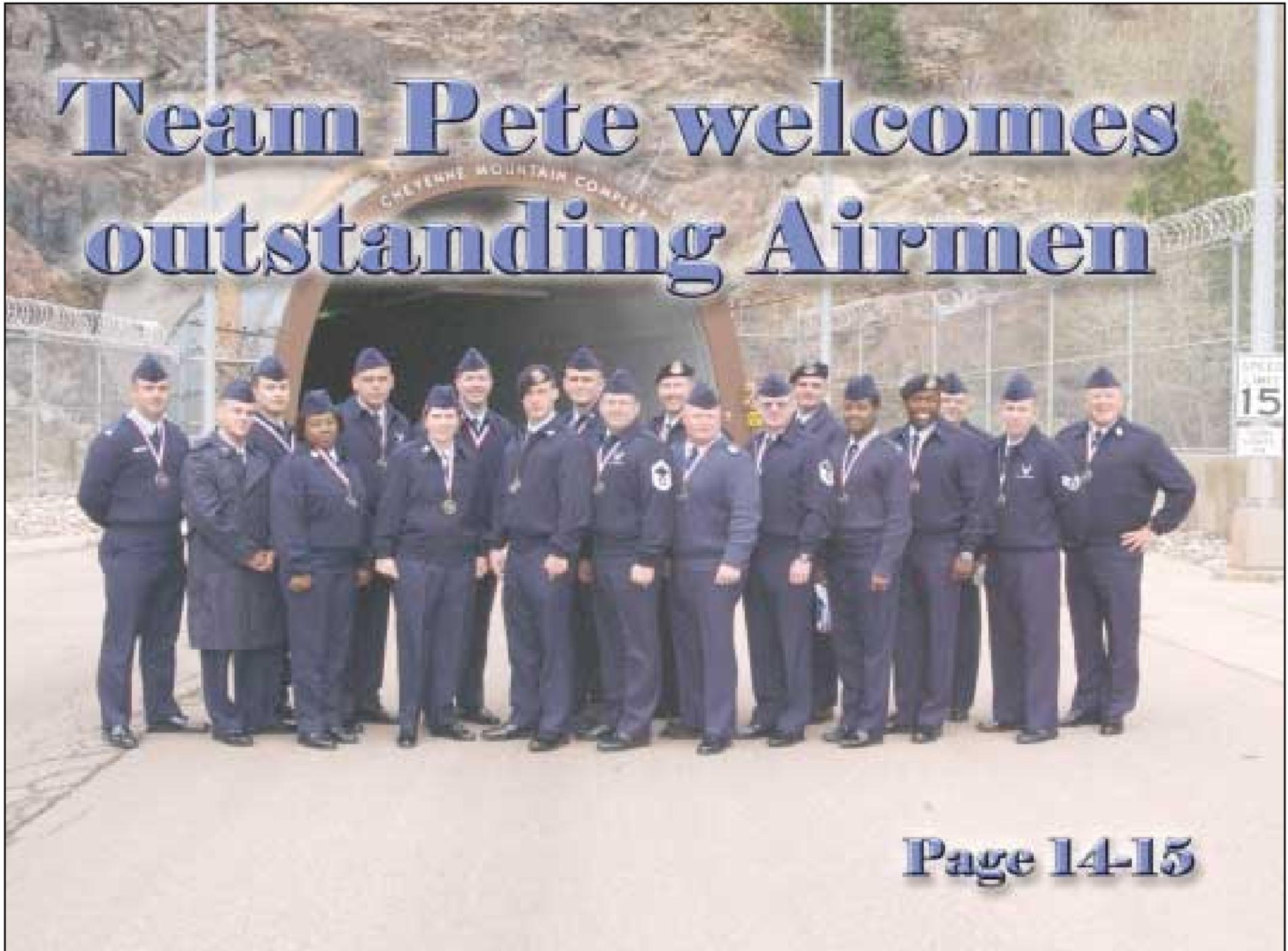
# Space Observer

“2003 AFSPC Best Large Wing PA Office”

Thursday, April 29, 2004

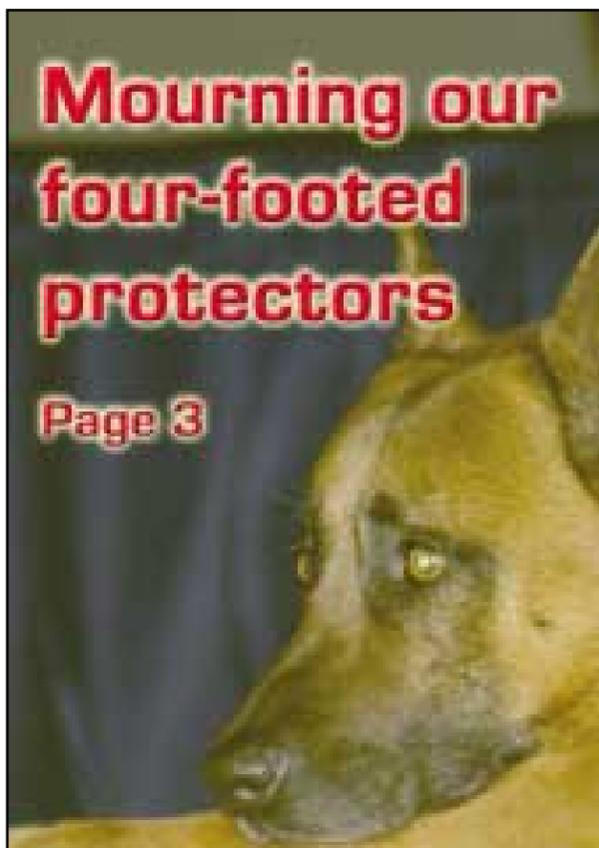
Peterson Air Force Base, Colorado

Vol. 48 No. 17



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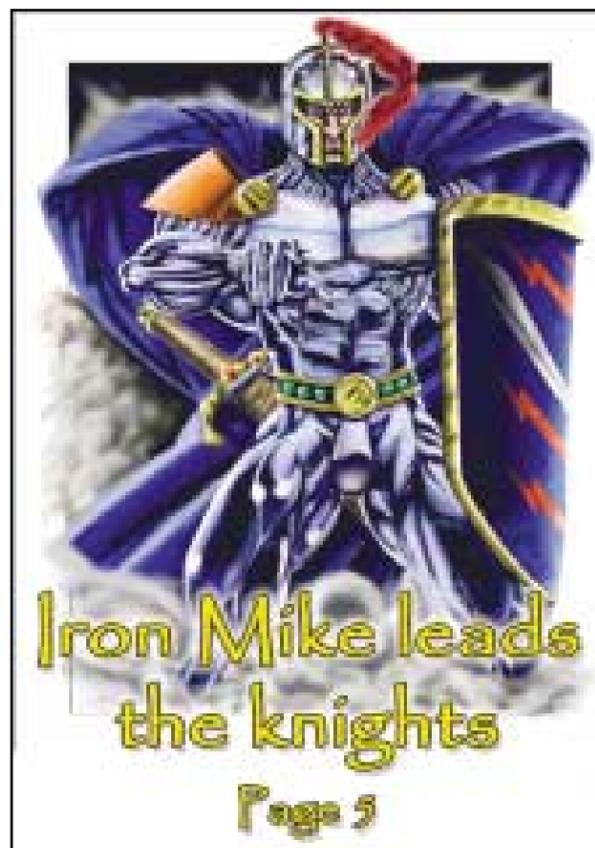
Photo by Tech Sgt. Ken Burgmann



Mourning our four-footed protectors

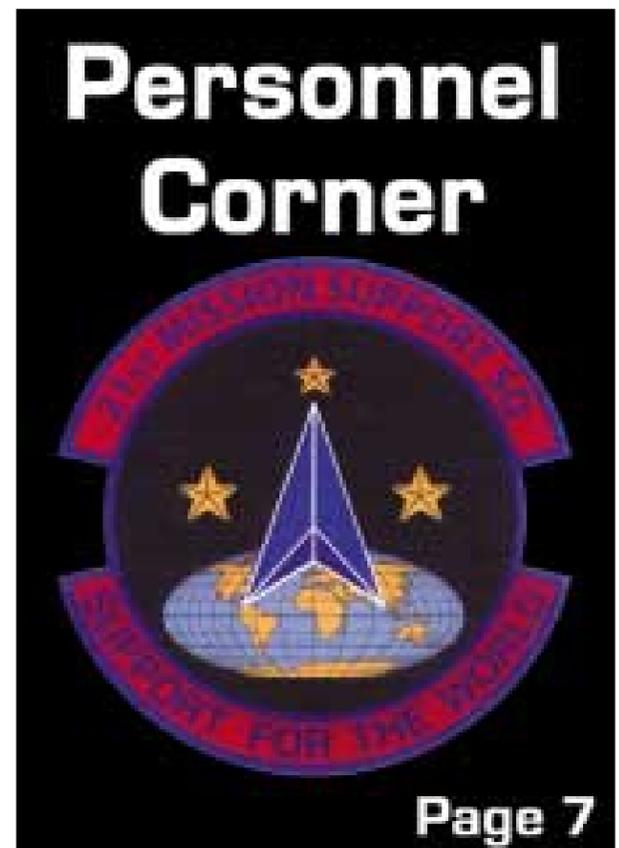
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Photo by Senior Airman Shawn Clements



Iron Mike leads the knights

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Straight Talk Line 556-9154



# 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.

## Cell phones on the road

**Question:** What is the policy on the use of cell phones while driving? I feel it is very dangerous. On several occasions, I have followed drivers from on base for five to ten miles who were using a cell phone. One driver was driving slower than the speed limit and the other was speeding. Don't people have any consideration for others? I can see using cell phones for emergencies but driving for miles just doesn't make sense.

**Answer:** We have all witnessed inattentive vehicle operators talking on cell phones while driving. However, there are currently no Colorado state laws or base policies prohibiting the use of cell phones while driving, so we have to rely on vehicle operators to use common sense while driving. To drive safely, a driver

needs to give priority attention to the driving task, as even a momentary distraction can lead to a crash. The distraction can be caused by anything that draws the driver's attention away from the road. Based on a 1996 National Highway Traffic Safety Administration study, driver distraction probably contributes to between 20 to 30 percent of all crashes. Cell phones are a distraction and fall into this category. Unfortunately, there are no accurate statistics on how many vehicle mishaps are specifically caused by cell phone use while driving, because distracters are not included in mishap reporting criteria. However, the NHTSA estimates cell phones are the biggest contributor to vehicles drifting into other traffic lanes and not stopping soon enough to avoid hitting the vehicle in front of them. Cell phones are a great invention and have saved untold lives from their emergency use benefit, but we all need to use them prudently. Any further questions can be directed to Sandra Mock at 556-8001.

