



Space Observer

"2003 AFSPC Best Large Wing PA Office"

Thursday, July 8, 2004

Peterson Air Force Base, Colorado

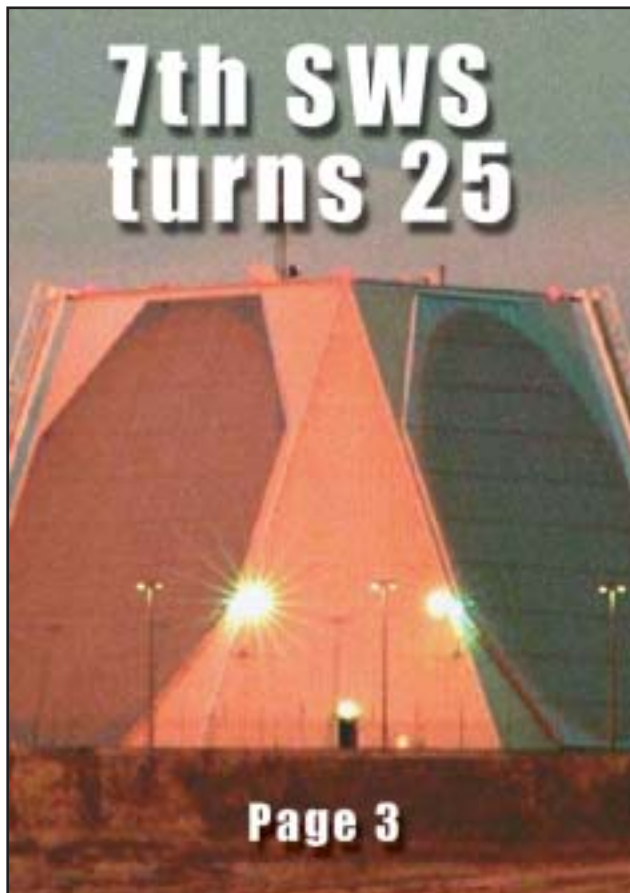
Vol. 48 No. 27



Museum patrons visit the past

Pages 12-13

Photo by Airman Mandy Weightman



7th SWS turns 25

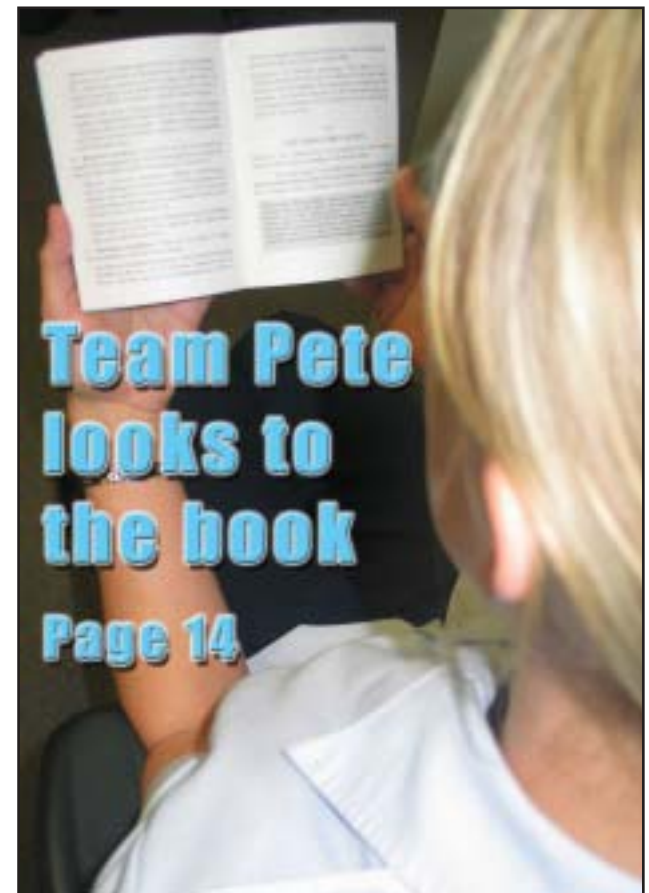
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Courtesy photo



Pharmacy opens its window
Page 7

Photo by Airman Mandy Weightman



Team Pete looks to the book
Page 14

Photo by Staff Sgt. Sue Mrowiec



CSAF reflects on Fit to Fight

Editor's note: The following is a Fit to Fight commentary from Gen. James P. Jumper, chief of staff of the Air Force.

Our new Air Force fitness program has been in effect for nearly six months now and I am very pleased with what I see going on around our Air Force. Airmen are exercising more and fitness center usage is up. I'm glad to see so many Airmen incorporating physical fitness into their routines – an active lifestyle can provide important benefits to personal physical and mental well-being. But as I've said before, there's a zero percent chance we got the program 100 percent right the first time. I continue to receive feedback and we'll contin-

ue to make changes as needed.

In my first "Fit to Fight" Sight Picture, I spoke directly to commanders about their responsibilities – including their responsibility to ensure their people pass the commander's eyeball test. Feedback suggests this area requires more emphasis. As I've said, commanders must be out routinely exercising with their unit to evaluate their squadron's overall fitness and that of individual members. Equally important, commanders must ensure Airmen present a professional image while in uniform. They must lead by example – demonstrating an example of a professional image for their Airmen to follow and enforcing the standards they

embody. There will be some individuals who can pass our fitness standards but do not present a professional military image. In these instances, I expect commanders to provide direct feedback to those individuals and, if needed, mandate their participation in the multiple fitness educational programs offered by our Health and Wellness Centers. An upcoming change to our fitness Air Force Instruction will clarify commanders' discretion in referring Airmen for training.

Additionally, I continue to receive feedback regarding the components of the fitness test and scoring methodology. This fall, the surgeon general will convene a panel of medical experts from

inside and outside the Department of Defense to analyze our first year of fitness testing results and determine if our standards are where they need to be. As these standards are reassessed, we will continue to examine how we document unit and individual fitness scores on performance reports. This overall review will also include input from commanders to evaluate compliance, identify shortfalls, and recommend course corrections to ensure we are on track with providing an environment that supports fitness and appearance standards.

Physical fitness and a professional image – two important aspects of being an Airman.



Photo by Staff Sgt. Sue Mrowiec

Readers shop sale

Linda O'Connor browses for book bargains at the book sale tent located in the Commissary parking lot. The sale is expected to continue through July 18.



Photo by Tech. Sgt. Ken Bergmann

AFA honors O'Malley winner

The Air Force Association's Lance P. Sijan chapter presented Brig. Gen. Richard E. Webber, 21st Space Wing commander, with the O'Malley award June 30 during the Space Warfare Symposium at Keystone Resort, Colo. Retired Maj. Gen. Wesley Clark and Gayle White, the Lance P. Sijan chapter president, presented the award. Brig. Gen. Larry D. James, the vice commander of the Space and Missile Center, was also honored with the award.

