

Peterson Air Force Base, Colorado

SAFETY OBSERVER

Thursday, May 26, 2005 Vol. 49 No. 21

Live to ride ... ride to live



Lt. Gen. Dan Leaf was the guest speaker at Motorcycle Safety Day on Friday.

By Jeff Adcox
Staff Writer

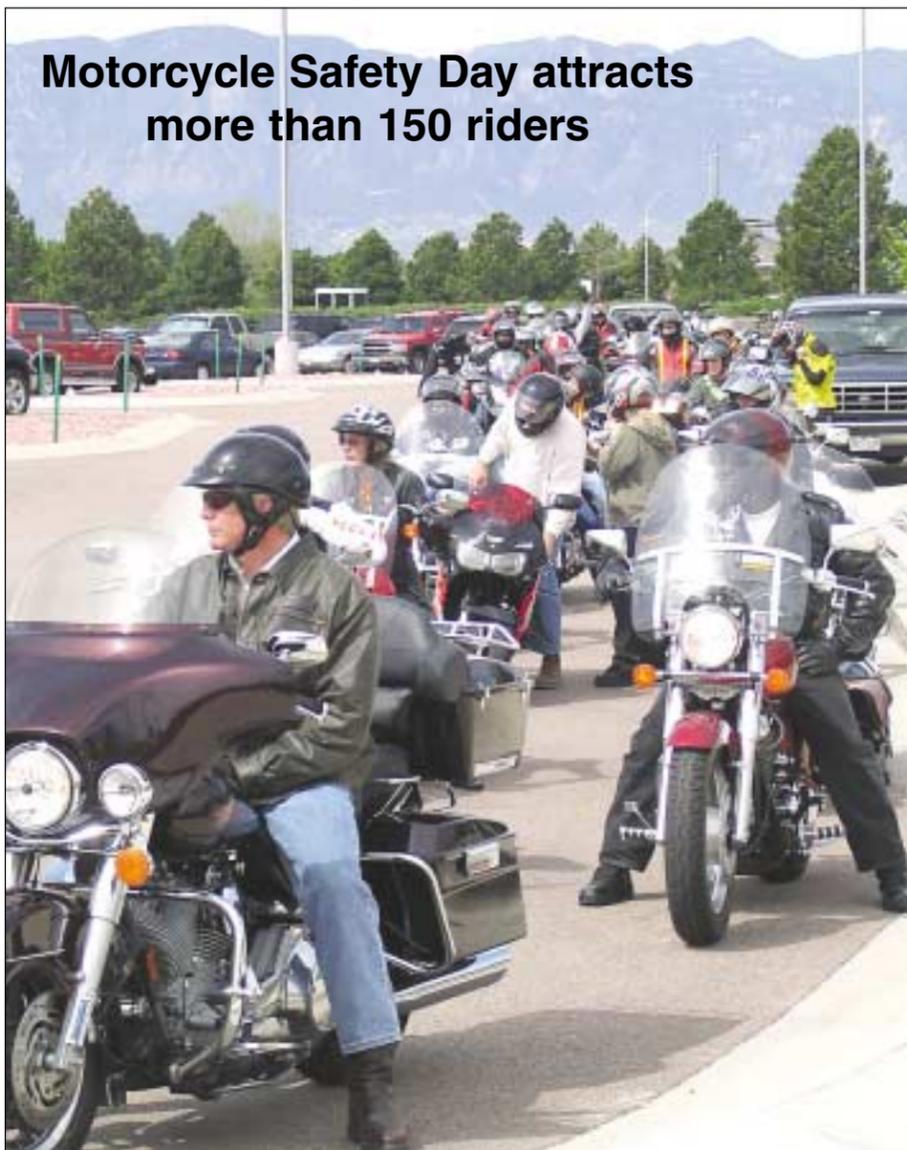
Last year, Air Force Space Command had two motorcycle-related fatalities. Although neither rider was at fault for their incident, the 2nd annual Motorcycle Safety Day, held on base Friday, was geared toward bringing that number down to zero for 2005.

“Basically if you do everything perfectly (on a bike) you are still difficult to see and somebody else can cause you a problem,” said Brig. Gen. Richard

Webber, 21st SW commander, as he addressed the crowd Friday. “And at the end of the day, if you or somebody else makes a bad decision, you are not protected by metal.”

The event began at AFSPC Headquarters with more than 150 motorcyclists comparing bikes and experiences. Everything from Yamahas to Harleys and speedsters to roadsters were present and accounted for as enthusiasts from Peterson were joined by riders from the surrounding bases.

See Motorcycle, Page 11



Motorcycle Safety Day attracts more than 150 riders

Photos by Jeff Adcox

Building One, AFSPC Headquarters served as the starting point for a ride through the streets of Peterson Air Force Base.

Air Force kicks off 101 Critical Days of Summer

By Catherine Jung
Air Force Space Command Public Affairs

The Air Force-wide 101 Critical Days of Summer campaign officially starts this weekend and runs through Labor Day. This annual event began in the early 1980s to increase awareness of risk, provide safety advice and reduce injuries and fatalities in the Air Force community.

General Lance Lord, Air Force Space Command commander, challenges all AFSPC people to adopt permanent safety-related lifestyle changes

during this high-risk time of year. “Last year, the Air Force suffered 27 off-duty mishap fatalities during the 101 CDS, including two Air Force Space Command Airmen,” General Lord said. “This year we’re striving for zero AFSPC fatalities.”

AFSPC members will hear weekly safety messages – from the command level to the peer level – during the 101 CDS.

“This year’s campaign has been in the works since March,” said Mark Pannell, AFSPC ground safety manager.

See Summer, Page 11

Sun safety saves skin in long run

By Master Sgt. Michael Zimmerman
21st Space Wing Safety Office

Although many people think a suntan looks good, the best way to keep your skin healthy and young-looking is to avoid the sun. A suntan is your skin’s response to injury caused by ultraviolet light from the sun or artificial tanning lights.

Over exposure to the sun’s ultraviolet rays is cumulative over the years; eventually it can give you a leathery look and lead to skin cancer. There is no such thing as a safe suntan.

When at the beach, where the general idea is to take off most of your

clothes, be conscious of how much time you are exposing your skin to the sun. Exposure to ultraviolet rays go right through clouds, so it’s possible to get sunburned even on overcast days. Water is reflective, bouncing UV rays up to zap you on undersides you think are shaded.

When you’re outdoors, always use a sunscreen. Those with fair skin should use sun block cream or lotion with a sun protective factor of at least 15 or higher. Apply it at the beginning. Don’t wait until the day is half over or until your skin starts feeling hot or looking pink; by then it will be too late. Just like a steak off the grill, your skin continues to

See Sun, Page 3

INSIDE

Briefs	6
Personnel Corner	7
Services	12-13
Happenings	15-17
Menu	18

From the Top
Brigadier Gen. Richard Webbers’ ABC’s to summer safety.

Page 2

Cooking out and Fireworks
Safety tips for your Fourth of July weekend.

Page 10

Air Show Countdown
9 Days
June 4, 2005



Strategies for a safe summer as easy as ABC

By Brig Gen Richard Webber
21st Space Wing commander

Fellow 21st Space Wing Warriors, it was 30 years ago this upcoming month that I received my commission from the Air Force Academy. Thirty years... 30 wow; time flies when you're having fun. A great many things have changed in our country and Air Force in those 30 years.

// The odds are, someone you know or care about will be involved in some kind of mishap this summer. //

In 1975, Gerald Ford was the President (and escaped 2 assassination attempts in 17 days). The city of Saigon surrendered, all remaining Americans were evacuated, and the Vietnam War officially ended. The Apollo and Soyuz spacecraft launched for their historic link-up in space. Pittsburgh defeated Minnesota in the Super Bowl. The cost of a first-class stamp was 10 cents! Saturday Night Live premiered (George Carlin hosted). Jaws, One Who Flew Over the Cuckoo's Nest, and The Godfather II hit movie theaters. Star Wars, the first one, you know, Episode IV..would not be released for another two years. Again, many things have changed in my 30 years of

service...and some things haven't changed all that much.

Just like in 1975, Air Force people will get hurt or killed during the 101 Critical Days of Summer. I've been a wing commander three times now and I've seen the same mishaps occur over and over in the summer months: alcohol related, driving while tired or drunk, no seatbelts, motorcycle accidents, off-road activities, boating or camping, and serious sports injuries. Last year, the Air Force suffered 32 mishap fatalities during the 101 Critical Days of Summer. Ninety percent of those were off-duty mishaps and most involved personally operated vehicles.

