



Space Observer

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Iron chefs duel at dawn Pages 10-11

Photo by Tech. Sgt. Matt Gilreath

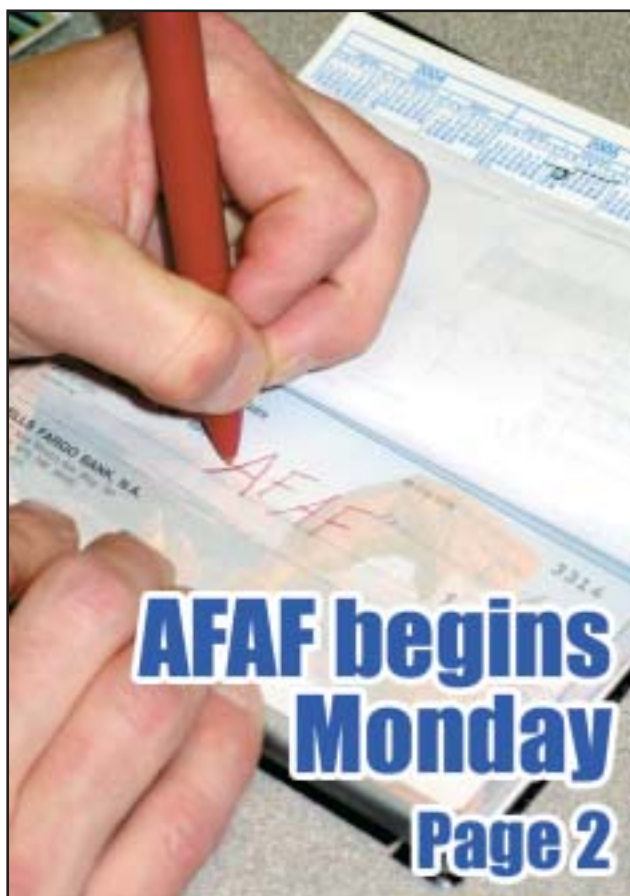


Photo by Kara Magana



Check out
the new
Space
Observer
design
March 3.



Air Force Assistance Fund Kickoff

By Lt. Gen. Dan Leaf
Air Force Space Command vice commander

One of the strongest traditions in our Air Force is that of Airmen helping Airmen. From airman basic to general, we are a family of air and space professionals working together to accomplish our goals – one of which is providing the quality of life our family members deserve.

Spring marks the time of year where we have a great opportunity to help take care of our own – airmen, NCOs, officers, retirees, spouses and children. It is the beginning of the annual Air Force Assistance Fund campaign.

Difficult and often unexpected situations will arise and Air Force people may find themselves in need of financial help. The Air Force Assistance Fund provides direct support to people in



Photo by Tech. Sgt. Ken Bergmann

Air Force Space Command AFAF unit project officer Tech. Sgt. Eva Madrid goes over the tax receipt portion of General Leaf's donation form.

need through four Air Force charities: the Air Force Aid Society, the Air Force Enlisted Foundation Inc., the Air Force Village Indigent Widow's Fund, and the General and Mrs. Curtis E. LeMay Foundation.

These charities have supported active-duty, Reserve, Guard, retirees, surviving spouses, and their families for more than 30 years. They exist only to help support you and your Air Force

family members.

Each year we ask campaign keyworkers to ensure every Airman and civilian employee in their duty section is contacted. We don't force people to contribute, we don't need to. The AFAF is the type of program that sells itself. Once people understand how what we get back is so much more than what we give, they are willing to take part.

The 2004 campaign saw Air Force

Space Command people contribute \$300,416 to the AFAF, with 100 percent of the donations going to the charities. In return, AFSPC people received more than \$1.1 million in assistance from the Air Force Aid Society alone.

We need to get the word out. This is not just a good cause; it's a cause that provides a lot of return for our Airmen. To help bring this point home, I'd like to try and put a face on this year's campaign. If you have been helped by an AFAF charity, please contact your local public affairs office and get their help to tell your story of support.

Airmen work hard for their money, whether it's during a sandy deployment or while holding down the fort here at home. We appreciate that fact, but still we feel this well-deserving cause is worth a moment of your time. Hopefully you will decide it merits a donation. Large or small, the money you give will help make sure this critical resource is there in case your family needs support.

I urge you to personally make a difference by contributing to the Air Force Assistance Fund. Let's make this year's AFAF campaign the best ever. Thanks for all you do.

Airmen helping Airmen

By Tech. Sgt. Matt Gilreath
21st Space Wing Public Affairs

The 2005 Air Force Assistance Fund will kick off its annual fund raising drive 9:30 a.m. to 10:30 a.m. Monday at the Peterson Air Force Base Officers' Club.

During the 2004 drive, Peterson contributed \$71,589 to the Air Force Aid Society. Peterson personnel received \$156,145 in direct assistance to support several different programs including, emergency assistance, education and community enhancement programs.

The Air Force charities personnel may donate to are: the Air Force Aid Society, the Air Force Village Foundation, the Air Force Enlisted Village, and the General and Mrs. Curtis E. LeMay Foundation.

The Air Force goal each year is to contact 100 percent of all active duty members so they may have the opportunity to help their fellow servicemembers. This year's financial goal is to raise \$5.4 million.

"It's a way we can help each other," said 1st Lt. Patrick Gonzalez, 21st Contracting Squadron contracting officer. "Airmen helping Airmen"

Lieutenant Gonzalez, also one of the key workers in organizing this year's drive, shared his motivation for get-

– See Helping, Page 3

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.

Question: When will Pass and Registration get the '06 decals? I've made three trips to the Visitor Center to get decals and they still don't have them. Recently, the gate guard said I would not be allowed on base. Why aren't provisions made to get an extension instead of inconveniencing people? Also, why is there a 30-minute parking limit at the Visitor Center when the wait is more than 30 minutes to get decals?

The sign on the door states, "Cars will be ticketed if you are parked more than 30 minutes." Thank you.

Answer: Currently, the Air Force faces a shortage of the year decals. Until we have a constant supply of the appropriate forms, we have adjusted our requirements. Until further notice, vehicles with '04 year decals will be honored. During initial vehicle registration, owners will receive the DD Form 2220 and base identification decals without the year decal. Once year decal supplies have been replenished, vehicle operators will be notified of the availability. Pass and Registration initiated the 30-minute parking limit to accommodate the base's increased population and to discourage people from parking vehicles for an entire duty day or, in some cases, overnight. They realize and take into account that customer wait times may exceed the 30-minute limit. Therefore, customers who are signed in for service are not ticketed for exceeding the 30-minute limit. If you have any questions, contact the 21st Security Forces Squadron, Pass and Registration section at 556-4678.

