

# Apartment complex gives Air Force members affordable housing option

By **Christie Bond**  
21st SW Public Affairs

Sixteen months after the initial groundbreaking, the Creekside at Nor'wood housing complex was ceremonially dedicated Oct. 30.

The apartment community, located on the southwest corner of Austin Bluffs Parkway and Woodmen Road, is the result of a unique partnership between the Colorado Springs Housing Authority and the Air Force.

"Affordable housing is a top issue for our junior enlisted people," said Brig. Gen. Bob Kehler, 21st Space Wing commander, during the ceremony. "This project says a lot about the commitment of the Colorado Springs community to our military."

Peterson AFB civil engineers began working with officials from the Colorado Springs Housing Authority nearly four years ago. Their goal was to build quality housing that would be affordable for low- to moderate-income military members and their families.

The Creekside arrangement is a win-win situation for everyone, Kehler said. The city is guaranteed to have responsible tenants in their complex and the military has another housing option to offer its people.

The complex boasts 80 apartments in eight buildings, seven of which are completed. Thirty-two of these apartments are set aside as affordable housing for military people and their families. Single military members are also eligible. The affordable rental cost is one-third less than the market rate for other apartments in the complex. Household income levels determine affordable rent eligibility. Currently, 23 of the military affordable apartments are occupied.

One, two and three-bedroom apartments are offered at the discount rate. Each apartment features a stove, refrigerator with icemaker, disposal, dishwasher, microwave, full-size washer and dryer, air conditioning, mini-blinds and a balcony. Covered parking is available for a small fee. Up to two cats are allowed per apartment if they are spayed or neutered and declawed. A pet deposit is required and there is an additional \$25 per month pet rent per cat. A pool, hot tub and playground are available for residents' convenience and enjoyment. The complex clubhouse has a business center with a copier, fax machine and internet access. The square footage of the apartments is com-



Photos by Christie Bond

The Creekside at Nor'wood apartment community offers 80 apartments at discounted rates for Air Force enlisted members.

parable to the square footage a junior enlisted person would have in a house on base. The size of Creekside apartments ranges from 778 to 1290 square feet. Six floor plans are available.

All income, including Basic Allowance for Housing, of all members of the household over age 18 who are not full-time students is used to determine income eligibility. Anyone who does not meet the "affordable" criteria can rent an apartment at the market rates. Income limits run from \$22,540 for one person to \$37,320 for a six-person family.

Renters are required to sign a one-year lease. This lease can not be broken to move into government quarters. Rent is paid through military paycheck allotment and processed through the base Finance Office.

The property managers at Creekside are on site Monday through Friday, 9 a.m. to 6 p.m., and Saturday and Sunday 10 a.m. to 5 p.m. Model units are available for touring.

Applications for the affordable units are submitted through the Peterson Housing Flight for people assigned to Peterson AFB, Schriever AFB and Cheyenne Mountain AFS. Though the housing office submits the applications, the city's property manager makes the final determination.



For more information on housing at Creekside at Nor'wood, contact the Peterson AFB Housing Office at 556-7946.



Chief Master Sgt. Fred Schoettler, 21st Space Wing command chief master sergeant takes a look at the kitchen in one of the new discounted apartments.



Representatives from Peterson Air Force Base, Schriever AFB, U.S. Air Force Academy, the mayor's office, Senator Wayne Allard's office, City Council, the Colorado Springs Housing Authority, the architectural firm, the developer, the construction company and others were on hand for the official ribbon cutting.

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## From the top



Courtesy photo

**Brig. Gen. Bob Kehler, 21st Space Wing commander, stands with two 21st SW senior master sergeants selected for promotion to Chief: Darrel R. Evans (left), Manpower, and David C. Porter, Security Forces Squadron.**

# Congratulations to Peterson Complex new Chief selects

### 21st Space Wing

David C. Porter, 21st Security Forces Squadron  
Eric G. Reed, 18th Space Surveillance Squadron  
Darrel R. Evans, 21st Space Wing Manpower

### 50th Space Wing

Thomas A. Baker Jr., 50th Mission Support Squadron  
Dirk O. McDowell, 50th Civil Engineer Squadron  
John T. Prebula, 527th Space Aggressor Squadron  
Tony S. K. Ueno, 50th Communications Squadron

### HQ Air Force Space Command

Douglas J. Anding, Directorate of Operations  
Darryl J. Foster, Civil Engineer  
Salvatore Ingraldi, Security Forces  
Michael Kreifels, Security Forces  
Jeffery S. Peters, Directorate of Communications and Information  
Rebecca J. Pugsley, Office of the Director of Staff  
Catherine A. Segal, Public Affairs  
Charles L. Starr, Office of the Command Historian

## Roche, Jumper send Joint Veterans Day message

For more than 80 years, Americans have reserved one day each autumn to pause and pay tribute to the veterans of our military.

In 1921, when this tradition began, it was known as Armistice Day—a day to celebrate the end of the fighting of World War I. But World War I was not the end of all wars, and Americans have had many opportunities to mourn and pay tribute to the continued service and sacrifices of our military veterans.

This autumn, in the midst of a war against terrorism, we again take the opportunity to pause and pay tribute to our military veterans.

On Nov. 11—Veterans Day—we honor the brave and selfless Americans who have served, as well as those who continue to serve, for the causes of Freedom, Liberty, and Justice.

*Dr. James G. Roche*  
Secretary of the Air Force  
*Gen. John P. Jumper*  
Air Force Chief of Staff

## Nov. 19-25 designated Military Family Appreciation Week

Thanksgiving offers an excellent opportunity to spend time with family and reflect on the extraordinary freedoms we enjoy. In light of the events of Sept. 11, this holds true now more than ever. In recognition of the tremendous contributions and sacrifices of our people and their families, we are designating Nov. 19-25 as Military Family Appreciation Week and Nov. 23 a family day for NORAD, U.S. Space Command, and Air Force Space Command units.

The Thanksgiving holiday weekend, Nov. 22-25, will be a four-day regular pass period in accordance with Air Force Instruction 36-3003, military leave program, paragraph 8.2.4 and other applicable service regulations. Military people not required for mission essential duty are authorized non-chargeable leave Nov. 23. For civilian peo-

ple, liberal leave is encouraged. Commanders and directors may grant compensatory time for people who perform duty on these days, as the mission allows.

During this special time, let's not forget the people who are deployed around the world and away from their loved ones. Keep them in your thoughts and prayers and include their families in holiday activities whenever possible.

Karen joins me in saluting your outstanding performance and commitment to our nation. We wish everyone a safe and happy Thanksgiving.

*Gen. Ed Eberhart*  
Commander-in-Chief  
NORAD, USPACECOM,  
and AFSPC commander

## News in Brief

### Veterans Day parade

■ Airmen from Peterson Air Force Base will march in the Veterans Day parade Saturday, 9:30 a.m., on Tejon Street between St. Vrain Street and Vermijo Avenue.

### Crime stoppers

■ Because of recent terrorist incidents in the United States, the Air Force Office of Special Investigations Detachment 803 at Peterson Air Force Base is asking the military community to report any and all suspicious activity immediately.

If you see suspicious activity and you need to reach an AFOSI agent immediately, call the Crime Stoppers Hotline at 556-4357.

### Harvest of Love

■ The Annual Care and Share KRDO Harvest of Love food drive begins next month, and volunteers are still welcome. Volunteers are needed now through Nov. 16 and Nov. 19-21. Those interested can volunteer to drive military pickup vehicles, support pickup teams, work in the warehouse sorting and packing food, or work in the warehouse yard helping pickup teams unload and sort food.