## National Anthem courtesy

**Question:** Why can't people have the common courtesy or decency to show respect for our flag when the National Anthem is played? I am a veteran. My anger is being directed at the people who do not stop driving their cars or stand outside their vehicle if they are just getting to their vehicle when

the National Anthem starts at 5:30 p.m. I had rocks thrown at me many years ago when I was stationed in Germany because I was an American. Maybe because of that, I have a different attitude about our flag and freedom. Yesterday, I just wanted to get on a bullhorn and scream at the people who were driving instead of rendering respect to our flag. I had to express my anger and frustration at people who don't have the common courtesy or the decency to show respect for our flag. Thank you.

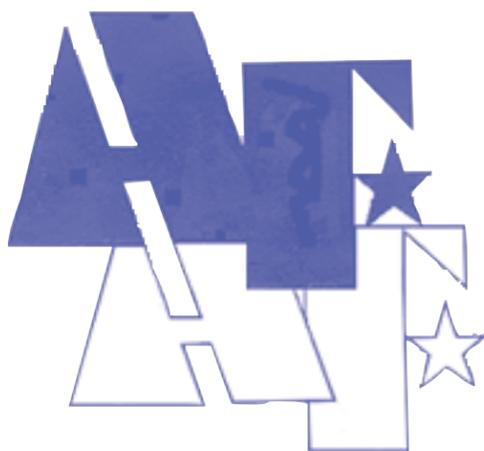
**Answer:** We couldn't agree more and encourage you to continue to diplomatically set the example for those who might appear "above" rendering honors to the anthem and flag. To educate those who may have missed it, we play Reveille at 7:00 a.m., Retreat and the U.S. National Anthem at 5:30 p.m. and Taps at 10:00 p.m. Since Reveille and Taps are not part of official ceremonies, it is proper to proceed about your business. However, when the anthem is played, it is appropriate to face in the direction of the flag and salute (when in uniform) or to place your hand over your heart if in civilian attire. When driving, it is appropriate to stop until the music ends – we'll even temporarily halt traffic flow through our gates during the anthem. Continue to spread the word and educate those who – perhaps from simple ignorance – don't follow these traditions.



# Air Force Assistance Fund

Team Pete goal -  
\$74,580.66

Contributed so far -  
**\$100,673.04**



# Space Observer

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**21st Space Wing  
Commander**  
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Senior Airman  
Shawn Clements

**Layout and Design**  
Kara Magana

## A Moment in Time



- April 29, 1918 – Lieutenant Edward V. Rickenbacker downs his first enemy aircraft.
- May 1, 1996 – A German officer assumes command of a German tactical training center at Holloman AFB, N.M. This is the first time a foreigner has commanded a unit at an Air Force base within the United States.
- May 2, 1977 – First Lt. Christine E. Schott becomes the first woman undergraduate pilot training student to solo in the T-38 talon.
- May 3, 1952 - A ski-and-wheel-equipped U.S. Air Force C-47 Skytrain makes the world's first successful North Pole landing.





Photos by Duncan Wood

## Colorado celebrates Space Day

Gen. Lance Lord, Air Force Space Command commander, and Brig. Gen. Richard Webber, 21st Space Wing commander, talk with Michael Gass, vice president of space transportation at Lockheed Martin Space Systems, and Dave Taylor, president of Ball Aerospace Technologies during Colorado Space Day at the state capitol building in Denver April 22. Space Day at the Capitol is part of Colorado Space Week, an event designed to honor the invaluable contributions of the military and space industry in the State of Colorado. The last Space Day at the Capitol was held in 2002.



# Military working dogs honored in ceremony

By Senior Airman  
Shawn Clements  
21st Space Wing Public Affairs

Peterson members honored military working dogs, Benny and Brix, members of the 21st Security Forces Squadron, in a memorial Monday at the base theater.

At the somber ceremony, many tears fell as security forces members said a final goodbye to their two fallen comrades.

"Working with MWDs is the best job I've ever had, because these dogs become like your children," said Staff Sgt. Joseph Villalobos, 21st SFS. "Benny and Brix were very well-rounded dogs who I had the pleasure of working with for more than two years."

Lt. Col. John Brooker, 21st SFS commander, spoke of how valuable these dogs are to the military and how they all become a part of the security forces family.



Photo Senior Airman Shawn Clements

An empty kennel symbolized the loss of the two military working dogs honored in a ceremony at the base theater Monday.

Tech. Sgt. Jonathan Baer, 21st SFS and Benny's handler, lost more than just a partner.

Benny was a great partner and buddy and will

always be remembered.

"He was my pal," Sergeant Baer said.

Benny was a 9-year-old Belgian Malinois, who received his initial training in 1996 at Lackland Air Force Base, Texas. He was assigned here in February 1997 and completed four temporary duty assignments, numerous secret service assignments and conducted 2,536 detector sweeps.

Brix's handler also lost a friend.

Brix was always very protective if he felt someone was too close, no matter what the distance was. He was the best partner and friend anyone could ever ask for, said Staff Sgt. Jesse Frank, 21st SFS.

Brix was a 10-year-old German shepherd, who received his initial training in 1997. He was assigned here in June 1997 and completed eight temporary duty assignments, numerous secret service assignments and conducted 2,751 detector sweeps.



## Wing readies its troops

Brig. Gen. Richard Webber, 21st Space Wing commander, and Col. Jay Santee, 614th Space Operations Group commander at Vandenberg Air Force Base, Calif., observe the Disaster Control Group during a wing table top exercise April 23. Col. Cynthia Snyder, 21st Mission Support Group commander and Lt. Col. David McCormick, 21st Civil Engineer Squadron commander, discuss how the DCG operates here, as Col. Gary Shugart, 21st SW Inspector General looks on.



Photo by Camilla Smith



## COMMISSARY HOLDS CASE LOT SALE

The Commissary conducts a case lot sale Saturday and Sunday.

## SHELTER-IN-PLACE TRAINING SCHEDULED

The 21st Civil Engineer Squadron conducts mandatory Sheltering-In-Place training from 9-10 a.m. and 1-2 p.m. today at the base auditorium for the base populous. The training will apply to individuals in every facility on base, and will cover procedures necessary to effectively keep out of harm's way. This program is in support of Air Force Manual 10-2602, paragraph 5.10 and Peterson Air Force Base Full Spectrum Threat Response 10-2P.

## EXERCISE VOLUNTEERS NEEDED

The city of Colorado Springs, Colo., is asking for 140 volunteers to test the hospital system May 12 for CONDOR CREST 04-03/GLOBAL MIRROR. For more information, call Christy Martinez, Office of Emergency Management, at 385-7396 or Rose Marie Clouse at 385-7228.

The base needs seven volunteers for the field exercise May 6-7, base MARE May 10-11 and CONDOR CREST 04-03/GLOBAL MIRROR May 12. Civil Service, military and others are encouraged to call the wing exercise branch at 556-6489 to sign up.

## VOTING WORKSHOP SCHEDULED

There will be a voting workshop at 9:30 a.m. and 2 p.m. May 11 in the Mission Support Center, Room 2057, support group conference room. Elaine Tucker, a program analyst in the Federal Voting Assistance Program, will conduct the sessions, which will last about two hours. There will also be a session at 9 a.m. May 12 at the U.S. Air Force Academy in the Community Center Theater. All are welcome to attend, but seating is limited, so it will be first-come, first-seated. Unit Voting Assistance Counselors are highly encouraged to attend.

## SPRING FIT TO FIGHT RUN SCHEDULED

Gen Lance W. Lord, the Air Force Space Command commander, will lead all uniformed members of the headquarters in a Spring Fit to Fight 1.5 mile run at 10 a.m. May 13, location pending. Direct questions to Senior Master Sgt. J.J. Christian, HQ AFSPC Fitness Program Manager, at 554-4490.

## NCOA HOLDS PME HIRE BRIEF

The Peterson NCO Academy conducts a Professional Military Education Hire Briefing at 11:05 a.m. Monday in the NCO Academy Auditorium. Those interested in enlisted PME duty are encouraged

to attend. The briefing lasts about 40 minutes and contains information on what it is like to be a PME instructor, the basic qualifications, and application procedures. The briefing applies to all levels of Enlisted PME duty. For more information, call Master Sgt. Lawrence Selman at 556-1994.

## STREET STRIPING SCHEDULED

The annual street striping is scheduled for Saturday and Sunday, with a weather back-up date of May 8-9. The 21st Civil Engineer Squadron will also start re-painting all crosswalks, stop bars and arrows on base beginning Saturday, with an estimated completion date of May 30.

## FITNESS CENTER COLLECTING FOOD DONATIONS

The Fitness Center is collecting donations of nonperishable food items for Silver Key Senior Services through May 28. Silver Key Senior Services is an organization that helps support less fortunate senior citizens. Donations are required throughout the year. The food pantry currently is running low on easy-to-prepare nonperishable food items.

## AFSPC ANNOUNCES 2004 FAMILY DAYS

Air Force Space Command designated family days are: July 2, Sept. 3, Nov. 26, Dec. 23 and Dec. 30 to coincide with the federal holidays of Independence Day, Labor Day, Thanksgiving, Christmas and New Year's Day, respectively.

## GC COINS, PINS, PATCHES

Guardian Challenge coins, pins, and patches are now on sale. There are both 2003 and 2004 items for sale. The 2004 coins are \$5, the 2004 pins are \$3, and the 2004 patches are \$3.50. For those interested in the 2003 collectors items, the coins are \$1, pins are \$1, and the patches are \$.50. For more information, call Capt. Lance Willoghby at 556-4570.

## BLACK HERITAGE SCHOLARSHIP

The Peterson Black Heritage Committee is sponsoring a \$500 scholarship for Colorado Springs high school seniors. To compete, students must submit an essay on a selected topic. The deadline for submissions is Friday. Call Kervin Mack at 554-3257 for information.

## FITNESS CENTER CONSTRUCTION

The Fitness and Sports Center is building a second level over the dumbbell room for storage and to reinforce the floor of the Health and Wellness Center unit above the free weight room. Construction is estimated to be completed July 19. During that time, the

dumbbell room will be moved to share half of the Spinning Room.

## CLINIC ROOF

The work on the 21st Medical Group roof has been postponed. The new project completion date is May 28.

## CHAPEL MUSICIANS NEEDED

The Peterson Chapel is searching for qualified applicants to bid on positions now open. The positions are Contemporary/Inspirational Service Praise Team Leader and Contemporary/Inspirational Service Pianist. Bids will be accepted through 4:30 p.m. Friday. For more information, call Ch. (Maj.) Bruce Glover at 556-4442.

## DPM

CY04 Intermediate and Senior Developmental Education Board: The IDE/SDE designation board will be at the Air Force Personnel Center Oct. 4-8 and will designate line of the Air Force, health professions and chaplains to attend IDE/SDE during AY 2005-06. Officers who are selects (formerly known as candidates) or candidates (formerly known as non-candidates) must be nominated by their senior rater via a web-based Form 3849.

