

“2003 AFSPC Best Large Wing PA Office”

Thursday, Dec. 9, 2004

Peterson Air Force Base, Colorado

Vol. 48 No. 48



Photo by Senior Airman Shawn Clements

Get it n' go

An F-15E Strike Eagle refuels during a mission over Iraq. The aircraft and its crew are deployed from Seymour Johnson Air Force Base, N.C. Strike Eagle crews support operations Iraqi Freedom and Enduring Freedom. The photographer, Senior Airman Shawn Clements, is from the 21st Space Wing Public Affairs Office. He is currently deployed as a member of a Forward Public Affairs Office. The Public Affairs journeyman joined a KC-135 air-to-air refueling mission while in the deployed location. The photo and information can be seen as a news photo on the www.af.mil website.



Photo by Kara Magana



Courtesy photo

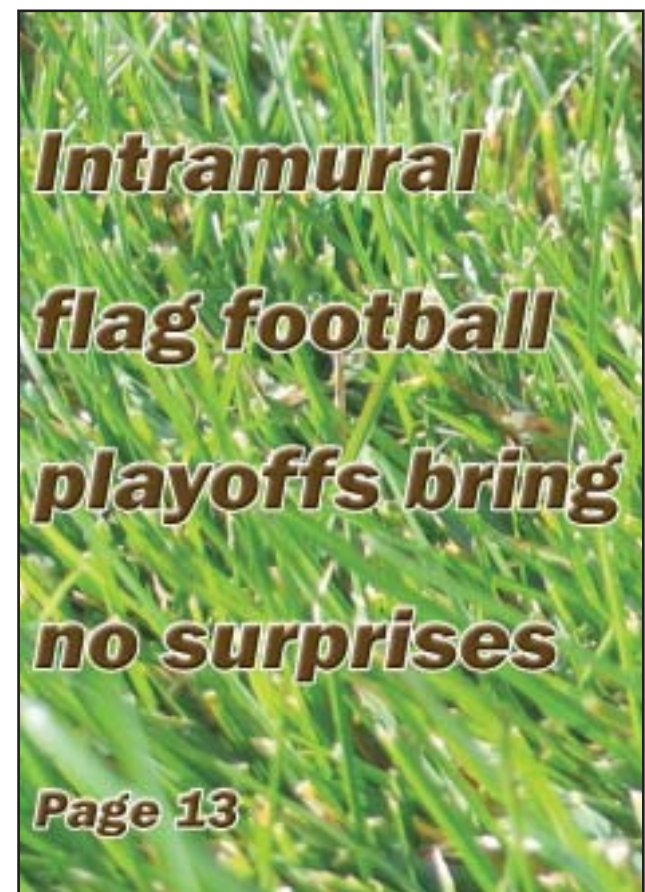


Photo by Staff Sgt. Denise Johnson



Commander sends holiday greetings

By General Lance W. Lord
Air Force Space Command commander

As the holiday season approaches, we have an opportunity to slow down and enjoy the company of family and friends. Regardless of spiritual beliefs, the winter holiday season is a time to reflect on the gifts in our lives and to be thankful for them.

One of the greatest gifts Americans enjoy is the gift of freedom. As members of our Armed Forces and the civilians who support our mission, you continue the proud tradition of defending freedom that first began with the patriots of the American Revolution in


1775. Americans are free to celebrate whatever holiday we choose because of the freedom our military has given this nation for over 200 years.

We wish the holiday season could be a time of peace for all, but in some corners of the world it will not be peaceful. Many American servicemen and women will spend the holidays away from their families. They will spend it working to deliver the gift of freedom to others who are less fortunate than we are. We ask you to keep those military members and their families in your thoughts.

As you travel to be with family and friends, or just travel around town, we encourage you to take an

extra moment to ensure you are being safe. The holiday season often brings a combination of hustle and bustle and winter weather. That combination creates an added measure of risk we all must be aware of. A few extra moments spent focusing on safety will ensure the holiday season remains a joyous celebration.

The entire nation is grateful for your service and sacrifices that allow us to celebrate the holidays in freedom and security. I am proud of each of the nearly 40,000 men and women of AFSPC and I thank you for your dedicated commitment to our great nation.

Beccy and I wish all of you a joyful holiday season and a peaceful and prosperous new year. 

Team Colorado; amazingly fit

By Staff Sgt. Denise Johnson
21st Space Wing Public Affairs

Units across the 21st Space Wing are preparing to take their fitness tests prior to the Dec. 30 deadline through unit physical training and wing Fit-to-Fight exercises.

Team Colorado, made up of Electronic Systems Center Detachment 5 and the Space and Missile Systems Center Logistics, is no exception. The team will be hosting a unit version of the television reality show, "The Amazing Race," from 2 p.m. until approximately 4:30 p.m. today at the base gym.

"Anytime our folks are getting out there and enjoying themselves in a healthy manner, while meeting the


mission and requirements of the Air Force, we have to take a minute to recognize them," said Al Strait, 21st Space Wing director of staff. "I encourage all units and leaders out there to follow this example. Have fun, increase morale and get fit – it's a perfect combination."

Team Colorado will divide 120 of its members into teams for a unique Fit-to-Fight competition. The event will begin at the gym where participants will race to different locations on base competing for the best overall time. The nine locations include Peterson Air Force Base's Base Exchange, Commissary, Library, Bowling Alley, picnic area, Air and Space Museum, Officers Club, dormitory and a finish at the

Fitness and Sports Center Track.

"It's a great way to prepare for the fitness test and to have fun at the same time," said Capt. Sean Tunaley, Deputy Branch Chief, Core C2. "We did the race last year, too. It was a great success."

Teams must complete tasks at each location prior to advancing to the next location. Scores are based on time – there are a variety of penalties that may be incurred for infractions such as talking above a whisper in the library or running in the library, commissary or BX. The teams return to the gym once all tasks are completed.

The 21st Space Wing will host a wing-wide Fit to Fight Dec. 21 at Eagle Park. 

21st Space Wing Commander's Call

There will be a
Commander's Call
for the 21st Space Wing
2 p.m. Dec. 22
at the Base Auditorium



Action Line

Submitting Action Lines

The Action Line is a direct link to the 21st Space Wing commander. It should be used when other avenues have failed. Concerns should be addressed at the lowest possible level in the chain of command and elevated as necessary.

Though not required, Action-Line users should leave point-of-contact information when submitting an Action Line. This will allow those who are addressing the concern to clarify the information and respond, if necessary. Not all responses are printed, however, if information allows, a response will be rendered in another format.

If satisfactory results have not been attained by


addressing the chain of command, call the Action Line at 556-7777 or fax 556-7848.

Safety addresses display hazard

Question: Can something be done about the Pitot tube on the jet behind the Officers' Club? The Pitot tube is about head height. I am concerned someone may get injured. Can some sort of protection be placed on it?


Answer: Thank you for your interest in the safety of our people. The 21st Space Wing safety office staff investigated the potential hazard associated with the F-102A. Like many other static aircraft displays on base, the Pitot tube is low enough to cause an injury if some-

one were to inadvertently walk or run into the path of the tube. However, the aircraft displays are specifically situated to prevent such an occurrence (i.e. off the sidewalks and away from normal foot traffic). And we've tried to design our displays and the supporting walkways, pads, and landscaping to help with that.

Moreover, the aircraft are maintained to be as historically accurate as possible. At this time, we believe placing a cover over the Pitot tubes would detract from the historical accuracy of the displays and the covers are difficult to secure. More importantly, there have been no reported mishaps associated with the tubes. Thanks again for your concern. If you have further questions, please contact Luis Harris at 556-8001. 

A Moment in Time



- **Dec. 7, 1941** - The Japanese attack Pearl Harbor.
- **Dec. 8, 1941** - The United States declares war on Japan.
- **Dec. 9, 1956** - The 463rd Troop Carrier Wing receives the Air Force's first C-130 Hercules tactical cargo and troop carrier. This four-engine turbo-prop airlifter has an unrefueled range of more than 2,500 miles. It can take off and land in 3,600 feet.
- **Dec. 10, 1954** - In a rocket-propelled sled run, Col. John P. Stapp goes 632 mph and sustains greater G-force than ever endured in recorded deceleration tests. The test determines that humans can survive ejection from aircraft at supersonic speeds. 



Space Observer

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**21st Space Wing
Commander**
Brig. Gen. Richard E. Webber
Chief of Public Affairs
Capt. Amy Sufak
Editorial Staff
Editor
Staff Sgt. Denise Johnson
Staff Writer
Airman Mandy Weightman
Layout and Design
Kara Magana

Air Force IMAX film makes local premier

By Staff Sgt. C. Todd Lopez

Air Force Print News

The IMAX film “Fighter Pilot: Operation Red Flag” premieres Friday in Colorado Springs at the Cinemark IMAX theater. The film opens to the general public Saturday. Show locations, information about the film and a five-minute preview are all available online at www.fighterpilotfilm.com.