To volunteer to drive and work on one of the pickup teams, call Senior Master Sgt. Neal Thatcher, 554-4351 or [neal.thatcher@Peterson.af.mil](mailto:neal.thatcher@Peterson.af.mil)

To work in the warehouse or warehouse yard, call Senior Master Sgt. Brian Gauthier at 474-3907 or [brian.gauthier@cheyennemountain.af.mil](mailto:brian.gauthier@cheyennemountain.af.mil)

### AFSA donations

■ The Air Force Sergeants Association, Chapter 1181, is collecting items to donate to different organizations.

Items include old or unused greeting cards to be sent to a children's rehabilitation center, old or unused stamps to be sent to the Children of America Foundation and food coupons to be sent to bases overseas.

Items may be dropped off at the mission support facility, Building 350.

### Officers Wives

■ The Peterson Air Force Base Officers Wives' Club will have a social Tuesday, 6:30 p.m., at the Officers' Club. The social is in support of the Family Support Center food closet.

Donations will be taken at the club. For more information or to make reservations, call 574-8500.

### Clinic change

■ The Peterson Air Force Base Clinic is changing the way it does business.

The Nurse Triage line will be available for patients to call beginning Tuesday. People who call the line will be able to make same-day appointments, get lab and test results, get medication refills, and leave messages for specific providers.

The triage number is 556-2273. Active duty same day appointments will be taken 6:30-7:30 a.m. All other same day appointments will be taken 7:30 a.m.-4:30 p.m.

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### 21st Space Wing Commander

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Josh Clendenen  
2nd Lt. Suzy Kohout  
Senior Airman Shane Sharp

## Bomber strikes from Diego Garcia a 15-hour ordeal

By Master Sgt. Louis A. Arana-Barradas  
*Air Force Print news*

SAN ANTONIO—Bomber crews who fly strike missions over Afghanistan from Diego Garcia atoll have "quite a drive" to get to and from their targets.

Each round trip sortie, flown mostly over the vast Indian Ocean, may last from 12 to 15 hours, may involve extended stays over the country, and can be more than 5,500 miles.

Threats to aircrews are almost nonexistent, said "Lucky," a bomber pilot, during an Oct. 31 television interview from the British-controlled territory.

"The air defenses we've seen have been minimal," Lucky said. He is on duty with the 28th Air Expeditionary Wing on the 17-square-mile atoll of coral and sand in the middle of the Indian Ocean. We have "Not really seen any direct threat."

Lucky, who flew 12 missions during Operation Allied Force, said Afghan air defenses don't compare to those he faced over Kosovo. Aircrews receive excellent air defense intelligence, he said. Even so, aircrews fly with heightened awareness of their surroundings.

"You're definitely looking [for threats] the whole time you're there," Lucky said.

Then there is the long flight home, said "Bama," a bomber weapons system officer. There is a bit of a let-down once the bombers are over the ocean and headed home, she said.

"You're more relaxed, in a sense," Bama said. "But at the same time, our feet aren't on the ground, and we still have a lot more flying to do."

Including mission planning, each strike is at least a 24-hour affair. Planning is done mostly at night and takes hours. Most people memorize the bomb run, Lucky said.

On the way to the target, aircrews spend a lot of time running through the potential problems or threats they may encounter. Still, missions over Afghanistan are easier than those flown from home base at Ellsworth Air Force Base, S.D., Lucky said. The base is home to the 28th Bomb Wing.

Flying over Afghanistan is a lot like training runs over the Utah Test and Training Range, he said. But stateside, threats tossed into a mission are much more complicated and harder to defeat.

At Diego Garcia, the support team that keeps the



U.S. Air Force photo by Master Sgt. Ralph Hallmon

**A B-52H drops a load of M117 750-pound bombs. During Desert Storm, B-52s delivered 40 percent of all the weapons dropped by coalition forces. It is highly effective when used for ocean surveillance, and can assist the U.S. Navy in anti-ship and mine-laying operations. Two B-52s, in two hours, can monitor 140,000 square miles (364,000 square kilometers) of ocean surface.**

bombers flying works nonstop. When the unit arrived, troops worked around the clock for three weeks to bed down their bombers. Nobody got a day off.

Twelve-hour shifts are still the norm. But troops are not complaining, said "Otis," a maintenance operations center controller.

"We're extremely focused on the task at hand," he said.

Plus, everyone is anxious to help ensure the success of the war on terrorism, Otis said. That equates to ready-to-fly bombers.

The bombers have flown with few incident or breaks, said Col. Ed Rice, the deployed wing commander. Missions have "been greatly successful," he said.

These aircraft are just part of the success of Operation Enduring Freedom air strikes on Taliban and al Qaeda targets. Air Force aircraft have flown more than 1,800 sorties.

They have dropped more than 76 percent of all bombs and damaged or destroyed three-quarters of their targets. More than two-thirds of the bombs were precision weapons. The strikes have hit early warning radar, ground forces, command-and-control facilities, airfields and aircraft.

Aircrews do everything possible to "ensure we hit the targets we intend to hit" and avoid causing collateral damage, Rice said. But he said he knows some bombs will go astray.

"I think we've done a pretty good job so far," he said.

The airmen at Diego Garcia are far from where the bombs land. They do not see the results, but they do have a hand in the success of Operation Enduring Freedom. That is why they do not mind the long hours, and they can deal with the family separation. That comes with the job, they said.

They maintain a strong sense of purpose in all they do, Lucky said.

For their efforts, the aircrews and maintainers said they ask for very little.

Otis said he just asks Americans to stand behind their military and remember what they are doing for their country.

It is key that people back home continue to take care of the families airmen left behind, because knowing their families are safe will let a lot of airmen rest easy at night, Rice said.

That, he said, "is extremely important to the end result of what we're trying to achieve."

## Three Air Force child-care providers win SECP Award

### AF Academy child-care provider among award winners

WASHINGTON—Air Force child-care providers were named top providers in the nation, receiving three of six awards.

The awards are given annually to providers in six categories: infant, toddler, preschool, kindergarten, director and family child-care provider.

The providers were presented with the fourth annual Scholastic Early Childhood Professional Award at the National Association for the Education of Young Children on Nov. 1.

Air Force winners are as follows:

■ Best family child-care provider is Wanchalee Putnam from the U.S. Air Force Academy.

■ Best infant teacher is Andrea Crandall from the Royal Air Force Croughton child development center in England.

■ Top preschool teacher is Jackie Engram from the Robins Air Force Base child development center in Ga.

The awards reflect the level of child-care that is common all across the Air Force, said Dr. Beverly Schmalzried, the chief of family programs for Air Force Services at the Pentagon.

"I think (the Air Force receiving half of the awards) is a clear indication of the high quality of our Air Force child-care providers, many of whom are spouses of active-duty military members," Schmalzried said.

It takes a special person to be a child-care provider, Schmalzried said.

"Air Force child-care providers are selected based on their interest in working with young children," she said. "(They) provide children the concern and affection that they need while (their) parents are performing their military duties."

Engram said she is honored to win the award.

"Providing quality child-care is simple," she said. "You hear everyday (how) kids are our future and if I can play a small part in the future, it's one of the greatest feelings (I, as) an educator can experience."

"I love my job, I love the kids and I love working with teachers and families who make a difference in the lives of young children," she said.

"We are very proud of



these three individuals for being selected for this national honor," Schmalzried said. "In addition, several other caregivers were selected for honorable mention. The Air Force has many caregivers who are deserving of this recognition, but we are pleased these three were selected to represent the many caring and dedicated individuals who support the mission of the Air Force in this very important way."

The three providers were given round-trip tickets to California to receive their awards.

They also were given many Scholastic educational products and will be featured in the Scholastic Early Childhood Today magazine.