The odds are, someone you know or care about will be involved in some kind of mishap this summer. We hope it isn't serious. Nevertheless, hope is not a strategy. Our strategy is as simple as "A-B-C."

"A" = Awareness. General Lord's guidance is clear, "Commanders, be sure your summer safety campaigns address topics posing the greatest threats to your people. These include: PMV travel, motorcycle riding, driving and alcohol, and sports and outdoor activities." Our wing safety office has an aggressive safety campaign planned for the summer, but the bottom line is this, safety is the commander's program. Commanders at all levels should have a tailored and aggressive awareness program specific to their units. Know what risks your people are taking and stay involved. Nothing beats "eyeball-to-eyeball" safety emphasis from the commander.

"B" = Be a wingman. We talk a lot about taking care of each other and being a good wingman, but we don't always do it. We recently lost a 19 year old airman in a tragic but preventable mishap. This was a situation where a taking care of one another could have prevented a needless death. It's easy to leave your buddy to his own demise or foolish behavior. It takes more courage to take the car keys, cut him or her off, tell him or her to slow down, or call his or her shirt than it does to look the other way. Be a wingman!

"C" = Consider what you're doing. In other words, practice personal risk management. Again General Lord's guidance is clear, "Supervisors, be sure you discuss risk management strategies with your people before they go on leave. Don't sign that leave form until you are convinced they are taking their risks seriously." Risk management can be as simple as taking 10 to 15 seconds to pause and consider the risks and consequences before taking action.

Much has changed in my 30 years of service...and much hasn't. They are still making those Star Wars movies. More importantly, our Air Force men and women are still needlessly getting hurt or killed. I challenge commanders and supervisors to think "outside the box" this summer. Take an active role in safeguarding our most valuable resource. From Memorial Day to Labor Day, let's learn and practice our "ABCs" and set a standard in the Air Force—zero mishaps in the 21st SW!

Major Select Promotion Party



Team Pete & Schriever
O-4 Selects
Come celebrate at the
Promotion Party
When: 4 p.m. Today
Where: PAFB O-Club
What: Food & Beverages provided

Team Pete NCO Induction and Recognition Ceremony



3 p.m.
Tuesday
At the Enlisted Club
Come out and congratulate our newest NCO Promotees!

A Moment in Time

May 22, 1934
Mackay Trophy awarded to Capt. W.T. Larson for developing instrument takeoff and landing procedures.

May 23, 1999
NATO began a bombing campaign of the Yugoslav electricity grid, creating a major disruption of power affecting many military related activities and water supplies.

May 25, 1927
Lt. James H. Doolittle performed the first known successful outside loop.

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
Senior Airman Shawn Clements

Staff Writer
Tech. Sgt. Matt Gilreath

Layout and Design
Jeff Adcox



Courtesy photo

Brigadier Gen. Duane Deal (left) receives the NASA Exceptional Service Medal from former astronaut Mr. Jeff Ashby.

Former commander garners NASA service medal

Information courtesy of Cheyenne Mountain Operations Center

Brigadier Gen. Duane Deal, Cheyenne Mountain Operations Center Commander, received the NASA Exceptional Service Medal April 19. Jeff Ashby, a retired Navy captain and three-time astronaut who currently serves as NASA's liaison to Air Force Space Command, North American Aerospace Defense Command, and United States Northern Command, presented the medal to Deal in front of the entry portal to the Cheyenne Mountain Complex on behalf of the NASA Administrator.

The NASA Exceptional Service Medal is granted for significant sustained performance characterized by unusual initiative or creative ability that clearly demonstrates substantial improvement in engineering, aeronautics, space flight, administration, support, or space-related endeavors which contribute to NASA programs.

General Deal served as a member of the Columbia Accident Investigation Board, convened just hours after the loss of the space shuttle. The general has more than 25 published articles on aviation, leadership and technical subjects. He is a space operator and senior pilot with more than 2,200 flying hours in seven aircraft types, including the SR-71 Blackbird, and has served as a president or member of a dozen space launch and aviation mishap investigations.

DUI's mean more than just walking to work

By Tom Quinn

21st Space Wing Safety Office

You have just been busted on Peterson for driving under the influence. You sweat through the process of being served an Article 15 and now all you want to do is put it behind you and carry on.

Wrong! Now reality sets in. After all you have been through -- social actions, mental health, constant trips to see the commander and first sergeant -- now you have to walk on base for one year. Yes, walk for a year! Your driving privileges on base have been revoked on all military installations as well.

You put all of the formalities behind. But now how will you get to your doctor's appointments, the commissary and the base exchange? Do you depend on friends? Well, you know, they don't come around much anymore and taxis are too expensive.

The most important thing is how you're going to get to work? Well, I'm going to tell you. You leave your

house at least 30 minutes earlier than you used to. You park your car at the front gate down behind the trash dumpster, and then you walk. It's not fun.

The worst thing is yet to come. You see, now you're on parade for everyone to see. Everyone who knows you knows why you're walking and each step you take seems to put you farther away. Most of the vehicles that pass first wonder why you're walking and then they realize that you've probably been busted for a DUI. Your life has gone downhill fast.

There's something you have to consider. You're the lucky one, you were caught. Every year there are nearly 17,000 alcohol-related vehicle deaths and untold numbers of injuries and heartache that affect families.

Ask yourself if it's really worth the risk. If you say yes, then read this article again. Not only is it not worth the embarrassment, but consider the safety of others and yourself. Take it from me, they're watching for you. Don't drink and drive.



Photo courtesy of Colorado Publishing Company

Sun, from Page 1

cook well after finding shade. The sun's rays are most intense between 10 a.m. and 2 p.m., especially during the hot summer months.

Store brand sunscreens are usually less expensive than name brand products and work just as well. Some tips for using sunscreen are listed below:

- Use sunscreens with a minimum SPF of 15. If your skin is very sensitive, use an SPF of 30.

- Apply a generous layer of sunscreen to all parts of your body that will be exposed to the sun. It takes about one ounce to cover the entire body. Sunscreen works best if it is applied at least 15 minutes before you go outside.

- Reapply sunscreen often, especially if you're sweating.

- Avoid using sunscreens that contain unnecessary ingredients such as fragrances or benzocaine. These ingredients can irritate your skin.

- Don't stay in the sun for longer periods just because you have used sunscreen.

- Clothing can be the best sunscreen. Dark-colored fabrics and fabrics with tight weaves, such as twill or broadcloth, are best for protecting your skin from the sun.

- Use water-resistant sunscreens when you swim, water-ski or play water sports.

Here are some things to keep in mind when you're planning to be outdoors:

- Reflected ultraviolet light is invisible and can reach and damage shaded skin. Sand, cement, water and snow can reflect ultraviolet light. Also, clouds don't protect your skin from the ultraviolet light. As

much as 80 percent of ultraviolet light reaches your skin on cloudy days.

- The intensity of the sun increases in higher elevations, in the summer and the closer you are to the equator. You will need extra protection from the sun or you will need to limit your time in the sun if you are at higher elevations or are near the equator.

- If you take medicines, ask your doctor whether they make your skin more sensitive to the sun.

Finally, check your skin each month. If you notice any moles that have changed in size or color or if you have any sores that are not healing, see your doctor.

These may be early signs of skin cancer. Early detection of skin cancer will improve the chances for successful treatment.

Front Range Air and Space Day

Air Show

is 9 days away

www.peterson.af.mil/21sw





Coordination bags suspicious package

By Tech. Sgt. Matt Gilreath

21st Space Wing Public Affairs

A bag left between the mailboxes located near the Ent Federal Credit Union here raised servicemember suspicion May 14.

Staff Sgt. Hillary Johnson, 544th Information Operations Group NCO in charge of financial management was dropping off her mail when she noticed an unattended grocery bag in between two mailboxes.

"My husband and I had just come back from being stationed at Lakenheath Air Base in England," Sergeant Johnson said. "Coming from overseas, security was a big-time issue.

"When we pulled up to drop off our mail and we

noticed two other cars drive off and the bag was just sitting there. It looked like a commissary grocery bag and the top was stapled shut," Sergeant Johnson said. "We were told to always report things like this to security forces.

"We had just left the base exchange where they were having a dog show and remembered there were security forces members over there. We drove back over and reported it to them and we showed them where the bag was. They took my information and said they would contact me if they needed anymore information," Sergeant Johnson said.

The base defenders agreed that the bag was out of place and the fire department was called to help.

The fire department responded, placed a cordon around the area, evacuated buildings in the area and notified the 21st Space Wing, Wing Operations Center.