Nominees are also required to submit an updated Transitional Officer Development Plan (on AMS). Where the officer was assigned on April 1 will determine the senior rater responsible for nomination. May 21 is the cut-off date for the web-based Form 3849 to be submitted. To access the application, officers can log onto the AFPC Secure Web site at <http://www.afpc.randolph.af.mil/pme/>. Once there, those eligible will see an "IDE/SDE" button available. For more information, call 1st Lt. Natalie Jackson at 55 6-7525.

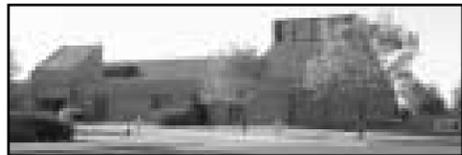
## CAREER JOB RESERVATIONS

Effective May 1, first term Airmen must have an approved CJR to be considered for reenlistment. A 4-year enlistee may apply for a CJR on the first duty day of the 35th month of service and no later than the last duty day of the 43rd month. A 6-year enlistee may apply for a CJR on the first duty day of the 59th month and no later than the last duty day of the 67th month. Airmen beyond their CJR window on May 1 will have until May 31 to apply for a CJR.

If an Airman is on a waiting list, a quality rank order will be followed in the following order: Unfavorable Information Files, last three Enlisted Performance Reports, grade, projected grade, Date of Rank, service time, and Date of birth. For more information, call the Military Personnel Flight Reenlistment's Section at 556-6266.



### Chapel Schedule



#### Protestant Worship Services:

Liturgical Service, 6:30 p.m. Sat.  
Traditional Worship Service,  
8 a.m. Sun.  
Sunday School 9:35 a.m. Sun.  
Contemporary/Inspirational Service,  
11 a.m. Sun.

#### 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.

## Iron Mike shows his metal

By Staff Sgt. Sue Mrowiec  
21st Space Wing Public Affairs

In recent years, the presence of a knight swaggering among the crowd has become a familiar sight at 21st Space Wing Guardian Challenge events.

This year is no exception, as Iron Mike, the wing's Guardian Challenge mascot, suits up to cheer on members of Team 21 as they battle for the Aldridge Trophy May 2-7 at Vandenberg Air Force Base, Calif.

Staff Sgt. Jason Hand from the 21st Operations Support Squadron represent the wing as this year's Iron Mike.

"I'm glad to have the opportunity to do this," Sergeant Hand said. "I'm proud to represent the 21st Space Wing."

Sergeant Hand was supposed to represent the wing in last year's competition but missed the opportunity when Guardian Challenge was cancelled due to Operation Iraqi Freedom.

This year, Sergeant Hand said he's looking forward to good, healthy competition and camaraderie from the teams.

He described the competitors as driven and ready to bring the trophy back home.

The operators and communications teams have already competed at their home units, while the security forces and services teams will compete at Vandenberg AFB.

"The services team looks to be very sharp this year," he said. "The security forces team also seems pretty fired up."

Sergeant Hand will have his challenges to face in competition. He will be suited up in pounds of chain mail and body armor for 8-9 hours at a time as he plays the role of Iron Mike.

Everyone at Guardian Challenge will

have their roles, just as they do every day in the Space Command mission.

"People in Space Command have different day-to-day objectives, and it's interesting to see how everyone comes together in the arena," Sergeant Hand said.



Photo courtesy of 21st OSS

**Staff Sgt. Jason Hand from the 21st Operations Support Squadron will be cheering on the 21st Space Wing at the Guardian Challenge competition as Iron Mike.**

## Combating West Nile Virus

As warmer temperatures arrive, the re-emergence of mosquitoes and the West Nile Virus won't be far behind. The virus, first identified in 1937 in the West Nile region of Uganda, spread to the United States in 1999. Experts believe WNV is a seasonal epidemic in North America that flares up in the summer and continues into the fall.

Mosquitoes, a natural WNV host, become infected from biting infected birds. In turn, the mosquitoes can infect humans and animals.

Prevention is key. Being aware of prevention activities will reduce the disease in the population.

### Avoid mosquito bites

- While outside wear long sleeve shirts, long pants and socks sprayed with repellent.
- Stay indoors at dawn and dusk when mosquitoes are most active.
- Spray insect repellent containing DEET on exposed skin and clothing when going outdoors. Don't put repellent on children's hands, because it may get in their mouth or eyes.

### Mosquito-proof your home

- Keep mosquitoes outside by fixing or installing window and door screens.
- Drain standing water. A small amount of standing water can be enough for a mosquito to lay her eggs.
- Empty water from buckets, cans, pool covers, flower pots and other items. Clean pet water bowls weekly. Check if rain gutters are clogged.

### Dead Birds

- Report dead or dying birds found on base to the entomology section at 556-7754 during regular duty hours and at 491-4942 or 2241 after duty hours and weekends. Don't touch dead birds, or any dead animal, with your bare hands.

For more information visit <http://www.cdc.gov> or call the base public health office at 556-1225.



## 1957: The space race takes off

In 1957, the Eisenhower administration created the Gaither Commission to review the state of U.S. civil defense in the event of a Soviet nuclear attack. On its own, the commission broadened its mandate to include the capability of the U.S. military, particularly Strategic Air Command's forces, to survive a nuclear attack and still carry out their retaliatory mission. The findings were not encouraging. According to the report, there seemed little likelihood of SAC's bombers surviving since there was no way to detect an incoming attack until the first warhead landed. This conclusion, along with the concern over the nature and scale of the Soviet development program, led the U.S. to increase its effort in

Intercontinental Ballistic Missile development and other programs.

*(Courtesy of the Air Force Space Command)*



Courtesy photo

**CAPE CANAVERAL, Fla. – The launch of a U.S. Air Force Atlas missile, test number 449, takes place from the Air Force Missile Test Center, February 20, 1958.**

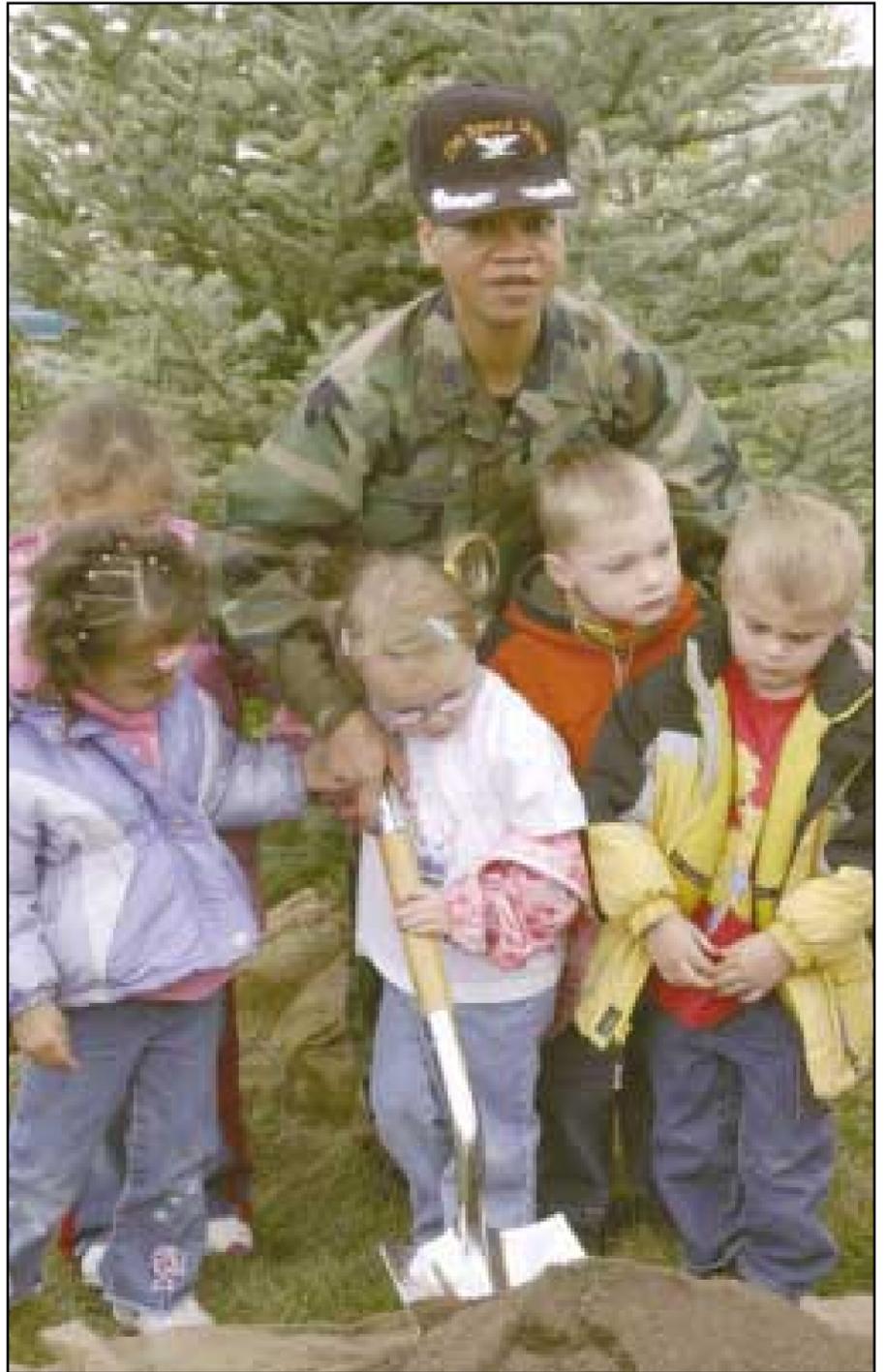


Photo by Joe Fischer

### A budding future

Col. Diann Latham, 21st Space Wing vice commander, plants a tree with children from the Child Development Center as part of the base Earth Day celebration April 22.

### Do you have an interesting or important job?

Everyone on Peterson Air Force Base has a unique mission. We would like to feature your office or shop in the "A Day in the Life" series, so people can learn more about how you contribute to Team Pete. To nominate your workplace, call the editor at 556-4351 or e-mail the Space Observer at [space.observer@peterson.af.mil](mailto:space.observer@peterson.af.mil).

# Team Pete salutes its volunteers

By Kim Cosley

21st Mission Support Squadron

The Family Support Center hosted the annual Volunteer Appreciation Luncheon at the Enlisted Club on April 22.

Each year, more than 600 volunteers freely give of their time and talents to serve the Peterson Complex. There are 13 agencies on base that use the services of volunteers, approximately 55,000 hours per year, which is

the equivalent of more than \$900,000, based on the national volunteer hourly rate of \$16.54. The contributions of volunteers were recognized in ceremonies across the U.S. during National Volunteer Week, April 18-24. This is the 30th Annual celebration of National Volunteer Week, which began in 1974, when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteerism. Every president since has signed a

proclamation promoting the week. Additionally, governors, mayors, and other elected officials make public statements and sign proclamations in support of National Volunteer Week.