A Moment in Time



■ **Feb. 20, 1948** – The Strategic Air Command receives its first B-50 Superfortress bomber. Equipped for in-flight refueling, the B-50 is an improved version of the B-29 with larger engines and a taller tail fin and rudder.

■ **Feb. 24, 1969** – An enemy mortar shell strikes an AC-47 gunship on which Airman 1st Class John L. Levitow serves. Although seriously wounded, he ejects a smoking flare and becomes the first enlisted airman to win the Medal of Honor in Vietnam.

■ **Feb. 26, 1940** – The Air Defense Command is created to integrate U.S. Army Air Force defenses against an air attack.



Space Observer

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New era of government travel arrives

By 1st Lt. Tracy Giles
21st Space Wing Public Affairs

The Defense Travel System, dubbed “the new era of government travel that can really take you places” by defense travel officials was implemented at Peterson Air Force Base Feb. 18.

The new system features the best practices in industry and plug-and-play components, and streamlines the entire process involved in global Department of Defense travel, according to officials.

“Finance will no longer certify or process the settlement vouchers, but will remain working behind the scenes, providing help desk support and finance expertise,” said Lisa Garcia, DTS administrator at

Peterson AFB. “We’re confident that the members and units will be pleasantly surprised in its functionality, and ease of use.”

Garcia said Finance is dedicated to the success of DTS and will be providing additional training for the frequent traveler as well as the unit approvers.

She said users will log on to the DTS website www.defensetravel.osd.mil and fill out travel orders that will give them the option to choose their desired airfare, hotel and rental car.

“With the new DTS system, people won’t have to waste time coming to the finance office,” said Airman 1st Class Aaron Roybal, 21st Comptroller Squadron technician.

Airman Roybal said the new system is web-based

and more user friendly than the current electronic travel system, Per Diem-Azing.

He said in the past that there have been some members who submit hard copy vouchers and receipts but inevitably something gets lost. This requires the member to resubmit information or it gets delayed because someone forgot to sign something.

“The DTS resolves that issue,” he said. “The member can scan their receipts and attach it to the document. This will save so much time and headaches.

“If you can use any on-line booking travel agency, then you can use DTS,” he added.

For information, call the 21st CPTS at 556-9045 or visit the DTS website at www.defensetravel.osd.mil.



Photo by 1st Lt. Tracy Giles

Wrap it up

Jeff Nash, acting director of the Peterson Air and Space Museum, inspects the canopy paint restoration project for the P-47N “Thunderbolt” fighter aircraft from WWII. Pratt Whitney United Technologies donated \$10,000 to the Peterson Air and Space Museum Foundation to assist with museum aircraft restoration and exhibit construction.

Temporary Road Closures

The 21st Civil Engineer Squadron will be repairing pot holes at the intersections of Peterson Boulevard and Dover Street, and Suffolk and Dover Streets during the week of Feb. 28 to March 4. These intersections will be closed for one day each. The repairs are weather dependent and exact days will not be confirmed until the week of the repairs. The detour route for access off of Peterson Boulevard will be down Peterson Boulevard to Hamilton Avenue, take a left on Hamilton Avenue and then another left on Suffolk Street. When the intersection of Dover and Suffolk Streets is closed, traffic can proceed through the parking lot bypass at Building 350 to get around the repair construction. Each closure will last all day, removal of the asphalt will begin overnight and new asphalt will be placed in the morning, but traffic will not be allowed on the patches until late in the day. We apologize for the inconvenience, but the repairs are very necessary for vehicular safety.

– Helping, from Page 2

ting involved.

“I was stationed at Ramstein Air Base, Germany, when I got word of a family emergency back in the United States,” Lieutenant Gonzalez said. “A non-interest loan from the Air Force Aid was immediately offered to me to help with the expenses of traveling home on such short notice. I didn’t have to use the loan, but it was nice to know that the help was there if I needed it.”

Master Sgt. Richard VanWinkle, 21st Security Forces Squadron, noncommissioned officer in charge of the military working dog section is another key worker for this year’s drive.

“I got involved mainly because I’ve seen what the AFAF has done over the years for so many troops,” Sergeant VanWinkle said. “I have had several troops who have needed assistance in the past and it’s great to know there is a program like this to assist them in dire situations.”

The AFAF drive is not limited to active duty personnel for donations.

“Military members have the choice to set up an allotment or make a one-time cash or check donation,” Sergeant VanWinkle said. Civilian personnel may make a one-time cash or check donation and usually are key contributors since so many civilians have served in the military.”

The AFAF drive will continue until April. 10. For information about the AFAF or information on how to make a donation call, Lieutenant Gonzalez at 556-4208 or Sergeant VanWinkle at 556-7333.

Hi-tech ‘gadgets’ may pose security risk

By Staff Sgt. Don Branum
50th Space Wing Public Affairs

Editor’s note: This article recently appeared in the Satellite Flyer and while it is specific to Schriever Air Force Base, and the 50th Space Wing, it is equally applicable to Peterson Air Force Base and the 21st Space Wing. For information, call 21st SW Information Assurance Office at 556-4253.

The phrase, “Better to ask forgiveness than to ask permission,” does not apply to electronic gadgets inside restricted or classi-

fied areas on Schriever.

As the information technology industries introduce new devices to the consumer market, Air Force information assurance offices must keep up. The 50th Space Wing Information Operations and Assurance Office reviews new devices as they hit the market and decides what restrictions to place on the devices.

Universal Serial Bus “memory sticks” are a recent contentious item, said IOA Office Chief Sheila Wood. According to the IOA office’s current policy, only government-owned USB drives may be used with government computer systems.

While earlier Satellite Flyer articles have covered camera phones, they remain an area of concern, said Ms. Wood. The Air Force Communications Agency issued a policy statement in December 2003 that prohibited use of cellular phones with built-in cameras.

“We’re really being definite about what you can and cannot bring into the restricted area,” said Ms. Wood. A document on the Schriever intranet (see below) lists

devices that are allowed onto the base and restrictions on operating the devices within restricted or classified areas.