Airman 1st Class Heather Bowers, 21st SW WOC, command post junior controller, took the call from the fire department regarding the suspicious package. Tech. Sgt. Sheron Carr, 21st SW WOC, command post senior controller, said the on-duty crew opened a checklist and began notifying all the key players including the 21st SW commander, safety office, anti-terrorism office, an explosive ordinance disposal team from Fort Carson and other key group commanders."

The EOD team from Fort Carson arrived on the scene to check the package.

It turned out to be a bag of groceries someone had accidentally left while dropping off some mail.

"This incident shows that Team Pete is ever vigilant and totally dominate when it comes to base security," said Col. Jay Santee, 21st SW vice commander. "We identified an unidentified package and responded in a way that kept our people and resources safe while we determined if the package was a threat. In this case it was harmless, but Fort Carson experts were on-scene if the package proved to be a threat."



Photo by Tech. Sgt. Matt Gilreath

Staff Sgt. Hillary Johnson noticed an unattended grocery bag left between mailboxes located near the Ent Federal Credit Union.

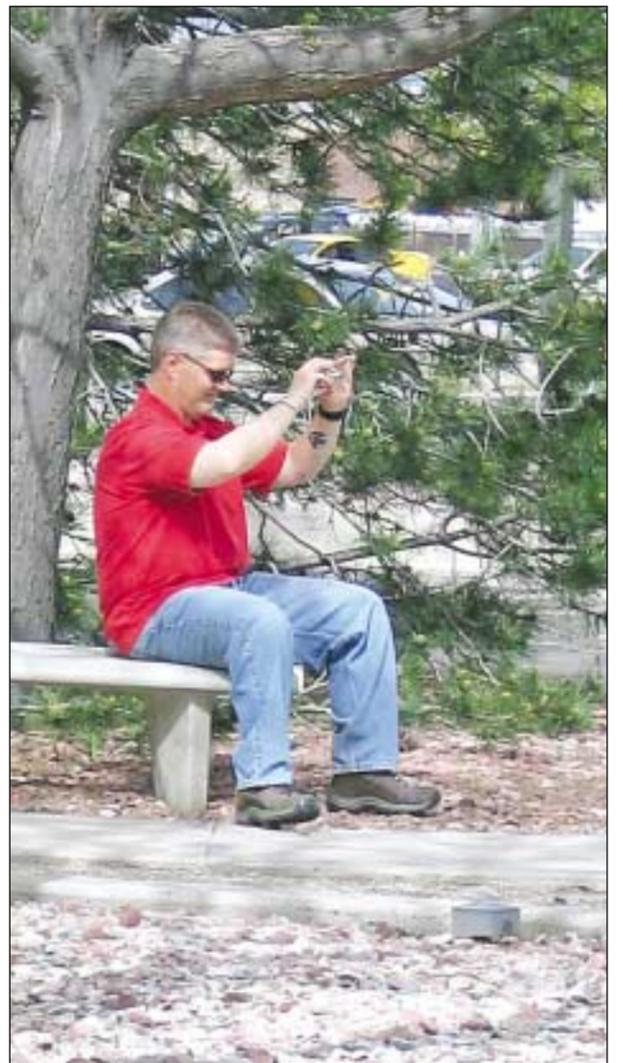


Photo by Jeff Adcox

Picture this!

The Peterson Post Office and clothing store was the latest location to host an awareness exercise by security forces. This gentleman walked in and out of the buildings taking pictures for nearly 30 minutes before security forces were notified.

Ants, gas, fire equals bad personal risk management

By Chris Smith

21st Space Wing Safety Office

I happened upon an article involving a Darwin award winner and it hit me, there's nothing better than real life experiences to drive home a point.

There I was, in my back yard on a Saturday afternoon. I was living near San Antonio, Texas. I was working on my honey-do list and I had come to the entry marked get rid of the ants in the yard. Well, when your yard is three acres, that's a lot of ants.

As I looked down the list I noticed other entries like hang up pictures and clean out the closet and realized the ant project might not be so bad after all. So, off to the garage I headed to get the ant poison. Now I won't say I was using personal risk management at this point, but I did read and follow the directions.

Everything was going fine for a while and then I ran out of poison, which is where the story takes a turn for the worse. I was almost finished with the yard when I had used up the last of the ant poison.

Now, at this point I had three options. I could go to the store and buy some more poison to finish the job. I could just leave the project unfinished and do it tomorrow or I could use the spare gas from the lawn mower and burn the rest of the ants out. OK, I know this doesn't seem like the best

idea in the world, but I did have a plan and I did use a little bit of PRM.

I took the gas and poured it over the remaining anthills. I moved the remaining gas a safe distance away from the hills and proceeded to light the anthills on fire. Everything was going great. I was sitting back enjoying the fruits of my labor when I noticed some anthills that I had missed. If this were a horror movie, this would be the part where the expendable person hears a noise and goes to investigate.

We all know what happened next. I picked up the gas can and went to douse the other anthills. I knew the fumes could ignite while I was pouring the gas on the ant hills, but I thought I was far enough away from the burning hills.

This was just one of many mistakes I made in the PRM process in this adventure. As I was pouring the gas onto the non-burning anthills the fumes traveled farther than I had thought. The gas can caught fire. The can was a 5-gallon container had about 2.5 gallons of gas in it.

My first thought was that the can was going to blow up so I tossed the can and moved away from it. Now this might not have been such a bad idea except that it landed against a tree. I mustered up as much courage as I could and ran over to the can and grabbed it and ran to a different part of the yard that didn't have any trees.

I tossed the can and to my horror it rolled and landed against my wood fence which was connected to my house.

Now at this point I was able to look around and notice that my next-door neighbor, Raul, was hysterically laughing. My neighbor is laughing at me, my fence is on fire, the can is still on fire and the ground around the area is on fire because of the gas that spilled from the can when I threw it.

This is where my wife and son come out of the house to ask how I'm doing. I yelled for them to go back into the house which of course they did not since this was the funniest thing they had seen in a while.

I knew I had to get the fire out

before it spread to the house so I ran for the garden hose and about half way there it dawned upon me that I may not want to put water on a gas fire. My next thought was to get the fire extinguisher; I knew we had one I just didn't know where it was. Finally, I retrieved the shovel from the garage and managed to cover the flames in dirt and put them out. Fortunately, the only thing that was damaged was my pride.

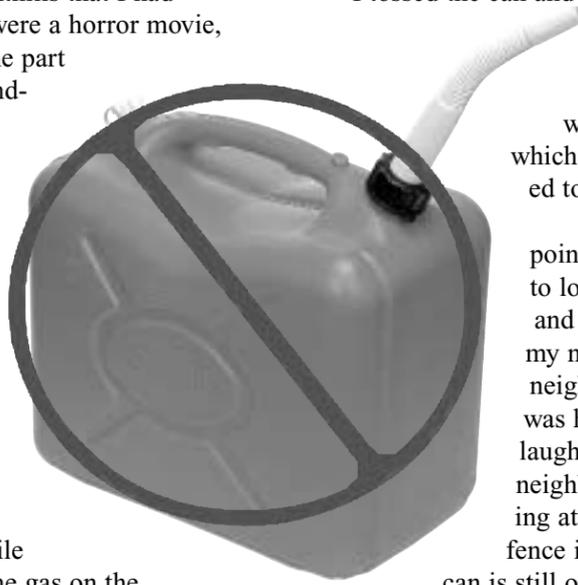
About now, you may be asking yourself, where's the safety message in this article? Well, here it comes. I knew better. I knew gas wasn't the right tool for the job. I knew the gas-can could catch on fire. I knew the risks weren't worth the benefits, but I chose the wrong course of action anyway.

Why? Because I was being lazy. I was in a hurry and I didn't want to take the extra time to do the job right, and I didn't think anything would happen to me.

Based on the mishap reports I have read in my very short safety career I would have to say I am not the only one with a story like this to tell. I was just one of the lucky ones that didn't get hurt or hurt someone else.

So the next time you decide to take on a home project, get behind the wheel after drinking or try that new extreme sport use a little PRM.

I was lucky. I didn't end up on the Darwin award list.





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EagleEyes

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

Fireworks Safety critical during the summer

Tech. Sgt. Janet Doyle

21st Space Wing Safety Office

In 2002, malfunctions and careless use of fireworks resulted in 8,800 injuries. More than 40 percent of those injured are children 14 years old and younger. Males are injured three times as more as females.

Boys between the ages of 10 and 14 years have the highest rate of injury. Most of the injuries occur on and around holidays associated with fireworks celebrations.