People are nominated for the award by parents, teachers and directors of early childhood programs.

# Rumsfeld: 'The ruins are still smoking'

WASHINGTON—Secretary of Defense Donald H. Rumsfeld released the following statement Nov. 1:

I have reflected on some of the questions about the "speed of progress" in the campaign—questions about the "patience" of the American people—if something doesn't happen immediately.

I have a sense that the public understands the following facts:

On Sept. 11, terrorists attacked New York and Washington D.C., murdering thousands of innocent people—Americans and people from dozens of countries and all races and religions—in cold blood.

On October 7th, less than a month later, we had positioned coalition forces in the region, and we began military operations against Taliban and al-Qaeda targets throughout Afghanistan.

Since that time—roughly three weeks ago—coalition forces have flown more than 2,000 sorties, broadcast 300-plus hours of radio transmissions, delivered an amazing 1,030,000 humanitarian rations to starving Afghan people.

Today is Nov. 1, and smoke, at this very moment, is still rising from the ruins of the World Trade Center.

With the ruins still smoldering and the smoke not yet cleared, it seems to me that Americans understand well that, despite the urgency in the press questions, we are still in the very, very early stages of this war. The ruins are still smoking!

Consider some historical perspective:

■ After the December 1941 attack on Pearl Harbor, it took four months before the United States responded to that attack with the Doolittle raid of April 1942

■ It took eight months after Pearl Harbor before the U.S. began a land campaign against the Japanese—with the invasion of Guadalcanal in August of 1942

■ The U.S. bombed Japan for three-and-a-half years—until August 1945—before we accomplished our objectives in the Pacific

■ On the European front, the allies bombed Germany continually for nearly five years—from September of 1940 until May of 1945

■ It took 11 months to start the land campaign against the Germans—with the invasion of North Africa in November of 1942

■ It took the United States two years and six months after Hitler declared war on us before we landed in France on June 6, 1944

We are now fighting a new kind of war. It is unlike any America has ever fought before. Many things about this war are different from wars past, but as I have said, one of those differences is not the possibility of instant victory.

At my briefing when I announced the start of the air campaign on Oct. 7, I stated our initial goals:

■ To make clear to the Taliban that harboring terrorists carries a price

■ To acquire intelligence to facilitate future operations against al-Qaeda and the Taliban

■ To develop useful relationships with groups in Afghanistan that oppose the Taliban and al-Qaeda

■ To make it increasingly difficult for the terrorists to use Afghanistan freely as a base of operation

■ To alter the military balance over time by denying to the Taliban the offensive systems that hamper the progress of the various opposition forces

■ To provide humanitarian relief to Afghans suffering oppressive living conditions under the Taliban regime.

That was 24 days ago—three weeks and three days—not three months or three years, but three weeks and three days. We have made measurable progress on each of these goals.

The attacks of Sept. 11 were not days or weeks but years in the making.

The terrorists were painstaking and deliberate, and it appears they may have spent years planning their activities.

There is no doubt in my mind but that the American people know that it's going to take more than 24 days.

I also stated that our task is much broader than simply defeating the Taliban or al-Qaeda.

It is to root out global terrorist networks, not just in Afghanistan, but wherever they are, to ensure that they cannot threaten the American people or our way of life.

This is a task that will take time to accomplish. Victory will require that every element of American influence and power be engaged.

Americans have seen tougher



Photo by Capt. Jim Fabio  
**Staff Sgt. Anthony Latona, a New York Air National Guardsman and New Jersey firefighter, awaits the order to enter the rubble of the North Tower of the World Trade Center.**

adversaries than this before, and they have had the staying power to defeat them. Underestimating the American people is a bad bet.

In the end, war is not about statistics, deadlines, short attention spans, or 24-hour news cycles. It is about will—the projection of will, the clear, unambiguous determination of the president and the American people to see this through to certain victory.

In other American wars, enemy commanders have come to doubt the wisdom of taking on the strength and power of this nation and the resolve of her people.

I expect that somewhere, in a cave in Afghanistan, there is a terrorist leader who is, at this moment, considering precisely the same thing.

21st Space Wing



**GSU**  
Corner

# The 11th Space Warning Squadron- 'In the Fight'

By Senior Airman Stephen Teeple  
11th Space Warning Squadron

As our nation responds to the recent terror attacks through Operation Enduring Freedom, the 11th Space Warning Squadron is very much "in the fight". This unit, located at Schriever Air Force Base, Colo., is responsible for providing assured theater missile warning to our deployed forces worldwide. Through the use of Defense Support Program infrared satellite data, the members of the 11th SWS maintain the Attack and Launch Early Warning to Theater system.

The 11th SWS is the first and only squadron in Space Command dedicated solely to providing missile warning support to in-theater forces. Activated in late 1994, the 11th was forged out of the lessons learned in Operation Desert Storm.

By honing the capabilities of satellites originally placed for strategic launch detection, ALERT is capable of providing instantaneous theater coverage anywhere, anytime. With a direct link to in-theater forces, the amount of time it takes to notify unified commanders of a theater ballistic missile launch takes only seconds, instead of minutes as in the past, which saves lives. Along with the primary mission of TBM detection, the 11th also provides information on other significant infrared events, helping provide the theater with situation awareness and "battlespace characterization".

According to Lt. Col. James Cashin, 11th SWS commander, "The unit's motivation is very high, especially now. We realize the importance

of what we do. We work hand-in-hand with the front line, talking and coordinating with them constantly. When you're that close to the operation, it's easy to see how your actions directly protect allied troops and help carry out justice."

Another reason the 11th SWS is taking pride in their readiness and contribution to the war on terror may also be the fact that the unit received an "outstanding" rating on the recent Operational Readiness Inspection; one of only three units to do so in the 21st Space Wing.

The IG inspector was on the operations floor as the events of Sept. 11 unfolded. "He saw first hand how we operate and respond to real-world events. I think that was what put us over the edge to the highest rating," said Cashin.

As the two-time winner of the Seth J. McKee Trophy and the Aldridge Award, the 11th SWS has done quite well in its relatively short life; consistently performing above expectations and setting new standards in missile warning.

As it stands, the 11th SWS is scheduled to close in June of 2002. The mission of the 11th will be handed over to the new Space Based Infrared System, operated by the 2nd SWS located at Buckley AFB, Colo., once it reaches full operational capability.

"We are working to transfer our lessons learned from the past five years to SBIRS. At the same time, we have a mission to perform and will continue to accomplish that mission until the 'plug is pulled' on us," said Cashin.

Until the lights are turned off, our forces deployed overseas will have the 'Mavericks' of the 11th SWS watching their back.



U.S. Air Force art

The Air Force Space Command-operated Defense Support Program satellites are a key part of North America's early warning systems. DSP satellites use an infrared sensor to detect heat from missile and booster plumes against the Earth's background. The 11th Space Warning Squadron uses data from DSP satellites to maintain the Attack and Launch Early Warning to Theater system.

## Is it the flu or is it Anthrax?

By 2nd Lt Jose Diaz  
Chief, Public Health Programs

November marks the beginning of flu season. Because of the similarities between Influenza and respiratory Anthrax symptoms, people with the flu may jump to the conclusion that they have been exposed to Anthrax. Because of news about recent Anthrax events, it is easy to feel vulnerable. However, it is important to keep things in perspective and avoid needless worry.

Prevention is the key to heading off concerns. Getting vaccinated against the flu will reduce your chances of contract-

ing the illness, and that means less worry about symptoms. Do keep in mind that the common cold could make you feel as miserable as the flu.

Anthrax tests aren't simple, but few require laboratory evaluation. Whether or not a person is tested for Anthrax doesn't depend only on symptoms. Probability of exposure, determined by your health care provider and the Public Health Office, also play a role.