Space Observer

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A Moment in Time



- **July 8, 1943** – Col. M.G. Grow, 8th Air Force surgeon, received the Legion of Merit for developing the flak vest.
- **July 10, 1965** – Scoring the first Air Force air-to-air combat victory in Southeast Asia, two F-4C aircrews of the 45th Tactical Fighter Squadron down two communist MiG-17 jet fighters over North Vietnam.
- **July 11, 1972** – The Air Force launches a giant 962-foot-tall balloon system in support of the National Aeronautics and Space Administration's Viking Project for landing an unmanned spacecraft on Mars in 1976.
- **July 12, 1990** – The Air Force accepts delivery of the last of 59 Lockheed F-117A Stealth fighter-bombers.

Civilian employee wins award

The Detachment 11 Acquisition and Sustainment Support Branch chief is the recent recipient of the 55th annual William A. Jump Memorial Foundation Meritorious Award.

Shiona J. Ward received the award as an outstanding federal civilian career employee under age 37, who has demonstrated leadership, creative thinking and exemplary achievement in public administration.

"I am honored to have won the Air Force-level award," Ms. Ward said. "The Air Force has rewarded me with many outstanding opportunities early in my career. I have found that civilian service provides many avenues to develop talents while reaping great satisfaction actively supporting the Air Force mission and serving our country."

Ms. Ward's Air Force career includes varied assignments at Ogden Air Logistics Center, Utah, Battle Creek Federal Center, Andrews Air Force Base, Md., the Pentagon and Peterson AFB.

While at Ogden ALC, Ms. Ward saved the Air Force millions of dollars in munitions procurements. At Andrews AFB, she dramatically improved munitions forecasting for the Air National Guard. Her alert munitions records enabled ANG leadership and law enforcement personnel to end the unauthorized civilian use of Air Force munitions.

She also showed exemplary dedi-

cation in her service at the Pentagon. On duty in the Combat Support Center in the Pentagon during the Sept. 11, 2001, terrorist attack, Ms. Ward's dedication and preparation enabled the Combat Support Center to seamlessly switch from peace to crisis operations without interruption. This ensured resources were immediately activated to support rescue and recovery efforts and then Operations Nobel Eagle and Enduring Freedom. Ms. Ward currently supports space systems ground segments here. Her success in writing and publishing national, Department of Defense, Air Force and command level policies and operational instructions have, for the first time, documented strategic sustainment guidance in support of efforts to execute a \$400 million annual budget and to sustain a \$56 billion investment in space assets.

The William A. Jump Memorial Foundation was established in 1950 to honor the late William A. Jump, budget and finance officer of the U.S. Department of Agriculture, recognized throughout the federal government and nationally for his leadership and distinguished contributions to enlightened public administration. The public recognition provided by the award is intended to serve as an encouragement to young people to promote interest, growth, development and high level performance in public administration. (Courtesy of Space and Missile Systems Center Detachment 11)



Photo by Staff Sgt. Sue Mrowiec

Shiona Ward, Detachment 11's Acquisition and Sustainment Support branch chief, writes cross-cutting sustainment and acquisition policies for Detachment 11's six satellite ground support systems. Ms. Ward's contributions have been included in National Security Space Policies and Air Force and Air Force Space Command level sustainment and acquisition policies.

7 SWS celebrates 25th anniversary

By Lt. Col. David Sutton

7th Space Warning Squadron

In 1979, the United States and China began diplomatic relations, a major nuclear accident occurred at Three Mile Island, the United States returned the Canal Zone to Panama, and 500 Iranian "students" seized the US embassy. In addition, on July 1, 1979, the 7th Space Warning Squadron with its Perimeter Acquisition Vehicle Entry Phased Array Warning System, or PAVE PAWS, was activated. The 7th SWS commemorated the squadron's past and present mission success and reflect on the future during an anniversary celebration June 30. Since 1979, their missile warning mission has grown to include space surveillance and soon shifts to global missile defense.

The 7th Missile Warning Squadron activated on July 1 1979 as part of Aerospace Defense Command. Once the ADC disbanded in December 1979, 7th MWS was transferred to Strategic Air Command while continuing to report to North American Aerospace Defense Command. In 1981, space surveillance became a secondary mission to



Courtesy photo

Brig. Gen. Richard E. Webber, the 21st Space Wing commander, briefs during a commander's call at Beale Air Force Base, Calif., during the 7th Space Warning Squadron's 25th anniversary celebration.

collect data on the space shuttle and its deployed satellites.

When Air Force Space Command stood up in September 1982, 7th MWS began to report adminis-

tratively to AFSPC, through the 1st Space Wing. In 1992, the Air Force reorganized and created the 21st Space Wing at Peterson Air Force Base. Administrative realignment under the 21st Space Wing led to the conversion from missile warning to space warning; hence the 7th Space Warning Squadron.

Presently, the squadron enjoys success as the 2003 recipient of the General Seth J. McKee Award honoring the "Best Overall Space Warning Squadron" in Air Force Space Command. This award was a culmination of great teamwork between the operations and staff members and is a sign of continued excellence since the award was last received in 2001. This award serves as the "icing on the cake" for the 25th Anniversary.

PAVE PAWS is undergoing a major change to an Upgraded Early Warning Radar. This change is necessary to update computer technology to state-of-the-art equipment for a more rapid response and user-friendly interface. This upgrade is also important to prepare our system for ballistic missile defense capability in the fall of 2004.



Enlisted Against Drunk Driving

Protecting you and your family members by providing a safe alternative to drinking and driving.

Please call us! Fri. - Sat. 10 p.m. - 3 a.m. Phone: 719-556-6384 or 55 NO DUI



MPF ANNOUNCES MINIMAL MANNING

The Military Personnel Flight will be minimally manned July 12-16 due to the wing exercise.

HAWC CREATES COOKBOOK

The Health and Wellness Center is creating the "Team Pete ... Let's Eat Cookbook." To submit recipes, visit www.typensave.com. Login, type full name under Contributor Name, type "Peterson HAWC" under Group Name and use "b0ac3" as the password. For more information, call 556-6544.

TEAM PETE, SCHRIEVER WELCOME NEW SNCOS

There is a senior NCO Orientation and Induction ceremony for all master sergeant selects July 28-30. All selects from Team Pete and Schriever Air Force Base are invited to attend the events which include an icebreaker, orientation seminar and formal induction ceremony. The icebreaker is at the Enlisted Club beginning at 6 p.m. July 27. The orientation seminar is at the Peterson NCO Academy July 28-30. The Induction Ceremony is at the Officers' Club July 30. Cocktail hour begins at 6 p.m. with dinner at 7 p.m. The guest speaker will be Chief Master Sgt. Michael Morey, 20th Air Force command chief. Team Pete members can make reservations by calling Master Sgt. Bea Macliz at 556-6794 or Master Sgt. Steve Kjonaas at 556-6574. Schriever members should call Senior Master Sgt. Randy LaCombe at 567-2540 or Master Sgt. Kenny Dean at 567-6371.