Firework-related injuries most frequently involve hands, fingers and eyes. About half of the injuries are burns. A small percentage of firework-related injuries led to the amputation of hands and fingers.

Nearly two thirds of firework-related injuries are caused by backyard, "class C" fireworks such as firecrackers, bottle rockets, Roman candles, fountains and sparklers. Among different types of fireworks,

sparklers were associated with the greatest number of injuries at 1,500, followed by firecrackers at 1,000. Sparklers accounted for about half the injuries to children younger than 5. Sparklers injured children who were 5 - 14 years old more frequently than any other fireworks.

It is extremely important to know the difference between a legal consumer firework and a dangerous explosive device. Items such as M-80s, M-100s and blockbusters are not fireworks, they are federally banned explosives and can cause serious injury or even death.

Stay away from anything that isn't clearly labeled or have instructions for proper use.

CPSC advises consumers to leave fireworks to the professionals. But if fireworks are legal where you live and you decide to set them off on your own, be sure to follow the provided safety tips. Have a happy Fourth of July!

What is the safest way to prevent fireworks injuries?

- Prohibit children younger than 14 years old from using fireworks and supervise older children.
- Read and follow all warnings and instructions.
- Only use fireworks outdoors and keep them away from houses and flammable materials.
- When using fireworks, have a bucket of water nearby. Be sure other people are out-of-range and a safe distance away before lighting fireworks.
- Never ignite fireworks in a container (especially a glass or metal container).
- Never experiment or attempt to make your own fireworks.
- Alcohol and fireworks do not mix.
- Always store your fireworks in a cool dry place.
- Only light one item at a time.
- Never try to re-ignite malfunctioning fireworks.
- Never throw or point fireworks at another person.
- Never carry fireworks in your pocket.
- Always read and follow directions on the label.

How I survived...

**By 2nd Lt. Jarred Prier
and 1st Lt. Janet Webb**
[7th Space Warning Squadron](#)

I left work following a swing shift and workout about midnight and began driving my daily 45 minute commute home. As usual, I was traveling the same route I always do, California Interstate 65 South, a two-lane, 65 mph highway. It is often slowed by traffic and a set of railroad tracks that runs across the highway. That night, there was a train so I decided to divert to a back road that I occasionally take during periods of heavy traffic. As I turned off the main road, it began to rain. Going down the back road did not necessarily ensure a faster time as it was smaller, hilly and bumpy, but I was moving instead of waiting for the train. I slowed down as I approached a curve only five miles from my apartment. What happened at that exact moment is still a little unclear. The pavement was wet and I began to hydroplane. I steered away from it and immediately spun the opposite direction. My car then left the road. I hit two trees, dropped significantly, and flipped into water.

Upside-down and disoriented my car began to fill with water. Knowing not to open the door, I quickly unfastened my seatbelt and tried to roll down my power window. No dice. I started to kick the window to break it. With soft soled shoes on, my feet were not making any impact. The frigid water rose rapidly. Panic set in just as fast. The interior lights died. Water was still rising. Still disoriented I couldn't see anything through the pitch black. I was fully submersed in water and still trying to break the window. As time was quickly running out, I said what I thought to be my final prayer. I had to find air-fast! I moved around in my car, looking for any air pocket I could find or any-

thing solid to break the window. I found an air pocket about one foot tall toward the back of my car.

The car was stable and the water was no longer rising. I started to wonder how long I could survive sitting there until hypothermia set in. Knowing that I was on a back road in the middle of the night, it was doubtful I would be found. My options were still pretty limited. I had to escape. I was in the rear of my car, which meant my trunk must be at least partially out of water. I have fold down seats and there's a glow-in-the-dark emergency latch in the trunk. The idea worked and I swam to the shore.

Without thinking, Lt. Prier saved his life by remaining calm in a life threatening situation. In those situations, the body goes into the fight or flight response. If you have no where to run or no one to fight, you may have a sense of loss of control and start to panic. The best thing to do is to remain calm. The Florida Highway Patrol gives a detailed description on, "How to survive your worst nightmare" at

www.fhp.state.fl.us/html/worstnightmare.html. The first line of survival is to wear your seat belt. You can't get out of your car if you don't survive the impact. After impact, unbuckle your seat belt. If the car floats or slowly sinks, roll down your windows. If the car rapidly sinks as in Lt. Prier's case, wait until the water is halfway up the window on the inside. At first, the water will put thousand pounds of pressure on the window. Like Lt. Prier, find an air pocket at the top of the vehicle and collect your thoughts. Your pulse will quicken and you'll have an extra dose of adrenalin so keep as calm as you can. Then, roll down the window and swim out. If you have power windows like Lt. Prier, keep a hammer in your glove box and hit the side or back window with the hammer. The windshield is too difficult to break. No one expects emergency situations to happen but it is always good to be prepared for every situation. Being in the military, we all get drilled on wearing your seat belt. So wear your seat belt and remain calm.



Team Pete around the globe

The 21st Space Wing operates 15 weapon systems, comprises 30 units in 26 locations in four countries, and spans nine time zones throughout the world. Team Pete has 79 deployed members supporting various operations across the globe. The 21st Space Wing makes up 27 of those members.



When it comes to ladder safety one size does not fit all

By **Lucky Harris**

21st Space Wing Safety Office

Ladders, they're everywhere, and most of us take their use for granted. One size fits all, right? Recently, I was in a local store trying to find a store clerk for help. As I walked around the store, I finally found a clerk who was hanging an item on the wall for a display.

Yes, the clerk was using a ladder, and since he was standing on the top rung I did not want to startle him. Before I knew it, I was asking the clerk, "did you know the top rung of the ladder was not designed for you to stand on?"

His response was typical of someone who would stand on the top rung of a ladder. I will get back to him in a minute.

Every year there are more than 164,000 emergency room-treated injuries in the United States relating to ladders. This number is so high largely because people feel one size ladder fits all. The following tips from the Consumer Products Safety Council will help you avoid a trip to the emergency room.

- Make sure the weight your ladder is supporting does not exceed its maximum load rating. There should only be one person on the ladder at one time.

- Use a ladder that is the proper length for the job. The proper length is a minimum of three feet extending over the roofline or working surface. The three top rungs of a straight, single or extension ladder should not be stood on. Straight, single or extension ladders should be set up at a 75-degree angle. All metal ladders should have slip-resistant feet. Use a wooden or fiberglass ladder in the vicinity of power lines or electrical equipment.

- Don't let a ladder made from any material contact live electric wires.

- Be sure locks on extension ladders are properly engaged.

- The ground under the ladder should be level and firm. Large flat wooden boards braced under the ladder can level a ladder on uneven ground or soft ground. A good practice is to have a helper hold the bottom of the ladder.

- Don't place a ladder in front of a door that is not locked, blocked or guarded. Keep your body centered between the rails of the ladder at all times. Don't lean too far to the side while working.

- Never leave a raised ladder unattended. Follow instruction labels on ladders.

Now, as for the store clerk, he apparently was smarter than he looked, because he called someone to help him down from the ladder, saving him a trip to the emergency room.

Hidden dangers lurk behind some of the easiest tasks

By **Tech. Sgt. Ty Grant**

21st Space Wing Safety Office

It's time for my grass to get the first cut of the year. Since it has been a few months, I figured I would make sure all the parts were working.

First, I checked to see if all the wheels were still tight and not broken. I noticed the spark plug and blade was missing and I remembered I bought a new blade and spark plug at the end of cutting season last year. I installed the blade prior to installing the spark plug because I would hate to have the mower start while I was installing the blade. I checked the oil and it was brown so it must be good. I put in some 92 octane gas in the tank to make it purr like a kitten.

Now I had to go out and check my yard for stuff. I checked to make sure the grass wasn't wet and all the kid's toys were put away.

I pulled and I pulled and the mower would not start.

I noticed that the duct tape holding the kill switch on the handle came off. Since I was already in the house looking for duct tape, I put on some sturdy shoes, long pants and a shirt. Then the wife started to yell at me to put in my ear protection. It was time to have some fun and I started the mower

and began to cut the grass.

I didn't imagine that a simple chore such as cutting your grass could have some hidden dangers we don't take into account. You have a blade that could cut off body parts and approximately 400,000 Americans get hurt while mowing. The blade can also throw rocks through windows and at people. Anything left in the grass will either be cut or thrown by the mower, that includes fluffy, your left foot, rocks, sticks and electrical wires.

Leave the safety switch alone. We often duct tape, zip tie or just remove the safety switch from our mower. The safety switch is there to help, not to hinder.

Check your gas level prior to cutting your grass.