Taking preventive antibiotics can be a problem, too. Remember that pre-treatment must be under strict health care provider direction. Unnecessary

Symptoms	Influenza	Respiratory Anthrax
Fever, chills, malaise, cough, sore throat, muscle ache	X	X
Nasal discharge, hoarseness	X	
Severe shortness of breath, and difficulty breathing		X
New onset of blue tinged lips and fingernail beds		X

use of antibiotics, such as those purchased over the Internet or from foreign countries, may be more harmful to you than helpful. Use of these medications to treat flu can result in prolonging this miserable ailment by creating yeast infections, skin rash, and further intestinal discomfort.

The following chart describes the classical symptoms of Influenza and

Anthrax. Keep in mind that the symptoms of respiratory Anthrax are consistent with those of other respiratory illnesses. Only your health care provider, after careful evaluation and testing, can determine if you have the illness. For more information about Anthrax, call the Peterson Public Health Office at 556-1225 or the Academy Public Health Office at 333-5186.

## DoD works to better educate healthcare workers on vaccines

By Sgt. 1st Class Kathleen T. Rhem, USA  
American Forces Press Service

WASHINGTON -- Military allergy and immunization specialists have worked hard to educate healthcare providers on vaccine safety. But in light of rising bioterrorism concerns, they've increased efforts.

Army Dr. (Col.) Renata Engler is the medical director of the Vaccine Healthcare Center Network, which recently opened its first center at Walter Reed Army Medical Center. She explained that vaccines are tools to protect DoD's members, but they also need to be afforded the same care, respect and safety precautions given other prescription medicines.

DoD and the Centers for Disease Control and Prevention in Atlanta became partners this summer to provide a network of clearinghouses for information on vaccine safety and procedures throughout DoD.

The new initiative was in response to "the growing challenges that have arisen in the context of immunization healthcare," Engler said, particularly concerning the public controversies surrounding immunization safety in general as well as the DoD Anthrax Vaccine Immunization Program specifically.

"Knowledgeable resources had to be developed to support the providers and the small outlying immunization clinics who are dealing with the challenges and to support special, complex patient issues that local medical facilities might not be resourced to handle," she said.

Engler said her work has come into a whole new light in the aftermath of Sept. 11 -- the contamination of the mail with anthrax has made the threat of bioterrorism clear to Americans.

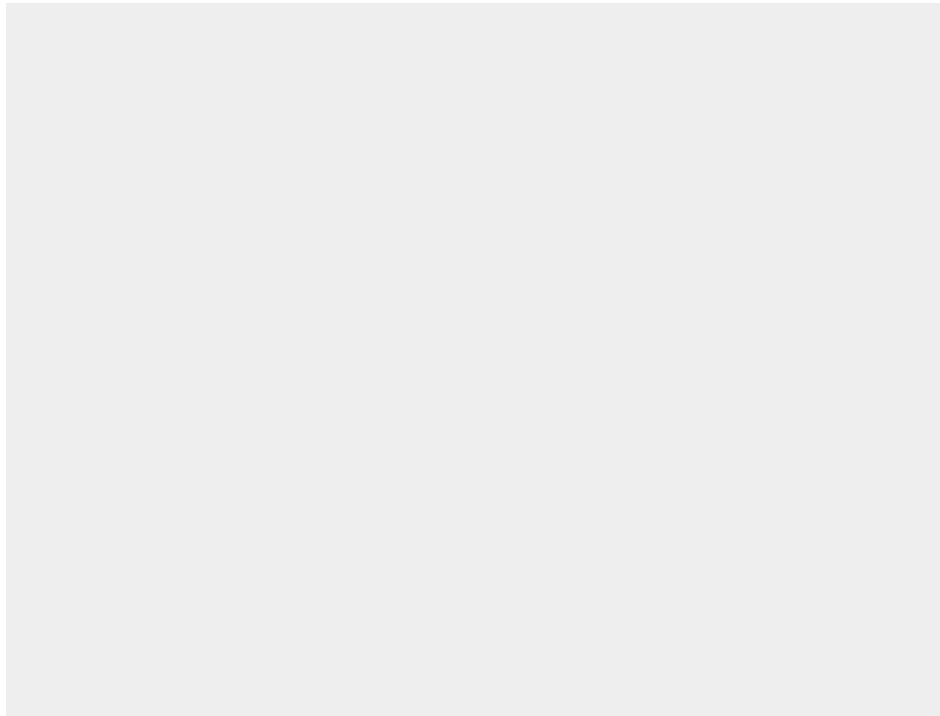
She said her organization has been involved in developing plans for possible new or changing vacci-

nation programs for service members.

Any possible use of smallpox vaccine is of particular concern, experts have said. Engler and her staff are consulting with various agencies to work up contingency plans in case experts decide there's a need to vaccinate DoD as well as emergency response personnel against smallpox, she said.

The Vaccine Healthcare Center Initiative began in September and is scheduled to expand to include several regional centers in the future. Several more are set to open in regional DoD medical centers in the United States in 2002, with a total of 15 regional centers by 2006, Engler said.

"These vaccine healthcare centers would work as a network to share information, not just internally but with the Food and Drug Administration, CDC, and the Vaccine Adverse Event Reporting System, too, as questions arise surrounding a vaccine," she said.



# Youth Center moving to temporary site

The R.P. Lee Youth Center is expanding from 10,000 square feet to more than 33,000 square feet.

This additional space will enable the youth center to become more of a multi-purpose facility and allow for adding programs for youths of all ages.

Some of the new space will accommodate a gymnasium with bleachers, a suite of rooms for school-age children, including study rooms and computer rooms, a video lounge, snack bar, and more.

"The new addition will open the door for more programs and give us the much-needed space to offer them," said Les Stewart, youth sports programs director.

The entire project is expected to take approximately 14 months, and with a minimum of inconvenience to the Youth Center children and their parents.

The Youth Center staff asks for everyone's patience during this exciting time.

Between Dec. 15 and Jan. 15, the center will move its operation temporarily to Building 625, just off the flight line and across the street from the Aero Club,



Photo by Senior Airman Shane Sharp

Construction workers put up a temporary fence around youth center grounds to close them for construction of a youth center addition. The construction project will limit parking. Youth center operations will temporarily move to Building 625 later this year, with youth sports programs conducted at the fitness center.

Hangar 133.

"More than likely, we will be moving during the seasonal holidays," said Stewart. "All youth sports programs, including karate and basketball, will be conducted at the base fitness

and sports center beginning Dec. 1."

Preliminary work began Nov. 5 in small but noticeable ways.

The playground equipment and shade structures have been removed, part of

the RP Lee Youth Center's parking lot has been closed off, and a construction fence has been erected around the playground, youth center and surrounding area.

However, the actual construction will begin after

all youth center operations have been relocated.

For more information, please ask for Jane Marie Kopycinski or Les Stewart at 556-7220. (Courtesy of the 21st Services Squadron)

Do you have a story idea? Let us know by e-mailing us at space.observer@peterson.af.mil or call us at 556-8476. Submissions are due Wednesday of the week prior to the date you would like them published.

## For your information

### Today

- Band of the Rockies free concert 11:30 a.m.-1:30 p.m., at the auditorium.
- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- Yoga, 12:05 p.m., at the Fitness Center.
- Cash drawings, 5-7 p.m., at the clubs. Only members are eligible.

### Sunday

- Sunday Brunch, 10 a.m.-1:30 p.m., at the Officers' Club.

### Monday

- Officers and Enlisted clubs closed in observance of Veterans Day.