Regular mobile phones are allowed within the restricted area. They are also allowed into classified areas as long as the phone’s owner removes its battery before entering the area. Turning the phone off is not a sufficient precaution because the phone can still act as a transmitter.

“(Mobile phones) can transmit information to someone with a listening device who is within proximity of the base,” explained Ms. Wood. “And there you go; there are all your secrets. Never mind the security forces, the dogs, the firewalls or anything.”

For more information, contact the 21st SW IA office or review any of the following online documents:

Revised Emission Security Information Message 03-10, Emission Security Policy for Cellular Phones with Integral Digital Camera Capability at <https://private.afca.af.mil/ip/newstand/messagedocs/ESIM0310.pdf>

Air Force Manual 33-214v2, Emission Security Countermeasures Reviews at www.e-publishing.af.mil/pubfiles/af/33/afman33214v2/afman33-214v2.pdf



Photo illustration by Airman1st Class Jason Ridder

Personal devices, such as memory sticks, cannot be connected to government owned computers. Only government issued ones are permitted.



AFSA CHAPTER 1181 HOSTS FIRST TERM AIRMEN OF YEAR LUNCHEON

The Air Force Sergeants Association, Chapter 1181, is hosting its annual First Term Airman of the Year Luncheon Feb. 25 at 11:30 a.m. in the Enlisted Club ballroom. Eleven Team Pete nominees will be honored during the luncheon. Guests may choose from roasted strip loin of beef, marinated chicken breast or vegetarian lasagna at a cost of \$10 for club members or \$12 for non-members. Attire is uniform of the day. Contact Master Sgt. Mary LaCombe at 556-1333 to attend.

CHILD CARE FACILITIES HOST SECOND 'PARENTS' NIGHT OUT'

The Child Development Center and Youth Center will host the second Parents' Night Out from 7 to 11 p.m. Friday. Anyone eligible to use these facilities is eligible to take advantage of this offer. Parents may make reservations up to 30 days prior and must pay in advance. For information, call the CDC at 554-9592 or the Youth Center at 556-7220.

CHAPEL HOSTS FAMILY REUNION RETREAT

The Peterson Chapel is holding a Family Reunion Retreat, Friday through Sunday, at the Horn Creek Conference Center, Westcliffe, Colo. The retreat is for families returning from, or leaving for, a deployment. This weekend is a time for families to spend together in a recreational setting. While this is a chapel-sponsored event, there is no explicitly religious programming (other than camp-led prayers before meals). One to two hours of the weekend will be structured with family-relationship presentations from the chapel and other base helping agencies. The rest of the time is unstructured to allow families to relax and take advantage of the many opportunities (most of which are free) offered by Horn Creek Conference Center. Cost for E-4 and below is \$25 per couple or \$35 per family. Cost for E-5 and above is \$35 per couple or \$45 per family. For information or to register, call chapel staff at 556-4442.

ASIAN-PACIFIC HERITAGE COMMITTEE BEGINS PLANNING

The Asian-Pacific Heritage Committee will meet from 11 a.m. to noon every Wednesday through May in the Mission Support Building atrium, Building 350. Committee members are looking for volunteers. Everyone is welcome. For information, call Master Sgt. Aaron Konia at 554-4629, Staff Sgt. Eden MacInnes at 556-0432 or Dolly Daniels at 556-7039.

TSA OFFERS MILITARY FAMILIES SPECIAL PASSES

The Transportation Security Administration offers security passes to military family members who are at the airport to see off or greet their traveling military loved ones. The passes allow family members to enter the gate area rather than being held outside the security screening area. This allows military families

to have more time for goodbyes or to plan a surprising welcome home. To receive a pass, family members must report to the airline desk of the carrier the military member is traveling on. The ticketing agent require a photo ID for each person receiving a pass.

MISSILE SQUADRON HOSTS REUNION

The 12th Missile Squadron will host the 2005 Red Dawg Reunion March 2 through 5. All former members of the 12th MS are invited back to Great Falls and Malmstrom AFB, Mont., for the event. Activities will include an icebreaker, base and missile complex tours, and the reunion dinner featuring guest speaker Brig. Gen. Ronald Haeckel, the 27th Commander of the 12th MS. For information and registration, contact 1st Lt. Todd Young at (406) 761-2784 or via e-mail, todd.young@malmstrom.af.mil. Up-to-date information can be found at the reunion website, www.reddawg.s4u.org.

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.

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 Active Guard and 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.

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 at U.S. Northern Command. After completion of the four courses, students receive a graduate certificate from

UCCS. For information, e-mail Warren Lotzbire at wlotzbir@uccs.edu.

HONOR GUARD SEEKS APPLICANTS

The High Frontier Honor Guard is looking for new members. Applicants can be in the ranks of airman through technical sergeant. For information, call 556-8029.

ENLISTED CORPS ELIGIBLE FOR SCHOLARSHIP OPPORTUNITY

The Armed Forces Communications and Electronics Association is accepting applications from enlisted people for assistance with college costs. 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 all other grants or scholarships received for classes taken. There are also degree specifications and other requirements. For information, call Senior Master Sgt. Mark Everson at 554-8570.

PIKES PEAK COMMUNITY COLLEGE OFFERS ACCELERATED COURSES

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 the Base Education Center 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 commissioning opportunities such as Officer Training School and Reserve Officer Training Corps; Airmen Education and Commissioning Program; Airmen Scholarship and Commissioning Program; and the Professional Officers Course Early Release Program. Information on eligibility requirements, opportunities and application procedures will be discussed. Call 556-4064 to register.

PUBLISHER ANNOUNCES CHANGE IN CLASSIFIED-AD SUBMISSIONS

The Colorado Springs Military Newspaper Group, Space Observer publisher, announces a new system to submit classified ads. Effective immediately, those who wish to submit an ad, may do so in the following ways: e-mail, fax or mail. For details see the classified-ad form in the Classified Section of the Space Observer. The Space Observer staff will no longer take ads at the 21st Space Wing Public Affairs office, Peterson Air Force Base.



Log Entry IX: *'The eyes have it'*

Editor's note: This is the ninth 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
Stringer writer

The 20th century French philosopher, Henri Bergson once said, "The eye sees only what the mind is ready to comprehend." These old, brown, French/Italian/Welsh-American eyes have seen much in the last 54 years. Sometimes the mind's been ready, and sometimes not. Too often, my eyes have just plain glazed over like when I read "How to Itemize your Federal Tax Deductions," or when for our wedding anniversary, I made a rare kitchen sortie and attempted making crab-stuffed mushrooms from an Internet recipe, or whenever I watched an episode of

"Regis and Kathie Lee." No, I wasn't checking my eyelids for holes. My eyes were open, but they weren't seeing, much less comprehending.