The movie premiered Dec. 2 at the Smithsonian Museum, Udvar-Hazy Center, near Washington D.C. The movie is the first large format film to showcase the U.S. Air Force. Veteran filmmaker Stephen Low directed the film.

In the new movie, viewers follow Capt. John Stratton, an F-15 Eagle fighter pilot, as he participates in a two-week long Red Flag exercise at Nellis Air Force Base, Nev.

A typical exercise pits “friendly” blue forces against “hostile” red forces in mock combat situations. Blue forces are made up of units from the U.S. Air Force and its sister services as well as units from American allies. Red forces are composed of aircrews from Red Flag’s adversary tactics division, who fly the F-16 Fighting Falcon.

“Fighter Pilot” covers more than just the flying part of a Red Flag. The film also covers those who put aircraft in the air and who support the Air Force mission: engine mechanics, crew chiefs, firefighters, even those who get up early to do the morning “FOD walk.”

IMAX films rival the standard movie theater experience in both picture and sound quality. The film itself is about 10 times larger than what is used in a regular movie theater. The extra size means more picture information, which translates to a larger, clearer image on the screen. IMAX movie screens can be up to eight stories tall.

Sound quality at an IMAX theater is unsurpassed. The setup includes 44 speakers grouped into six clusters behind the screen and at the rear of the theater. The setup allows viewers to hear with everything from the roar of a jet engine to the sound of a pin dropping. The film has been shown at the National Museum of the U.S. Air Force at Wright-Patterson Air Force Base, Ohio, since Saturday. 

USPS offers shipping materials for military

With so many military families scrambling to ship holiday care packages to loved ones deployed around the world, U.S. Postal Service officials are stepping in to make things easier.

They are offering free packing materials. A special kit includes 10 boxes; 10 customs forms with envelopes; 10 “Mili-Pac” shipping envelopes, which are specially printed for military mailing addresses; and a roll of Priority Mail tape.

Sue Brennan, Postal Service spokeswoman, said they started the service Oct. 25 as an extension of an offer it provides to all mailers. By calling a toll-free number, anyone can request free shipping materials.

She added that postal officials were getting deluged with requests from military families – about 1,000 calls a day since late September. In response, they developed the kit containing the most popular items ordered to send packages to the troops.


To order the special kit, call (800) 610-8734 and request Care Kit 4. Officials will ship the kit by Priority Mail; delivery is usually within a couple of days, Ms. Brennan said. Although the packing materials are free, shippers must still pay postage costs.



USPS and Military Postal Service officials work hand in hand to support troops deployed to Iraq and Afghanistan. Mail centers in New York, San Francisco and Miami have processed more than 100-million pounds of mail for deployed troops since early 2003, Ms. Brennan said. At its high point, mail to the Persian Gulf region reached 400,000 pounds a day.

Since the beginning of Operation Iraqi Freedom, more than 650 dedicated contract flights have carried mail to the region. A daily 747-series freighter carries military mail to Southwest Asia, Ms. Brennan said.

The number of contract flights carrying mail to the region more than doubled in mid-November, she said, and they are expected to remain at that level through late December.

(Courtesy of American Forces Press Service) 

Log Entry VI: Practice, practice, practice

Editor's note: This is the sixth in a series of articles written by retired Lt. Col. P.C. “Chevy” Chevallard, former commander/conductor of the U.S. Air Force Academy Band here. The colonel is a student pilot in pursuit of his private pilot's license through the Peterson Air Force Base Aero Club.

By P.C. “Chevy” Chevallard

Space Observer stringer writer

So the time-worn story goes, virtuoso violinist Jascha Heifetz was hailed by a man on a New York street many years ago. The man asks Heifetz, “How do you get to Carnegie Hall?” Heifetz replied (without breaking his stride), “Practice, practice, practice.”

Unfortunately, practice – at least actual flying practice – is something I’ve not done much of recently. Thanks to take-no-prisoners, overstay-your-welcome-houseguest-from-Hades-lingering, and no-kidding-medically-grounding-me-from-flying-status sinus infection, I haven’t taken wing in more than three weeks. For a slow learning, gray-beard student pilot like me, this could be a very bad thing.

Thanks to Peterson’s Aero Club training, I’ve managed to practice takeoffs, landings, basic flying maneuvers, power-on and power-off stall recovery, emergency engine restart procedures, and yes, even forced landings. How? Well, to quote Chevy Chase’s character, Ty Webb, in the movie *Caddyshack*, “There is a force in the universe that makes things happen ... and all you have to do is get in touch with it. Stop thinking ... let things happen ... and be the ball.”

Actually the universal force that’s enabled me to stay sharp is similarly Zen-like: it’s called “chair flying.” All you do is sit in a chair (or in the cockpit of a parked plane, if you’re lucky) and pretend you’re flying. Without the pressures or distractions of trying not to buzz Peterson Air Force Base, you systematically envision what’s going on inside and outside your aircraft. You can stop, pull out your notes, figure out what you did wrong and start again.

“Chair flying” works because practice, practice, practice works. It’s true for flying, and I found it was just as true in show business. Indeed, the processes of getting to Carnegie Hall and getting to halls of air have a lot more in common than not. Here are a few examples of what I mean:

Flap management: “First things first” is a must in both worlds. When flying, you must be aware of the position of your flaps at all times. This is called “flap management.” In show business the parallel is better termed “flop management,” but the situation is about the same. To keep the show from crashing, you’d better slow down, shape up and extend yourself to the max.

To get it off the ground you’d better retract your ego, check your pants zipper is in the fully retracted and locked position and never, ever look back.

Stalls, spins and slow flight recovery a student pilot practices critical flying maneuvers to learn what to do if the airplane wants to stop flying. If it flies too slowly with its nose too high in the air, the lifting force that

keeps an aircraft flying, “Lift,” fails, then the nose will drop. That’s called a “stall.” A “spin” occurs when the pilot fails to keep the control of the rudder coordinated, which controls the “yaw” or the right and left lateral movement of the nose; and the ailerons, which control the “roll” or the banking movement of the wings.

At any rate, a spin is a very bad thing. Unless you know how to recover from these situations, your flight could end abruptly. Accordingly, in the flying business, you plan for failure and practice how to recover in order to survive.

That’s true in show business, too, except there, it’s called a “day job” and in a very unusual few, “a savings account.”

Emergency engine restart/forced landing: If while out on a highway, your car engine quits, you can gently ease ‘er off onto a shoulder, get out, raise the hood and either fix the problem or sit tight until your road service shows up to do it for you. Obviously, things are a bit different when you’re a thousand feet up. At that moment, neither gravity, nor Einstein’s “space-time-continuum” is your friend. You’ve got very little time to get the engine restarted or to prepare for a forced landing on some farmer’s field – if you’re lucky.

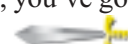
In the Air Force’s T-41C trainers which are military versions of the ever-popular Cessna 172 – the emergency engine restart procedure is perfect for “chair flying.” You can visualize the control panel.

Some students use poster-size photographs of it as a visual aid and practice the procedure by moving their right hand across eight engine controls. This life-saving procedure is about having a pre-determined recovery plan in your pilot’s bag of tricks, keep it well-rehearsed, and for the sake of your passengers, acting like nothing’s wrong even if they happen to notice the prop has almost stopped spinning.

Again, it’s about the same in show business. When jazz players forget the melody, they revert to the underlying chords and make something up; when actors forget a line, they go right to time-proven audience distracters like telling a joke, smashing a prop, or taking a pratfall; and when singers – singers are my favorite – forget lyrics, they start singing any words that come to mind having lots of vowels in them (singers love singing in Italian because its almost all vowels and almost no one knows the words anyway).

Of course if your emergency engine restart procedures fail, you’re going to land without engine power. To do so, you configure the aircraft to get the best glide speed, scan the terrain and select a suitable field you can glide to. You must consider wind speed and direction, the length of the field and its obstacles. You especially want to avoid landing on farmers.

About forced landings: Fliers say, “Any landing you can walk away from is successful.” Producers say about the same thing: “Any production [even a stinko] can succeed if the guy gets the girl and the show has a happy ending.”

To get where you want to go, you’ve got to practice, practice, practice. 



Personnel Corner

PETERSON ALS SEEKS NEW INSTRUCTOR

The Peterson Airman Leadership School is looking for someone to join their instructor team. Applicants must be a staff sergeant or staff sergeant select. To apply, members must submit an application package with a 5-inch by 7-inch official photograph. For information, call Master Sgt. Ron Luvisi at 556-7737.

PETERSON ANNOUNCES CAREER ASSISTANCE ADVISOR JOB VACANCY

Peterson Air Force Base is accepting applications to fill the wing Career Assistance Advisor position. Interested master sergeants should contact Senior Master Sgt. Dan Voss at 556-9226 or DSN 834-9226.