### Tuesday

- Toastmasters meeting, 11:35 a.m., at the Enlisted Club.
- Sponsorship Training, 7:30-8:30 a.m., at the Family Support Center.
- Family Buffet, 5-7 p.m., at the Enlisted Club.

### Wednesday

- Traveling Chefs visit the Commissary to present cooking demonstrations.



Photo by 2nd Lt. Suzy Kohout

### Ceremony at sunset

Members of the 21st Logistics Group march away from the base flag pole after retiring the flag during a retreat ceremony Wednesday evening. For more information on scheduling a retreat ceremony for your unit, call 556-7338

- Going Overseas briefing, 8-9 a.m., at the Family Support Center
- Smooth Move summary, 9-9:30 a.m., at the Family Support Center.
- Applying for Federal Civilian Service, 11:30 a.m.-12:30 p.m., at the Family Support Center.

### Thursday

- City-wide job and education fair, 10 a.m.-4 p.m., at the Pikes Peak Community College Rampart Range Campus. For details, call 556-6141 or log on to [www.careerinformant.com](http://www.careerinformant.com).
- Play Group, 10:30 a.m.-noon, at the Chapel.
- Couples Communication, 8:15 a.m.-3:30 p.m., at the Penrose House, Colorado Springs.

### Nov. 16

- Couples Communication, 8:15 a.m.-3:30 p.m., at the Penrose House, Colorado Springs.
- Yoga, 12:05 p.m., at the Fitness Center.

### Helpful Numbers

- Family Advocacy Center 556-8943
- Education Center 556-4064
- Library 556-7462
- Community Center 556-7671
- Aquatics Center 556-4608
- Fitness Center 556-4462
- Officers' Club 556-4181
- Enlisted Club 556-4194
- Youth Center 556-7220
- Family Support Center 556-6141
- Chapel 556-4442

## Community Notes

### Community News

#### FEDERAL EMPLOYEES HEALTH BENEFITS OPEN SEASON 2001:

The 2001 FEHB open season begins Monday and continues through Dec. 10. All elections and changes will be made electronically through the Benefits and Entitlements Service Team (1-800-997-2378) and will take effect Jan. 13. The 2002 FEHB guides, plan brochures and the new premiums will be available on the OPM's FEHB website at [www.opm.gov/insure](http://www.opm.gov/insure). Federal employees may visit the Health Fair on base Thursday, 12:30-3 p.m., at the Enlisted Club ballroom. For more information, call Beverly Sagapolutele at 556-7073.

**TOASTMASTERS:** The Peterson Toastmasters meet every Tuesday, 11:35 a.m., at the Enlisted Club. The group improves on public speaking skills through formal speeches and impromptu "table topics." For more information, call Maj. Jerry Perkins at 554-3680.

**THANKSGIVING DAY BUFFET:** A Thanksgiving Day buffet will be available at the Officers and Enlisted Clubs Nov. 22, 11 a.m.-2 p.m. Reservations are required. Call 574-4100 for the Officers Club and 556-4194 for the Enlisted Club.

**AUTO SKILLS CENTER:** The Auto Skills Center now offers emissions testing and VIN verification Monday-Friday, 8 a.m.-5 p.m.

**ULTIMATE MEMBERSHIP DRIVE:** The 2001 Officer and Enlisted Club Ultimate Membership Drive continues through Nov. 18. All club members who sign up during this time are eligible for automobiles that will be given away to club members.

For information about club

membership, call one of the clubs.

### Education Center

**MOVEMENT OF PETERSON CLASSES:** All classes from the four on-base colleges and universities have been moved off base to the Centennial Campus for the remainder of this term. For more information, call Pikes Peak Community College at 574-1169.

**CLASS WITHDRAWAL:** Any military member taking classes at Pikes Peak Community College can withdraw from classes because of real-world situations if they do the following:

- Complete a PPCC registration/class adjustment form to withdraw.
- Complete a tuition appeal form.
- Complete an Air Force form 118 and have it signed by a supervisor.
- Submit all paperwork to the PPCC representatives on Peterson.

For more information, call the education center at 556-4064.

**CLEP AND DANTES:** The education center has received many score reports that have not been picked up. If you have not received a CLEP/DANTES score report from an exam that was taken in August or early September, stop by the Education Office between 9-10:30 a.m., or noon-1:30 p.m., on any Tuesday, Wednesday or Thursday

### Youth Center

**FOOD DRIVE:** The Keystone Club is having a canned food and winter clothing drive through Nov. 10. To donate, call 556-7220.

### Right start

**RIGHT START BRIEFING:** The 21st Mission Support Squadron will have a Right Start briefing Tuesday and Nov. 27, 8 a.m.-12:30 p.m., at the Enlisted Club. The event combines the former newcomer's briefing and the information fair. For more information, call 556-7525.

### OSI investigation

**OSI NEEDS YOUR HELP:** The British Ministry of Defense Police and the Air Force Office of Special Investigations are investigating a company that rents vehicles to U.S. and other authorized personnel in and around the Royal Air Force Lakenheath, Alconbury and Mildenhall areas within the United Kingdom.

If you think you have been defrauded by this company, call at 556-4347.

### Family Support

**FALCON WANDERERS MILITARY FAMILY APPRECIATION VOLKSMARCH:** The Volksmarch is scheduled for Nov. 17 at the YMCA/USO Today Room (207 N. Nevada Ave.). Start times are 8:30 a.m.-12:30 p.m. This event is free and open to the public. For more information, call Susan Golden at 556-6141, Karrie Thomson at 540-8755, or Jan Converse at 591-8193.

### Great American Smokeout

The Great American Smokeout is scheduled for Thursday, Nov. 15. Call the Peterson Health and Wellness Center for details at 556-4292.

### Chapel Schedule

#### Protestant Services

Liturgical Worship  
8:15 a.m.

Traditional Sunday  
Worship  
11 a.m.

Gospel Services  
12:30 p.m.

Sunday School  
9:45 a.m.

#### Catholic Services

Mass  
Weekdays  
11:35 a.m.

Saturdays  
5 p.m.

Sundays  
9:30 a.m.

Reconciliation  
Saturdays  
4 p.m.

#### Religious Education

Adult and pre K-12th grade  
Sundays  
8:30 a.m.





## Night flight



Photo by Senior Airman Michele G. Miano

SANDSTON, Va. — Weapons loaders from the Virginia Air National Guard's 192nd Fighter Wing perform end of runway checks before an F-16C Fighting Falcon takes off in support of Operation Noble Eagle.

## Debate continues regarding Ramadan

By Jim Garamone  
*American Forces Press Service*

WASHINGTON -- A great debate is ongoing about whether the United States and its coalition allies will continue the campaign against terrorism during the Muslim holy month of Ramadan.

U.S. and allied officials will not say what they will do, figuring the enemy does not need to know the campaign plan. But what is Ramadan and why would people think it is a good idea to stop a war during it?

Ramadan is the ninth month of the Islamic calendar. The lunar-based calendar figures the start of the month from the first sighting of the crescent moon. This year, calculations show that Ramadan starts Nov. 16.

Ramadan is a month of fasting for Muslims. One of the five pillars of the faith, fasting is compulsory for every Muslim adult. The word "fasting" is a loose English translation -- the Arabic word, "sawm," literally means "to refrain," but in Islam means refraining from food, drinks and sexual activity from dawn to sunset. The month will end Dec. 16 with the celebration of Eid al-Fitr.

The people of the Arabian Peninsula practiced fasting during Ramadan before the Prophet Mohammed. Jewish and Christian prophets, most notably Abraham, Moses and Jesus, practiced fasting. The Quran states, "O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint."

Muslims during Ramadan are encouraged to do good deeds, refrain from habitual and reprehensible deeds. In the Quran, Allah, the Almighty, ordains special rewards for good actions and thoughts during this month.