As a student pilot, however, comprehend they must. Understanding what I see has become a fulltime and absolutely essential way of life. It isn't that my eyesight is that bad. While airline pilots are required to have 20-20 (correctable), private pilots must have only 20-50. I've got that covered because like most baby boomers, I've retained pretty accurate farsightedness but gained "nose huggers" to read the fine print of flight instruments and the "Far Side". No kidding, if visual acuity was all it took to become a pilot, I'd be A-OK, but it's not. A pilot also needs visual agility.


Here's what I mean. In a typical flying lesson, this is the kind of thing I hear from my instructor throughout: "Watch the wind sock to be aware of wind direction changes. Watch for 'dust devils' to avoid unexpected wind gusts on take off or landing. Watch for virga

and other precipitation to avoid down-drafts. Watch for ground traffic and air traffic to avoid collisions. Check your 'pitch picture' to know if we're ascending or descending. Watch your heading indicator and magnetic compass to keep us on course. Check your altitude indicator (altimeter) to assure we're within the altitude parameters Air Traffic Control has given us. Check your attitude indicator and vertical speed indicator, to confirm we're achieving level flight. Check your airspeed indicator to confirm we're within the allowed speed limit. Check your other instruments, too, including flap indicator, vacuum system and ammeter indicator, communications frequency and transponder frequency (code) indicators, oil pressure, oil temperature, and fuel gauges to affirm that all systems are operating as they should. And oh, yeah, don't forget to look out the window most of the time. Remember, you're paying a lot for the view!"

The irony is that "Looking out the window" is why I took up flying in the

first place. After an hour or so of lessons over those arrow-straight section line roads of the "East Practice Area," I find nothing beats flying back to Colorado Springs with Pike's Peak filling my windshield. To my instructor's frustration, however, I regularly forget to look outside. Instead, I'm constantly scanning the instruments, my mind racing to catch up with all that I see. But my mind is catching up. Every lesson, I see a little more, I comprehend a little more, and I look outside a little more. One of these days, I'll have this "Visual Flight Rating" instruction down, and I'll be granted my private pilot's license.

And about that time, I'll start training for the Instrument Flight Rating. My instructor will tell me to put on a sight-restricting hood and fly a precise heading and altitude using flight instruments only. I'm sure he'll be saying, "Chevy, whatever you do, do NOT look out the window."

With respect to singer Crystal Gayle, it's enough to make these brown eyes blue. 

Luncheon celebrates Black Heritage Month

The 21st Space Wing will host a Black Heritage Month Luncheon at 11 a.m. today at the Officers' Club. The Honorable Rodney Coleman, former Assistant Secretary of the Air Force for Manpower, Reserve Affairs, Installations and Environment, will be the guest speaker at the event. To R.S.V.P., call 556-7676.



Personnel Corner

TOP 3 ANNOUNCES MEETING

Member of the Pikes Peak Top 3 meet at 3 p.m. today in the Enlisted Club. Membership is open to all master sergeant selects through chief master sergeants who are assigned here. Retirees who are sponsored by an active-duty Top 3 member may join as associate members. Pikes Peak Top 3 actively supports enlisted causes and professional development through a variety of activities. For information, call Senior Master Sgt. Leyda Pendergrass at 556-9022.

FAMILY SUPPORT CENTER

KEY SPOUSE TRAINING AVAILABLE

Orientation training for 21st Space Wing appointed key spouses, unit commanders, first sergeants and spouses of unit commanders will take place from 1 to 4:30 p.m. Friday at the Enlisted Club. For information, call the Family Support Center at 556-6141.


FAMILY SUPPORT CENTER OFFERS

'BUDGETING FOR YOUR FUTURE' CLASS

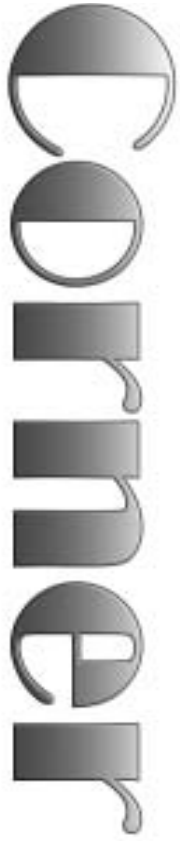
People can learn to make money work for them and how to take charge of their finances by developing a home financial plan. This 2-hour class will teach basic financial management skills and how to develop a budget. Participants must bring a copy of a Leave and Earnings Statement and a list of all monthly expenses. The class will take place from 8 to 10 a.m. Saturday at the Family Support Center. For information, call the Family Support Center at 556-6141.

MILITARY PERSONNEL FLIGHT

OFFERS GUIDANCE ON PT UNIFORM

The official physical training uniform should be available at Air Force Military Clothing Sales stores by the end of March. Individuals should read the wear policy before wearing the uniform. Effective Oct. 1, the enlisted annual clothing allowance was increased to cover the cost of the uniform. All personnel will be required to purchase the uniform from the Military Clothing Sales store and must have it by the mandatory wear-by date, which will be determined later based on inventory availability. 

Congrats



Members of Peterson Air Force Base would like to congratulate the following award winners and graduates.

Airman Leadership School award winners, Feb. 9:

The John Levitow Award, Jared Files; *Distinguished Graduates*, Jeffrey Whitaker and Robert Magarell; *Academic Achievement Award*, Jeffrey Whitaker and *ALS Leadership Award*, Christopher Key.

First Term Airman Center graduates, Feb. 18:


21st Aeromedical Dental Squadron: Airman 1st Class Matthew Pockette and Airman Niko Sabalvaro.

13th Air Support Operations Squadron: Airman 1st Class Chance Anderson.

21st Civil Engineer Squadron: Airmen 1st Class Jason Jones and Antonio Martinez.

21st Contracting Squadron: Airman 1st Class Paul Thomas.

21st Space Communications Squadron: Airmen 1st Class Brandon Burtch and Shawn Daniel, Airman Jeremiah Toney.

721st Security Forces Squadron: Airmen 1st Class Andrea Caruthers, Charles Colna, Robbie Smith and Derrick Warfield, Airmen Kevin Cuffie and Joshua Willms. 