"Americans are doing the work of compassion every day by visiting prisoners, providing shelter for battered women, and bringing companionship to lonely seniors. These good works deserve our praise," said President George W. Bush.

National Volunteer Week is an

excellent opportunity to salute these unsung heroes and encourage others to get involved. The luncheon was a time to show appreciation for the many hours of selfless service that volunteers give each year. They can be found in the Chapel, the medical and dental clinics, the legal office, the Family Support Center, Red Cross, the Retiree Activities Office, the museum, the Youth Center, Thrift Shop, Spouses' Club, and other places around the base.

## Personnel Corner: 21st MSS

### New OPR/PRF Guidelines

Effective 1 Aug 04, all OPRs and PRFs should use the phrases "Basic Developmental Education", "Intermediate Developmental Education", or "Senior Developmental Education". The terms ISS and SSS are obsolete. Officials writing OPRs and PRFs may still be specific in reference to school names (such as AFIT for Logistics, etc.).

### AFSC Badges/Name Tags:

Air Force Instruction 36-2903 states: When not wearing ribbons in both short sleeve and long sleeved shirts, Air Force Specialty Code badges must be lined up parallel with the nametag.

### NCO Retraining

Fiscal Year 2004 NCO retraining program phase II - involuntary phase implementation 1. The annual NCORP is a multi-purpose program designed to (1)

rebalance the enlisted force by crossflowing NCOS (E5-E7) from skills with NCO overages to skills with NCO shortages; (2) provide NCOs a voice/choice in their career development; and (3) return disqualified airman to a productive status. Due to the low voluntary retraining rate, we must now implement phase II involuntary retraining, to maintain a balance of air force enlisted specialties. The involuntary phase will be implemented only for those AFSCS that did not meet their retraining-out targets under phase I (voluntary). Involuntary retraining will be implemented in the following AFSCS and grades:

1C6X1 - Space Systems Ops - E5-7

2A571 - Aerospace Maint - E6-29 E7-6

2A6X2 - Aerosp Ground Equip - E6-18

2E0X1 - Ground Radar Sys - E7-2

2E6X2 - Comm Cable & Ant Sys - E6-6 E7-1

2M0X2 - MSL & Space Sys Maint - E7-2

2P0X1 - Precision Measurement Equip Lab - E6-2

2R1X1 - Maint Production Mgt - E6-3

2S0X1 - Supply Management - E6-20 E7-16

2T0X1 - Traffic Mgt - E6-7 E7-2

2T370 - Spec Pur Veh & Equip Maint - E6-18 E7-4

3A0X1 - Information Management - E7-24

3E0X1 - Electrical Sys - E5-10 E6-12 E7-2

3E2X1 - Pavement & Const Equip - E6-3 E7-4

3E3X1 - Structural - E6-6

3E4X1 - Utilities Sys - E6-4 E7-5

3P0X1 - Security Forces - E6-19 E7-19

4A0X1 - Health Services Mgmt - E6-14

4A1X1 - Medical Materiel - E6-5

4N071 - Aerospace Medical Service - E6-8 E7-4

4N1N1 - Surgical Services - E6-6

4R0X1 - Diagnostic Imaging - E6-4

4Y0X1 - Dental Assistant - E6-4

4Y0X2 - Dental Lab - E6-2



## Peak Performer

**Name:** Senior Airman Michael E. Haubert  
**Organization:** Headquarters Air Force Space Command's Command Section Information Management Office

**Time in Service:** 3 years, 7 months  
**Hometown:** Lancaster, Pa.

**Off-duty Interests, Hobbies:** Ice hockey, snowboarding, running, cycling, college courses, reading, hanging out with my girlfriend and spending time with friends.

**Why did you join the Air Force?** I joined the Air Force because I didn't want to go straight to college after high school. I wanted to get some discipline in my life while traveling, earning money for college and gaining valuable life experiences.

**What inspires you to do what you do?** My friends, family, co-workers, and most of all, my country.

**Favorite part of your job:** Working with a team that gets along well and gets the job done while still keeping a sense of humor even when things gets rough.



Airman Haubert

**What goals have you set?** To finish my commitment to the Air Force and transfer to the University of Denver in the fall to finish my degree. I hope to start my own business someday.

### Peterson Air Force Base Notable Numbers

The following base agencies listed below can be contacted directly at area code 719:

- Fire Department (Emergency) 911
- Base Operator 556-7321
- Action Line 556-7777
- Base Exchange 596-7270
- Chaplain 556-4442
- Civil Engineers 556-4030
- Commissary 556-7765
- Dental Clinic 556-1333
- Fraud, Waste and Abuse Hotline 556-2100
- Housing Maintenance 556-4455
- Inspector General complaints 556-6309
- Military/Civilian/Travel Pay 556-4770
- Military Equal Opportunity 556-7693
- Nurse Advice 888-887-4111
- Optometry 556-1065
- Air Force OSI 556-4022
- Public Affairs 556-5185
- Safety Office 556-8001
- Security Forces 556-4000
- Services 556-4882
- Transportation 556-4307
- TriCare 264-5000

## 14 graduate First Term Airman's Center

Congratulations to the April 16 graduates of the First Term Airman's Center, class 2004-11.

### Airmen Basic:

- Caprice R. Morgan, 21st Aeromedical Dental Squadron
- Robert G. Norby Jr., 721st Security Forces Squadron
- Ronta M. Thompson, 721st Communications Squadron

### Squadron

#### Airmen:

- Laura Brandt, 21st ADOS
- Christopher D. Dozler, 21st Medical Dental Operations Squadron
- Anthony A. Feroletto, 21st Civil Engineer Squadron
- Rashawnda A. McCreary, 721st SFS

- Donald R. Mueller, 721st SFS
- Kristy L. Spain, 21st MDOS

### Airmen 1st Class:

- Kenneth D. Clinton, 721st SFS
- Rona M. Datu, 21st CES
- Mackenzie L. Dixon, 21st MDOS
- Sarah Morley, 21st MDOS
- Lance J. Oakes, 721st SFS

## Month of the Military Child: *What does quality child care look like?*

By Dr. Karen Kirshenbaum  
21st Services Squadron

Here are some guidelines when looking for good early childhood childcare for your children.

### Professionally trained caregivers and providers

Is professional training offered to caregivers and providers?

On base our center-based and home providers receive self-paced modules that address how to set up safe, healthy learning environments and how to plan activities to meet children's physical, cognitive, communication, creative, self and social developmental needs. They also learn how to positively discipline children and effectively manage their classroom and home programs. These center-based caregivers and home providers continue increasing their knowledge and skills as early childhood professionals.

In addition to these self-paced modules, our caregivers and providers participate in training sessions on food handling, nutrition, menu planning, first aid and CPR, and much more. Many of our caregivers and providers have earned Child Development Associate credentials and early childhood college degrees.

### Caregiver and Provider - Child Interactions

Are caregivers and providers nurturing to children? Do they care about the growth and development of your child?

Here, we maintain low child-caregiver and provider ratios so we are able to better meet individual children's needs. We observe children during play and use this information to plan age-appropriate, fun activities that build and expand on what children know.

### Parent Involvement

Are families welcomed into the program and work in partnership with the caregiver or provider?

Parents and families are an integral part of our programs. We offer them a parent orientation, annual conferences and we have an open door policy. We also encourage parents to attend our monthly Parent Advisory Board meetings and to participate in a classroom and home activities planned by the providers and caregivers.

### Safe and Healthy Environment

Is the facility or home clean and safe? Are toys disinfected after use? Are proper universal precautions followed? Do caregivers and providers wash their hands and children's hands throughout the day?

Are caregivers and providers aware of and do they follow appropriate diapering and toileting procedures?

Our programs follow strict guidelines to ensure that your children are in healthy and safe environments. We conduct daily checks to identify and correct any potential health or safety hazards. We practice monthly fire drills and our programs are inspected monthly to ensure healthy operations are happening in our centers and homes. Your children are under adult supervision at all times.

### Certification and Accreditation

Is your facility or home state licensed or certified by the Department of Defense? Is it going through or has it achieved accreditation?

Our homes and centers are certified by the DoD. This means they have successfully completed unannounced inspections and have met the criteria outlined in their respective DoD checklists.

Our two child development centers have also earned their accreditation from the National Association for the Education of Young Children, and our Youth Center school-age program has earned its accreditation from the National School-age Care Alliance.

For more information, call the Family Child Care Office at 556-4322.

**It's coming – are you ready?**  
***Thirty-one days and counting...***



# Chaplain assistants provide valuable support to ministry

By Master Sgt. Jon Hanson  
332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, IRAQ – They have several roles in their jobs. One of them is to protect their boss. The other is to help provide assistance before their boss goes to work.

“Chaplain assistants are the enlisted part of the chaplain team,” said Staff Sgt. Jenet Denney, a chaplain assistant from Davis-Monthan Air Force Base, Ariz. “We support them with their services and we are the liaison for them.

“We are the eyes and ears of the chaplain when it comes to providing ministry to the people and getting enlisted to come and worship and express their religious beliefs.”

“When you (chaplain assistant) come here you are visiting the military troops, you’re here for the troops,” said Senior Airman Steven Drew, a chaplain assistant from Peterson AFB, Colo. “Our main mission is ‘ministry of presence’ – we want to be out and about to let people know we are here.”

Chaplain assistants go out with chaplains when they visit troops. This helps the chaplains because the assistants might hear of someone who may need help.

“I can kind of triage who needs what or let (the chaplain) know that this guy is having a problem and you might want to talk to him,” Airman Drew said. “Because he can’t be at all places at once.”



Photo by Master Sgt. Jon Hanson

**Senior Airman Steven Drew, a chaplain assistant with the 332nd Air Expeditionary Wing, Balad Air Base, Iraq, positions a chalice before a service. Airman Drew is deployed here from Peterson Air Force Base, Colo.**

“Probably the biggest role a chaplain assistant has is one of support,” said Chaplain (Capt.) Tim Porter, a Protestant chaplain from Elemendorf AFB, Alaska. “Not only supporting the program but supporting the chaplains in ways so we can do our job.

“They do a lot of the support behind the scenes,” he said. “On a daily basis, they will be a first line of contact. They screen calls and point the person in the direction of the appropriate chaplain who can help them with whatever the issues are.”

Chaplain assistants’ six-week technical school consists of learning the basics of every religion and how to assist the chaplains.

Sergeant Denney said she has learned a lot about other religions in the two years she has been doing the job.

“I found out that most religions pretty much have the same purpose, the same goals; just have different ways of worshipping God,” said Sergeant Denney. “The same thing with other religions – they have their own god, but they are worshipping because that is the way they were brought up and that’s their belief.”