MILITARY PERSONNEL FLIGHT OFFERS GUIDANCE ON PHYSICAL TRAINING UNIFORM WEAR

The Chief of Staff of the Air Force has approved the policy for wear of the Physical Training uniform. The intent of the policy is for wear of the physical training uniform at all organized physical training functions. Mandatory wear date will be established at a later time. Any combination of physical training uniform items may be worn together, jacket with T-shirt, T-shirt with shorts and or pants; physical training uniform items will not be worn with any civilian clothing.

FLEXIBLE SPENDING ACCOUNT OPEN SEASON PROGRAM CLOSURES

This program offers two types of flexible spending accounts: a health care flexible spending account and a dependent care flexible spending account. Employees may enroll in either one or both types of accounts. The open season will be held through Saturday. These are the same dates as the Federal Employees Health Benefits

Program open season. This will be the only time Federal employees may enroll in the Flexible Spending Account program for 2005, outside of a qualified status change. Employees previously enrolled who wish to continue in the Flexible Spending Account program for 2005 must make a positive enrollment during open season. For information, visit www.FSAFEDS.com or contact a counselor at (877) 372-3337 or (800) 952-0450.

UNIFORM TIPS OFFERED ON HAIR STANDARDS

Hair must be clean, well groomed and neat. If hair is dyed, it must look natural. In addition, hair must not contain excessive amounts of grooming aids, touch eye-brows when groomed or protrude below the front band of properly worn headgear. Exception: hair may be visible in front of women's flight caps.

EVALUATORS CAN ONLY STRATIFY PERSONNEL WITHIN RATING CHAIN

Evaluators can only stratify personnel within the their direct rating chain and/or scope. For example, functional members on a base cannot compare and stratify administrative personnel in the squadron against all administrative members assigned to other base units. Similarly, functional communities at higher headquarters cannot compare their staff officers with members outside the immediate staff or across the Air Force.

FEDERAL EMPLOYEES HEALTH BENEFITS PROGRAM OPENS SEASON

The annual Federal Employees' Health Benefits open season will be open through Saturday. Civilian employees may enroll, change health plans or options, or cancel enrollment during this time. Air Force-serviced civilian employees will make elections or changes via the web-based Employee Benefits Information System or the automated phone system. Changes will become effective Jan. 9. For additional information on the Federal Employees' Health Benefits program, health plans, comparisons, enrollment procedures, visit OPM's

website at <http://www.opm.gov/insure/04/index.asp>, contact the automated phone line at (800) 540-4047 or http://www.afpc.randolph.af.mil/dpc/best/Newsletters/BEST_Newsletter_Oct_04.pdf.

FITNESS SCORES DON'T BELONG IN PERFORMANCE REPORTS

Raters can't put fitness scores in a member's performance report. However, the exclusion of a score does not prevent a commander from issuing a referral report when a member continues to display poor fitness or has not demonstrated fitness improvement. In those cases, referral comments should focus on the reasons or behavior resulting in poor fitness, in lieu of the numerical score itself.

FAMILY SUPPORT CENTER OFFERS TIPS ON STRESS, HOLIDAYS

The stress experienced during the holidays is often due to the expectations placed on others and ourselves. Trying to be all things to everyone, regardless of the strain it places upon people mentally, physically or financially, can leave people vulnerable to illness and accidents. It is important people take care of themselves. Below are some helpful ideas to make the holidays more meaningful and less stressful:

- Get enough sleep
- Eat well and slowly
- Avoid excessive amounts of caffeine
- Recognize that alcohol, cigarettes, tranquilizers, and other drugs increase stress
- Plan regular exercise into your schedule
- Take time for yourself
- Eliminate what you consider the most unpleasant task of the holidays
- Plan ahead
- Express your feelings
- Reach out to someone who is lonely or in need
- Buy yourself something special
- Volunteer with friends or family



GOVERNMENT E-MAIL FOR OFFICIAL USE ONLY

Air Force employees may use government-provided e-mail for official use only. Use of government e-mail is consent to monitoring. E-mail should be used in support of the Air Force mission, including morale uses during deployments. Users should be professional and careful in their correspondence and always consider operational security. Users should not put classified material in unclassified e-mail, distribute copyrighted materials without owner consent, use for commercial or financial gain, degrade network performance by overloading the network with chain letters, jokes and broadcast messages, use someone else's identity or use unprofessional language.

LOCALS COLLECT GIFTS FOR WOUNDED SOLDIERS

Local Colorado Springs residents are joining American Airlines employees in collecting Christmas presents for wounded American Soldiers in a German hospital. American Airlines/Airline Ambassadors would like to bring the holidays to them by hand delivering the gifts. The drive will be held through today. Donations include: sweat suits, caps, T-shirts and sweatshirts (all sizes for men and women), hygiene items, socks, games, playing cards, game boys, international calling cards, stationery and envelopes, disc players and compact disc music. For information or to donate, contact Dennis Speer at 233-3714 or e-mail Dennis@CommonSenseLoans.com.

AIR FORCE AID SOCIETY OFFERS EDUCATION GRANTS

The Air Force Aid Society's General H. Arnold Education Grant Program awards \$1,500 in grants to sons and daughters of active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired reservists with 20 or more years of qualifying service and deceased Air Force members. Active-duty spouses

residing stateside, spouses of Title 10 AGR/Reservists on extended active duty and surviving spouses of deceased members are also eligible candidates. For information or an application, call the Family Support Center at 556-6141 or visit the Air Force Aid Society's web site at www.afas.org.

ENLISTED CORPS ELIGIBLE FOR SCHOLARSHIP OPPORTUNITY

The Armed Forces Communications and Electronics Association is accepting applications from for assistance with college costs enlisted people in the Colorado military community. Enlisted members do not have to be a member of AFCEA to apply. Applicants must be enlisted military members in the Rocky Mountain Chapter area, which includes Fort Carson, the U.S. Air Force Academy and Buckley, Schriever and Peterson Air Force bases. They must also have education expenses greater than the total of tuition assistance, G.I. Bill benefits and other grants or scholarships received for classes taken. There are also other requirements. For information, call Senior Master Sgt. Mark Everson at 554-8570.

PIKES PEAK COMMUNITY COLLEGE OFFERS ACCELERATED COURSES

The Pikes Peak Community College Military Programs weekend classes have taken on a new format. The classes are now required to meet for the full 45 contact hours in the classroom. Students will meet Fridays and Saturdays for four consecutive weekends, with the exception of weekends containing holidays. For information, call Ron Shields at 574-1169.

EDUCATION CENTER OFFERS COMMISSIONING BRIEFINGS

Enlisted members interested in learning about commissioning opportunities may attend one of the monthly commissioning briefings offered at the Education Center. Interested members can find out more about Officer Training School and Reserve Officer Training Corps programs. Information on eli-

gibility requirements, opportunities and application procedures will be discussed. The next briefing is Dec. 29. Call 556-4064 to register.

LOCAL SCOUTS MEET ON PETERSON

Girl Scout Troop 422 meets at 6 p.m., Mondays at the Peterson Chapel. This troop is for girls ages 11 to 17. Units are developing for younger girls which will also meet on Mondays. For information, call Laura Pitcher at 392-1102. Cub Scout Pack 99 meets at 6:30 p.m., Thursdays at the Peterson Chapel. Cub Scout Packs are for boys ages 7 through 10. For information, call Wendy Jendrick, cubmaster, at 637-0397. Boy Scout Troop 199 meets at 7 p.m., Wednesdays at the Enlisted Club. Boy Scout Troops are open to boys ages 11 to 17. For information, call Alex Welton, scoutmaster, at 574-8970.

ALABAMA AIR NATIONAL GUARD OFFERS PART-TIME JOBS

The Alabama Air National Guard is seeking people to fill part-time vacancies in various career fields. For information, call Master Sgt. Vonsetta Roberts at (334) 394-7191, DSN 358-9191, (800) 368-4481 or e-mail vonsetta.roberts@almont.ang.af.mil.

HONOR GUARD SEEKS APPLICANTS

Members of the Peterson Honor Guard are looking for new members. Applicants must be a technical or master sergeant. To apply, members must submit a resume or biography, a copy of their past five enlisted performance reports and an 8-inch by 10-inch official photograph. For information, call 556-8029.

UNIVERSITY OFFERS PROGRAM ON HOMELAND SECURITY

The University of Colorado at Colorado Springs, through the Network Information and Space Security Center, has developed a set of graduate courses leading to a certificate in homeland security. The courses were developed in consultation with officials as U.S. Northern Command. For information, e-mail Warren Lotzbire at wlotzbir@uccs.edu.