It all comes down to looking before you leap. Most people like to hear, so wearing ear protection while mowing will reduce your exposure to noise. The part of your body that is the nearest to the blade while it is running are your feet, so wear strong shoes. The alternative is just having some ice standing by to put your toes in when you cut them off.

If you do decide to use an electric lawn mower don't use it in the rain or on wet grass. Let's have a safe mowing season.



Don't get burned when it comes to grill safety

By Tech. Sgt. Janet Doyle

[21st Space Wing Safety Office](#)

More than 500 fires occur annually and about 20 people are injured as a result of gas grill fires and explosions.

Liquid petroleum or propane is extremely flammable, so to reduce the risk of fire or explosion, follow these safety tips.

- Check the tubes that led into the burner for any blockage from insects, spiders or grease. Use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner.

- Move gas hoses as far away as possible from hot surfaces and dripping hot grease. If you can't move the hoses, install a heat shield to protect them.

- Replace scratched or nicked connectors.

- Check for gas leaks, following the manufac-

turer's instructions, if you smell gas. If you have detected a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed.

- Keep lighted cigarettes, matches or open flames away from a leaky grill.

- Never use a grill indoors. Use the grill at least 10 feet away from any building. Don't use the grill in a garage, carport, porch or under a surface that can catch fire.

- Never attempt to repair the tank valve or the appliance yourself. See an LP gas dealer or a qualified appliance repair person.

- Always keep LP containers upright and never store extra containers underneath the grill. Never store a full container indoors, and never store flammable liquids near the grill.

- Always transport the LP container in a secure,

upright position, but never keep it in a hot car or car trunk. Heat will cause the pressure to increase, causing the relief valve to open, which will allow the gas to escape.

Charcoal grills:

Each year, there are about 400 injuries treated in the emergency room and about 20 deaths, as a result of carbon monoxide poisoning from charcoal grills.

Carbon monoxide is produced when the charcoal burns. To reduce carbon monoxide poisonings, follow these safety tips.

- Never burn charcoal inside buildings, vehicles, tents or campers. Don't use charcoal indoors, even if ventilation is provided.

Since charcoal produces carbon monoxide fumes until the charcoal is completely extinguished, do not store the grill indoors with used coals.

Motorcycle, from Page 1

At 10:30 a.m., on a day that seemed to be tailor-made for a ride, Lt. Gen. Dan Leaf, AFSPC vice commander, revved up his Harley Dyna Lowrider and led a parade of chrome in stagger formation through the streets of Peterson en route to the base park where they were greeted by the song *Born to be Wild*, being played by Blue Steel, members of the Air Force Academy band.

Once at the park, Generals Leaf and Webber spoke to the crowd emphasizing the importance of safety equipment, using caution and being prepared for a number of possible situations.

General Leaf was the guest speaker at the event.

"When riding a motorcycle, whatever environmental factors or whatever situations you are going to face, if you have thought about it first, will be ready for it," said Lt. Gen. Leaf. "If you haven't thought about it first you won't and that gets you into trouble."

General Leaf continued his speech with some words of warning that were based on some of his own personal experiences.

"Drivers of cars don't approach operating their vehicles the way we have to approach operating our vehicles. They are not as conscious of what they are doing," said General Leaf. "Those drivers who don't care about seeing you are a risk to you, but they are not the greatest risk."

"The single greatest risk that you can induce in your riding is to not be prepared for a turn or corner. That's how

we wreck most of our bikes and hurt or kill most of our people," said General Leaf. "Yes, you can get T-boned or get run off the road, but the majority of the accidents I see are getting into a corner too fast."

Tech. Sgt. Ty Grant project officer and safety technician, 21st SW, presented General Leaf with a safety shirt from the wing safety office for his role in the days' activities.

The event also gave riders who are new to the area a chance to speak with dealers, police officers, equipment retailers and training schools about a motorcycle related topics and questions.

Some vendors were unable to attend safety day because of the PPIR AMA Superbike race, but Sergeant Grant believes the event was still a success and has visions of building on this year's turnout to make Motorcycle Safety Day a much bigger event next year.

"The biggest goal that we have is to get every motorcyclist on this base to come out and ride," said Sergeant Grant. "Next year we are working toward making it a bigger event and maybe we can get all the bases combined to have one safety day."

Sergeant Grant speculates that an event of that size may have riders from each base meeting at a larger venue, perhaps at a downtown location.

Peterson also uses Motorcycle Safety Day as a kick-off event for the 101 Critical Days of Summer, a base-wide period of heightened awareness for avoiding accidents that occur during the summer months as Airmen enjoy outdoor activities.

Summer, from Page 1

"Each base in the command has developed plans and targeted messages addressing local hazards and needs."

Safety articles from across the command will be posted to AFSPC News Service online, and wings will feature news stories and events in their base papers.

Patrick Air Force Base is sponsoring themed education weeks, a Click It or Ticket safety belt mobilization, Ride Your Motorcycle to Work Day and a variety of safety classes for all ages.

Other bases have similar efforts such as "Seasonal Safety Tips from A to Z," which cover everything from driver safety to outdoor recreation and yard work.

According to Mr. Pannell, motor vehicle accidents account for the greatest number of fatalities, and sports or recreational activities account for most lost-time injuries during 101 CDS.

"Watch out for each other," Mr. Pannell said. "We don't work in a vacuum. Peers know of each others' bad habits, but few friends confront one another."

"A true friend will say, 'hey, put on your seat belt,' or 'let me be the designated driver.' Peer pressure can be a good thing if it changes risky behavior," Mr. Pannell said.

Speed, fatigue, impairment by drugs or alcohol and distractions, such as talking on a cell phone or eating while driving, are at the root of most vehicular mishaps – and not wearing a seatbelt can be deadly, Mr. Pannell said.

// Safety articles from across the command will be posted to AFSPC News Service online. //

"Our seatbelt surveys indicate the vast majority of people routinely wear their seatbelts. It's that small group of people who refuse to buckle up that many times end up as a fatality," Mr. Pannell said. "They not only hurt themselves but others such as their families, friends, co-workers and loved ones."

Pannell knows from personal experience the importance of wearing the right safety gear.

"Many years ago, as a young Airman, I decided to use an electric lawn trimmer without wearing safety glasses, and a piece of dirt flew into my eye. As I rubbed the irritation, I thought, 'Wow. That was close. I could have really been hurt.' I was less than a few feet from finishing the job, and instead of putting on a pair of safety glasses, I continued to edge the lawn – only to have a rock hit my eye and scratch the cornea. I wore an eye patch for two weeks. Now I always wear eye protection when using power equipment, and I encourage others to do the same," Mr. Pannell said.

Pannell advises, think before you do. Plan for life's "what ifs." What if there is a flat tire? What if there is an injury? What if friends have too much to drink on an outing? Keep a spare tire in good repair. Pack a first aid kit. Have a designated driver. "Those who plan ahead are more likely to have a good time and less likely to be a 101 CDS statistic," Mr. Pannell said.

Bowling Is Hot This Summer

In all modesty, the last thing he wants to do is talk about himself or his accomplishments. But Danny Butcher, manager of the Peterson Bowling Center, has a Master Bowling Certification; the first in the Air Force to have it; a USA Bowling Certification as a bowling coach; a Silver Level Coach certification (he is one of four in all of Colorado); and his Master Bronze Level Instructor certification.

He was the first person in the military to be pro shop-certified, and he is also certified in ball drilling, a bowling maintenance mechanic, and in food service. While he tends to all sorts of management and maintenance needs of the Bowling Center, Danny Butcher is basically a people person who loves bowling. He often watches bowlers and makes suggestions to help their game.

For example, Butcher recently observed Mike Miller and Darrin Mlaker, 21st Services Squadron data automation employees, and offered tips on holding the ball and releasing it. Last summer, Miller and Mlaker were both winners of Bowl for the Stars and Strikes, a

program the Bowling Center will offer again beginning June 1.

“You don’t have to be a bowler to participate in this one,” Butcher says of Bowl for the Stars and Strikes. (See sidebar for details.)

From the time it opens until it closes, the place is hopping. Butcher anticipates his business to stay strong throughout the summer, thanks to his superb summer programs. This past winter, parents and children jammed the bowling center to participate in “The Incredibles” bowling league, based on “The Incredibles” movie and laced with irresistible perks. Demand was so... well, incredible that Butcher had to add a second Incredibles league.

Its popularity hasn’t died down, and this summer Butcher is offering yet another Incredibles bowling league on Tuesdays beginning June 7. “The response to this program has been fantastic. The families love it,” Butcher says with a smile on his face.