Chaplain assistants don’t just assist chaplains of their faith.

“When you sign up for the career field, they ask you if you can support all of the religions,” said Sergeant Denney, a seven-year Air Force veteran. “You

don’t necessarily have to believe what they believe, but you must be able to support them.”

“They don’t care what religion you are as long as you show a mutual respect for all religions,” Airman Drew said.

Another part of the school stresses resource management.

“Part of our job is to procure a lot of resources,” Sergeant Denney said. “The previous people (AEF Silver) did a good job procuring to accommodate different religious worship and religious education here.”

Chaplain assistants also provide force protection for the chaplains.

“Force protection is really our purpose when it comes to a combat zone and how we can protect the chaplain without getting in the way of them doing their job to minister to the people,” Sergeant Denney said.

Every chaplain assistant has his or her reason for doing the job.

“I think what I enjoy most is learning a lot about religion – how they existed and where they started,” Sergeant Denney said. “I like the fact that we have a lot of chaplains who have a lot of knowledge and experience and just to be able to get in contact with them and learn from them.”

No matter what religion or faith someone is, there is an overall general good feeling around a chaplain.

“People feel better when a chaplain walks in,” said Sergeant Denney. “They make people feel at ease.”



# Twenty-six years of airlift from Iran to Kyrgyzstan

By Capt. Michael G. Johnson

376th Air Expeditionary Wing Public Affairs

MANAS AIR BASE, Kyrgyzstan – It was Thanksgiving weekend in 1979 when then Capt. Michael Sumida received an unusual call on a day off summoning him to the squadron from the comfort of his home.

Captain Sumida was a C-130 navigator with the 1st Special Operations Squadron, Kadena Air Base, Japan. He hadn't expected a call that weekend and wondered what was so important that it couldn't wait until after the holiday weekend.

"It turned out two full crews had been called in and we were briefed on a hostage rescue mission," said now-Colonel Sumida.

On Nov. 4, 1979, Iranian militants seized the U.S. Embassy in Tehran, Iran, taking 66 Americans hostage, a crisis that would last 444 days and would play out daily in the news.

"The mission was predicated on night-time operations," said Colonel Sumida. "We needed sufficient cover of darkness to complete the mission. We knew there were certain features of the mission we had to start practicing immediately, one was night vision goggle blackout training...the other task was getting an altimeter reading on our own."

In 1979, night vision goggle flying was not common in the Air Force.

"When we practiced night vision goggle landings, some interesting things happened," Colonel Sumida said. "I remember the very first NVG mission we ever flew; we knew we would have to make some adjustments. The first one was, you put the night vision goggles on and the lighting in the plane was too bright. It would blind you so we had to figure out how to dim it. Our approach was masking tape. We just went out with rolls of masking tape and started taping up every light we could possibly think of."

Once the crew had taped up all the lights, they taxied the airplane up to the runway to practice an NVG landing. The crew soon discovered that they had overlooked one light, the radar altimeter, a device used to signal distance from the ground during landing.

"Our first [NVG] approach, we gave it a shot, the light comes on, everybody goes 'Wow!' because we were all blinded," Colonel Sumida said.

Crews spent weeks training several different scenarios, planning for the unexpected and continuing to refine their skills. In the end, six C-130s, two Talons from Kadena carrying the extraction team and four from Keesler Air Force Base, Miss., carrying fuel, were to converge with eight helicopters. The helicopters would pick up the extraction team, refuel, and proceed on to a location in the mountains where they were to meet with ground transportation.

The C-130s arrived at the pre-determined desert location without incident. Only six of the eight helicopters arrived 40 minutes to one and a half hours late and one of the six had mechanical problems.

"At that point in time the mission was aborted," the colonel said. "The importance of that sixth helicopter being borderline broken, he [extraction team commander] knew he had to have five helicopters to get everybody out. He was not going to risk any lives because he didn't have enough helicopters."

Quickly the focus shifted from the mission to redeploying. Several of the C-130s were becoming fuel critical since they had waited for the helicopters with engines running to avoid an engine restart in the desert.

"We were not going to shut down an engine," Colonel Sumida said. "The reason is C-130s start by blowing air past the front end of the jet engine...and that gets your jet spinning. That air is turned on and off with valves and if we got a grain of sand in the valves and had shut the engines down and had failed to open up one of the valves, we would have not been able to

start an engine."

One of the helicopters had positioned itself behind one of the fuel critical C-130s in preparation for refueling. When the mission was aborted, refueling was no longer necessary. The helicopter was told to move so the fuel-critical C-130 could taxi for takeoff. That's when tragedy struck.

"He lifted off, blackout environment, no horizon to talk about...just black, kicking up sand and dust, the helicopter pilot got vertigo, went forward over the left wing [C-130] and landed on top of the flight deck [C-130], killing five of the crew up front and three in the helicopter," the colonel said.

At that point, the helicopters were abandoned; everyone loaded on the C-130s and prepared to leave the area, but the harrowing experience wasn't over yet.

Several of the C-130s were heavy due to the extra fuel and personnel onboard. The aircraft turned 180 degrees, ran engines up and began their takeoff. They had landed just beyond a road, on sandy soil, now they were headed toward the road on takeoff.

"There are a couple of speeds that are important on a C-130," the colonel said. "One of them is takeoff speed, the speed where you can fly. We never got there. The other critical speed is called minimum control speed. It is the speed where you have enough air going over the surfaces of the airplane where you've got enough barn door drag to make the surface catch enough air to maneuver the controls. We got to that speed. As I recall, it was somewhere around 88 knots."

A flat road by itself wouldn't have been a concern, however as is the case with many roads around the world, this one had a ditch.

"I remember the engineer saying '88 knots, 88 knots, 88 knots,' and there was that road coming," the colonel said.

"We're coming up on that ditch, we can see it with the NVG goggles, and I think we're all thinking

– See Airlift, Page 21

# 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.*

## **BOOZED BONEHEAD BUSTED – April 15**

Security forces responded to Dormitory 1270, where a military member reported a loud party. While inside the building, security forces members found the party and a delinquent drunkard. The inebriated member must've forgotten how old he was, because he was taken into custody for underage drinking.

## **DON'T TOUCH THAT – April 15**

Security forces responded to an emergency call hang up originating from Base Housing. The hang up was a result of a tiny tot playing with the telephone.

## **DETAINED DUMMY – April 15**

Security forces at the Visitors' Center contacted the command center to verify a person's criminal background. The slouch had a warrant for his arrest for failure to appear. The Colorado Springs Police Department responded and took

the dummy into custody.

## **TELEPHONE TROUBLE – April 15**

Base operators received several strange calls from a person who claimed she had an emergency. The telephone troublemaker then made a direct threat to a security forces member. Base operators were instructed to stop transferring her calls. The call was traced and local police acknowledged that the woman has a history of mental problems. The police responded to the lady's home and instructed her to stop making threatening phone calls.

## **GOLF COURSE CALAMITY – April 15**

Security forces responded to the Silver Spruce Golf Course clubhouse, where a person passed a possibly fraudulent check. The woman stated the check belonged to her former husband. Security forces ran a background check on the former spouse to find that this dunce had a warrant out for his arrest for failure to appear. The Colorado Springs Police Department responded and arrested the sluggard.

## **BARRIER BANGUP – April 16**

Security forces responded to the West Gate, where it was reported that a semi-trailer had damaged two barriers. The Colorado Springs Police Department responded and determined that the driver wasn't at fault.

## **VEHICLE ACCIDENT – April 16**

Security forces responded to an accident in the McDonald's parking lot. A vehicle struck a car in the rear bumper. Neither party was found to be at fault.

## **WHO'S THERE – April 17**

A Base Housing resident called security forces to report a group of petty pranksters who were outside her house ringing the doorbell. She stated that when she went to answer the door the local losers ran off.

## **PUT THE FIRE OUT – April 17**

Security forces responded to Dormitory 590, where a person reported that a group of three individuals were using a fire extinguisher to spray themselves. The group of morons apparently thought that they were pretty hot stuff. The half-there hooligans left the scene before security forces arrived.

## **I ONLY HAD A COUPLE – April 18**

Security forces responded to the West Gate, where there was a suspected DUI. A security forces member stated that he smelled alcohol coming from the inebriated imbecile. The Colorado Springs Police Department arrived at the scene and conducted the DUI testing. After the result was verified, the CSPD arrested the tipsy transiter and issued him several summonses: DUI and driving with an excessive alcohol content, and careless driving.

## **THRIFT SHOP TROUBLE – April 19**

Security forces responded to the Thrift Shop parking lot, where a crooked criminal made off with vehicle parts from a 1997 blue Honda Accord. The Honda hoodlum lifted two tires and wheels from the car.

## **ACCIDENT ASSISTANCE – April 21**

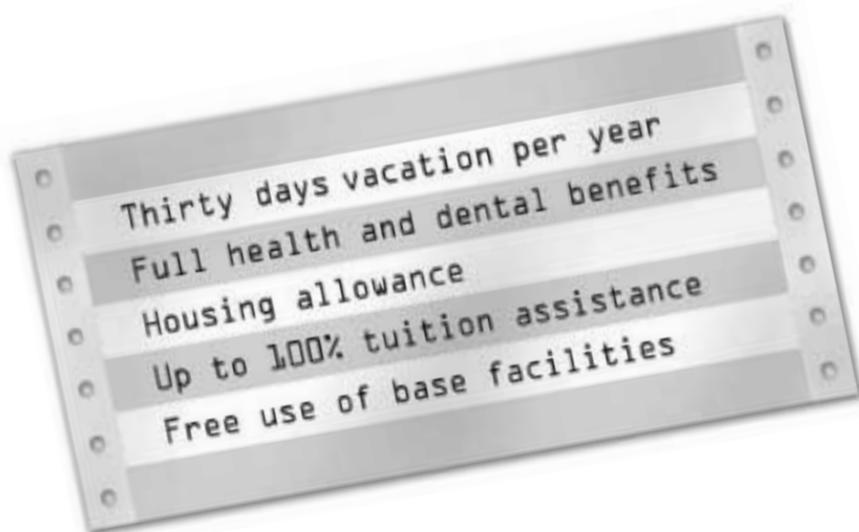
Security forces responded to a traffic accident just outside of a base entry control point. They ensured that no one was injured and provided traffic control until the Colorado Springs Police Department arrived.

## **ALARMING TRENDS CONTINUE:**

In addition to these entries, there continue to be too many false alarm activations on base. Among those noted this week were five activations due to human error.