Blotter

The following real-life events, from around Peterson, are to inform you of crimes, accidents and events occurring on base. These entries are recorded in the Peterson Police Blotter and reprinted for situational awareness:

***Editor's note: Although the Space Observer staff may make light of blotter entries, the intent is to call attention to our security and law enforcement concerns. However, our vigilant security forces team treat each incident seriously and according to the rules and regulations.*

CHEAP NIGHT OUT - OCT. 30

Army and Air Force Exchange Services store detectives apprehended an elderly woman for stealing some mascara and some eyewear make-up worth a whopping \$49. Trying to look nice for a night out on the town. If you read this section of the newspaper you will realize that something very similar to this happened just the other week. What is going on? Well, the same thing happened this time, as did the last time someone shoplifted beauty supplies from the Base Exchange. Base Exchange privileges were suspended and the pilfering princess was hooked-up with a summons for shoplifting by Colorado Springs Police Department. Does anybody realize the BX has more cameras than Fort Knox? If you're shoplifting and haven't been caught yet, the store detectives know who you are and watch your every move when you are in the BX. The holidays are fast approaching, don't be one of the many that get detained for shoplifting over the holiday season.

SOMEBODY ISN'T TOO HAPPY

- OCT. 31

Security Forces responded to a housing residence because a concerned individual reported a possible domestic disturbance was in progress. When patrols arrived at the house they found that a 'happily' married couple had been involved in some shady irate actions. The wife had discovered her husband driving a "friends" vehicle and decided to throw everything she could find at it, to include: cake, eggs and a broken bottle. Then she locked her less than stellar husband out of the house. Not to be outdone by his wife, the husband broke into the house and then successfully damaged the master bedroom door by hitting it with his hands and feet. To top it all off, his wife then threw a cell phone at him. Both were military members and both got charged under the UCMJ. The husband was charged with Damage to Government Property and the wife for Damage to

Private Property. Their First Sergeants were notified and responded to pick up their belligerent troops. The husband's First Sergeant let him cool off first though, leaving him in the hands of Security Forces for five hours! Pretty much a "time-out" for adults. Act like a child and you'll get treated like one.

A SAD HALLOWEEN - OCT. 31

Security Forces received one of the most depressing calls that they get, a child is found in a vehicle, the windows are rolled down, in extremely cold circumstances, with no parents visible. Security Forces had a "Pumpkin Patrol" set up to ensure everybody had a safe Halloween. They were the ones who did an outstanding job discovering the toddler in the vehicle. Fortunately the youngster seemed to be all right despite the harsh conditions. The "Pumpkin Patrol" discovered the "father" of the child over a block away from the child even before law enforcement patrols arrived on scene, kudos again to them. Security Forces transported the "father" back to the Security Forces Squadron to process him for Child Neglect. The infant was taken to a responsible friend of the father's. When the First Sergeant was asked to respond to pick up his troop, he guessed who it was without Security Forces even telling him because the airman was involved in a couple of almost equally revolting crimes previous to this one. The First Sergeant arrived at the Security Forces Squadron and took custody of the parent. Is the message clear? Child neglect is not tolerated! Another thing to show the complete gravity of the situation - "Pumpkin Patrol" was cut short due to the extreme inclement weather conditions.

I'M TIRED OF WORK - NOV. 1

A member of the Navy turned himself into Security Forces at the Visitor's Center for being AWOL. A check with the Naval Absentee Collection and Information Center confirmed his confession that he was a deserter. A patrol transported the seaman to the Security Forces Squadron to await a senior person from his chain of command to pick him up. The seaman joined to see the world, but is most definitely only going to see some nice scenery from Miramar or some other fantabulous military prison. Guess the simple sailor's unauthorized vacation got a bit too boring and he turned himself in for the good life. Better to do the right thing than never at all though.

A HORSE IS A HORSE OF COURSE, UNLESS IT IS A DONKEY - NOV. 1

A housing resident informed Security Forces he had discovered a horse roaming around and was able to

persuade it in his backyard with cereal. Guess the horse didn't even know Trix are for kids. Patrols responded and were at a loss on what to do with the horse since El Paso County Humane Society and the Colorado Springs Humane Society both refused to respond and take custody of the animal. Since the horse had to be taken out of base housing, a good ol' cornfed patrolman reflected back to his 18 years on the farm/ranch and haltered the beast with cordon rope (normally used to rope off aircraft) walked the horse out of base housing and into an enclosed area at the Child Development Center play ground. Numerous and curious residents of Peterson that passed the patrolman inquired if the Security Forces were starting up a Mounted Patrol. Finally, after hours with this horse, the Security Forces were able to come in contact with a possible owner of the horse. The, soon to be apparent, extremely intoxicated civilian owner was driven to Peterson by his wife and then escorted by a patrol to take this nuisance horse away. It also became apparent the owner thought the horse was a donkey, not a horse. About 10 or so Security Forces members, one of which grew-up with constant contact with horses, came in contact with the animal and they all decided it was a horse, but the owner swore that it was a donkey. The same cowpoke Security Forces member stood diligently out in the blistering cold with the donkey/mule/horse/whatever keeping it calm, cuddled and safe until the tipsy owner arrived. The drunken owner gladly walked the horse off the installation into the sunset never to be heard from again, at least that is what Security Forces hopes anyway.

THREE ALARMS IN ONE DAY - NOV. 2

First, refer to the 'Alarming Trends' entry from the Dec. 2 issue and then think for a second. If Security Forces teams are forced to respond to false alarms, valuable resources are wasted and potential mishaps could occur. These false alarms detract from the security of the installation. It could be you who suffers when Security Forces teams are needed for a real-world response. People are put into danger due to false alarms. If you are unclear on procedures involving your alarm system, then get with your security manager. If that person is not available, then call the Security Forces alarms controller at 556-7717. Like all Law Enforcement phone lines, this number is not to be called with frivolous questions, but if you have a valid concern, utilize it. Don't be the one who causes an unneeded response by Security Forces.

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



Safety offers holiday decorating tips

It's that time of year again - when children happily start counting days and adults sadly count days. Why sadly? Besides the cold weather, lots of cooking, eating, alcohol, gift hunting, children, parties and decorating, there's the financial burden of the holiday season, as well. The 21st Space Wing Safety Office staff is offering tips to help reduce stress and worry associated with decorating.

Trees

Try to buy a tree with high moisture content. Some methods for determining moisture content and the health of a tree are:

Stand the tree upright and tap the trunk on the ground. If the tree loses an abundance of needles, then it isn't fresh and is a high fire hazard.

Snap a small branch between your fingers - if the branch breaks easily, chances are the tree is too dry. Don't buy this one.

Needles that bend and cannot be easily pulled from the tree are a good indication the tree is fresh.

Once the tree is brought home, people should leave it outside until they are ready to decorate. Remove two inches from the base of the trunk of the tree. Place in a sturdy, stable, tree holder and be certain to keep the stand filled with water. Place the tree away from all heat sources. Don't place the tree in an area that would block an emergency exit. Stabilize the tree with guy wires to the ceiling if small children or curious pets will be in the immediate area.

Lights

According to the U.S. Consumer Product Safety Commission, 3,110 people made emergency room visits last year due to electrical decoration mishaps.

After setting in the attic/basement/garage for a year a complete inspection is the first priority. Check for fraying, broken wires, and loose or broken sockets and discard sets that are not in good condition - it's cheaper to replace lights than a family member or a house. Use lights made for the purpose intended - indoor lights should not be used outside because they lack weatherproof connections. Check for the Underwriters Laboratory approval label on all lights or strings of lights being used. Don't overload electrical circuits or extension cords. Use extension cords solely for the purpose they are made for (do not use indoor cords outside). Turn off all decorative lights when leaving the house or retiring for the night. Luis Harris, 21st SW Safety office, also reminds people not to allow children or pets to play with light strings, candlelights or other electrical decorations. These decorations aren't toys and could produce a deadly electric shock if they are misused.

Decorations

If using "angel hair", do not use in combination with spray-on flocking snow - if joined, they are highly combustible. Holiday decorations that are non-combustible or flame resistant are good investments. When crafting your own decorations, use flame resistant materials. Candles should not be lit and displayed where the chances of a mishap exist (windows with drapes/sheers/curtains, on trees, or in children's rooms). Don't leave candles burning if there will not be anyone in the room.

Plan ahead, use common sense and follow these tips. It may save a life and keep families safe through the holiday season.

(Courtesy of the 21st Space Wing Safety Office)



Photo by Chief Master Sgt. Jim Moody

It's a Butte

General Richard E. Webber, 21st Space Wing commander, and Master Sgt. Robert Pascal, 20th Space Control Squadron Space Surveillance Field Site Quality Assurance Evaluator, stand beside "The Fence" Nov. 9 at Elephant Butte, N.M., a 21st Space Wing Geographically Separated Unit. The Fence is a Space Surveillance System antenna used as part of an antenna field.

Outreach program takes aim on drugs

By Senior Master Sgt. Ty Foster
21st Space Wing Public Affairs

Drugs are everywhere. They're available in our elementary, middle and high schools. People can find them in our work places, in bars and on the streets. They're in our universities, colleges and the military.