For more information, call the Bowling Center at 556-4607 or stop by. It’s on Ent Ave., Building. 406, between the Aquatics Center and the Fitness Center.



Photo courtesy of 21st Services Squadron
Danny Butcher gives Mike Miller some tips on holding and releasing the ball.

The Colorado Rockies Bowling Club -- Bowl in air-conditioned comfort and attend cool Rockies games. Each person of a two-member team gets a Rockies T-shirt, a Colorado Rockies cap, a pack of baseball cards, and a pair of tickets to three Colorado Rockies games: The Kansas City Royals at 1:05 p.m. on Sunday, June 26; The Philadelphia Phillies 7:05 p.m. Thursday, July 28; and The Milwaukee Brewers at 1:05 p.m. on Wednesday, Aug. 17.

When: Begins June 2 and lasts 14 weeks.

Cost: A \$300 value for just \$14.95 per week for a two-person team.

Sign Up: At the Peterson Bowling Center, 556-4607.

Bowl for the Stars and Strikes -- Open to bowlers and non-bowlers. Get a punch card and earn rewards by collecting punches on a red, white or blue punch card. For every 15 punches, you get a reward corresponding to that color punch card. Every completed punch card becomes an entry for monthly prizes. Call 556-4607 for more information.

When: Play June 1 to Aug. 31



Cost: A punch given for each game of bowling or for each large Coca-Cola fountain drink purchased at Strike Zone Cafe.

Sign Up: At the Peterson Bowling Center, 556-4607. Your punch card becomes your game entry form.

Seniors Bowling League -- For those senior citizens wanting to bowl.

When: Beginning at 1 p.m. June 9 and lasting 10 weeks

Cost: \$5.25 per person per week (bowling three games each week)

Sign Up: At the Peterson Bowling Center, 556-4607.

Summer Intramural Bowling Leagues -- If are looking for something to do besides play softball, join a summer bowling league. Summer intramurals start at 3 p.m. every Wednesday. Bowl three games and finish at about 5:30 p.m. (Pick up a rotisserie chicken across the street at the E-Club afterward.)

When: 3 p.m., Wednesdays beginning June 1 and lasting 14 weeks.

Cost: Bowling \$5.25 per week; if you need them, shoes rent for \$1 per pair.

Sign Up: By June 1 at the Peterson Bowling Center, 556-4607. Ask for Danny or Stephanie.

Incredibles Bowling Leagues -- Enthusiastic bowlers have helped create a third generation of the popular Incredibles bowling leagues at Peterson AFB. Everyone gets a bowling ball!

When: Tuesday evenings for 10 weeks, begins June 7 and ends Aug. 9.

Cost: \$15 per person each week.

Sign Up: By June 1 at the Peterson Bowling Center, 556-4607.

Seven great ways to let off steam this summer

The Community Activities Center has your ticket to a pretty cool summer. Whether you get away for one day or one week, get your tickets from us and save money. Now that's really cool! For more information regarding tickets, call our ticket desk at 556-1760. We're located in Building 640, just behind the Fitness Center and new dorms.

1. Water World -- A cool water park with pools and slides. Open from Saturday through Labor Day. Ticket price at Peterson ITT is \$21 per person; gate price is \$27.95.

2. Six Flags Elitch Gardens -- An amusement park with thrilling rides and roller coasters. Open now through Oct. 31.

Buy three tickets at the Peterson ITT for \$66 and get the fourth one free until June 30. (Single tickets are \$20 each.) Season passes are \$49 until June 15. We also carry meal tickets for \$7 (regular park meal ticket is \$12); a parking pass is \$9.

3. Colorado Renaissance Festival -- Return to a time of jousts on horseback, sword fights, raucous humor, minstrels, and great food and drink. Located in Larkspur, just off Interstate 25 just south of Castle Rock. Open every Saturday and Sunday June 11 through July 31, 2005. Tickets are \$15.50 for adults, \$7.50 for children. Call 556-1760.

4. Broncos Single Tickets -- Tickets go on sale at the Peterson ITT office at 8 a.m. Aug. 13. A \$25 Services gift cer-



tificate will be given out to the first customer in line. (Certificate is good in any Services facility.) Broncos ticket prices range from \$35 to \$120, and depend on game and seats available.

5. Framing Classes -- Learn how to frame your art and collectibles, and do it for less at Peterson Community Activities Center. Basic, intermediate and advanced classes offered based upon your skill. Class fee begins at \$25 for basic instruction. Price of materials will vary depending on style of mat and frame chosen. Classes are available Saturday, June 8, 11, 15, 18, 22, 25, 29 (Wednesday from 5 to 9 p.m. or Saturday from 8 a.m. to noon, no class June 4) Call 556-1732 to register.

6. Stained Glass Classes -- Create something simple and fun at the Peterson Community Activities Center. Then let your imagination go wild. Classes cost \$40 and include instruction and materials. June 14 and 16, 5 to 7 p.m. Day classes are also available. Call Patty at 556-1732 for information or to register.

7. Travel -- Domestic and Foreign. We're located in the Peterson Community Activities Center, Building 640. It is not too early to make travel plans for your winter holiday travel this year. In fact, this is the perfect time to make flight reservations and get truly affordable seats. Don't get left out in the cold. Call Bill Morris at 556-6447 or Renate Powell at 556-2116.

We' keep money in your pocket!

Gas prices are out of sight, so leave your car behind. If you live on base, summer things to do are within walking distance. If you work on base, stop by on your lunch hour for a game of bowling or lunch on the sunny deck at Silver Spruce. Not only will you save money on gas, but you will also save on these fantastic activities because we offer them for less than you will pay in town.

1. Golf Tournaments -- Silver Spruce Golf Course hosts two tournaments every month. If you are a competitive golfer or want to see how well you golf in a competitive situation, sign up and find out. Bring your golf buddies and join others for a great time.

When: Offered two times a month. Call for dates.

Cost: Depends on rank.

Sign Up: At the Silver Spruce pro shop, 556-7414.

2. Spruce Up Your Swing -- Golf lessons make the difference. An experienced golfer can focus on specific parts of the game with one-on-one instruction.

When: By appointment.

Cost: Individual lesson, \$35 per 30 minutes.

Sign Up: At the Silver Spruce pro shop, 556-7414.

3. First-time Hackers -- Group lessons reduce the intimidation factor for beginners. A 1-hour lesson will be devoted to teaching each of the following: how to putt, chip, pitch, how to use an iron and how to use a driver. A minimum of four persons required.

When: 5:30 p.m. Tuesday and Thursday, June 2, 7, 9, 14 and 16 or at 9 a.m. Saturday and Sunday, June 4, 5, 11, 12 and 18.

Cost: \$50/ person for all five 1-hour lessons. Equipment provided students who don't have clubs.

Sign Up: At the Silver Spruce pro shop, 556-7414.

4. Link Up 2 Golf - Eight hours of instruction on the driv-



ing range, putting green and golf course. You get a golf shirt with logo, ball mark repair tool, complimentary use of rental clubs during class, a three-hole scramble, and free fitting for your purchase of golf clubs.

When: 5:30-7 p.m., June 20 to 24.

Cost: \$99 per person.

Sign Up: Anyone 18 years of age and older should sign up at Silver Spruce pro shop or call 556-7414.

5. Duffers Unite -- Organize your own happy group of golfers, friends, coworkers, spouses and arrange beginner lessons or a specific lesson with instructor Jack O'Brien.

When: Time arranged in advance.

Cost: Negotiated in advance.

Sign Up: At the Silver Spruce pro shop, 556-7414.

6. Wednesday Lunch Special: Toni's Homemade Egg Rolls and Fried Rice -- Silver Spruce Golf Course is packed for lunch on Wednesdays when Toni makes her killer Homemade Egg Rolls and Fried Rice. Take it outside on the deck for a truly relaxing lunch.

When: 11 a.m. every Wednesday through Sept. for lunch.

Cost: \$6 for four egg rolls, a generous helping of fried rice, a medium fountain beverage, and fresh fruit.

Sign Up: It disappears quickly. If you want to pre-order, call the grill at 556-4454.

7. Wraps to Go -- Quick, easy and popular. Just grab 'em and go. Grab one or two after your lunch time workout, one for your afternoon snack, or a few with beverages for a picnic lunch, softball game or bowling league play.

When: Ready to grab and go Monday through Friday; available also Saturday and Sunday.

Cost: \$3.25 for your choice of Chicken Caesar, Southwestern Beef, or Turkey Club

Sign Up: At the Bowling Center, 556-4607.