USAFA HOSTS MOAA PICNIC

The Military Officers' Association of America, Pikes Peak Chapter, will hold a picnic Saturday with social hour beginning at 11:30 a.m. and lunch at 12:30 p.m. at the U.S. Air Force Academy Cadet Lodge. Cost is \$12. For reservations, call Irene Merrill at 633-8878.

21st MSS/CSS REQUIRES TDY CHECK IN

The 21st Mission Support Squadron Commander's Support Staff is the servicing orderly room for the 21st MSS, 21st Mission Support Group, 21st Space

Wing, North American Aerospace Defense, U.S. Northern Command, 614th Space Communications Squadron, Detachment 7 Civil Air Patrol and the Defense Courier Service. They are responsible for updating all duty status changes for respective organizations. It is imperative that any member departing for temporary duty check in with the unit orderly room prior to departure. For more information, call 1st Lt. Cameron Jackson, 21st MSS section commander at 556-4682.

RECRUITERS NEED ENLISTED VOLUNTEERS

The Grand Junction Recruiting office needs six minority enlisted Air Force members to speak of their experiences as Air Force members. This is a one-day temporary duty assignment paid for by the 367th Recruiting Service Squadron. For more information, or to volunteer, call Tech. Sgt. Corey Hulse at 970-640-9023 or e-mail him at corey.hulse@rs.af.mil.

21st MDG SEEKS CUSTOMER FEEDBACK

The 21st Medical Group needs patients to use an Opinionmeter device to record their views regarding medical care, interactions with medical staff and specific issues regarding the 21st MDG. The Opinionmeters are located next to the main doors across from the pharmacy and in the laboratory waiting area. The medical group will use survey responses to improve target areas and recognize outstanding service. For more information, call Capt. David Schatz at 556-1109.

BUILDING RENOVATION CONTINUES

The renovation at the front entrance of the Mission Support Center should last until Aug. 3. A temporary sidewalk built around the construction area allows access to the front entrance to the building. For more information, call Ernie Branch at 556-1422.

FITNESS CENTER CONSTRUCTION SET

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 should be completed July 19. During that time, the dumbbell room will be collocated with the Spinning Room.

SCOUT GROUPS MEET ON BASE

Boy Scout Troop 199 meets at 7 p.m. Wednesdays in the Enlisted Club. The group welcomes boys ages 11-17. For more information, call Scoutmaster Alex Welton at 574-8970.

Cub Scout Pack 99 meets at 6:30 p.m. Tuesdays in the Base Chapel. The group is for boys ages 7-10. For more information, call Cubmaster Wendy Jendrick at 637-0397.

Girl Scout Troop 422 meets at 6 p.m. Mondays at the Base Chapel. The group is for girls ages 11-17. For more information, call Laura Pitcher at 392-1102.

435TH OMS ENROUTE MX REUNION

All former members of the 435th Organizational Maintenance Squadron Enroute Maintenance Squadron are invited to attend a reunion Oct. 8-10 at the Crowne Plaza Hotel, St. Louis, Mo.

ACA REUNION

The Air Commando Association Annual Reunion will be held Oct. 8-10 in Fort Walton Beach, Fla. For more information, call 850-581-0099, e-mail aircommando@aol.com or visit the Web page at <http://home.earthlink.net/>.

ARMY CORPS OF ENGINEERS LOOKING FOR VOLUNTEERS

The U.S. Army Corps of Engineers Volunteer Clearinghouse is a national information center for people interested in volunteering their time at Corps lakes and projects around the country. The Corps of Engineers is the steward of almost 12 million acres of land and water at 460 lakes across the country. Volunteers play an important role in protecting the natural resources and maintaining recreation areas. For more information, call 1-800-VOL-TEER or 1-800-865-8337 or visit www.lrn.usace.army.mil/volunteer.

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.

SECAF approves 'V' device for heroism award

RANDOLPH AIR FORCE BASE, Texas – Secretary of the Air Force Dr. James G. Roche has authorized use of the "V" device, to represent valor, on Distinguished Flying Crosses awarded for heroism.

The decision is intended to clearly distinguish and denote a DFC awarded for heroism. It allows any Reserve, Guard or active-duty Airman or Air Force DFC recipient honored for heroism on or after Sept. 18, 1947, to wear the "V" device on the DFC.

The approval is effective immediately. Airmen previously awarded the DFC for heroism, as indicated on the citation, certificate or order, are now authorized to wear the "V" device.

"There is no requirement to have a personnel office verify entitlement to wear the 'V' device," said Master Sgt. Al Salinas, chief of the recognition programs branch at the Air Force Personnel Center here. "Simply put, anyone awarded the DFC for heroism is entitled to wear the device. Also, the

military personnel data system will be updated later this year to reflect the DFC with valor in active-duty Airmen records."

If needed, current Airmen who have lost personal copies of their citation or order may inquire about obtaining a replacement copy from their servicing military personnel flight. Veterans may seek copies from the National Personnel Records Center at National Personnel Records Center, 9700 Page Ave., St. Louis,

Mont., 63132.

Airmen may purchase the "V" device from an Army and Air Force Exchange Service clothing sales store, or contact their servicing MPF's awards and decorations section for issue. Veterans may purchase the device through AAFES or commercial sources.

For more information, call the Military Personnel Flight at 556-4638.

(Courtesy of Air Force Personnel Center News Service)



Personnel Corner

Chronic Critical Shortage skills list changes:

The Chronic Critical Shortage skills list for Weighted Airman Promotion System promotion cycle 04E has been updated.

Air Force Specialty Codes are considered for placement on the CCS skills list when NCO manning is below 90 percent and projected to remain that way. Once placed on the CCS skills list, an AFSC remains on the list for a minimum of two years and until NCO manning for the AFSC is above 95 percent.

Deletions to CCS skills list are:

1A2X1
2A3X3A

The complete revised CCS skills list is as follows:

1A3X1
1A4X1X
1A8X1X
1C1X1
1C2X1

1C3X1
1C5X1X
1N0X1
1N4X1
1N5X1
1N6X1
1T2X1
1W0X1X
2A3X2
2A6X3

For more information, call Reese Long at DSN: 225-3434.

MPF helps process religious apparel waivers:

Members should submit request letters addressed to the installation commander to the Military Personnel Flight customer service element. The request letter must include a picture or description of the item, unit commander's endorsement and installation chaplain's endorsement. The unit commander's endorsement must address the effect on health, safety and impact on duties.

Commanders should restrict the wear of items for safety reasons. The installation chaplain ensures a base chaplain interviews member to assess whether the apparel is in keeping with doctrinal or traditional observances of the member's faith and provides that information in their endorsement. The MPF then forwards the member's letter to the installation commander and to the member's major command director of personnel. The member will then be notified of the final decision. The approval letter will be filed in the member's personnel folder. For more information, reference Air Force Instruction 36-2903 Table 2.9.

MCEC's annual conference set:

The Military Child Education Coalition's annual conference is July 21-22 at the Antler's Hilton in downtown Colorado Springs, Colo. Two workshops are available to military families with emphasis on children's transition issues.

For more information, call the Family Support Center at 556-6141.