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

## WELCOME TO THE AIR FORCE

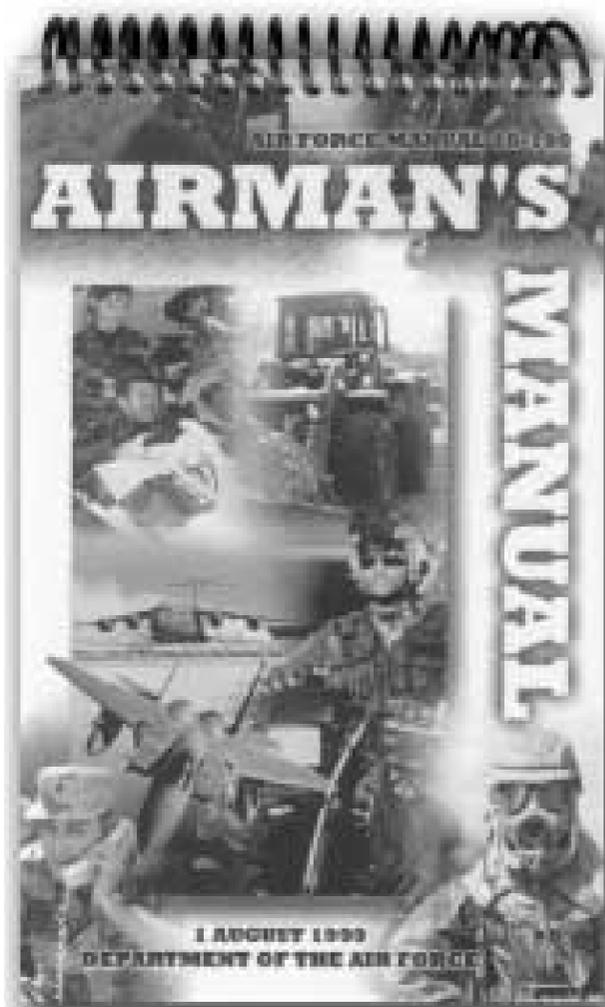


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## Airman's Manual

<https://commweb.hill.af.mil/AMT/>



Online

The complete  
Airman's Manual  
is now available  
online! Browse  
sections for  
review or test  
your knowledge  
of today's  
Air Force  
with online  
quizzes.

# AFSPC names its Outstanding Airmen of the Year

By Stefan T. Bocchino  
Air Force Space Command Public Affairs

Five distinguished Airmen were recognized at Air Force Space Command's Outstanding Airmen of the Year banquet here April 22.

The banquet culminated an event that started April 19 with the arrival of the award nominees. Twenty Airmen were nominated from eight AFSPC bases. During their time here, the OAY toured the AFSPC headquarters building, Schriever Air Force Base, Cheyenne Mountain Air Force Station and the U.S. Air Force Academy.

"The annual award program is a great way to reward the 'best of the best,'" said Chief Master Sgt. Ronald Kriete, AFSPC command chief. "Tonight was just a small representation of what we have at Space Command. Each one of the winners rose to the very top. I think we have outstanding men and women in Space Command."

The winners in each category were:

First sergeant of the year – Master Sgt. Stuart G. Smith, first sergeant, 50th Operations Support Squadron, Schriever AFB, Colo.

Senior noncommissioned officer of the year – Senior Master Sgt. Robert E. Schwanke, career assistance advisor, 460th Air Base Wing, Buckley AFB, Colo.

Noncommissioned officer of the year –

Tech. Sgt. Teresa Mossoni, 321st Missile Squadron chef, NCO in charge, F.E. Warren AFB, Wyo.

Airman of the year – Airman First Class Dillon G. Mills, 576th Flight Test Squadron, Vandenberg AFB, Calif.

IMA of the year – Tech. Sgt. Terrence C. Cosby, element leader, 45th Security Forces Squadron, Patrick AFB, Fla.

The outstanding Airmen nominees came from various bases within AFSPC including Peterson AFB, Schriever AFB and Buckley AFB in Colorado, Vandenberg AFB and Los Angeles AFB in California, Minot AFB, N.D., Malmstrom AFB, Mont., and F.E. Warren AFB, Wyo.

Becoming OAY takes hard work and perseverance.

"The Air Force 'whole person' concept just falls right into play," said Senior Airman Trey Goodwin, 50th Security Forces Squadron, Schriever AFB, Colo. "Bettering yourself, your community and the environment you work in and putting effort into your everyday job is what it takes."

Being an OAY is not just an individual effort according to Senior Master Sgt. Daniel F. Cook, 576th Flight Test Squadron, Vandenberg AFB, Calif. It takes great supervision above you and great troops below you.

The OAY were proud and pleased to have made it this far.

"I was shocked I made it this far," said

Sergeant Mossoni, AFSPC NCO of the year. "It takes a lot of involvement and leadership. You have got to be a leader and take care of your troops, they're the ones that help you get to this level."

The hard work of those that made this a memorable week for the OAY did not go unappreciated. The reception was extraordinary, according to Sergeant Cook. The OAY were kept busy with different activities, visits and briefings during their stay.

"I was very impressed," Sergeant Mossoni said. "A lot of hard work went into making sure that the OAY visit and banquet went off without a hitch," said Master Sgt. Leopoldo Perez Jr., information management executive services superintendent. "Many people have volunteered their time and efforts to help make this a memorable event for the OAY. Special recognition should go to the AFSPC Top 3, the Peterson and Schriever first sergeant groups and all the local sponsors." Sergeant Perez is the Superintendent, command post policy and procedures, headquarters AFSPC and a key member of the OAY committee.

The winners will compete at the Air Force level for selection as one of the Air Forces' 12 OAY. Annually, the Air Force selects 12 top Airmen from a field of 46 standouts representing organizations at all levels of command throughout the Air Force.



Nominees for Air Force Space Command's Outstanding Airmen of the Year receive a mission brief at Cheyenne Mountain Air Force Station. The group took a tour of the facility while visiting the local area last week.

Photo by Tech. Sgt. Ken Bergmann



Photo by Tech. Sgt. Ken Bergmann



Photo by Keith Duncan

ABOVE: Senior Master Sgt. Robert E. Schwanke, AFSPC senior NCO of the year, speaks with a cadet during the Outstanding Airmen of the Year visit to the U.S. Air Force Academy. LEFT: General Lance W. Lord, Air Force Space Command commander, congratulates Tech. Sgt. Terrence C. Cosby, AFSPC IMA of the year, after the Outstanding Airmen of the Year welcoming ceremony.



Photo by Tech. Sgt. Ken Bergmann

Nominees for Air Force Space Command's Outstanding Airmen of the Year are welcomed to the AFSPC headquarters building.



# at your SERVICE

## This Week

### Today

- Job Orientation, 1-2 p.m. at the Mission Support Center, Room 1016.
- Career Marketing, 8 a.m.-noon at the MSC, Room 1016.

### Friday

- Social Hour, 5-7 p.m. at the Enlisted Club.

### Saturday

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

### Tuesday

- Sponsorship Training, 7:30-8:30 a.m. in the MSC, Room 1016.
- Readiness Briefing, 11 a.m.-noon at the MSC, Room 1016. This briefing is for those deploying or going on remote tours. Spouses welcome.

### Wednesday

- Pre-separation Briefing, 8-9 a.m. at the MSC, Room 1016. This is a mandatory briefing for those retiring or separating from the military.

### May 6

- Play group, 10:30 a.m. - noon, at the Youth Center.
- Job Orientation, 1-2 p.m. at 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

## SpringFest is this Saturday

Story and photos  
by Margie Arnold  
[21st Services Squadron](#)

SpringFest 2004 will take place 10 a.m.-3 p.m. Saturday on the parade grounds next to the RP Lee Youth Center. This carnival and car show is an event to welcome spring and to celebrate the Month of the Military Child.

There are many activities including, carnival games, food booths, music, an aero club plane static display, a car show contest, a clown and magic show, a petting zoo, a security forces working dog demonstration and more. This is a free event. For more information about the car show contest, call Calvin Gammon at 556-4481.



**ABOVE:** SpringFest activities include a car show. Team Pete members can pick up entry forms to register their vehicles for the show at the Automotive Skills Center.

**LEFT:** Sparky the Fire Dog greets children during last year's event. Sparky is part of the base's fire prevention education program for children. Sparky and other characters posed for photographs with local fans at the base fire station at SpringFest 2003.

## ARAGON DINING FACILITY MENU

### Today

- Lunch:**  
Herbed Baked Chicken  
Stuffed Cabbage Rolls  
Southern Fried Catfish  
Black-eyed Peas with Rice  
Mashed Potatoes  
Fresh Sweet Potatoes  
Mixed Vegetables Peas

- Dinner:**  
Roast Loin of Pork  
Jaegersnitsel with Mushroom Sauce  
Glazed Cornish Hen  
Potato Halves  
Orange Rice  
Carrots  
Simmered Pinto Beans  
Corn Combo

### Friday

- Lunch:**  
Mexican Baked Chicken  
Swiss Steak with Tomato Sauce  
Stuffed Green Pepper  
Baked Macaroni and Cheese  
Steamed Rice  
Corn on the Cob  
Spanish Style Beans  
Peas & Carrots

- Lunch:**  
Swiss Steak with Tomato Sauce  
Baked Chicken  
Sweet Italian Sausage  
Steamed Rice  
Mashed Potatoes  
Broccoli Polonaise  
Carrots  
Peppers & Onions

- Dinner:**  
Lasagna  
Spaghetti with Meat Sauce  
Sweet Italian Sausage  
Mashed Potatoes  
Broccoli Polonaise  
Cauliflower  
Italian Style Baked Beans

- Dinner:**  
Roast Turkey  
Baked Ham  
Fish & Fries  
Mashed Potatoes  
Corn Bread  
Dressing  
Tempura  
Vegetables  
Herbed Green Beans

### Saturday

- Brunch:**  
Crispy Baked Chicken  
Cajun Meat Loaf  
Ribeye Steak  
Baked Potatoes  
Mashed Potatoes  
Broccoli  
French Style Peas  
Glazed Carrots

- Lunch:**  
Onion-Lemon Fish  
Pork Schnitzel  
Yakisoba  
Baked Potatoes  
Mashed Potatoes  
Simmered Pinto Beans  
Spinach  
Stewed Tomatoes

- Dinner:**  
Paprika Beef  
Barbecue Beef  
Cubes  
Chicken Fajitas  
O'Brien Potatoes  
Steamed Rice  
Cauliflower  
Corn on the Cob  
Lima Beans

### Sunday

- Brunch:**  
Tuna and Noodles  
Sauerbraten  
Chicken Breast Parmesan  
Au Gratin Potato  
Steamed Rice  
Cauliflower Combo  
Peas  
Fried Cabbage

- Lunch:**  
Mexican Chicken  
Mexican Pork Chops  
Chicken  
Enchiladas  
Mexican Rice  
Refried Beans & Cheese  
Mexican Corn  
Spanish Style Beans  
Peas with Onions

### Wednesday

- Dinner:**  
Pita Pizzas  
Country Style Steak  
Fried Chicken  
Oven Brown Potatoes  
Mashed Potatoes  
Bean Combo  
Cabbage

# Financial planning: *Learning the basics*

By 2nd Lt. Walt Mettler

21st Operations Group

I want to be rich!