Given the easy access to drugs, the Pikes Peak Region Drug Demand Reduction Team has their work cut out for them. This team, comprised of members from Cheyenne Mountain Air Force Station, the U.S. Air Force Academy, Peterson and Schriever Air Force bases, takes their war on drugs into the streets of Colorado Springs.

It's not uncommon for five or six of the members to be seen at one of the many local elementary schools, youth and community centers, YMCA or even a shopping mall, said John Moore Sr., Cheyenne Mountain AFS Drug Demand Reduction program manager. Their campaign cuts a wider swath by including churches, health centers, hotels, fraternity and sorority meetings. In short, they've taken community outreach to a whole new level.

"Our prevention efforts cross all cultural and ethnic lines," Mr. Moore said.

Who falls into their target age group?

"Anyone from fourth graders to senior citizens," he said. "Outreach activities are intended to reduce the risk of drug abuse among Air Force family members, retirees,

and school-age children, as well as active-duty members."

They employ a number of tools in this quest: the Red Ribbon Campaign; Drug Education For Youth, commonly called DEFY; Drug Abuse Resistance Education, or DARE; community anti-drug coalitions; military youth and teen programs, Community Health Fairs; base sponsored community activities and mentoring programs.

"Project ALERT – Adolescent Learning Experience in Resistance Training – is a school-based drug prevention program for middle-grade youth," said Claudie Cleveland, Peterson AFB DDR program manager. Facilitators use participatory activities and videos to help motivate adolescents against drug use during an intense 8-week program.

"We teach the skills and strategies needed to resist pro-drug pressures and to establish non-drug-using norms," he said.

"People need to know drug abuse is increasing, not decreasing," he said. "Nearly every day, someone is experimenting with something new on the illegal drug market. Communities and families need to know this isn't just an urban issue."

That's why the Pikes Peak Region DDR Team has taken their program into Colorado Springs school districts. In addition to instruction, the team has distributed thousands of dollars worth of incentive items throughout the region. Now, T-shirts, water bottles, pens and pencils, activity books, red



Courtesy photo

LEFT TO RIGHT: Retired Lt. Col. Gregory A. Smith, former deputy commander of the 721st Mission Support Group, checks out substance abuse materials provided by John Moore, Cheyenne Mountain Air Force Station Drug Demand Reduction program manager, and Robert Wiggins, now DDR program manager at Schriever AFB during Red Ribbon Week in November 2003.

ribbons and a wide variety of toys carry the drug-prevention message into homes and the community at large, Mr. Cleveland said.

Their outreach efforts are part of the Air Force's Drug Demand Reduction Program.

The program is designed to enhance mission effectiveness and foster a drug free environment through a comprehensive program of education, prevention, deterrence and community outreach in support of President's

National Drug Control Strategy, Mr. Moore said.

This education campaign to prevent and deter drug use is one of the two primary functions of the Air Force's program. The other, drug testing, is what most Air Force people think of when asked about the service's DDR program, he said.

The bottom line is simple. "Illegal drug use affects all walks of life, so no one is immune," Mr. Cleveland said.

Officials announce distribution dates for tax statements

As the end of the year approaches, Defense Finance and Accounting Service officials announced the schedule for distributing 2004 tax statements.

The schedule lists when service members, military retirees and annuitants and defense civilian employees can access statements through myPay and when they can anticipate receiving a copy in the mail.

Customers can view, save and print tax statements from myPay at <https://mypay.dfas.mil>.

Tax statements will be available as follows:

- Retired Annual Statement: became available online Saturday, must be mailed between Dec. 17 and 29.
- Retired 1099R: will be available online Monday,

must be mailed between Dec. 17 and 29.

- Annuitant Annual Statements: will be available online Monday and mailed between Dec. 28 and 29.
 - Annuitant 1099R: available online Dec. 14, must be mailed between Dec. 27 and 29.
 - Reserve W2s: available online Dec. 27, must be mailed between Jan. 4 and 5.
 - Civilian W2s: available online Jan. 6, must be mailed between Jan. 10 and 14.
 - Active Duty W2s: available online Jan. 14 must be mailed between Jan. 18 and 24.
- The following statements are available only by mail:
- Special Compensation for Severely Disabled

1099Rs: mailed Dec. 17.

- VSI/SSB W2s: mailed between Jan. 4 and 5.
- Travel W2s: mailed between Jan. 10 and 11.
- 1099INTs: mailed between Jan. 10 and 11.

"During the months of January, February and March 2004, an average of 1.4 million myPay users viewed their tax statements each month. We continue to encourage users to view and print their statements online," said Jim Pitt, director of electronic commerce at DFAS' military and civilian pay services. "Earlier access to W-2s and other tax statements is another way myPay gives users control of their pay information."

(Courtesy of Air Force Print News)

Online holiday greetings

Family members and friends can send online holiday greetings to Airmen deployed to Iraq this holiday season through the Iraq Newslink Web site. The greetings are free and will be posted on the site beginning Nov. 15. Greetings should be text-only (no photos or graphics), 50 words or less. For information on the site's online holiday greeting program, visit the Iraq Newslink home page at www.afnews.af.mil/iraq/ and select the "Send a holiday greeting" button on the right side of the page. To see posted greetings, go to www.afnews.af.mil/greetings.htm after Nov. 15.

The United States Air Force Academy Band announces their holiday schedule:

Holly and Ivy Holiday Concert

3 p.m. Sunday at the Colorado Springs World Arena

Tickets available at World Arena Box Office or Ent Federal Credit Union

"Holidays in the Rockies"
The USAF Academy Band presents the following television schedule:

Rocky Mountain PBS:

Dec. 24 - 4 p.m.; Dec. 25 - 7 p.m.;

Channel 5/30 (NBC)

Dec. 24 - 10:35 p.m.; Dec. 25 - 11 a.m.



Chanukah; *holiday of miracles*

Chanukah began at sundown Wednesday and goes through Dec. 15

By Louis Steinberg
50th Mission Support Squadron

With Chanukah upon us, I extend to you herewith my sincere wishes for a happy and inspiring holiday. The message of Chanukah is important and timely to all Jews, but even more so to Jews living in surroundings with comparatively little Jewish vitality and activity. It is precisely in such circumstance that Chanukah offers many a useful lesson.

Chanukah, the Festival of Lights, recalls the victory – more than 2,200 years ago – of a militarily weak but spiritually strong Jewish people over the mighty forces of a ruthless enemy who had overrun the Holy Land and threatened to engulf the land and its people in darkness.


The miraculous victory – culminated with the rededication of the Sanctuary in Jerusalem and rekin-

dling of the Menorah that had been desecrated and extinguished by the enemy. The victory has been celebrated annually ever since, during these eight days of Chanukah, especially by lighting the Chanukah Menorah. The lighting also represents a message of the triumph of freedom over oppression, of spirit over matter, of light over darkness.

It is a timely and reassuring message, for the forces of darkness are ever present. Moreover, the danger does not come exclusively from outside; it often lurks close to home, in the form of insidious erosion of time-honored values and principles that are the foundation of any decent human society. Needless to say, darkness is not chased away by brooms and sticks, but by illumination. Our Sages said, "A little light expels a lot of darkness."

The Chanukah Light reminds us in a most obvious way that illumination begins at home, within one-

self and one's family, by increasing and intensifying the light of the Torah and Mitzvot in the everyday experience, even as the Chanukah Lights are kindled in growing numbers from day to day. But though it begins at home, it does not stop there. Such is the nature of light that when one kindles a light for one's own benefit, it benefits also all who are in the vicinity. Indeed, the Chanukah Lights are expressly meant to illuminate the "outside," symbolically alluding to the duty to bring light also to those who, for one reason or another, still walk in darkness.

What is true of the individual is true of a nation, especially the great United States, united under God, and blessed by God with material as well as spiritual riches. It is the duty and privilege of this Nation to promote all the forces of light both at home and abroad, and in a steadily growing measure. Best wishes for a joyous and spiritually uplifting Chanukah. 

Chapel Schedule

Protestant Worship Services:

Traditional Worship Service, 11 a.m. Sunday
Sunday School 9:35 a.m.
Sunday Inspirational Service, 12:30 p.m. Sunday
Contemporary Service, 5 p.m. Sunday

Catholic:

Weekday Mass, 11:35 a.m. (except Monday)
Saturdays, 5 p.m.
Sundays, 9:30 a.m.
Reconciliation Saturdays, 4 p.m.

Chapel Holiday Schedule

Catholic Services:

Anticipatory Mass, 5 p.m. Dec. 7
Immaculate Conception, 11:35 a.m. Dec. 8
Family Mass, 5 p.m. Dec. 24
Music Prelude, 11:30 p.m. Dec. 24
Midnight Mass, midnight Dec. 24
Mary, Mother of God Mass, 5 p.m. Dec. 31

Protestant Services

Candlelight Service, 7 p.m. Dec. 24
* The Chapel will be closed Dec. 30-31 except during services.
For emergencies, call 556-4555.