Earned an award? Been promoted? Completed training or earned a degree? Fill out a Hometown News Release!

The Hometown News Release program is your chance to tell your Air Force story in your hometown, and it couldn't be easier! Just go online to www.peterson.af.mil/21SW, click the "Fill out an online Hometown News Release" link, and you're on your way! You can also fill out a DD Form 2266 and send it to 21st Space Wing Public Affairs, via fax at 556-7848, e-mail at 21sw.pa.ms@peterson.af.mil, or in person to Building 845, room 219.



Photo by Tech. Sgt. James A. Rush

Bowling for bucks

Tech. Sgt. Ray Collins, Air Force Space Command Space Operations Squadron, sets his sights on strike during the Chiefs bowl-a-thon Feb. 14. The bowl-a-thon raised more than \$2,000 to support award and other programs.



13 Minutes... or 3 seconds?

By Major Daniel "Sphinx" Dant

21st Space Wing Chief of Safety

According to the National Highway Transportation Safety Agency source someone is killed in an automobile crash every 13 minutes. Think about that... every 13 minutes. That's about the amount of time you watch your favorite TV show before a commercial break. It takes me at least 13 minutes to wake my daughters up for school every morning. In today's busy world, 13 minutes can pass you by in the blink of an eye – so too can your life.

I'm not a big stats guy. In fact, I hate math, but look at the numbers – they rarely lie.

What's the point? Is this another seat belt plug? Yes, it is – and I hope you are listening this time. A couple weeks ago, a friend of mine was killed in a rollover accident. On the same treacherous highway, in the same treacherous weather – on the same day – another individual rolled his vehicle; he walked away without injury. The difference? The three seconds it took him to secure his seat belt. There are other mitigating factors associated with this case, but the bottom line was the seat belt. It's a painful lesson and I pray for my friend's family and their loss.

According to NHTSA, lap and shoulder belts reduce risk of fatal injury to front passenger car occupants by 50 percent; that equates to about 13,000 U.S. lives saved every year. NHTSA also estimates that 7,000 U.S. car fatalities would be avoided every year if the victims would buckle up. Approximately 70 percent of us get the point, the other 30 percent just don't care or think they are smarter than the statistics.

It takes about three seconds to secure your seat belt and someone dies in a car crash every 13 minutes. When that 13 minute time hack finds you on the highway, which stat will you fall under? Thirteen minutes or 3 seconds?

For information, visit www.nhtsa.com or call 21st Space Wing Safety office at 556-8905.



Peak Performer



Photo by Kara Magana

Doyle

Name: Staff Sgt. Janet Doyle

Organization: 21st Space Wing, wing safety

Duty title: Ground Safety Technician

Time in service: 14 years

Hometown: Hoopston, Ill.

Off-duty interests, hobbies: Computers, reading, spending time with my son Nick and watching sporting events.

Why did you join the Air Force? I joined the Air Force to better myself through a professional military career. I knew a career in the military would provide the educational benefits I needed to help me meet my career goals. I also joined for the opportunity to travel and experience new places while serving.

What inspires you to do what you do? I am inspired by my son Nick. I always try to set a positive example for him and do my best to serve as a role model he will benefit from. Although I am a self-motivated person, I also do what I do to make my parents proud.

Favorite part of your job? My favorite part of my job is meeting different people from all career fields and working with absolute professionals.

What goals have you set? I hope to make technical sergeant this year. I am also working toward a degree in criminal justice.



Do you have something you can donate to help support Peterson's competitors going to Guardian Challenge, Air Force Space Command's premier annual space and missile competition?

TEAM 21 Association is hosting the fourth annual Guardian Challenge auction to help defray the costs associated with Guardian Challenge 2005, and to raise enthusiasm on-base and in the local community to help support our team.

Date: March 30

Location: Enlisted Club

The preview of merchandise, cash bar and buffet will be from 5:45 - 7 p.m.

The Auction will last from 7 - 9 p.m.

Come see a professional auctioneer perform this exciting event!

Minimum value of the donated items should be \$50.

Call Staff Sgt. Karolyn Allen at 474-3277 or e-mail her at karolyn.allen@afspc.af.mil for the entry form. The item can be serious or humorous as well as imaginative and creative, always keeping in mind our purpose... to raise money for our GC Team! The deadline for submitting the items is March 21.

Illegal supplements hurt body, kill career

By **Claudie V. Cleveland**

Drug Demand Reduction Program Manager

Recently, a new law added 18 substances to the list of banned anabolic steroids in the Controlled Substances Act.

The law, Public Law 108-358, is the same law that outlaws heroin and cocaine.

Anabolic steroids are defined as "any drug of hormonal substance, chemically and pharmacologically related to testosterone (other than estrogens, progestins, corticosteroids, and dehydroepiandrosterone)."

As of Jan. 20, these substances are no longer legal for purchase. It is also illegal to use or possess them, even if they were bought before Jan. 20. Military members who violate this law will be chargeable under Article 112a of the Uniform Code of Military Justice. The only exception will be of course, if the possessor has a valid prescription from a physician.

The 18 substances include androstenedione, 1AD, 4AD and other commonly used andro supplements currently available in health and fitness stores. Steroid hormones are synthetic chemicals that mimic those produced by the body. The hormones control bodily functions and are separated into various classifications such as adrenal, cortical, cardiac, bile salts, vitamins and sex hormones.

The anabolic steroids that build muscle tissue are classified as sex hormones and stimulate the action of the male sex hormone testosterone. When released at the appropriate time, testosterone has the natural effects of creating body size, bone size, body hair, and muscle tissue development.

Anabolic steroids have many negative side effects. Young people are the most susceptible to the side effects of these drugs that can permanently damage their growth and sexual development. Some of those side effects are: depression, insomnia, fluid retention, change in muscle mass, hypertension, nausea, unwanted hair growth, and "roid rage."

Some of the dangers that are associated with anabolic steroids are liver disease, breast cancer, sex organ changes, bleeding, severe acne, stunted growth, and increased risk of coronary artery disease, possible heart attacks.

Anabolic steroids are legitimately used in the treatment of the elderly for osteoporosis and other diseases of the bones and muscles. However, the abuse of anabolic steroids represents an ever-increasing problem. They are illegally used in professional, college and high school athletics.