History

Space, the final frontier



X-24 A rockets into space



The X-24 series of lifting bodies, a joint NASA and Air Force project, was designed to investigate flight characteristics within the atmosphere from high altitude supersonic speeds to landing and prove the feasibility of using lifting bodies for return from space.

They are wingless aerospacecraft that derive lift from their body contours and aerodynamic control surfaces. They are designed to be launched into space by rocket boosters to ferry crews and supplies to space stations. Upon re-entry into the atmosphere, they can be maneuvered to a landing site. It was carried

aloft and released by a B-52. Upon release, the X-24A pilot ignited the rocket engine, which boosted the lifting body to its maximum speed and altitude. Then he maneuvered it to a glide landing on a dry lakebed. The X-24A made 28 powered flights at the Air Force Flight Test Center, Edwards Air Force Base, Calif.

(Information courtesy of the U.S. Air Force Museum)



Specifications:

- Span:** 13 feet, 8 inches
- Length:** 24 feet, 6 inches
- Height:** 10 feet, 4 inches
- Weight:** 10,700 pounds maximum at launch
- Engines:** One Thiokol XLR-11 rocket engine of 8,000 pounds thrust, two Bell LLRV optional landing rockets of 400 pounds thrust each.
- Performance Maximum speed:** 1,036 mph
- Maximum Altitude:** 71,407 feet

Answers on Page 15



ACROSS

- 1. 2,000 lbs.
- 5. Nickname for astronaut Virgil Grissom
- 7. To be sick
- 9. Space program that took US to the moon
- 12. Retired person's org.
- 14. Indian transporters?
- 15. Foundry
- 16. Bother
- 18. Conjunction
- 19. Leave
- 21. Actress ___-Margaret
- 22. Ionized particle
- 23. Coat-of-___
- 24. Miss Piggy's reference for herself
- 27. Actor Mineo
- 28. Oklahoma town

DOWN

- 31. Exclamation of surprise
- 33. Ado
- 35. Program that put first Americans in space
- 36. Actor Stephen of *The Crying Game*
- 37. Beginning of American naval vessels
- 39. Play
- 40. Basic monetary unit of Peru
- 41. Zero
- 42. La ___ Nostra
- 43. Current federal org. for space exploration
- 45. First US spacecraft launched and reused
- 50. Goes under, as in business
- 53. Lennon's wife
- 54. Crock

- 55. Accepted
 - 56. Fall mon.
 - 57. American poet Pound
 - 58. "The Greatest"
 - 59. First name of first man to walk on moon
 - 60. Destroy suddenly
 - 61. Editorial
- DOWN**
- 1. One precursor to ACC
 - 2. 56 ACROSS birthstone
 - 3. Persona ___ gratis
 - 4. First US man to orbit Earth
 - 5. Follow-up space program to 35 ACROSS
 - 6. Navy coastal bombardment shot
 - 7. Capital of Western Samoa
 - 8. Body of water
 - 10. Mortgages
 - 11. SECDEF's office symbol
 - 13. First name of first US man in space
 - 17. Path, in short
 - 20. Rocket that powered US to the moon
 - 21. Dishonest
 - 22. Earthlink competitor
 - 24. Planet explored by Viking I space probe
 - 25. Recycled, as in launch vehicles
 - 26. '70s US space station
 - 27. First king of the Hebrews
 - 28. Hoard
 - 29. Operates military commissaries
 - 30. Fauvism or Dada
 - 32. Greek god of love
 - 34. Architect I.M. ___
 - 38. Walter M. of the first 7 US astronauts
 - 44. Lunar module that first landed on moon
 - 45. Type of cap worn by Daniel Boone?
 - 46. Story opener
 - 47. French novelist who wrote *Pecheur d'Islande*
 - 48. Nickname of astronaut who landed on moon
 - 49. Quick sleep (two words)
 - 50. Federal org. concerned with flight safety
 - 51. Part of the eye
 - 52. Actress Ward

(Courtesy of Alaskan Command Public Affairs)

Team Pete's pharmacies here to serve

By Airman Mandy Weightman

21st Space Wing Public Affairs

If you have ever been in Peterson's Clinic, you have most likely seen the pharmacy, which is usually packed with people waiting for their medications or some type of service from the pharmacy technicians.



Photos by Airman Mandy Weightman

Staff Sgt. Lakeisha Sawyer, the supply technician for the main pharmacy, unloads supplies to make sure the pharmacy is fully stocked.

Have you ever thought about what it must be like to be on the other side of that situation? To be the Airmen behind the counter, serving the swarms of people in their waiting area?

"Being able to multi-task is a must. There is never a dull moment in the pharmacy," said Airman Marian Frey-McGovern, a 21st Medical Group pharmacy technician at Peterson's Main Pharmacy.

Their mission is to provide their patients with outstanding customer service, ensure the accuracy of their medication and dispense it in a timely manner.

From filling prescriptions and answering phones to counseling patients on new medications, the Airmen behind the counter at both the main and refill pharmacies take that mission to heart.

"I need to take my job very seriously because patients are counting on me as a technician to have the medications ready and correct," Airman Frey-McGovern said.

"Being part of the 21st Medical Group means doing my part in insuring the health and readiness of our fellow military members and their families," said Airman 1st Class Jerriane Marie Araneta, a 21st MDG Pharmacy Technician at the refill pharmacy.

The technicians work three different shifts, so that the hours of operation are convenient to their customers. They also have two locations, the Main Pharmacy located in the Clinic, and the Refill Pharmacy located in the Commissary.

Working at the Main Pharmacy means more technical duties.

"The Main Pharmacy deals more with prescriptions, providers and medications in general," Airman Araneta said.

"At the Refill Pharmacy, we don't deal with patients. It's just filling refills all day," Airman Frey-McGovern said. "I enjoy the Main Pharmacy more because it's not as routine. You can switch up what



Airman 1st Class Jerriane Marie Araneta, a 21st Medical Group pharmacy technician, prepares a prescription for a patient. Airman Araneta has been at the Peterson Pharmacy since April.

you're doing."

Utilizing the pharmacy's services, no matter the location, most people only see the "customer service" side of things. But, behind that counter is a whole other world. It's a world where Airmen share responsibilities and constantly strive to advance their knowledge to better serve their customers.



Altitude increases sunburn risk

By Airman 1st Class Kristy L. Spain
21st Medical Group

Though sun exposure is a primary source of vitamin D, which helps calcium absorption for stronger and healthier bones, unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage and even cancer.

The higher the altitude, the more intense the UV-B exposure can damage unprotected skin. The intensity of the sun's rays is dependent upon the time of the year as well as the time of day. According to Dr. Darrell Rigel, from the Department of Dermatology at the New York University School of Medicine, there is approximately an 8 to 10 percent increase in UV intensity for each 1,000 feet of elevation. At over 6,000 feet, Colorado Springs, Colo., has one of the highest elevations of any city.