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

Merry Christmas!

Answers on Page 17



ACROSS

1. Reindeer
4. Part of circle
6. Type of sandwiches
10. Head of school
12. Thin
13. Navy equivalent to AFB
16. "Alias" actress
17. Othello enemy
18. Spy org.
19. Great Lake
20. Horse food
22. First name of 53 DOWN
24. Actress Taylor
25. Drill
26. Popular type for 62 DOWN
29. Place to get 6 ACROSS
33. Food for reindeers?
37. One of Columbus' ships
38. Doctor's org.
41. Seep (2 words)
43. News org. founded by Ted Turner
44. Decoration for 62 DOWN
46. Vote of agreement
47. GMT -0500
48. Region
49. Compass dir. for Dallas to New York
52. Type of computer storage disk
54. Popeye's girl's last name
55. ___ Alamos, N.M.
57. Knowledge

DOWN

60. Decorative Christmas plant
65. Way to get troops/equipment into theater
67. Anger
68. "___ Father, who art in heaven"; Lord's prayer
69. Reindeer with "bright, shiny nose"
70. Military pay statement, in brief
71. News org.
72. Places
73. Having made legally valid will before death
1. Reindeer
2. Lawn tool
3. Type of admiral?
4. Actress Hathaway of "The Princess Diaries"
5. Dicken's "A Christmas ___"
6. Reindeer
7. Grasslands
8. Kid's game?
9. Christmas sight?
11. Former White House spokesman
14. General's "helper"
15. Tale
21. Assist
23. USAF command charged with airlift
26. California city
27. USAF pioneer, Gen. ___ C.

28. U.S. troop nickname for South Korea
30. Aphid
31. Places to rest
32. Christmas Eve visitor
34. Model Carol
35. What 32 DOWN brings to child
36. Canal
38. Expression of regret
39. Russian space station
40. Period
42. Type of kite, maybe?
45. Coiffures
50. Sprites
51. Inventor Whitney
53. "The Tell-Tale Heart" poet
56. Pores in epidermis of leaf or stem
57. Actress Lucy of "Charlie's Angels"
58. Former California fort
59. "Perry Mason" writer Gardner
61. Mineral particles between sand and clay
62. Christmas item that gets a "top"
63. Remove
64. Sea eagle
65. Craftsmanship
66. Make choice

(Courtesy of Alaskan Command Public Affairs)

Museum closes for upgrades

The Peterson Air and Space Museum will be closed Wednesday through Jan. 31, weather permitting, for heating, air conditioning and electrical upgrades. During this time, the main museum building (Bldg. 981) and hangar (Bldg. 979) will be unavailable for tours or events. The museum airpark will remain open, but visitors should be mindful of outside construction traffic and work around the affected buildings. The museum staff regrets any inconvenience the improvements may cause. For information, call 556-8314 or 556-8278.

Peterson Commissary Open 7 days a week!

Beginning Jan. 3,
the Commissary will
be open every day for
a six-month trial period.

Mon. - Fri. 9 a.m. to 8 p.m.
Sat. 8 a.m. to 6 p.m.
Sun. 9 a.m. to 5 p.m.

The Commissary is
also open 30 minutes
prior to posted hours
to accommodate
handicapped customers.



Photo by 1st Lt. Paradon Silpasornprasit

Commissary staff donate checks for Peterson Families

Bobby Mings, Peterson commissary store director, in conjunction with commissary business partners, provides \$1,000 in commissary gift certificates to Chief Master Sgt. James E. Moody, 21st Space Wing Command, Chief Friday in the 21st SW Headquarters Building. The certificates will be included in holiday baskets given to Peterson families in need during the holiday season through the Caring Through Sharing drive.

NORAD SEEKS SANTA TRACKERS

Military members and their families are invited to answer phones and emails from children around the world as North American Aerospace Defense Command marks its 50th season of tracking Santa on Christmas Eve. Volunteers must be at least 16 years old, but family

members of all ages are welcome to attend. To volunteer, visit the NORAD-NORTHCOM portal at <https://www.noradnorthcom.mil/> and click on "50th Season of NORAD Tracking Santa." For information, call NORAD Public Affairs at 554-3525.

STRATCOM reorganization underway

By Capt. Cristina Oxta
USSTRATCOM Public Affairs

United States Strategic Command, located at Offutt Air Force Base near Omaha, Neb., has begun a comprehensive reorganization of its headquarters element and a realignment of its supporting commands. The command will continue to combine the synergy of the U.S. strategic deterrent mission and the recently integrated space missions with four previously unassigned missions: global strike; information operations; integrated missile defense; global command, control, communications, computers, intelligence, surveillance and reconnaissance.

During the first phase of the reorganization, begun on Nov. 15, the command is aligning functions to more closely resemble those at the Department of Defense's Joint Staff and other unified combatant commands. The new organization incorporates the warfighting skills of intelligence, logistics, command and control, communications and computer systems under the control of the Director of Global Operations, commonly known in military terms as the "J3."

Major General Kevin Campbell, USSTRATCOM chief of staff and

leader of the reorganization team, said he is confident that the changes will improve USSTRATCOM's effectiveness and efficiency.

"Our J3 construct places all current operations-related activities under one director," General Campbell said. "This particular configuration ensures our operators, regardless of where around the world they may be deployed, are all focused on the same set of command priorities."

In addition to the Director of Global Operations or "J3," the new headquarters structure also establishes the J1 as the Office of Manpower and Personnel; the J5 as a Directorate of Plans and Policy; and a Directorate of Capability and Resource Integration as a J8. This will posture the command to plan, integrate, and provide leadership for the command's unique mission set.

Realignment headquarters functions is just one step in an overall strategy to streamline USSTRATCOM's operations to better support the warfighter. The command has also taken steps to create subordinate commands or Joint Functional Component Commands that will take over some current strategic functions like day-to-day planning and execution for USSTRATCOM's primary mission areas. The missions of the

four JFCCs will be space and global strike; intelligence, surveillance and reconnaissance; information operations; and missile defense.

The reorganized USSTRATCOM will exercise overall command and control of the subordinate commands, integrate planning across all mission areas and advocate for needed capabilities to fulfill component requirements.

Precise timelines for establishing full operating capability of the subordinate commands are still being developed.

Because USSTRATCOM will provide some civilian and military staffing to facilitate the establishment of these subordinate commands, General Campbell and his staff are anticipating additional headquarters organizational changes. "We are working closely with the JFCC commanders to identify how many people they will need to fulfill their mission responsibilities," he said. "The initial staffing for the JFCCs will be derived from the existing commands, both Headquarters STRATCOM and the Army and Air Force service commands. The stand-up of these organizations will require minimal additional manpower, with some additional JFCC presence at Offutt."

Additionally, USSTRATCOM

will leverage Department of Defense agencies in standing up the JFCCs for information operations and intelligence, surveillance and reconnaissance.

Although this phase of the realignment will develop more slowly, Campbell said the changes are part of the evolution of the organization and a necessary step in maintaining USSTRATCOM's relevance in today's global security environment.

"In the past, our complex organizational structure caused the services to struggle to pull together the various organizations supporting our missions. While each of our missions is clearly distinguishable, they are all global in nature – spanning across multiple levels and lines of authority, across regional boundaries and intersecting with various national agencies," General Campbell said. "I believe the new construct reduces the layers within the headquarters, introduces an opportunity to reduce our footprint by moving functions into the Joint Functional Component Commands, focuses the services on a single service-led component, and establishes permanent commands dedicated to a mission."

For information, contact the USSTRATCOM internal information branch at (402) 232-8996.



<p>Team Pete's noteworthy events</p> <p>To submit information for the base calendar, email space.observer@peterson.af.mil</p>	<p>DECEMBER IS DRINKING, DRUGGED DRIVING AWARENESS MONTH</p>	<p>Wednesday, Dec. 8 through Wednesday, Dec. 15</p> <ul style="list-style-type: none"> Chanukah 	<p>Friday, Dec. 10</p> <ul style="list-style-type: none"> Youth Recognition Ceremony 6 p.m. at the R. P. Lee Youth Center Gym
<p>Wednesday, Dec. 15</p> <ul style="list-style-type: none"> Single Parent Network meeting 11:30 a.m.-1:30 p.m. at the Family Support Center. To RSVP, call 556-6141 	<p>Thursday, Dec. 16</p> <ul style="list-style-type: none"> 21st Mission Support Group Change of Command 	<p>Tuesday, Dec. 21</p> <ul style="list-style-type: none"> Wing Fit-to-Fight from 7-8 a.m. in Eagle Park 	<p>Wednesday, Dec. 22</p> <ul style="list-style-type: none"> 21st Space Wing Commander's Call 2 p.m. at the Base Auditorium

SnoFest!!! makes great holiday gift

eat your SERVICE

By Margie Arnold
21st Services Squadron

When deciding what to get the whole family for the holidays this year, scrub the idea of video games, some fad item of apparel or an appliance. Give the gift of SnoFest!!!: lodging, two SnoFest!!! parties, lift tickets and rentals. Memories of good times together will outlast any gift bought at a store.