The virtues of fasting and other recommended actions by Mohammed teach Muslims how to appreciate those virtues and get nearer to Allah, and put an end to vices, bad habits and character faults.

Mohammed received the Quran from Allah during Ramadan. It is called the Night of Power (Lailat-ut Qadr) or the Night of Blessing (Lailat-ul Mubarak). This was the night when the Quran was revealed to mankind. Mohammed recommended Muslims search for this night of power in the odd nights of the last 10 nights in Ramadan.

Some leaders of Muslim

countries have called for a suspension of the campaign against terrorism during Ramadan. But Islamic history is rife with instances where wars and conflicts continued during Ramadan. Mohammed himself participated in some of the campaigns.

The most famous instance was the Battle of Badr, which took place on the 16th day of Ramadan. Mohammed and 313 of his companions set out to intercept a caravan from Mecca. They were met by a well-equipped army of the nobility of Qurayish. The Qurayish ruled Mecca, and Mohammed considered them idolaters. Though outnumbered, Mohammed and his followers fought to a draw.

The final campaign against the Qurayish was also during Ramadan. Mohammed led a great army from Medina to Mecca to take and purify the Ka'aba, the holy shrine built by Abraham and Ishmael. Seeing the power of the army, the Qurayish surrendered Mecca without a fight. Following the city's occupation, Mohammed sent detachments to outlying areas, where Muslims destroyed the idols of al-Lat, Manat and Suwa. (Courtesy of American Forces Press Service)

## DoD wants your ideas to counter terrorism

WASHINGTON - DoD is looking high and low for good ideas to combat terrorism.

"We recognize that DoD is not the sole source of good ideas," said a DoD acquisition official. The Broad Agency Announcement has gone out to the world in an effort to identify concepts and technologies that can be developed and fielded within a year to 18 months.

To date, DoD has received more than 4,000 proposals.

The announcement, released by the undersecretary of defense for acquisition, technology and logistics and the Combating Terrorism Technology Support Office, seeks ideas in four general areas. These are combating terrorism, conducting protracted operations in remote areas, defeating difficult targets and developing countermeasures to weapons of mass destruction.

"We have smart people in the Department of Defense, but we know we don't have all of them," said Pentagon spokesman Air Force Maj. Mike Halbig. "There are good ideas in industry, in education, in other government agencies. We need to tap into those."

DoD is seeking advice in some specific areas that are technical. In one, "Locating Faces in Video Images," the announcement calls for "improved algorithms for identifying that a two-dimensional image or sequence of images contains one or more human faces, locating these faces precisely in the images and counting the number of different faces."

The announcement calls for a three-phase process. In the first phase, those with ideas submit a one-page description of their idea. These are due to DoD by Dec. 23.

DoD officials said experts in the various fields will examine the ideas. DoD will contact those whose ideas appear workable for a further 12-page proposal.

DoD will evaluate these Phase 2 submissions and ask those who have offered the most promising ideas to submit full proposals in a third phase that may form the basis of a contract.

For more information, point your browser to <http://www.bids.tswg.gov>.

(Courtesy of American Forces Press Service)



## Morale remains high while fighting continues

By Capt. Pamela A.Q. Cook  
*Air Force Print News*

**OPERATION ENDURING FREEDOM --** High morale and patriotism will keep troops focused on the task at hand, said Lt. Gen. Charles F. Wald, the combined forces air component commander of Operation Enduring Freedom.

He said he does not see low morale becoming an issue in the war on terrorism.

Wald made his comments while on his farewell visit throughout Southwest Asia before relinquishing command to Lt. Gen. T. Michael Moseley. Moseley took over the Enduring Freedom air campaign as the commander of 9th Air Force and U.S. Central Command Air Forces Nov. 7.

"I've never seen anything in my life where the morale has been so high," Wald said, citing a bomber crew that returned following an extremely long mission "ready to fly again right then and there."

One significant difference with this war over previous operations is that the United States is responding to an



Photo by Senior Airman Matthew Hannen

**C-17 Globemaster III aircraft line up to refuel and drop off supplies at a deployed location in support of Operation Enduring Freedom recently. Sixty C-17s flew in and out over a 12-hour period.**

attack on America, Wald said.

"Every place I go there's extreme professionalism," Wald said. "Every person I've seen said, 'I want to be here. I want to be a part of this, and I'll do it until the end.' I don't think there'll ever be a morale problem in this war."

He said he is proud of the newest generation of airmen.

"Generation X is no different than any other generation. They're patriotic people," he said. "They're emotional about America. They stand tall with the flag. They'll fight this fight to the end. They'll sacrifice their lives just like any other generation for our country has."

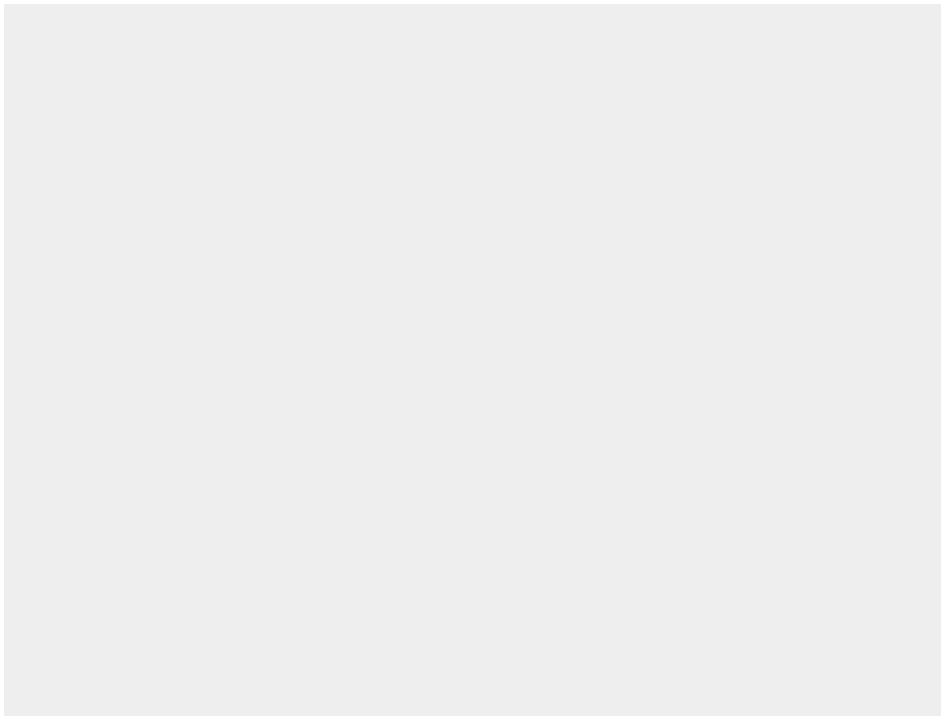
"It's clear that people are proud of the fact that they can

serve their country," Wald said.

"They're actually more worried about their families at home than they are about themselves for a change."

Ultimately, Wald said the campaign is going "about as well as we could have expected," and that Americans have a clear picture of what is being done to combat terrorism.

"I think (Osama bin Laden) and the Taliban have just bit off a chunk that's a little bit too big for them and something they probably misjudged," he said. "And they're going to regret it. There's a lot of American military folks who are going to make sure that happens. They'll stay 'til the end."



# Sept. 11 attacks bring new meaning to Veterans Day

By Lt. Col. Chuck Wynne  
*Secretary of the Air Force Public Affairs*

WASHINGTON - Our world has changed following the Sept. 11 cowardly attacks. Our search for a new normalcy has brought many changes, including a rebirth of patriotism. Older Americans are saying they haven't seen this much patriotism since Pearl Harbor. Old Glory is flying proudly from rooftops, overpasses and the back of pickup trucks. The National Anthem, the Pledge of Allegiance and God Bless America are back in vogue and never sounded better.