Sunburn occurs when the amount of UV exposure is greater than what can be protected against by the skin's melanin. Exposure to sunlight stimulates melanin production, which is what gives skin its color. The lighter a child's skin, the less melanin it has to absorb UV and protect itself. The intensity of the sun's rays is dependent upon the time of the year as well as the time of day. UV rays are strongest during the summer. Even on cloudy days, UV rays can be harmful. Avoid being in the sun for prolonged times between 10 a.m. and 4 p.m.

"This summer, we have already seen pediatric patients with second degree burns from unprotected sun exposure," said Dr. Shannon Hoime, medical director of Peterson

Pediatric Clinic.

There are a wide variety of sunscreens available for children. When choosing a sunscreen, look for the degree of protection or sun protection factor it provides from UV rays. Wearing white cotton clothing helps because white reflects the sun.

If a child has sensitive skin, look for a product with the active ingredient titanium dioxide, a chemical-free sun block.

In order for sunscreen to be effective, it must be applied properly. Apply a generous layer of sunscreen 30 minutes before sun exposure. Reapply every 2 to 3 hours and after swimming or excessive sweating.

The American Academy of Pediatrics offers the following tips for keeping children sun-safe:

Try to avoid prolonged sun exposure for infants less than 6 months old. When babies are out in the sun, dress them in long pants and long-sleeve shirts with a wide-brimmed hat. Keep children in the shade as much as possible and apply a minimal amount of sunscreen to the child's face and ears.

Children 6 months to 10 years old should use sunscreen with a minimum of SPF 15 at least 30 minutes before going outside, even on cloudy days.

For children more than 10 years old, use a sunscreen with an SPF of 15 or greater. Reapply sunscreen every two hours and after swimming or excessive sweating. When possible, stay in the shade and avoid sun exposure between 10 a.m. and 4 p.m. Wearing wide-brimmed hats and white cotton clothing that cannot be seen through can help tremendously.

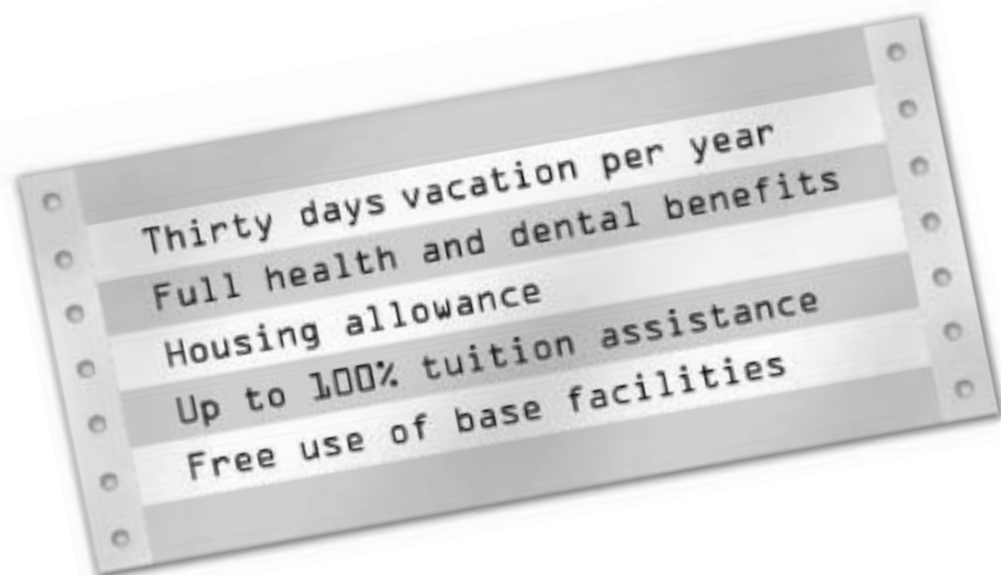


Photo by Budd Butcher

New antenna towers over base

The base has a new Land Mobile Radio tower. The tower was assembled last week near the 21st Space Communications Squadron. It acts as a centralized station for all mobile radio communications on base.

WELCOME TO THE AIR FORCE



And that's just the beginning. Once you enlist, you'll also receive a good starting salary with regular pay raises, tax-free housing and food allowances. Not to mention opportunities for higher education and full retirement benefits after 20 years of service. Visit our Web site at AIRFORCE.COM or call 1-800-423-USAF.



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.*

WINDOW WALLOP – June 25

Security forces responded to the Air Force Space Command parking lot, where a military member reported his vehicle had been damaged. While leaving work, he discovered the upper right driver side window of his white 1995 Acura Integra was broken. Could a wayward piece of space debris be the culprit?

THIRSTY THIEVES – June 25

Security forces responded to a shoplifting report at the Shoppette. A witness stated he saw two shoppers casually slip an alcoholic beverage into one of their bags. The troublesome twosome then took off on foot toward the North Gate.

Entry controllers were given a description of the suspects and waylaid them at the gate. As suggested, a bottle of liquor was found in one of their bags though no receipt was found. The Colorado Springs Police Department responded to the scene and issued summonses for Shoplifting and Minor in Possession of Alcohol.

NO PARKING AT ANY TIME – June 26

Patrollers responded to a parking complaint in Base Housing. A resident reported a vehicle was parked on the grass. Security forces members determined that the object in question was indeed an illegally parked vehicle and not just an ornate lawn ornament. They located the owner and instructed him to move the car.

IDENTITY CRISIS – June 26

Entry controllers at the West Gate detained a man attempting to gain access to the installation. The motorist was unable to display a military identification card, current insurance, a valid driver's license or much common sense. CSPD responded and issued summonses for driving without a license and unacceptable insurance.

GAS GOOF – June 26

Security forces responded to the Shoppette, where a gas-and-go incident was reported. The suspect had apparently filled his van at the pump and drove off without paying.

The gas guzzler was nabbed by entry controllers while trying to exit the North Gate.

The man claimed he simply forgot to pay the cashier. Perhaps the gas fumes got to him. Patrollers escorted the forgetful fellow back to the Shoppette, where he paid the bill in full and was released.

ALWAYS ALERT – June 28

A military working dog positively alerted in a corner of the Airport Training Facility warehouse. The fire department responded and evacuated buildings near the facility. Explosives experts responded to the scene and determined that all was in order.

BX BANG-UP – June 28

Security forces responded to a report of vehicle damage in the Base Exchange parking lot. The caller stated she was parked in the lot, when another driver pulled up beside her and swung open the car door, striking her vehicle. The witness gave responders the license plate number of the rude roadster.

STRANGE SCRATCHES – June 30

Security forces responded to the Commissary parking lot, where a caller reported mysterious scratches on her car. After leaving the Commissary, she discovered large scratches on the rear right side and trunk of her silver 2003 Mercedes Benz.

ALARMING TRENDS CONTINUE:

In addition to these entries, there continue to be too many illegitimate alarm activations on base. Among those noted this week were six 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.*

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

Airman's Manual 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.

Looking back - the history of Team Pete



Photo by Kara Magana



Photo by Airman Mandy Weightman

ABOVE: The P-47 Thunderbolt was the mainstay of First Air Force during World War II.
RIGHT: The P-47 Thunderbolt on display at the museum was restored down to the tiniest detail by the 4603rd Consolidated Aircraft Maintenance Squadron on Sept. 18, 1969.