SnoFest!!! is a weekend of winter sports competitions and fun for the military. The annual event is scheduled for Feb. 4 through 6 at Keystone Resort.

Races and Registration

Good-natured challenges will be Feb. 4 and 5 among the Front Range military installations. Races for the Commander's Cup, which is a traveling trophy, Broken Tip Race, individual ski and snowboard competitions, and team ski competitions will be Feb. 4. Competitions for teens ages 13 through 16, children ages 12 and younger and open ski and snowboard races will be Feb. 5. The final day, Feb. 6, is for enjoying the slopes and snow of Keystone Resort.

The ski and snowboard racing competitions are free with the purchase of a SnoFest!!! lift ticket. Race registration deadline for all SnoFest!!! racers is Jan. 26.



There are numerous exciting events during the three-day experience.

Discounted Lift Tickets and Ski Rentals

A lift ticket is a necessity in order to ski, snowboard or participate in the races. There are special discounted lift tickets at the Peterson Community Activities Center. For information, call 556-1733. For ski rentals, visit Peterson Outdoor Recreation or call 556-4867.

Cardboard Derby

There will be a cardboard derby Feb. 5. In the past, the competition has seen everything from a pirate ship to a missile – all made of cardboard, tape and paint. These creations have to slide down a ski slope in the direction of the finish mark. Some make it, some don't – but it's all in good fun.

Parties

Parties will be held Feb. 5 and 6 after the days' outdoor skiing competitions. Keystone Resort provides a buffet-style dinner at the parties, which offers time for socializing and relaxing after a day on the slopes. Party tickets are \$12. The tickets are available at the Peterson Community Activities Center.

For information, call 556-1733.

Lodging

The resort offers special lodging discounts for SnoFest!!!. Rates start at \$95 per night for a deluxe studio, which accommodates four people. The best deals go quickly. To reserve a room, call Keystone Resort at (800)-258-0437 and mention group code GZ7SNOW and Peterson AFB to get the SnoFest lodging discount. For lodging near Keystone, call Colorado R and R at 333-7367.

Non-Skiers Have Fun Too

If activities other than skiing or snowboarding are preferred, don't worry. Keystone Resort offers ice-skating, sleigh rides, snowshoeing and cross-country skiing.

Feb. 4 and 5, there will be tours from Keystone to various mountain towns for shopping and sightseeing. Tour buses will depart from the SnoFest!!! Hospitality Tent at Keystone at 9 a.m. and return at 4 p.m. A non-refundable \$5 fee each day covers transportation and a box lunch. For information, or to sign up, call Outdoor Recreation.

For complete race information or to register, visit www.21svs.com and click on the SnoFest!!! logo or email questions to eva.lawson@peterson.af.mil.

For information about SnoFest!!!, call Outdoor Recreation at 556-4867.

ARAGON DINING FACILITY MENU

Today	Friday		Saturday		Sunday	
<p>Lunch: Herbed Baked Chicken Stuffed Cabbage Southern Fried Catfish Black-eyed Peas with Rice Mashed Potatoes Sweet Potatoes Mixed Vegetables Peas</p>	<p>Lunch: Mexican Baked Chicken Swiss Steak with Tomato Sauce Stuffed Green Pepper Baked Macaroni and Cheese Steamed Rice Corn on the Cob</p>	<p>Dinner: Lasagna Spaghetti with Meat Sauce Sweet Italian Sausage Mashed Potatoes Broccoli Polonaise Cauliflower Italian Style Baked Beans</p>	<p>Lunch: Fish Almandine Stir Fry Chicken with Broccoli Pork Chops with Mushroom Gravy Rissolo Potatoes Rice Pilaf Calico Corn Club Spinach Fried Okra</p>	<p>Dinner: Crispy Baked Chicken Cajun Meat Loaf Rib-eye Steak Baked Potatoes Mashed Potatoes Broccoli Peas Glazed Carrots</p>	<p>Lunch: Ginger Barbecue Chicken Fried Shrimp Seafood Cocktail Sauce Spinach Lasagna Orange Rice Mashed Potatoes Black-eyed Peas Lima Beans</p>	<p>Dinner: Tuna and Noodles Sauerbraten Chicken Breast Parmesan Au Gratin Potato Steamed Rice Cauliflower Combination Peas Fried Cabbage</p>
<p>Dinner: Roast Loin of Pork Jaeger with Mushroom Sauce Glazed Cornish Hen Potato Halves Orange Rice Carrots Simmered Pinto Beans Corn Combination</p>	<p>Lunch: Swiss Steak with Tomato Sauce Baked Chicken Hot Italian Sausage Peppers and Onions Steamed Rice Mashed Potatoes</p>	<p>Dinner: Roast Turkey Baked Can Ham Raisin Sauce Fish and Fries Mashed Potatoes Corn Bread Dressing Succotash Green Beans</p>	<p>Lunch: Onion-Lemon Baked Fish Steak and Pork Schnitzel Beef and Spaghetti Yakisoba Baked Potatoes Mashed Potatoes</p>	<p>Dinner: Paprika Beef Barbecue Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Cauliflower Corn on the Cob Lima Beans</p>	<p>Lunch: Roast Beef Barbecue Spareribs Roast Turkey Steamed Rice Mashed Potatoes Broccoli Corn on the Cob Peas and Carrots</p>	<p>Dinner: Pita Pizzas Country Style Steak Fried Chicken Oven Brown Potatoes Mashed Potatoes Fried Cauliflower Bean Combination Cabbage</p>

Hours of Operation: Weekdays/Weekends: Breakfast 5:30 – 8 a.m.; Lunch 11 a.m. – 1 p.m.; Dinner 4 – 6 p.m.; Holidays/Down days: Supper 11 a.m. – 5:30 p.m.; All carry out times 7 – 9 p.m.

Flag football title game kicks off Friday

Editor's note: The championship game of the 2004 Peterson Air Force Base flag football league will be played Friday at the soccer/football field behind the base fitness center. At press time, the teams are still to be determined. The championship game begins at 5:30 p.m., with an "if necessary" game, scheduled for 6:45 p.m.

By Walt Johnson
Sports Writer

Usually, a sports tournament is time when a major upset or two throws the brackets into chaos, making life interesting for all involved. It is also likely that all of the top-seeded teams will not make it through, so the beginning of action is usually filled with tension and anticipation unlike

any felt during the regular season.

The start of the Peterson Air Force Base flag football tournament had the potential to produce a lot of stomach-turning moments, but it did just the opposite as all the favored teams won their opening-round games.

In first round action Dec. 2, the favored 21st Medical Group defeated the 1st Space Control Squadron 26-7. The favored 21st Civil Engineers then beat the 21st Security Forces Squadron 15-12. The 21st Space Communications Squadron completed a good day for the favored teams by defeating the 721st Security Forces Squadron 36-14.

The results of those games set up Monday's matches that saw Team Colorado meet the 21st MDG, and the 21st CES against the 21st SCS in winner's bracket competition, while the

21st SFS met the 721st SFS in the first consolation bracket game.

The significance of the Monday night games was clear as far as the winner's bracket was concerned – win, and you have a huge advantage over the rest of the field. Lose, and fight a long uphill battle that make the odds slim to none of being crowned the champion.

With that in mind, top seeded Team Colorado, took the field first Monday night, beating the 21st MDG 20-6 to advance toward the winner's bracket championship game.

Team Colorado's opponent in the next game was expected to be the defending champion 21st CES team. However, the 21st SCS pulled off the first upset of the tournament, knocking the Engineers into the tough loser's

bracket 25-24 in overtime. The victories set up a Tuesday night Team Colorado vs. 21st SCS battle, with the winner moving on to Friday night's championship game. For the loser – an automatic berth in the loser's bracket game tonight at 5:30 p.m., winner earns rights to championship game Friday.

In the first game of the loser's bracket rounds, the 21st SFS defeated the 721st SFS 13-6 to knock the 721st out of the playoffs. The victory earned the 21st SFS a date with the 21st MDG Tuesday night for the right to move on and meet the winner of Tuesday night's 21st CES vs. 1st SPCS game. The winners of those Tuesday night games met Wednesday for the opportunity to play in the loser's bracket game tonight.



Photo by Robb Lingley

Turkeys for all!