Well, rich in life mostly; however, it's hard to help others when you're in debt and can't even help yourself out. So I wrote down a few notes on how to fix and maintain a healthy financial plan.

## Debt

How much do you have? More than \$5,000? Credit cards, loans, car notes; these are the demons that will eat up your future "nest egg." This debt should be paid off quickly. The longer you are using someone else's money, the more you'll pay in the long run. If you pay \$200 a month, give up movies and eating out, pay \$400 a month until it's paid off. You'll save yourself hundreds of dollars in the long run.

Make a budget. Budgets are scary things for some, but helpful for all. It's possible to make it day-to-day by spending what you have and waiting for payday, but you won't be able to save or invest this way. Track what you spend money on for one month, counting your receipts, then list how much you spent on these categories; food, entertainment, etc. You may be surprised at what you find.

## Savings

We should have at least two months pay saved up in a bank account. You never know when emergencies will strike. Two months of pay can carry you through a major car repair, new roof, unexpected airline ticket, etc. Put away 10 percent for rainy days.

Investing is a way to put your money to work for you. When money is borrowed from others, you're paying them to use it. When you keep money in the bank, you make little-to-no interest on it, and therefore, it goes nowhere. But, when you lend money to someone else,

they pay you to use it!

This is what investing is about. Lend your money to businesses as stocks or the government as bonds and watch it grow. I encourage you to read a book and do it yourself. However, if you don't feel up to managing your own investments, hire a planner – but beware – financial planners get paid to advise you, even though they don't make any decisions with your money. Their personal touch costs you money upfront that you could be using to invest.

Stocks are pieces of companies you can purchase. When the company does well, it makes more profit, which in turn raises the price of your stock. Then you can sell your stock at a higher price and make a profit. Bonds are loans to an organization which you buy, then sell back in a pre-determined time period for a pre-determined profit. The interest rates on bonds are usually up when the stock market is down.

Every investment has some amount of risk. Foreign emerging markets generally carry the highest risk. The lowest risk investments are usually bonds. For example, if you have a 1-year bond for \$100 at 5 percent interest, at the end of 12 months, you can cash in the bond for \$105.

Now consider that in the stock market, you could make 200 percent if the company does well, or you could lose the investment completely.

Does this sound scary? It takes money to make money. But there are safer ways to invest in stocks. Mutual funds are "baskets" of stocks that someone else picks. You pay a small fee for their expertise. They buy, sell, trade and send the profit right to your bank account. This is the preferred method of investing for most busy people. Mutual fund companies always charge a small fee, but some charge a large "load" for buying and/or selling the fund. These are called front-loaded, and rear-loaded funds respectively. This load makes your financial planner or stock broker rich. Many companies have

"no-load" funds. They are free to purchase and to sell. Search the Internet for these companies, or check a news site's financial page.

## Thrift Savings Program

TSP is one way to buy no-load funds for retirement. They offer several different baskets to put your money in, from high to low risk. Like most retirement plans, you pay tax on the sale when you take it out at 59 years and six-months old. See the Finance department for more details.

## Individual Retirement Accounts

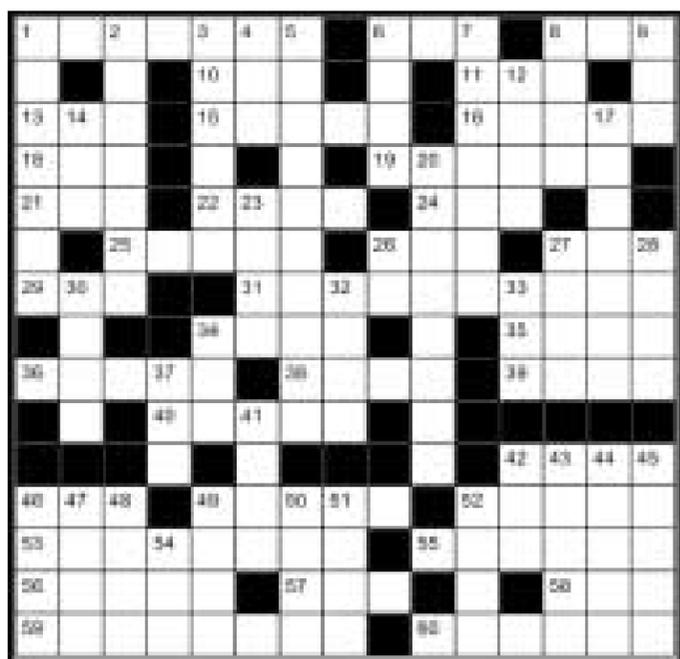
IRAs allow you to put money away for retirement. You can take the money out early, but you must pay a large penalty. Tax is charged on either the initial deposit, or the final withdrawal. A Roth IRA is best over the long-term because it grows tax-free. You put your after-tax money in, and there is no tax on the increased amount when you take it out. I recommend getting a Roth IRA, and max out your annual contribution.

## How to get started

Getting into the investing world is easier now than it was a few years ago. The advent of Internet trading and online banking have made it simple. First, get yourself below \$3,000 debt. Then start building up a two-month savings. I suggest reading a beginners guide to investing from your local library. It will walk you through how to buy mutual funds, stocks, bonds, etc.

Discount brokers can be found online to buy stocks. Your bank can help you with bonds and IRA's. You can also buy IRA's in mutual funds from no-load companies. That way your retirement money grows in the stock market.

Investing is an exciting world. Take advantage of exponential growth – the earlier you start the more you'll make. Finally, give what you can to God, and may He bless your investment.



## Hometown USAF

### ACROSS

1. Washington D.C. base home to 11th WG
6. Alconbury or Croughton
8. Singer Cantrell
10. Neither's partner
11. Fire
13. Rule
15. *Huckleberry Finn* writer
16. Moslem prayer leaders
18. Computer laugh?
19. USAF forward operating location in Alaska
21. Mining goal
22. Shoe brand
24. Actor Diesel of XXX
25. Ledge
26. "Man of a Thousand Faces" Chaney
27. Shock
29. Emergency code
31. California AFB home to SMSC

34. *Roseanne* sitcom star Gilbert
35. Fur coat
36. Italy AB home to 831 MUNSS
38. Coast on Hawaii's 'Big Island'
39. Small island
40. Swathe
42. Treaty
46. Soak in liquid
49. Type of tides
52. French explorer Rene Robert Cavellier de La \_\_\_\_\_
53. Colorado AS home to NORAD (pt.1)
55. Alabama USAF annex to 17 DOWN
56. First CMSAF
57. Explosive
58. Hearing tool
59. Second part of 53 ACROSS
60. African country \_\_\_\_\_ Leone

### DOWN

1. Hawaii AFS
2. Actress Lucy of Xena
3. Place on jet aircraft where air is drawn in
4. Immediately
5. North Dakota AFB home to 319th ARW
6. Phone
7. Not make the grade
8. Legume
9. Beginning of American Navy vessels
12. Comic book superheroes
14. Commander's place of control
17. Alabama base home to Air University
20. Florida AS
23. Singer Fitzgerald
26. Tail marking for Barksdale AFB
27. Pub drinks
28. Spanish east
30. Hawaiian island home to Hickam AFB
32. Paulo and Roque
33. Prefix for close to
34. Knight's title
37. Pesticide
41. Tied
42. Bad review
43. Change
44. Alaska AFS
45. Surface area of the moon
46. Scheme
47. State home to Wright-Patterson AFB
48. Home to Machu Picchu
49. Belgian artist Bernard (1825-80)
50. Against
51. *Fast Times at Ridgemont High* actor Sean
52. 70s singer Quatro
54. Japanese currency



## Just say no to war trophies

By Capt. Matt Winfrey  
21st Space Wing Judge Advocate

Traditionally, the U.S. allows limited types and amounts of war trophies service members and civilians may take from the battlefield.

However, in April 2003, U.S. Central Command issued a directive prohibiting U.S. personnel from bringing back war trophies from Iraq or Afghanistan.

Some soldiers from the 3rd Infantry Division have already received Articles 15 and court-martial for trying to smuggle weapons back from Iraq. Also, during Operation Desert Storm, two Air Force members were court-martialed for taking war trophies.

Air Force Joint Instruction 31-217, *Control and Registration of War Trophies and War Trophy Firearms*, governs possession and registration of war trophies by Air Force members. A war trophy is defined as any item of enemy public or private property used as war material that is acquired within a combat zone.

The list of items considered war trophies includes live ammunition, property of the U.S. government, enemy military articles, weapons defined as firearms by the National Firearms Act, electronic equipment or components, and

enemy equipment not designed to be issued or carried by individuals, like a tank or motorcycle.

Also banned are art or historical articles and items like gold, silver or jewelry. Additionally, service members may not bring back plants, animals, or other organic material.

General Order No. 1, from USCENTCOM, also prohibits taking any enemy personal property or bartering for the personal property of an enemy prisoner of war. Enemy dog tags, orders, identification cards, photos, letters, etc. are off limits.

Mailing war trophies is also forbidden. Since the war in Iraq began, U.S. Customs officials have carefully monitored mail sent back from military members in the Middle East. Customs employers have confiscated large numbers of prohibited items and are seeking prosecution against military members. Legally purchased weapons can be mailed, but only if they are accompanied by the proper forms from the Bureau of Alcohol, Tobacco, and Firearms. Be sure to check with the legal office before purchasing and mailing such items.

Certainly, U.S. personnel may purchase souvenirs, but if in doubt about a particular item, check with your commander or the legal office.



**Moving Mountains to End Sexual Assault**

**Saturday, 1 May 2004**  
**Clune Arena • United States Air Force Academy**  
Educating our communities about what sexual assault is and what can be done to prevent it. This is appropriate for all adults, college students, high school audiences, and at parent's discretion, junior high school students.

Doors and Concessions open at 1200 pm. Presentations from 1:00-4:30 pm

**Nationally known and respected presenters:**

David Lisak, PhD  
Anne Munch, JD  
Jackson Katz, EdM

**Open to the Public - Admission is free**  
**Visitors need to use North gate entrance from I-25**

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El Paso County Sheriff's Office, Victim's Assistance Program  
EAAAP - Rape Assistance and Awareness Program, Denver  
EVAW - Ending Violence Against Women  
Questions may be directed to Sgt Tracey Rebeck, 719-333-1912

# How to prepare for the Fit to Fight test

By Col. (Dr.) Thomas Baldwin  
21st Medical Group commander

OK, it's been a while since you last ran a marathon, and you gave your weight bench to your little sister. You've been working on your degree, raising a couple kids, keeping the church lawn mowed, and doing double duty at work because half your shop is deployed. How do you pass and prepare for this new Fit to Fight test? Let's take this beast apart and see if we can find any shortcuts.