ABOVE: Editor's note: Artifacts at the Peterson Air and Space Museum, once the Colorado Springs Municipal Airport, display dedication to the restoration, preservation and education of Team Pete.



Photo by Airman Mandy Weightman



Photo by Airman Mandy Weightman

ABOVE: A BOMARC missile on display at the museum is the Air Force's first surface-to-air missile.



Photo by Kara Magana

ABOVE: The Ballistic Missile Warning exhibit was once used at Clear Air Force Station, Alaska.
BELOW: The Navstar Global Positioning System is a grouping of orbiting satellites that provide navigation data to military and civilians around the globe. It became operational in 1994.



Photo by Airman Mandy Weightman

ABOVE: Equipment from the Ballistic Missile Warning exhibit was once used to detect potential mass ballistic missile raids on North America.



Photo by Airman Mandy Weightman

LEFT: First Lt. Edward J. Peterson, for whom the base is named, was an Army Air Force pilot and Colorado native. The lieutenant was the first Colorado native to lose his life in the line of duty at the Colorado Army Air Base when his P-38 crashed.

**Peterson
Air and
Space Museum**

**Open Tuesday
through Sunday
8:30 a.m. -
4:30 p.m.**



Photo by Kara Magana

A wing from an Alexander Bullet plane from the 1930s hangs from the historic airplane hangar on the museum grounds.



Photo by Kara Magana



at your SERVICE

This Week

Today

- Play Group, 10:30 a.m. to noon at the Youth Center.
- Family Swim Night, 6 p.m. at the Aquatics Center. ATWIND event.

Friday

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

Saturday

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

Sunday

- Use the Automotive Skills Center and get an ATWIND game piece.

Monday

- Water Aerobics class, 6 p.m. at the Aquatics Center. ATWIND event.

Tuesday

- Family Swim Night, 6 p.m. at the Aquatics Center. ATWIND event.

Wednesday

- Eat the weekly ethnic meal at the Aragon Dining Facility and earn an ATWIND game piece.
- Take an aerobics class at 12:05 or 5:10 p.m. and earn as ATWIND game piece.

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

Youth Center offers summer fun

The R.P. Lee Youth Center offers a variety of hours and programs this summer for youth ages 6-18.

During summer hours, youngsters will have access to the open recreation lounge with pool tables, pinball machines, music, video games, movies and a snack bar.

The gym is also available for basketball during most open recreation hours.

Teens have a newly remodeled Teen Center and extended Teen Only hours are available.

For more information, call the Youth Center at 556-7220.

Summer programs include:

■ 4-H activities for youth ages 9 and older. Registration and information

packets can be picked up at the Youth Center. There is a \$5 annual registration fee. Projects include home environment, gardening, sewing, finances, ethnic arts, clothing, photography, foods and nutrition and child development.

■ The Torch Club is open to youth ages 9-12. The club focuses on leadership, community involvement, preteen planning and special trips and activities.

■ The Keystone Club is open to teens interested in community involvement and leadership. Volunteer and scholarship opportunities are available.

■ Youth sports programs offered this month include Night Hoops, for ages 13-18; Pass, Shoot and Dribble, for ages 6-14; Registration for Flag Football, for ages 5-12; Swim Team, for ages 6-18 and

Karate for ages 5 and older.

■ Sports Adventure Camps are available this summer for football, golf, tennis, archery, baseball, cheerleading and volleyball. For costs and age requirements, call the Youth Center Sports Department at 556-5342.

Summer hours are:

■ Open Recreation Monday – Thursday is from 5 to 8 p.m. for ages 9 and older.

■ Open Recreation on Fridays is from 5 to 9 p.m. for ages 9-12 and from 5 to 10 p.m. for ages 13-18.

■ Open Recreation on Saturdays is from 3 to 9 p.m. for ages 9-12 and from 3 to 10 p.m. for ages 13-18.

(Information courtesy of the Youth Center)

Fitness Month participants win big

Tamra Davis, the Fitness Center special programs director, shows the prizes won by Ann Santistevan and Warren Djuric. Each won a spin bike as part of the May Fitness Month celebration at the Fitness Center. There were 20 May Fitness Month events held at the Fitness Center and 137 registered participants for those events. Twenty-one of them were eligible for the spin bike drawing. To be eligible, participants had to participate in at least two of the events.



Photo by Margie Arnold

ARAGON DINING FACILITY MENU

Today

Lunch:

Roast Loin of Pork
Jaeger with
Mushroom Sauce
Glazed Cornish Hen
Potato Halves
Orange Rice
Carrots
Simmered Pinto
Beans
Corn Combo

Dinner:

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

Friday

Lunch:

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

Dinner:

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 and Carrots

Saturday

Brunch:

Crispy Baked Chicken
Cajun Meat Loaf
Rib-eye Steak
Baked Potatoes
Mashed Potatoes
Broccoli
Peas
Glazed Carrots

Sunday

Brunch:

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

Monday

Lunch:

Roast Turkey
Baked Ham
Fish and Fries
Mashed Potatoes
Corn Bread
Dressing
Succotash
Tempura
Vegetables
Herbed Green
Beans

Dinner:

Swiss Steak with
Tomato Sauce
Baked Chicken
Sweet Italian
Sausage
Steamed Rice
Mashed Potatoes
Broccoli Polonaise
Carrots
Peppers and
Onions

Tuesday

Lunch:

Paprika Beef
Barbeque Beef
Cubes
Chicken Fajitas
O'brien Potatoes
Steamed Rice
Cauliflower
Corn on the Cob
Lima Beans

Dinner:

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

Wednesday

Lunch:

Mexican Chicken
Mexican Pork
Chops
Chicken Enchiladas
Mexican Rice
Refried Beans and
Cheese
Mexican Corn
Spanish Style
Beans
Peas with Onions

Dinner:

Caribbean Jerk
Chicken
Beef Porcupines
Chicken
Enchiladas
Scalloped Potatoes
Steamed Rice
Mexican Corn
Peas with Onions
Savory Baked
Beans

Airman prompted to share experience

By Airman Lizette Casarin

21st Medical Group

As I read Airman Mandy Weightman's commentary in the June 24 issue of the *Space Observer*, I couldn't help but notice that I was nodding my head in agreement at just about every word in her story. I had almost the same feelings of excitement and worry going to my first duty station — wondering if people stationed here at Peterson would be sensitive, so to speak, to my needs. Although my situation was very different than planning a wedding, the people I've come in contact with since I first arrived here have gone above and beyond to make sure I'm taken care of.

I'll never forget that day, as it tends to play in my head now and then. It was the evening of Jan. 20, I was getting ready to go to bed. I got a phone call from my younger sister. She was speaking so quickly and frantically that I almost couldn't make out what she was saying. After she calmed down, she told me that the street that I grew up on was bombarded with police cars, fire trucks and ambulances. Something tragic had obviously happened, but since there was police tape surrounding the crime scene, she couldn't find out what happened. She told me that the day before at school, there was a gang fight, so I assumed something else had happened concerning a gang, but something about what she told me wasn't right. I asked her to watch the news and let me know

what happened.