8. Military Mondays at Sky Sox Stadium -- Active duty and retired military personnel in groups of 20 or more can get the first 20 tickets free for Monday games (except July 4), courtesy of the Citadel Mall. Any additional tickets over the first 20 cost just \$4.50 each.

When: Any Monday Sky Sox home game, except July 4

Cost: Free for first 20, \$4.50 each additional ticket over 20

Sign Up: Tickets must be purchased by noon on Friday from the Peterson ITT office, 556-1760.

9. Buy One, Get One Free on Mondays -- Don't have 20 in your group? Active duty and retired military personnel get a Sky Sox box seat/reserved seat free for Monday home games when you buy one at the regular price of \$7.

When: Monday home games.

Cost: Buy one at \$7, get one free.

Sign Up: At the Sky Sox ticket window at the stadium. Mention you're from Peterson.

10. Make A Big Splash -- Family swim nights, learn-to-swim lessons, lifeguard and junior lifeguard classes, lap swims and open swims, aqua aerobics classes and parties. Stop by for information and/or pick up a party brochure for details on renting the pool.

When: Memorial Day through Labor Day, we're open every day except federal holidays.

Cost: Depends on activity. We will give you a great rate on renting the place.

Sign Up: Some lessons and classes require pre-registration at the Aquatics Center, 556-4608.

River rats ride high



Photo courtesy of 21st Services Squadron

Peterson Outdoor Recreation organizes trips down Bighorn Sheep Canyon and sections of the Arkansas River.

River rats, grab your sunscreen! This could be one of the best whitewater rafting seasons in nearly a decade.

The front page headline in the May 7 issue of the *Rocky Mountain News* declared “Rivers on a roll” and flowed with good news about the depth of waters in many heavily rafted rivers in the West. The good news is not just about how much water is in rivers and how good rafting will be early this season. I is also about the volume of snow pack currently in the mountains (with snow still falling in higher elevations). This above average snow pack will continue to keep many rivers running strong throughout the summer and, therefore, full of rafters and kayakers.

Just two days later, *The Denver Post* newspaper featured an article about rafting companies expecting this year to be a boom for their businesses, thanks to river depths and snow pack, the best in over a decade.

Peterson's Outdoor Recreation staff grins from ear to ear as they organize rafting trips for every day of the week beginning Friday. Their trips run down Bighorn Sheep Canyon and the thrilling Royal Gorge sections of the Arkansas River.

You'll get a great big kick this year out of a ride that seems like a cross between riding a bucking a bronco and riding a rollercoaster. Hang on. Scream. Laugh. Then, do it again.



Statues of frolicking children are on the terrace in front of the fanciful entrance to Buell Children's Museum.

Buell Children's Museum

One of the nation's best

Story and photos by Nel Lampe
Mountaineer staff



One of the nation's best children's museums is just 40 miles away, in Pueblo. Buell Children's Museum was selected by "Child Magazine" as the second best children's museum specializing in art in the country.

Buell has received other awards for excellence in arts and humanities as well. The museum is popular with children and parents. More than 150,000 people have visited the museum since it opened less than five years ago.

Buell Children's Museum is part of the Sangre de Cristo Arts and Conference Center next door, which came into being in 1972. Originally, the Arts and Conference Center included a gallery and a 500-seat theater. The center was expanded in 1982 when galleries, a gift shop and a small children's museum were added.

In 1990, \$3 million was raised to build a separate children's museum. The 12,000 square-foot building was named after a Denver citizen, Temple Hoyne Buell, whose foundation gave \$1 million to the project.

Buell Children's Museum is a good place to take children any time, but can

really brighten a dreary winter day. Unlike some children's museums crowded into existing space, Buell Children's Museum was designed and built to serve as a children's museum. The large building is bright and roomy and filled with activities to interest children.

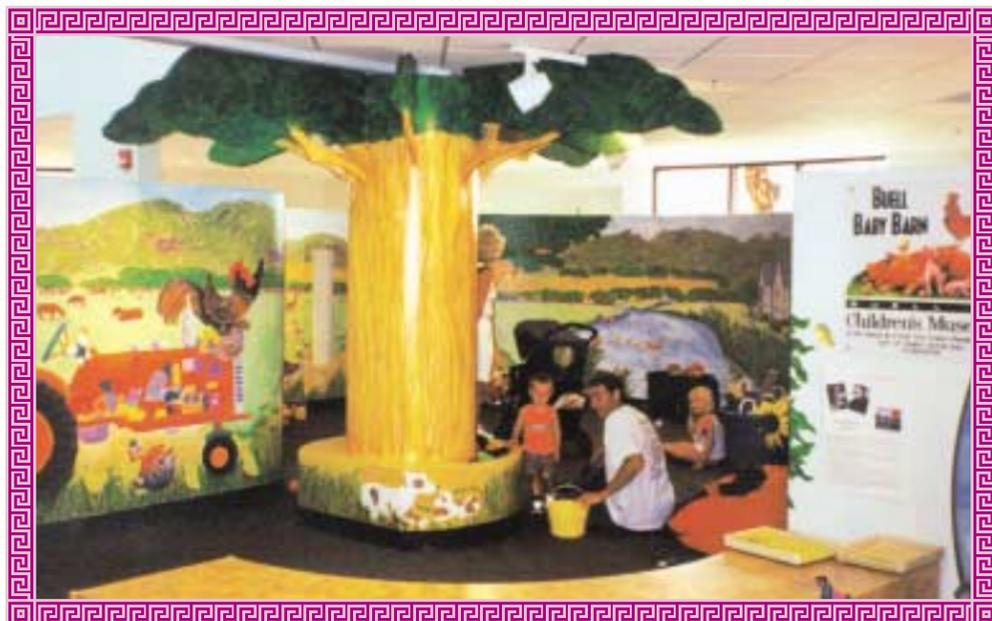
Buell Children's Museum presents a playful, fanciful and friendly appearance with its child-size statues of playing children near the entrance. A carousel horse painted in bright colors stands on the lawn.

An inviting terrace with pink and gray graphic designs catch the eye. Large colorful globes decorate each side of the entrance and a three-dimensional brick sculpture over the door lends an imaginative air.

Once inside, visitors are greeted and directed to ongoing activities and exhibits.

Exhibits are based on science, art and history, and are most appropriate for children ages 3 to 13, although visitors are of all ages. Sometimes parents or older siblings join in activities, make suggestions or try out an

See Museum, Page 16



Young children enjoy activities in the Buell Baby Barn. It is stocked with buckets of toys and toy farm animals so children may create their own barn yard setting.



Places to see in the Pikes Peak area.
May 26, 2005



Museum, from Page 15

interactive computer.

Children can easily be engrossed in the museum's activities for hours. As exhibits, themes and programs are changed quarterly, sometimes related to the exhibits in the art center galleries, repeat visits present new opportunities and new adventures.

Because Buell Children's Museum has Rosario's at the Kid Rock Café near the first floor entrance, visitors don't need to leave the museum for refreshments or lunch.

The café is open from 11 a.m. to 2 p.m., serving American and Italian foods, including sandwiches, soups, salads and wraps, as well as spaghetti and meatballs, penne pasta and mini pizza. Prices range from \$3 to \$7.

Ask at the entrance desk if live entertainment is scheduled during your visit. The museum has its own theater, the El Pomar Magic Carpet Theater, which seats 75 children and parents and features films or live entertainment. During spring break, March 22 to 26, there will be two magic shows in the theater each day. Professional Magician Mr. E performs magic daily at 12:30 and at 2:30 p.m.

The popular Artrageous Studio on the second floor offers visitors the chance to create their own art masterpieces. Take the elevator or the stairs to the studio.

An attendant instructs children about an art

project which visitors create on their own from scrap paper, string, paper plates, sticks, ribbon and other materials. The studio is filled with things to touch, explore and examine.

The Buell Baby Barn is the special place for very young children. Visitors under age 4 enjoy the barnyard setting with its own tree and farmyard animals. Parents interact or watch from a nearby bench.

Next door to the baby barn is a nursery, complete with rocking chair, for parents to calm or change a baby.

The Reilly Family Gallery, back on the lower level, provides interactive space for the whole family. A kinetic sculpture fascinates visitors who watch its movements.

Sensations is a walk-through exhibit filled with sights and sounds of racing, with an emphasis on bike safety.

Presently, the featured attraction in the Buell Children's Museum is the "Crayola Dreammaker's Exhibit." Buell is one of a few sites in the Western United States selected for the prestigious Crayola exhibit. "Dreams You Can Count On: Visual Arts and Mathematics" is in the museum through May 28.