Perhaps the tragic events on the 11th day of the ninth month this year will bring renewed interest to the 11th day of the 11th month in 1918. On that day, the armistice ending World War I was signed at 11 a.m. in the Hall of Mirrors at Versailles Palace, just outside Paris. A year to the day later, Armistice Day, or Veterans Day as we now call it, was first observed.

On the first anniversary of the armistice signing, President Woodrow Wilson issued a proclamation eulogizing fallen Allied soldiers. In the proclamation he referred to Nov.

11 as Armistice Day. For the next 19 years, Armistice Day was faithfully celebrated as an unofficial holiday across the country before Congress formalized it in 1938. On June 1, 1954, Congress officially changed the name to Veterans Day.

In 1968, in a move to ensure three-day weekends for federal employees, Congress enacted legislation to observe Washington's Birthday, Memorial Day, Veterans Day and Columbus Day on Mondays. In 1978, in accordance with the wishes of the majority of state legislatures,

the military and the American public, Congress reversed itself declaring Veterans Day would always be celebrated on Nov. 11.

Many today think World War I was fought only in Europe with France bearing the brunt of combat. That is not true. The war was truly global in scope as battles were fought in the Italian Alps, the Low Countries (Belgium, Netherlands, and Luxembourg), equatorial Africa, the deserts of Arabia, in the Dardenelles, and on the Atlantic, Pacific and Indian Oceans.

It started

in the Balkans at Sarajevo, when a Serbian nationalist assassinated an Austrian archduke and his wife. By the time the war ended, the geo-political landscape of Europe and the Middle East had changed irrevocably. The German, Austro-Hungarian and Russian empires no longer existed, Saudi Arabia and the Soviet Union did, and the United States was a recognized world power.

The "war to end all wars" introduced new phrases to our lexicon. The Western Front often was blanketed with the dense fog of mustard gas or the choking agent, phosgene, the first weapons of mass destruction. Gas attacks were so prevalent the British, French and German armies had gas masks for the horses that pulled supplies and artillery and served as mounts for their cavalry.

The flame thrower and aircraft carrier made their debut in the war. So did reconnaissance planes along with the full-scale use of observation balloons. Fighter aircraft became killing machines as engineers were able to synchronize the firing of machine guns through rotating propeller blades. Rudimentary bombers made their first appearance.

See VETERANS DAY - Page 14



## Commentary

— **VETERANS DAY,**  
From Page 13

A Winston Churchill idea, the tank, came into being.

There have never been battles of such ferocity and scale as those fought in the "Great War." At Verdun, the Germans fired 120,000 artillery shells at the French fortress. The battle of the Somme cost the British 420,000 lives, the French 204,000, and the Germans 670,000 -- almost 1.3 million dead in a single battle. British losses in one day at the Somme were more than the United States lost in 10 years of fighting in Vietnam. Finally, long before they raised the flag on Iwo Jima, the Marines were writing history at Belleau Wood.

Like all wars, this one had

its heroes and villains. Sgt. Alvin York of the United States All-American Division almost captured an entire company of German infantrymen. British soldier T.E. Lawrence became Lawrence of Arabia as he waged guerrilla war against the Turks in Arabia. The "Red Baron," Manfred von Richthofen, a German aviator, shot down 80 planes. The U.S. had an "ace" in Eddie Rickenbacker, who later owned and operated the Indianapolis Speedway. An American pilot, Frank Luke, went on an observation-balloon busting spree one day that resulted in half the German air force chasing him. They shot him down but Luke survived the crash, climbed out of his plane, and battled German infantry using his pistol. He now has an Air Force

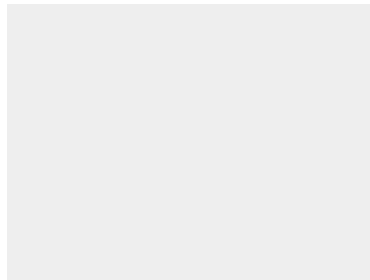
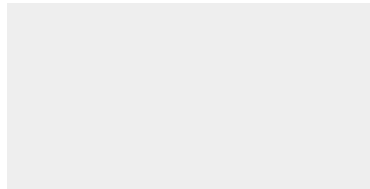
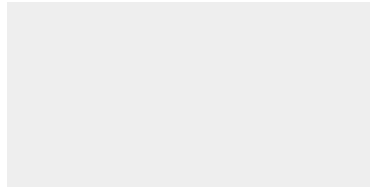
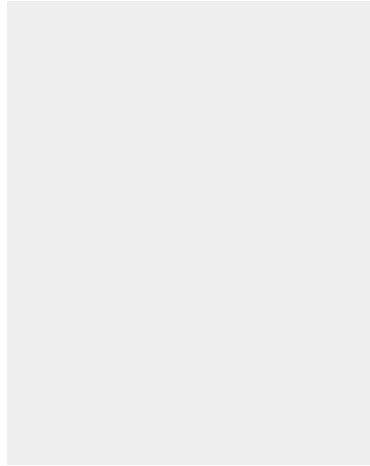
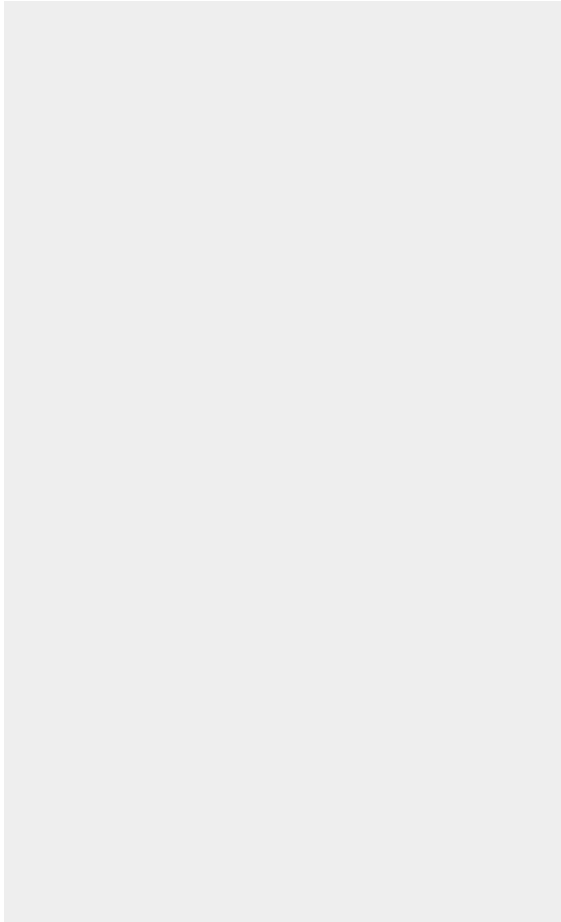
base named after him. As for villains, a German corporal named Adolph Hitler fought in the trenches and a German aviator named Hermann Goering developed his theories about air power while fighting in this war.

The carnage also was the source of some of the most moving literature ever penned. Eric Remarque wrote "All Quiet on the Western Front," damning nationalism for all time. Siegfried Sassoon wrote "Memoirs of an Infantry Officer," thus ending forever any idea that war was glorious. Ernest Hemingway's service with our Italian allies served as the basis for his tough guy image and supplied the plot for "A Farewell to Arms." John McCrae's "In Flanders Fields" remains to this day one of the most mem-

orable war poems ever written and gave birth to the poppy flower as a symbol for the ultimate sacrifice for your country.