I couldn't sleep after what happened, so I waited eagerly for her call. Finally, after what seemed like forever, the phone rang. It was her telling me that the news had revealed why the end of our street was colorful with red and blue police lights.

"Somebody was stabbed down the street," my sister said. I asked if they mentioned the name of the person.

Then she named a person I'd been friends with since fifth grade.

"He was killed and the news said he graduated with your class," she told me.

My mouth dropped to the floor. But I was confused. I was originally supposed to graduate in 2002, but I ended up graduating in 2003. So did that mean this person graduated in 2002, or 2003? Were there two people with the same name and was I thinking it was my friend when it was someone else? I asked her if she heard anything else to confirm the name, to please call me. I went to bed with a million thoughts on my mind, but eventually fell asleep.

The next morning, I checked my phone for any missed calls, but there were none. I got ready for another day, and arrived at the First Term Airman Center classroom a few minutes earlier than usual. I was still worked up about the news I had received not 12 hours before, and I needed something to tell me that the person I was thinking of wasn't the person who was stabbed and

killed down the street from where I grew up.

I asked Master Sgt. Kristin Clark, the FTAC instructor, if I could check my hometown newspaper on the Internet. I was afraid of what I might read. Sergeant Clark typed the address into her computer, and the newspaper seemed to load so slow that I felt like an eternity before the headline came up. Sure enough in huge, bold, black letters was the headline of the story, naming the incident and my high school. "Recent grad slain; Irvin athlete held." Right below it, in the middle, was a picture of my good friend, who was just 19 years old.

My heart dropped into my stomach. My mouth had never felt so dry. Somehow in the back of my mind, the instant my sister said the name of the person who was killed, I knew it was him. In some way I knew it was him, but I needed a picture, something, to confirm what I feared. It was a friend who I had seen not a month before and now he was suddenly gone. My friend was dead. I broke down crying in part disbelief, part contentment, knowing it was him without any doubts.

Sergeant Clark asked me if I knew anything about funeral arrangements and I told her that I would find out. She told me to let her know as soon as I found out something about his funeral.

I spent practically all day on the phone with my mom and sister trying to get more information on what happened

to my friend.

Sergeant Clark made a phone call to my first sergeant, Master Sergeant Charles Meyer, and informed him on the situation. It was after that phone call that the "ball got rolling" to get me home to be able to attend my friend's funeral. Arrangements were made, and I was on a plane home Thursday night to be able to say goodbye to my friend at his funeral the next day.

Attending that funeral was definitely one of the hardest things I've ever had to do. All of my high school friends and I were reunited but not under the circumstances we would have liked to be. We came together to say goodbye to one of our classmates, whose life was cut too short. It made me realize that you should make time to get together with your friends for no reason at all, not wait until something tragic happens. Live each day as if it is your last, and be grateful for what you have.

Sergeants Clark and Meyer showed me compassion in my time of need. They were sensitive to my needs and allowed me to go home to close a chapter in my book of friendships and say goodbye.

I am very honored to be a part of the Air Force and the 21st Medical Group's family, because the people who work there really take care of you, in ways other than medical. I have never met a group of people who are more concerned with other's needs than their own.





Core Values leave no room for excuses

By Chief Master Sgt.
Rosemarie C. Stange
21st Security Forces Squadron

Do you remember the last time you relied on someone to take care of some task, but they didn't get it done? You probably ended up doing it yourself and wondered why this person stepped up and said they would take this task and then didn't.

There are many reasons people don't do something they say they will do:

I didn't have time.

I was overcome by events.

I forgot.

I didn't know I was supposed to complete the task.

I wasn't sure how to accomplish the task.

And the infamous – the dog ate it!

Yes folks, we've all heard many excuses from others on why they can't do what they say they're going to do, but when we say these statements they somehow sound like reasons instead of excuses. We let ourselves off the hook.

Everything we do, from getting to work on time to completing a performance appraisal, boils down to commitment or a lack thereof. Leaders are those who make and complete their commitments. Others make mere statements.

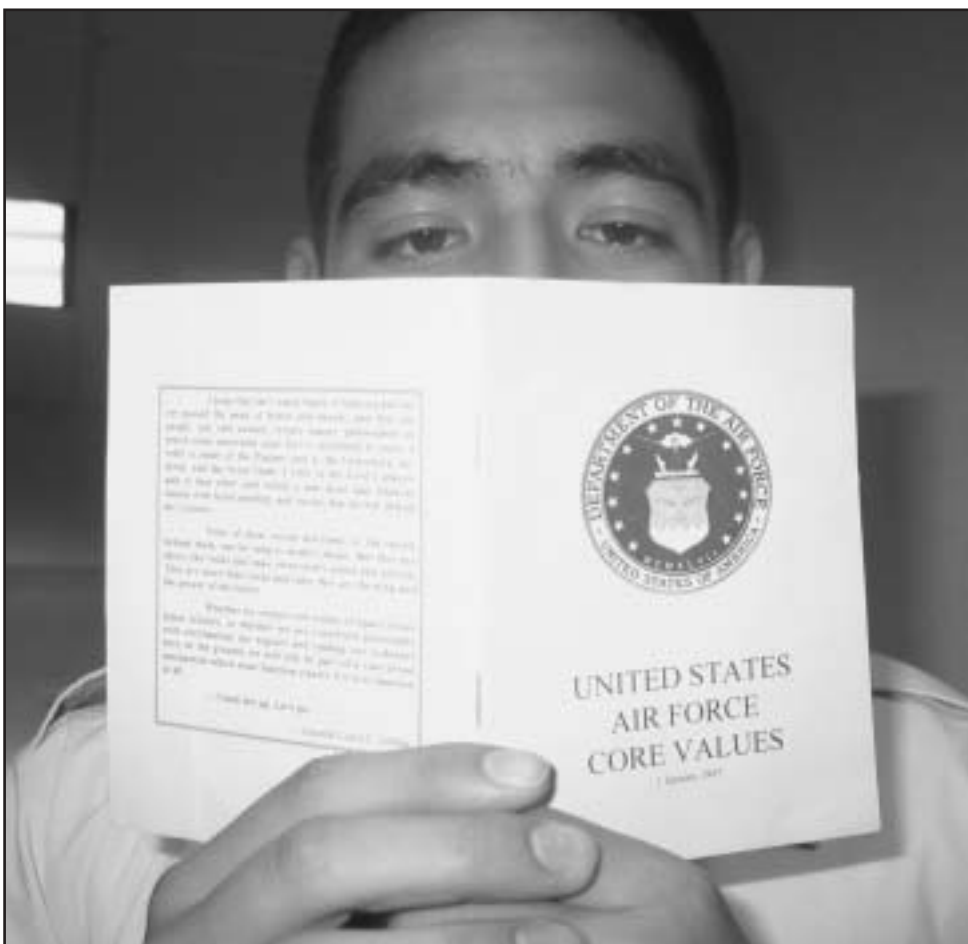


Photo by Staff Sgt. Sue Mrowiec

The Air Force Core Values, also known as "The Little Blue Book," outline standards of professionalism and establish a common framework of ideals for all members of the Air Force family.