Air Staff says steroid testing is only done under probable cause situations. That means the Drug Demand Reduction Program does not randomly test for steroids on a routine daily basis. A unit must have a legitimate reason to have a member tested for steroid use. For steroid testing, unlike random daily testing, steroid testing is contracted at University of California at Los Angeles laboratories. However, units must obtain approval from the Air Force Drug Testing Laboratory at Brooks City-Base, Texas.

Aside from the obvious health implications, military members will likely be arrested and prosecuted if they are found to be illegally using or in possession of andro substances. Dietary supplement users, consult your physician if there is any doubt as to whether or not your supplement contains outlawed substances.



Team Pete around the globe

The 21st Space Wing operates 15 weapon systems, comprises 43 units in 26 locations in four countries, and spans nine time zones throughout the world. Team Pete has 127 deployed members supporting various operations across the globe. The 21st Space Wing makes up 90 of those members.



Chefs crack it up for starving sleepyheads

By Tech. Sgt. Matthew Gilreath
21st Space Wing Public Affairs

The sun has not even begun to peek over the horizon and the stillness of the night looms in the air. It is peaceful and quiet. That is until the blaring of an alarm clock awakens a bleary-eyed 21st Services Squadron chef at 3 a.m.

No, it's not time to make the doughnuts. It's time to prepare breakfast for the 150 people who eat breakfast in the Aragon Dining Facility at Peterson Air Force Base every day.

Airman 1st Class DaNiece Washington, 21st Services Squadron food services apprentice, arrives at work by 4 a.m. where she begins the daily tasks of opening up the dining facility for breakfast.

Airman Washington said that after she opens up the doors for the civilian employees, she sets her crosshairs on cooking by setting out boiled eggs, cooking grits and preparing the cream beef.

One by one, patrons come through as Airman Washington takes their orders for omelets, scrambled eggs and other specialties. She works quickly over the hot griddle. The light gleams off of the stainless steel spatula as it chops, scrapes and flips the next order while a hungry airman waits anxiously in line.

Airman 1st Class Patrick Tibbett, 2nd Space Squadron ground system operator, is a frequent visitor for breakfast.

"It's definitely good," Airman Tibbett said. "Breakfast is my favorite meal to eat here. They do a great job and they really take care of you."

"Breakfast is the most important meal of the day," said Staff Sgt. Don Douglas, 21st SVS shift leader. "Most of the time, we're the first ones people interact with, and we want to start their day off right."

Following the daily average of 150 people served for breakfast, the focus then shifts immediately to preparing lunch for 350 people.

Walking into the kitchen, the smell of breakfast is starting to fade as the aroma of deep red spaghetti sauce begins to fill the air. The containers of spices are set out close to the huge vat of sauce. Sergeant Douglas, the prideful chef, dips a spoon in the sauce to sample his creation and ensure it is worthy of representing his name. With a slight nod, he adds a little more oregano to the sauce and begins to stir it in.

"It's a team effort and we have a good team," said Beverly Enoch, 21st SVS civilian chef. "Lunch is our favorite meal to cook and I'll eat anything Airman Washington makes, she's a great cook."

"I like to cook lunch because I get to add some of my own personal touches to the dish I'm preparing," Airman Washington said. "It also means I'm close to getting off work for the day at 1 p.m."

The other chefs work diligently at the same time on the entrées that will be available on the serving line. A radio playing nearby gives them a beat to work by as they add their own special touches to the dishes they prepare.

Another day will soon be over for the breakfast club as the lunchtime meal is served. The amount of effort put into preparing the meals for so many seems to have little reward. But the rare compliment, smile or thank you from a customer keeps these iron chefs rolling out of bed at oh-dark-thirty to fill a hungry belly and fuel another day's work.

The next day at 3 a.m. the alarm clock will blare and another day in the life of a chef will begin again.



Airman 1st Class Patrick Tibbett, 2nd Space Squadron ground system operator, digs into a hearty breakfast after pulling a night shift.



LEFT: Staff Sgt. Don Douglas, 21st Services Squadron shift leader, checks the stock in the refrigerated display case before the lunch rush. BELOW: Airman 1st Class DaNiece Washington, 21st SVS food services apprentice, adds the bacon and other sides to finish an order.



Photos by 1st Lt. Tracy Giles



A western omelet made-to-order sizzles on the griddle.



Beverly Enoch, 21st Services Squadron civilian chef, divides potato halves before adding her special touch of spice and seasoning.



<p>Team Pete's noteworthy events</p> <p>To submit information for the base calendar, email space.observer@peterson.af.mil</p>	<p>February is Black History Month and National Children's Dental Health Month</p>	<p>Today, Feb. 24</p> <ul style="list-style-type: none"> 21st Space Wing- wide Warfit – 7 a.m. at the Fitness Center Black History Month Luncheon – 11 a.m. at the Officers' Club 	<p>Friday, Feb. 25</p> <ul style="list-style-type: none"> Air Force Sergeants Association annual First Term Airman of the Year Luncheon – 11:30 a.m. at the Enlisted Club ballroom
<p>Monday, Feb. 28</p> <ul style="list-style-type: none"> Air Force Assistance Fund kickoff 	<p>Friday, March 4</p> <ul style="list-style-type: none"> Enlisted Promotion and Induction ceremony – 3 p.m. at the Enlisted Club Cheyenne Mountain new command center ribbon cutting 	<p>Tuesday, March 7</p> <ul style="list-style-type: none"> Co-Commander's reception – 5:30 p.m. at the Officers' Club 	<p>Thursday, March 10 through Thursday, March 17</p> <ul style="list-style-type: none"> Condor CREST exercise – Positive Force begins

at your SERVICE



Courtesy photo

I see the light

Thirteen members from Cheyenne Mountain Air Force Station participated in February's 1.5-mile tunnel fun run. The monthly event is hosted by the 21st Services Squadron.

Junior lifeguard class offers skills for a lifetime

By Margie Arnold
21st Services Squadron

The Peterson Aquatics Center will be offering a Junior Lifeguard class in March with three sessions: March 22, 24 and 25. Sessions will be at the Aquatics Center from 10 a.m. until 5 p.m.

The class, offered several times a year, teaches students CPR and first aid.

"The first aid portion of the class covers everything from how to treat bee stings to how to treat cuts and open wounds," said Laura Runyon, Aquatics Center manager. "My son completed the class. Sometime afterward, I fell off my horse and started going into convulsions.

"My son, who was 10 years old at the time, knew enough first aid to call 911 and take care of me until help arrived," she continued. "So what these students learn in class can be an asset for them throughout their lives."