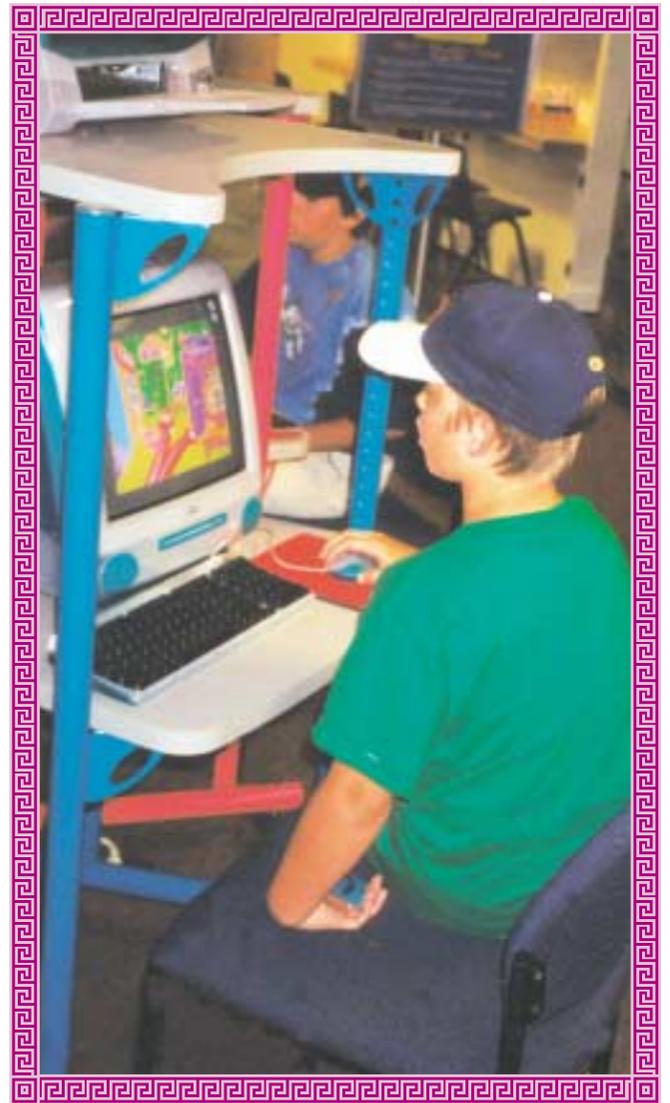
Children use math skills to create paper toys, learn about symmetry in everyday objects and by looking through the giant King Kong Kaleidoscope. Visitors can compete in fun events, solve a pizza puzzle or combine math skills with chocolate candy.

A small gift shop near the entrance desk sells inexpensive souvenirs, pens, pencils, flip books and art-related gifts.

Admission to the Buell Children's Museum includes entrance to the art galleries in the Sangre de Cristo Arts Center nearby.

Both facilities observe the same hours: 11 a.m. until 4 p.m. Monday through Saturday.

To reach Buell Children's Museum, go south on Interstate 25 to exit 98b. Go west a few blocks until reaching Santa Fe, a north/south street. The museum is at 210



Interactive computers are popular with guests.

N. Santa Fe. Avenue., near the Pueblo Chamber of Commerce. Parking is available in the lot south of the arts center or along the street at meters.

Admission is \$4 for adults; \$3 for children. (Courtesy of the Fort Carson Mountaineer)



Sometimes the whole family gets involved in an art project in the Artrageous Studio at Buell Children's Museum.

Just the Facts

- **Travel time** less than an hour
- **For ages** all
- **Type** children's museum
- **Fun factor** ★★★★★
(Out of 5 stars)
- **Wallet damage** \$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80

(Based on a family of four)



Visitors are drawn to take a peak through the King Kong Kaleidoscope, which was designed especially for Buell Children's Museum.



Children listen to a museum worker's instructions before participating in an activity that features toys and pieces of art.

GO! Get out!

New exhibit opening

White lions are rare, but two of them are at Cheyenne Mountain Zoo this summer. One of the lions is mostly white, his brother is more of a tawny color. The zoo is behind the Broadmoor Hotel; follow the signs or call 633-9925 for information.

Lewis and Clark exhibit scheduled

"Lewis and Clark: the National Bicentennial Exhibition is running through Aug. 21 at the The Denver Museum of Nature and Science. The exhibits includes objects and artwork. The exhibit admission is \$15 for adults and \$6 for children, ages 3 to 17, and includes admission to the museum.

"Lewis and Clark: Great Journey West," is a film showing through June 9 in the museum's IMAX theater. Check with the museum for film schedules. The museum's number is (800) 925-2250, or go on line at www.dmns.org.

North Pole opens Santa's Workshop

Santa's Workshop at the North Pole, at Cascade just before the Pikes Peak Highway, is open for the season.



Servicemembers and immediate family members get in for a discounted price of \$10 each.

Peterson holding Air show

The Air Force Thunderbirds will perform an air show June 4 at Peterson Air Force Base. The show will include the Thunderbirds, parachute teams, music, displays, fly-bys and food booths. The free event is open to everyone in the community and a large crowd is expected. Call 556-5185 for more information.

Museum exhibit free to public

"Bearing our Burdens: traditional American Indian Baskets" is an exhibit through Aug. 21 in Colorado Springs Pioneers Museum, 215 S. Tejon Street. The museum is free and is open Tuesdays

through Saturdays, 10 a.m. to 5 p.m. For information call 385-5990.

Plan ahead for these events

Plan ahead on June 18 for "Springspree" in downtown Colorado Springs; Memorial Day weekend "Territory Days" in Old Colorado City; "Memorial Day Weekend Encampment" at Fort Garland, with reenactors 379-3512; the Colorado Arts Festival at the Denver Pavilions on the 16th Street Mall Memorial Day weekend; Antique Motorcycle Show Saturday and Sunday in Cañon City, at the Holy Cross Abbey; the Iron Horse vs. Bicycle Classic in Durango, when bikers race against the railway on Memorial Day weekend, call (800) 463-8726 for information; and starting June 11 is the Renaissance Faire in Larkspur.

Chihuly glass exhibit underway

The colorful art-glass works by artist Dale Chihuly are displayed through Aug. 13 at the Colorado Springs Fine Arts Center, 30 W. Dale Street. To allow visitors to see the glass art under lights, the Fine Arts Center is open Friday and Saturday from 5 to 10 p.m. For more information, call 634-5583.



ARAGON DINING FACILITY MENU

Today

Lunch:

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

Dinner:

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

Friday

Lunch:

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

Dinner:

Mexican Baked
Chicken
Swiss Steak with
Tomato Sauce
Stuffed Green
Peppers
Baked Macaroni
and Cheese
Steamed Rice
Fried Cabbage
Carrots
Black-eyed Peas

Saturday

Lunch:

Fish Almondine
Stir Fry Chicken
with Broccoli
Pork Chops with
Mushroom Gravy
Rissolle
Potatoes
Rice Pilaf
Calico Corn
Club Spinach
Fried Okra

Dinner:

Crispy Baked
Chicken
Cajun Meat Loaf
Grilled Steak
Baked
Potatoes
Mashed Potatoes
Broccoli
Frozen Style
Peas
Glazed Carrots

Sunday

Lunch:

Ginger Barbecue
Chicken
Breaded Fried
Shrimp
Spinach Lasagna
Orange Rice
Mashed Potatoes
Black-eyed Peas
Lima Beans
Corn O' Brien

Dinner:

Tuna and Noodles
Sauerbraten
Parmesan Chicken
Breast
Potatoes Au Gratin
Steamed Rice
Cauliflower Combo
Peas
Fried Cabbage
Corn O' Brien

Monday

Memorial Day Supper

Baked Fish
Fried Chicken
Barbecue Pork Ribs
Southwestern Rice
Savory Baked Beans
Quick Baked Potato Halves
Corn on the Cob
Cole Slaw

Served from 11 a.m. to 5:30 p.m.

Tuesday

Lunch:

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

Dinner:

Onion-Lemon
Fish
Pork Schnitzel
Steak
Yakisoba Beef
and Spaghetti
Baked Potatoes
Mashed Potatoes
Pinto Beans
Spinach
Stewed Tomatoes

Wednesday

Lunch:

Roast Beef
Barbecue
Spareribs
Roast Turkey
Steamed Rice
Mashed
Potatoes
Broccoli
Corn on the Cob
Peas and Carrots

Dinner:

Pita Pizzas
Country Style Steak
Fried Chicken
Oven Brown
Potatoes
Mashed Potatoes
Fried Cauliflower
Bean Combo
Cabbage

**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.**