When leaders commit to something, they are in it knee-deep until it's complete – they keep their word no matter what it takes. The folks who make "statements" talk a good game, but take no action to complete their

"statements." Which one are you?

All of us want to be great leaders, but totally committing to something or someone is hard because it takes a lot of work. Committing yourself means taking our Core Values to heart.

Integrity means doing the right thing – always, not just when someone is watching, when we "feel like it" or when we have the energy to take actions necessary to fulfill the commitment. Service before self means taking full responsibility for completion of the commitment and get it done, no matter what the cost. Excellence in all we do means completing the commitment as intended – no second best or shoddy work is put forth. Completing commitments as intended communicates to others our embodiment of Core Values, but more importantly makes the distinction between those who make statements and those who are leaders.

If you are a leader on every commitment you've made – good on you! If not, that's okay because the good thing is you can change that right now – this very minute. How? The next time you make a commitment to someone or something, don't take it lightly because others are counting on you to fulfill that commitment. Just remember that leaders make and keep their commitments and embody our Core Values – others just make "statements." Realize fulfilling commitments as intended makes the distinction between those who make statements and those who are leaders. So stop making excuses – commit yourself to stepping up to the plate and being a leader.



Understanding 'generation gaps' vital to workplace harmony

By Maj. Alessandra Stokstad
14th Mission Support Squadron commander

COLUMBUS AIR FORCE BASE, Miss. – Our work environment today is more diverse than ever. In addition to incorporating military, civilians and contractors, we are now confronted with the task of forming an efficient team from members of distinctly different generations.

I recently came across an article discussing the differences in work habits across generations. The article divided our current workforce into four main groups: veterans born before 1946, Baby Boomers born between 1946 and 1964, Generation X born between 1965 and 1977, and Generation Y born between 1978 and 2000.

As a new commander, I see the differences and definitely have come to appreciate the unique contributions each group brings to the squadron. Military leaders are challenged to incorporate everyone's specific talents into a cohesive and optimal work force. To do this, we need to understand the motivations, needs and interests of the various groups.

In the book "When Generations Collide: Who They Are. Why They Clash. How to Solve the Generational Puzzle at Work," Lynne Lancaster and David Stillman attempt to characterize these distinct generations and what each brings to the fight.

Veterans make up about 15 percent of the work force and are, as a group, more accustomed to a top-down approach to management, but still want to make a lasting contribution. In a phrase, they are devoted and put "duty before pleasure." This is an obvious direct translation to service before self – a trait we actively try to promote in the Air Force today. The second group, the Baby Boomers, make up almost half of our current work force according to the U.S. Census Bureau. They can be team-oriented, but are highly competitive. Both of these traits immediately lend to the military way of life by working as a team to achieve excellence in all we do.

Making up about one-third of the work force are Generation X members. They are more flexible than the previous two groups and tend to be technologically advanced, yet still goal oriented. While they have a "more casual" attitude toward authority, their skills can

still help the Air Force leverage 21st century advances and continue to evolve into the strongest military force the world has ever seen.

Our newest additions to the work force belong to Generation Y and their impact will continue to increase. The buzzword for this generation is multi-tasking. As a whole, they are comfortable with the latest technology and know how to use it in a culturally diverse workplace; plus, they relate well to older people. This group just may prove to be the glue bonding all of the others together in our workplace. We now deal with a workforce ranging from 18-year-olds to those with 18 or more years of experience. It is essential we recognize they are all vital parts of our organizations.

Whether you supervise or simply work with someone significantly different in age, don't let the "generation gap" be a barrier to fostering a great working relationship.

Who knows? You may actually come to embrace your differences as the key to what makes your unit the best. Knowing and appreciating the differences is half the battle.



Attention spouses:
Interested in the new
Pikes Peak Combined Spouses Club?
Check us out at
www.geocities.com/pikespeakcsc

T	O	N	D	G	U	S	A	I	L			
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Answers to the puzzle on Page 6.



Sports Shorts

AFSA HOSTS HOCKEY FUNDRAISER

The Air Force Sergeants' Association Falcon Chapter 1180, Southern Colorado Amateur Hockey Association and The Home Front Cares host an ice hockey game between local, junior, college and professional hockey players at 7 p.m. July 17 in the Sertich Ice Arena at Memorial Park. The event supports The Home Front Cares. For tickets, call 481-1544 or e-mail asuhr@earthlink.net or vpho@scaha-hockey.com.

WALL CLIMBING

Climbing Wall Safety Classes are 4:30 p.m. Tuesdays and 11:30 a.m. Wednesdays in the Fitness Center. For more information, call 556-1515.

OPEN CLIMBING

Open climbing for certified climbers is from 11:30 a.m. to 12:30 p.m. Tuesdays and Thursdays. For more information, call 556-1515.

TAE KWON DO

Tae kwon do classes are from 6 to 7 p.m. Tuesdays and Thursdays for children ages 7 to 12, and 7 to 8 p.m. for people ages 13 and older. Cost is \$40 per month for the first family member, and \$30 per month for additional family members. For more information, call 556-1515.

BACK-TO-BASICS CIRCUIT COURSE

The Back-to-Basics Circuit Course is 11 a.m. Mondays, 5:10 p.m. Tuesdays, 6 a.m. and 11 a.m. Wednesdays, and 11 a.m. and 6:15 p.m. Fridays. The course features 15 exercises and self-paced cardiovascular training.

WEDNESDAY AEROBICS

The Health and Wellness Center offers Aerobics classes at noon and 5 p.m. Wednesdays at the Fitness Center.

FRIDAY SPINNING CLASSES

The HAWC offers Spinning classes at 11 a.m. and noon Fridays at the Fitness Center.



Team Pete runs the bases

Recreational softball league

Division #1

Team	W	L
1. AFOTEC DET	4	5
2. 21 SFS	6	1
3. 21 SCS	4	1
4. 1 SPCS	4	2
5. 21 SVS	3	3
6. Team Colorado	2	4
7. N-NC J8	1	5
8. Canadian Forces	1	5
9. USAF BAND	0	4

5. NORAD	1	4
6. 544 IOG/SF	1	4
7. NORTHCOM J6	1	5

Competitive softball league

American division

Team	W	L
1. 21 CES	4	1
2. 21 OSS	4	1
3. CMOC	2	2
4. 21 MDG	1	3
5. 721 MSG	0	5

National division

Division #2

Team	W	L
1. 21 CPTS/DS	6	0
2. AFSPC/CSS	4	1
3. ARSTRAT	3	2
4. 76 SPCS	2	3

Team	W	L
1. 21 SCS	6	0
2. 100th MDB	3	1
3. 721 SFS	1	3
4. Team Colorado	1	3
5. HQ AFSPC/CE	1	4

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.