Jessica Moore, one of the first junior lifeguard students at the Aquatics Center, successfully completed the class, later took the lifeguard class, and now works at the Aquatics Center as a lifeguard and also as a swimming instructor.

"Successfully completing the junior lifeguard class definitely boosts the confidence young people have in themselves both in and out of the pool," said Moore.

Students must be between ages 10 to 15 years, be able to swim, have a good attitude, bring a swimsuit and towel, and bring a lunch or lunch money. Cost is \$50 per student.

Upon completing the class, students will receive junior lifeguard certification, a T-shirt, first aid and CPR skills, and the opportunity to volunteer at the Aquatics Center.

For more information and to register, call 556-4608 or visit the Peterson Aquatics Center, Building 404.

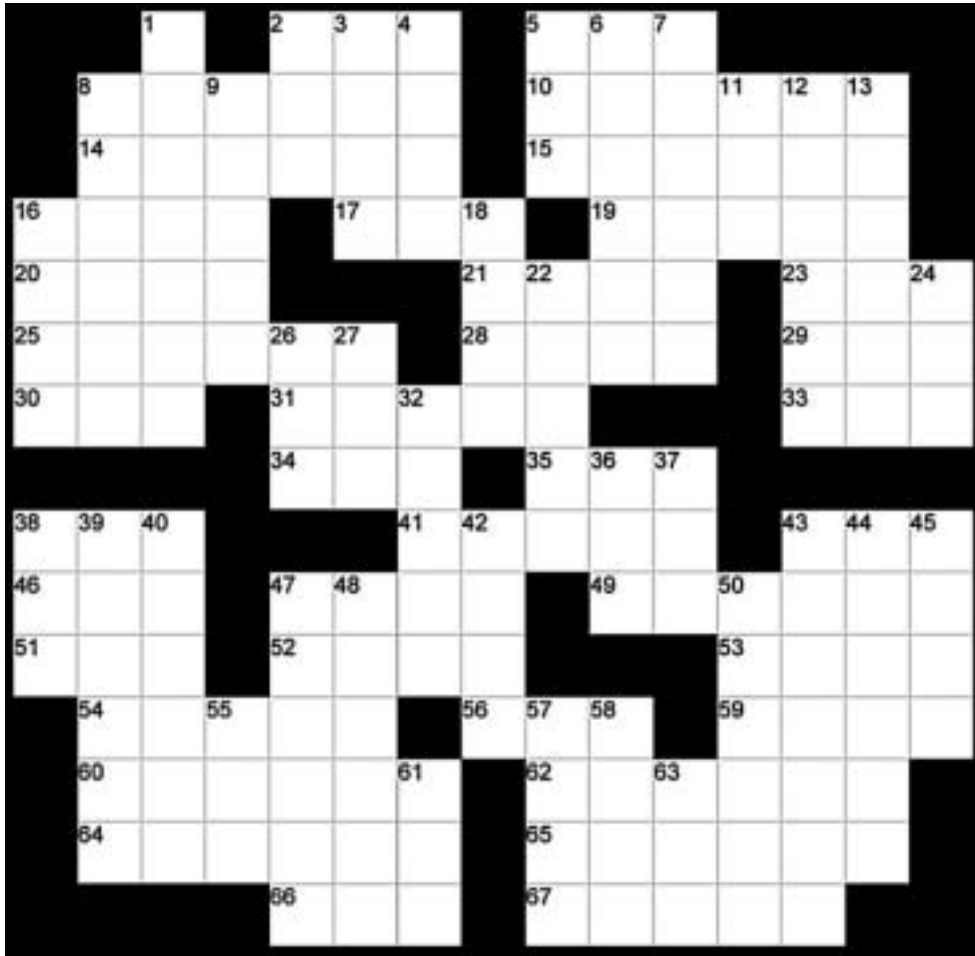
ARAGON DINING FACILITY MENU

Today	Friday		Saturday		Sunday	
<p>Lunch:</p> <p>Orange-Spiced Chops Liver with Onions Tempura Fried Fish Rissolle Potatoes Rice Steamed Broccoli Peas and Carrots Wax Beans</p>	<p>Lunch:</p> <p>Baked Fish Beef and Corn Pie Roast Turkey Potatoes Pea and Pepper Rice Corn on the Cob Stewed Tomatoes Mustard Greens</p>	<p>Dinner:</p> <p>Simmered Corn Beef Pineapple Chicken Yankee Pot Roast Crispy Potato Wedges Simmered Potatoes Fried Cabbage Carrots</p>	<p>Lunch:</p> <p>Savory Baked Chicken Swedish Meatballs Creole Shrimp Baked Potatoes Steamed Rice Cream Corn Asparagus Steamed Squash</p>	<p>Dinner:</p> <p>Baked Fish Hungarian Goulash BBQ Chicken Parsley Buttered Potatoes Steamed Rice Vegetable Stir Fry Boston Baked Beans</p>	<p>Lunch:</p> <p>Oven Fried Fish Cantonese Spareribs Grilled Mustard Chicken Baked Macaroni and Cheese Boiled Egg Noodles Peas</p>	<p>Dinner:</p> <p>Stir Fry Beef with Broccoli Turkey Nuggets Loin Strip Steak Mushroom and Onion Sauce Baked Potatoes Rice Pilaf French Green Beans</p>
<p>Dinner:</p> <p>Mr. Z's Baked Chicken Pepper Steak Pasta Primavera Mashed Potatoes Steamed Rice Mixed Vegetables Fried Okra Green Beans</p>	<p>Lunch:</p> <p>Pot Roast Baked Stuff Fish Roast Loin Of Pork Oven Brown Potatoes Steamed Rice Cauliflower Combo Green Beans with Mushrooms</p>	<p>Dinner:</p> <p>Pot Roast Baked Stuffed Fish Roast Loin of Pork Oven Brown Potatoes Steamed Rice Cauliflower Combination Succotash</p>	<p>Lunch:</p> <p>Country Captain Chicken Meat Loaf Turkey a-La-King Steamed Rice Mashed Potatoes Harvard Beets Okra Tomato Gumbo</p>	<p>Dinner:</p> <p>Teriyaki Chicken Veal Parmesan Salmon Cakes Filipino Rice Parsley Buttered Potatoes Fried Cabbage Succotash Mixed Vegetable</p>	<p>Lunch:</p> <p>Lasagna Chicken Parmesan Hot Italian Sausage Green Peppers and Onions Jefferson Noodles Potatoes Au Gratin Stewed Tomatoes Broccoli</p>	<p>Dinner:</p> <p>Barbeque Ham Steak Turkey and Noodles Beef Ball Stroganoff Boiled Egg Noodles Mashed Potatoes Calico Corn Spinach Lima Beans</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.