Jim Wolf, 21st Operations Group, and Katheryn LaMountain, 21st Civil Engineer Squadron, throw the first ball at the Peterson Air Force Base Bowl-A-Thon Nov. 30 at the Bowling Center here. During the event, 106 people took part in the fund raiser that supports the 21st Space Wing supported personnel activities such as Guardian Challenge, Guardian Defender the base Honor Guard and tailgate parties at the Air Force Academy games.

The top bowlers in various categories will be presented trophies during the wing stand up 8 a.m. Wednesday.

Winners are: Top male bowler – James Martinez, series 688; top female bowler – Amanda McGuffin, series 613; lowest score overall – David Avalon, low game 50 series 173; top team – FAB 5, 21st Services Squadron, high series 2904; and best overall – James Martinez, series 688.

Sports Briefs

INTRAMURAL BASKETBALL SEASON BEGINS MONDAY

The Peterson intramural basketball season will begin Monday with both Over-30 and intramural action scheduled. The Over-30 league will be played Monday through Thursday each week until the end of the season in February from 11 a.m. to 2 p.m. Intramural basketball will be played each Monday and Wednesday from 5:30 to 9:30 p.m. The games will break over the upcoming holiday season from Dec. 22 through Jan. 1.

CENTER HOSTS ALL-DAY ACTIVITY

The Peterson AFB Sports and Fitness Center will host an all-day aerob-a-thon Friday. Classes will begin each hour beginning at 6 a.m. and running through 6 p.m. The cost for the class will be a wrapped gift donation, labeled for a girl or boy. The classes will run for 50 to 55 minutes. The schedule for the classes is:

- 6 a.m. – Super Step with Lilly Adams;
- 7 a.m. – Get Fit with Adams
- 8 a.m. – Pilates with Cheryl Kraft
- 9 a.m. – Step with Denise Garrett
- 10 a.m. – Power Yoga with Ellis Conoley
- 11 a.m. – Power Yoga with Conoley
- 12 a.m. – Turbo kick with Lisa Edmonds
- 1 p.m. – Toning with Edmonds
- 2 p.m. – Super Step with Justine Simpson
- 3 p.m. – Step with Simpson
- 4 p.m. – Step with Garrett
- 5 p.m. – Super Step with Frankie Mae Terry
- 6 p.m. – Back to basic with Terry.

CENTER COURTS CLOSED

Basketball court number two and racquetballs court five and six will be closed from now until Dec. 19 for painting and resurfacing. During this period paints and polyurethane will be used. Basketball court one and racquetball courts one, two and three are now open after completed renovations.

CENTER OFFERS CIRCUIT COURSE

The Peterson AFB Sports and Fitness Center host

a back to basics circuit course Monday, Tuesday, Wednesday and Friday. Mondays classes are held at 11 a.m.; Tuesdays classes are held at 5:10 p.m.; Wednesdays classes are held at 6 and 11 a.m. and Friday classes are held at 11 a.m. and 6:15 p.m. The 45-minute workout is designed to work both strength and cardio and according to Tammy Davis, fitness center coordinator "is a very good workout that is a lot of fun in addition to helping a person get in better physical condition." The class consists of 15 simple exercises and a self-paced cardio regimen. Davis said this workout definitely challenges any person in any physical condition and is a fun way to workout. For information contact the fitness center staff at 556-1515.

CENTER HOSTS CHRISTMAS FUN RUN

The Peterson AFB Sports and Fitness Center will host a 10 and five kilometer Christmas fun run Dec. 17 at 11:30 a.m. at the fitness center. There will be no cost for the event and a drawing will be held to award prizes at the conclusion of the race. People interested in running in the event can sign up now and up to the time of the event at the fitness center. For information contact Tammy Davis at 556-1515.



Tips help runners pass test, improve health

By Quintin R. Walline
21st Mission Support Squadron

Imagine the end of your Fit to Fight test, it's going to be close to pass or fail and you need some help. The skills for various athletic events are different and it can be a challenge for many athletes to run the mile and a half successfully.

Here are some secrets to running that can help make the difference you need to pass. The following advice, put into practice, can make a significant improvement in your overall time and can be the difference between passing and failing.

Warm up by walking and jogging a half-mile or more and doing some light calisthenics, stretch slowly and lightly. Doing this will get the muscles prepared running. The stretches will increase the body's preparation for performance and decrease the risk of injury.

Pace yourself evenly for the first half of the run and slowly pick up the pace throughout the second half. At the end of the run you should not have enough "left in the tank" to sprint – if you do your overall pace needs to increase.

A steady warm-up for the first half, and a steady heart-rate increase for the second half, is the most efficient and fastest running strategy. To gauge an individual best pace, run the distance several times, pushing your limits.

Continuously evaluate running form. In every sport you hear "keep your focus." In the sport of running, your focus should be on your form. As fatigue sets in, knee-lift turns to shuffle, arms tend to flail, hands droop, you start to look at the ground right in front of your feet, shoulders droop. All of these symptoms of fatigue magnify the tired feeling.

When tired, keep the turnover rate and knee lift of your legs, but slightly shorten the stride. Keep arms swinging forward and back, not across the body. Hands should be relaxed, but keep thumbs on top and fingers curved in (if you can sprint a mile and a half the hands are different). Keep eyes focused about 25 feet in front,



Photo by Tech. Sgt. Michael Phillips

Josh Miller, Air Force Technical Applications Center, Shriever Air Force Base, spent part of his physical training at the Peterson AFB Fitness and Sports Center track Monday. He uses the track here to stay in shape and prepare for his annual fitness test. All 21st Space Wing members must take their fitness test by Dec. 30. The test comprises running, push-ups and sit-ups, as well as a tape measurement.

or on the next person in front of you.

Dress as light as possible for the weather conditions. Your body is much more efficient if it can stay cool under stress. As a general rule people should dress for a temperature 20 degrees warmer than it is. Runners may be slightly uncomfortable going outside, but if they properly warm up they will be ready to run comfortably and efficiently.

Always keep a positive attitude about running! If there is a headwind be thankful for the cooling breeze. If the wind is from behind ... all the better. Running will ultimately make you feel great, so drown out the negative thoughts with positive thoughts and actions. If there is a most important hint, this may be it.

Last, but most certainly not least, hydrate. Dehydration symptoms include increased heart rate, dull headache, cramping and of course thirst. Dehydration, especially at our elevation makes exercise much more difficult and recovery much slower.

Larry Armstrong, Ph.D., author of *Performing in Extreme Environments*, found runners slow by 3 percent for every 1-percent decrease in body weight caused by dehydration.

A 150-pound runner clocking 8-minute miles will slow by almost 15 seconds per mile after losing only 1.5 pounds, according to an article *Don't Sweat It*, *Runners World* August 2004.

Do not expect to get in shape in a week. On the other hand, overtraining can cause injury and burnout. To avoid injury and burnout, do not increase an exercise program more than 10 percent each week.

After the run is over, cool down. The cool down is a major factor in injury prevention and recuperating from the running session. The cool down should consist of 5-10 minutes of light aerobic exercise (which may be the same combination as the warm-up) and plenty of slow steady stretching.

These secrets to running can help you pass the Fit-to-Fight test, but they should also become part of your daily exercise plan. The test is an Air Force requirement, but ultimately it is to measure personal fitness levels and allows people to adjust their lifestyle to be healthier year round.

"The miles can build you up or the miles can wear you down, it's all about how you approach it," said Josh Cox, an elite marathoner.



Pete's Pigskin Picks

College \ NFL

Rick Prescott and Gary Swain chose the most winning teams in the Dec. 2 edition of the *Space Observer's* "Pete's Pigskin Picks" with 13 out of 16 games. Tune in each week as members of Peterson Air Force Base challenge one another in a football duel.



Pierre Blais
NORAD HO



Michael Coats
21 SVS/SVMP



Ben Morgan
HQ AFSPC MSE



You

Oakland at Atlanta	Oakland	Atlanta	Atlanta	
N.Y. Giants at Baltimore	Baltimore	Baltimore	N.Y. Giants	
Cleveland at Buffalo	Buffalo	Buffalo	Buffalo	
New Orleans at Dallas	Dallas	New Orleans	Dallas	
Indianapolis at Houston	Indianapolis	Indianapolis	Indianapolis	
Chicago at Jacksonville	Chicago	Jacksonville	Jacksonville	
Seattle at Minnesota	Minnesota	Minnesota	Minnesota	
Cincinnati at New England	New England	New England	New England	
Miami at Denver	Miami	Denver	Denver	
N.Y. Jets at Pittsburgh	N.Y. Jets	Pittsburgh	Pittsburgh	
San Francisco at Arizona	San Francisco	Arizona	Arizona	
St. Louis at Carolina	St. Louis	Carolina	Carolina	
Detroit at Green Bay	Green Bay	Green Bay	Green Bay	
Tampa Bay at San Diego	San Diego	San Diego	San Diego	
Philadelphia at Washington	Washington	Philadelphia	Philadelphia	
Kansas City at Tennessee	Kansas City	Tennessee	Kansas City	