## The guts of the test

It's pretty simple. If you don't do well on the run, you can't get a good Fit to Fight score, because the "Aerobic Component" is 50 percent of the test. The "Body Composition" score is a simple tape measurement of your belly, and it's 30 percent of the score. Obesity results from poor conditioning and shows up as a bulging waistline, and studies show that the belt size is an accurate measure of obesity regardless of how tall you are. So, the 80 percent solution is to conquer our belly and learn to run, right? It's even simpler than that; let's look further into what impacts the aerobic score.

## Aerobics 101

If speed were important, we'd just run a hundred yard dash for time and be done with it. Instead, we're asked to chug for a mile and a half. Why? The three components of physical conditioning are: Muscle strength, stamina, aerobic capacity.

The hundred-yard dash tests only strength, while the mile and a half tests all three and is a meaningful test of overall conditioning.

The reason many of us "give out" near the end of the run is that we don't have enough muscle mass. It's inefficient to whip those over-tasked muscles, so lack of muscle strength collapses our stamina.

Aerobic capacity is the ability to use oxygen, and it involves lungs, muscles of respiration, oxygen transport and efficiency in our leg muscles. Some aerobic

capacity is inherited and some can be improved by conditioning. Big muscles that are used in regular exercise are efficient in aerobic capacity and in carbohydrate use. That's what we need for the Fit to Fight test.

## What will it take?

Running. Unless you can already pass the run for your age, you'll need to run more than just a mile and a half to get those muscles built up. If you've been running the mile and a half with a stopwatch, and hoping your time will somehow come down, you need this article.

To prepare for one and a half miles, you need to build an aerobic base and then progressively increase intensity. Aerobic exercise is working at a pace your body can support with oxygen transport. Conditioning is based on working within your aerobic capacity. You need to work at a level that is comfortable enough that you can sustain it for half an hour or more to build your aerobic base.

Once your aerobic base is established, then by exercising at a higher intensity you will increase your performance. By doing interval training and exercising above your anaerobic threshold, you will see significant improvements in running performance and your fitness level. To determine your anaerobic threshold, use the talk test.

To conduct the talk test, for most of your workout you should be able to maintain normal conversation. During parts of your training (at intervals), take your intensity up to the point where you can't hold a steady conversation.

## Training heart rate

You build aerobic capacity and muscle strength by working at your training heart rate, which is 60-90 percent of your maximum heart rate. Your maximum heart rate is estimated by subtracting your age from 220. We could test your actual maximum heart rate by putting you on a treadmill and running you until you drop, but I'd recommend taking my word for this and

using a calculator instead.

Let's say the average Joe is 35 and wants to pass the Fit to Fight test. His maximum heart rate is 185, so his training heart rate is 111 to 167. He should run/walk a few hundred yards at a comfortable pace and check his heart rate. When he's gotten it up to his training heart rate, he should keep up the pace, checking his heart rate occasionally for half an hour. It isn't important that he runs the whole time, just that he stays within his training rate and completes 30 minutes of conditioning.

Veteran runners avoid courses in residential areas because it's annoying to dodge tricycles, driveways, and traffic. It's best to find a straight course so you can get into your groove; let your mind wander. Within a couple weeks the average Joe will be able to comfortably run the whole 30 minutes and remain within his training heart rate. He'll find 10-minute miles easy, and that 30 minutes will be a 3-mile run. The average Joe should not run everyday. Studies have shown that "variety is the spice of life". Cross training is strongly encouraged to increase fitness and decrease injuries.

After the average Joe can run three miles at a comfortable pace, he'll want to go back to the stopwatch just to see how he's doing if he pushes it for one and a half miles. He only needs to run at a 9-minute mile pace to get 36 points on the Aerobic Fitness section of the Fit to Fight test. The muscles he'll build in a couple months of running 10-minute miles should do that with no trouble. The HAWC can teach Joe how to do intervals in his regular workouts to ensure he succeeds.

## The shortcut

I promised you a shortcut if you read this article, and here it is. Joe doesn't need to drastically alter his lifestyle to get his 40-inch belly under control. His 30 minutes of aerobic exercise five times a week will do it for him. He'll be lean, and he'll be ready for the Fit to Fight test.

## The new Air Force Uniform

Know the facts. Visit <http://www.af.mil/uniform/#>

Your link to frequently asked questions, letters, and photos.



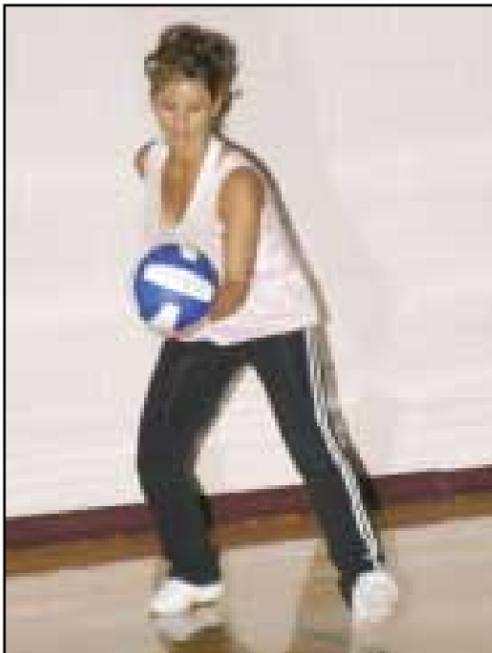


# Intramural Volleyball standings



Photos by Senior Airman Shawn Clements  
**ABOVE:** Members of Team Colorado play the 21st Contracting Squadron.  
**RIGHT:** Tech. Sgt. Eileen Hendee serves the ball during last week's game.

Competitive League		
	W	L
1. HQ AFSPC/XO	6	2
2. Team Colorado	6	2
3. 21 CES/CEOW	5	3
4. 21 SCS/SCMTR	5	3
5. HQ AFSPC/XP	2	6
6. 21 SW/DS	0	8
Recreation League		
	W	L
1. 21 OG/OSS	7	2
2. DET 4 AFOTEC	7	2
3. AFSPC/CSS	6	3
4. TEAM COLORADO	5	3
5. AFSPC/IG	5	5
6. 21 CONS/LGCA	4	6
7. 21 SCS/SCBBC	3	5
8. ARSTRAT	3	6
9. 21 SVS	0	8



## Answers to the puzzle on page 17

B	O	L	L	I	N	G	R	A	P	B	L	U		
E	A	H	O	R	I	A	X	E	S					
L	A	W	T	W	A	I	N	I	M	A	B	S		
L	O	L	A	M	G	A	L	E	N	A				
Q	R	E	K	E	S	Y	I	N	E					
W	S	H	E	L	F	L	O	H	A	W	E			
S	O	S	L	O	S	A	N	G	E	L	E	S		
A	S	A	R	A	P	P	E	L	T					
G	H	E	D	I	K	O	N	A	I	S	L	E		
U	D	R	E	S	S	R								
	T	V				R	P	A	C	T				
S	O	P	H	E	A	P	S	S	A	L	L	E		
C	H	E	V	E	R	N	E	C	O	U	N	T	E	R
A	I	R	E	Y	T	H	T	J	E	A	R			
M	O	U	N	T	A	I	N	S	I	E	R	R	A	

**– Airlift, from Page 11**

we're going to hit the ditch and tear the landing gear off, slide to a stop and we're going to have to walk out," said Colonel Sumida. "Lo and behold, we hit the ditch and it bumped us into the air, and we still didn't have flying speed. There's a law of physics...the laymen's term would be an 'air bubble.' We call it 'ground effect.' It's where you pop up to an altitude approximately the wingspan of an airplane. The pilot immediately recognized that situation and started milking it for all it was worth."

The pilot worked with the air bubble, which lasted just long enough for the airplane to reach takeoff speed, and the crew was finally on their way home.

Thoughts of being part of that historic and heroic rescue attempt haunted Colonel Sumida over the next 20 years. He couldn't get over feeling that the mission was a total failure and he had left people behind until April 25, 2000 when the 20th anniversary reunion of the Iranian hostage crisis was held in Washington, D.C.

As the colonel remembered the guilt and the reunion, his voice quivered and his eyes watered.

"It's tough because you kind of live with a little bit of a stigma of a failure," he said.

The reunion brought together crewmembers and

some of the hostages, whom the crewmembers had never met. During the luncheon, one of the hostages stood up and asked to speak.

"He said he'd really like to thank the leadership of the United States and the team that went in and risked their lives for them," Colonel Sumida said. "The hostages knew about the rescue attempt and that it failed, but they couldn't believe that about 200 Americans believed [the hostages'] lives were so important that [the team members] would put their lives on the line."

Finally, 20 years later, some solace and peace of mind came for the crewmembers of the fateful rescue attempt.

April 24 and 25 marks the twenty-fourth anniversary of the rescue attempt. The colonel will observe that anniversary in the same area of responsibility that the Iranian hostage crisis occurred, serving as the 376th Air Expeditionary Wing vice commander at Manas Air Base, Kyrgyzstan. The 376th AEW is the strategic airlift hub for Operation Enduring Freedom and provides tactical airlift and air refueling to the AOR.

The colonel is deployed from the 302d Airlift Wing, Peterson Air Force Base, Colo. He lives in Denver and, as a civilian, works for a defense contrac-



Courtesy photo

**Col. Michael Sumida, 376th Air Expeditionary Wing vice commander, stands in front of a C-130 on the Manas Air Base flightline Tuesday. The colonel was a C-130 Talon navigator on the attempted mission to rescue hostages during the Iranian Hostage Crisis. April 24 and 25 mark the 24th anniversary of the attempt.**

tor and has 24 years of aerospace experience in launch vehicles, ICBM's and satellites.

Twenty-four years later, as an Air Force Reservist, Colonel Sumida is still ferrying important cargo as a vice commander and C-130 navigator. This time it's people and equipment in and out of Afghanistan in support of the Global War on Terror.

## Pete Progress 44



Photo by Staff Sgt. Sue Mrowiec

**Pete Progress Report - Communications Squadron, Building 1038, Antiterrorism/Force Protection landscaping**

**Start Date:** Sept. 17, 2003

**Projected Completion Date:** July 16, 2004

Major construction began at Building 1038 in September 2003 as part of a large initiative to bring base buildings into compliance with new Antiterrorism/Force Protection standards. Work was progressing smoothly until the contractor discovered a large communications duct bank that was not on the site as-built drawings. Due to the close proximity of the duct bank to the surface of the newly designed parking lot, a new pavements design had to be accomplished by the 21st Civil Engineer Squadron Engineering Flight. Unfortunately, the redesign was extremely time-consuming for the limited in-house resources of the Engineering Flight, and a complete design could not be accomplished before winter arrived. Once the ground froze over, work had to be temporarily halted until spring. During the winter, engineers completed the parking lot design, and the contractor began working on the project in early April.