Now that we are involved in a war against terrorism, we all should take a moment to reflect on the true meaning of this holiday. Whether we call it Armistice Day or Veterans Day doesn't really matter. What does matter is that we

pause to honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good. At the same time, we should recommit ourselves to these fundamental American values and strive to do our very best in this latest challenge to the American way of life. We owe our country nothing less.



# Air Force defense shuts down Army

By John Van Winkle

U.S. Air Force Academy public affairs

The Air Force Falcons held on to the Commander in Chief's Trophy for a fifth straight year by outscoring the Army Black Knights 34-24 Saturday. Army racked up 436 yards on offense, but couldn't overcome a tenacious Falcon defense and numerous turnovers to pull out a win.

Army was the first to register a score, when Black Knight running back C.J. Young took it in from two yards out on Army's second possession, to take a 7-0 lead. That turned out to be the Army's only lead of the game.

The Falcons took the ball at their own 40-yard line, moving the ball to the Army 28-yard line with three runs

by halfback Leotis Palmer and a 23-yard reception by Brian Labasco. Palmer's 13-yard score tied the game, 7-7.

But it was the Falcons' defense that took center stage Saturday, forcing three consecutive turnovers to kill Army drives in the first half. Freshman defensive back Mike Marsh forced Army's Josh Holden to cough up the ball, and Marsh recovered the fumble at the Army 20.

While the Falcon's offense was only able to produce one field goal from the three turnovers, the defensive effort kept the Falcons firmly in the lead. The Falcons were able to add one touchdown by keeping the ball on the ground with four carries by fullback Todd Leslie, three by quarterback Keith Boyea and one carry by halfback Anthony Butler. Boyea carried it in from one yard out, giving Air Force a 17-7 lead.

Demoralized but not yet out of the fight, Army was only able to add a field goal before the half, cutting the Falcon lead to 17-10.

The Black Knights showed renewed life after the half, as they exchanged touchdowns with the



Photos by Alex Warden

**Air Force defenders killed three Army first-half drives by forcing turnovers in the Army-Air Force football game Nov. 3. Air Force went on to defeat Army 34-24 and retained the Commander in Chief's Trophy.**

Falcons. The Black Knights continued their comeback attempt with a 75-yard drive to the Air Force 13. But deep in the red zone and threatening to even the game, Army went to the air as Jenkins attempted to connect with a receiver over the right side.

That's when Falcon safety Larry Duncan stepped in front of an Army receiver for the interception and ran 95 yards for the score.

Army did manage to recover enough to punch in a touchdown with a one-yard dive by Young, cutting their scoring deficit to 34-24.

But with time dwindling, Army had to step away from their ground-based game and pass the ball, if they were to have any chance at pulling out a win. Black Knight quarterback Jenkins had five straight completions and moved the ball into Air Force territory, before the Falcon defenders shut him down, ending their chances for a win and allowing Air Force to retain the Commander In Chief trophy for a fifth straight year.



**Air Force Academy cadets show their support for the Falcons and for America.**



The Aquatics Center offers low, medium and high intensity aqua aerobics classes. Call 556-4608 for more information

## Sports

## Shorts

**CMAFS 10K fun run** - A 10K fun run is slated for today, 11:30 a.m., at the Technical Support Facility at Cheyenne Mountain. The cost is \$1.

For more information, call the Fitness Center at 556-1515.

**3-point shootout** - A 3-point basketball shootout is set for Thursday, 11 a.m., at the Fitness Center. The entry fee is \$2 per person. Call 556-1515 for more information.

**Badminton tournament** - A badminton tournament is scheduled for Nov. 28-30 at the Fitness Center. Entry fee is \$5 per team. Games will be played between 11 a.m.-1 p.m. The registration deadline is Nov. 21.

**Driving Range temporarily closed** - The driving range at Silver Spruce Golf Course is temporarily closed to accommodate drainage construction. The driving range will re-open Wednesday.

**Military Ski Team** - The Military Ski Team is preparing for the 2001-2002 season. An organizational meeting is scheduled for Nov. 16, 5 p.m., in the Peterson officers club. Meeting activities will include an introduction of new racers, reorientation of veteran racers, answering questions and filling out applications.

The military ski team is a member of a weekend ski race group called Teamski Inc., which sponsors seven week-

end races at the Nation's most popular destination ski resorts, including Keystone, Steamboat Springs, Loveland, Winter Park, A-Basin and Beaver Creek. Teamski is a ski racing program for adult recreational skiers who live in the front range cities. The minimum age to race is 18, and the age range last year was 18 to 64.

The Teamski race format consists of six racers per team and race against each other on dual modified giant slalom courses in "head to head" competition. Racers take two runs, one on each side of the parallel courses.

Teamski marks its 23rd year of continuous operation and is sanctioned by United States Ski Association.

The Military Ski Team is looking for skiers who have had some racing experience or are strong recreational skiers. Teamski rules prohibit participation by people who have made money skiing -- including professional racers, coaches or ski instructors -- in the past three years. Racers must be active duty, reserve or National Guard military, or Department of Defense civilians, dependents of either group or retirees from either group.

For more information call Dan Wilson at Peterson Air Force Base, 554-9189, Brian Healy at Schriever AFB, 567-4759 or Andy Thornburn at Buckley AFB, DSN 877-6721.





Courtesy Photo

**Mike Mackenthun climbs on the treadwall at the Fitness Center. The treadwall offers a way to stay in shape and treadwall-climb Colorado's 56 peaks that are higher than 14,000 feet.**

## Fitness Center offers indoor way to climb 14,000-foot peaks

By Margie Arnold  
21st Services Marketing

Mike Mackenthun has learned that there is more than one way to climb a mountain, especially a 14,000-foot mountain in Colorado.

Mackenthun is not a weekend warrior, one of those gonzo guys dangling from the sheer face of rock. Nor has he tried to climb any of Colorado's 56 14,000-foot mountains (known as 14ers); at least not the real thing.

Mackenthun climbs 14ers, but from the relative safety of an indoor treadwall. It's good exercise and at the same time he participated in the Fitness Center's 14er Challenge.

About a year ago, he was looking for some good exercise to help him stay trim and limber, and to work his cardiovascular system. What he discovered was the treadwall, a device that simulates mountain and rock climbing.

The treadwall can be tilted and locked into different angles to simulate the way mountain trails change from a gradual incline to a steep one. The treadwall can also be programmed to move at different speeds. You grip the holds with your hands,

step on others, at a steady, pre-determined pace.

The difficulty of your workout, according to Mackenthun, comes from the combination of the angle of the Treadwall and the pace you move up the wall.

"It gets your heart rate moving and develops strength and flexibility. It's been especially good for my upper body strength and flexibility in my arms and shoulders," he said.

Mackenthun works on the treadwall at about 45 minutes a day, four days a week. In the year he has been using the treadwall, he has increased his pace to 20 feet per minute.

That pace is physically challenging when you're moving uphill at a nearly vertical pitch, the more horizontal the angle, the more Mackenthun uses his legs to push himself up and the more aerobic the workout. The more vertical the angle, the more Mackenthun uses his arms and shoulders, developing strength in those muscles.

If you're going to try the Treadwall - or any real rock climbing - Mackenthun recommends climbing shoes. Tennis shoes don't grip the way these specially designed shoes with their sticky soles can.

### The 14er Challenge

Those who climb the treadwall at the Fitness Center can earn 14er Challenge patches that mark their physical achievement. There are patches specifically designated for all 56 of Colorado's 14,000 foot peaks. Participants in the 14er Challenge must be at least 16 years old and have a valid ID card.

To learn about the 14er Challenge or about the treadwall, call the Fitness Center at 556-1515.