Air Force leaders

Answers on Page 14.



ACROSS

- 2. Shaq's org.
- 5. Alphabet beginning
- 8. Moving in the air
- 10. Lt. Gen. George ____, surgeon general (AF/SG)
- 14. "A Street Car Named Desire"

- character
- 15. Cloister
- 16. Iowa town
- 17. Bad salt
- 19. Sadder
- 20. Fall cleanup tool
- 21. A woodwind

- 23. Alcohol spirit
- 25. Speaker
- 28. Epochs
- 29. Forensic ID
- 30. Water block
- 31. Oklahoma town
- 33. Rumsfeld office symbol
- 34. Observe
- 35. Blob
- 38. Nuclear, biological, chemical devices, in short
- 41. Western actor John
- 43. Ballistic missile org.
- 46. Pilot with 5+ kills
- 47. Abel's sib
- 49. Answer the utterance
- 51. USAF medal for flying heroism
- 52. Supplant
- 53. Second-hand
- 54. Saudi inhabitants
- 56. 1 + 1 result
- 59. NY team
- 60. Contradict
- 62. Religious house
- 64. AFB home to Red Flag
- 65. Consented
- 66. Explosive combo
- 67. Hirsute

DOWN

- 1. Lt. Gen. Donald J. ____, Installations & Logistics (AF/IL)
- 2. Nothing score
- 3. Salve
- 4. Regretful expression
- 5. One __ _ time
- 6. First European to see Pacific

- Ocean
- 7. Revolutions
- 8. Eritrean capital
- 9. Clear, as in electronic clock
- 11. TV character Grant
- 12. Exaggerate
- 13. TV shows, sometimes
- 16. NY Yankee player, informally
- 18. Leaves
- 22. "The __ Bunch"
- 24. Angry
- 26. USAF commissioning source
- 27. Penitence
- 32. Dr. Mark J. ____, chief scientist (AF/ST)
- 36. NORAD region
- 37. Pollen-gathering insect
- 38. Clump
- 39. Maj. Gen. M.L. ____, Safety (AF/SE)
- 40. Commandment
- 42. Picnic pests
- 43. Gen. T. Michael ____, vice chief of staff (AF/CV)
- 44. Slimmed down
- 45. Conjunctions
- 47. Metallic element Co
- 48. Texas town
- 50. Gen. John P. ____, chief of staff (AF/CC)
- 55. Altimeter setting, perhaps
- 57. Normandy beach
- 58. Gigantic
- 61. Time zone for Langley AFB
- 63. Scan done by a Dr.

(Courtesy of Alaskan Command Public Affairs)



Teams begin quest for intramural championship Monday

By **Walt Johnson**
Sports writer

After a long season, eight teams have earned the right to play for the 2005 Over-30 intramural championship.

The eight teams include the defending champions Northcom; Air Force Space Command Civil Engineers; 21st Medical group; Team Colorado; AFSPC Communication Support Squadron; Det. 4, Air Force Operation Test and Evaluation Center, NORAD and the 76th Space Control Squadron.

As far as the favorite is concerned, there are mixed feelings among league observers about who should walk away with this year's trophy. One thing that isn't up for debate is whomever wins the title will have to go through the defending champions from Northcom to do it.

Northcom has a deep, fundamentally sound and experienced team that will be difficult for any team to beat twice. How good is this Northcom team? It lost one game this year and that

was to the team most believe to be the best team, AFSPC CE when they played the game short handed.

Since losing that game, the Northcom crew has been on a major roll and goes into the playoffs with the kind of momentum that you need. The Northcom crew played the Engineers two weeks ago and found itself trailing by three points with about six seconds left. It looked like the Engineers would not only win the game but exorcise the demon that has been Northcom from their system. Northcom had other ideas.

Showing why they are champions, the Northcom team hit a clutch three-pointer with no time left in regulation to tie the game and then went on to win in overtime, clinching the league title and firmly establishing them as the team to beat.

They may be the team to beat but this year the Over-30 champions will know they really had to work to win the title. As many as four teams have legitimate shots of unseating the incumbent

champions. AFSPC CSS has the talent and the skill to match up with any team in the playoffs and the Tuesday-Thursday division winners are a strong threat to win the title. AFOTEC and the Engineers both bring talented, balanced and hungry teams to the playoff chase and don't be a bit surprised to see either of them claim the title.

One team flying under the radar screen as the playoffs approach is the 21st MDG team. As any follower of tournament action will tell you, there is always one team that no one sees coming that gets on a major roll in a tournament. This year's team could be the Medical Group, according to the Engineers coach Shelton Haskins.

"In a tournament, any team can get hot and win. Right now I think the Medical Group has the potential to be that team that you don't look at in the beginning of the tournament and expect them to win. They can be the type of team that could go deep into the tournament. No matter what you know, the Medical Group is going to play hard the

whole game and that makes them dangerous," Haskins said.

Still, Haskins said if anyone is going to beat Northcom, they better make sure it is not a close game. He said if any game is close and he had to pick a team that will win it would have to be Northcom right now, and he knows how tough they can be in close games from first hand experience.

"We were up by three with six seconds left recently and they hit a key basket and took us to overtime and beat us. They just seem to always know how to win close games," Haskins said.

Lyron Paul, CE center, summed up the feelings for everyone in the league.

"The only thing we play for is to win the championship so it would be fine with us to win it anyway we can," he said. "If we won the championships without beating Northcom, it would be a bittersweet but we would certainly take it. It would be sweet to win the championship and twice as sweet to beat Northcom to win the championship."

HELP WANTED

Seeking 6,000+ people with Eagle Eyes living and working on Peterson to help 21st Security Forces identify suspicious packages and activity. Opportunity begins immediately, must be willing to assist 24 hours a day, 7 days a week. Contractors, civilians, guard, Reserve, family members and active duty from all services welcome!



With Eagle Eyes, any community member can report suspicious activities 24 hours a day by calling the law enforcement desk at 556-4000.

Answers to the puzzle from Page 13.

