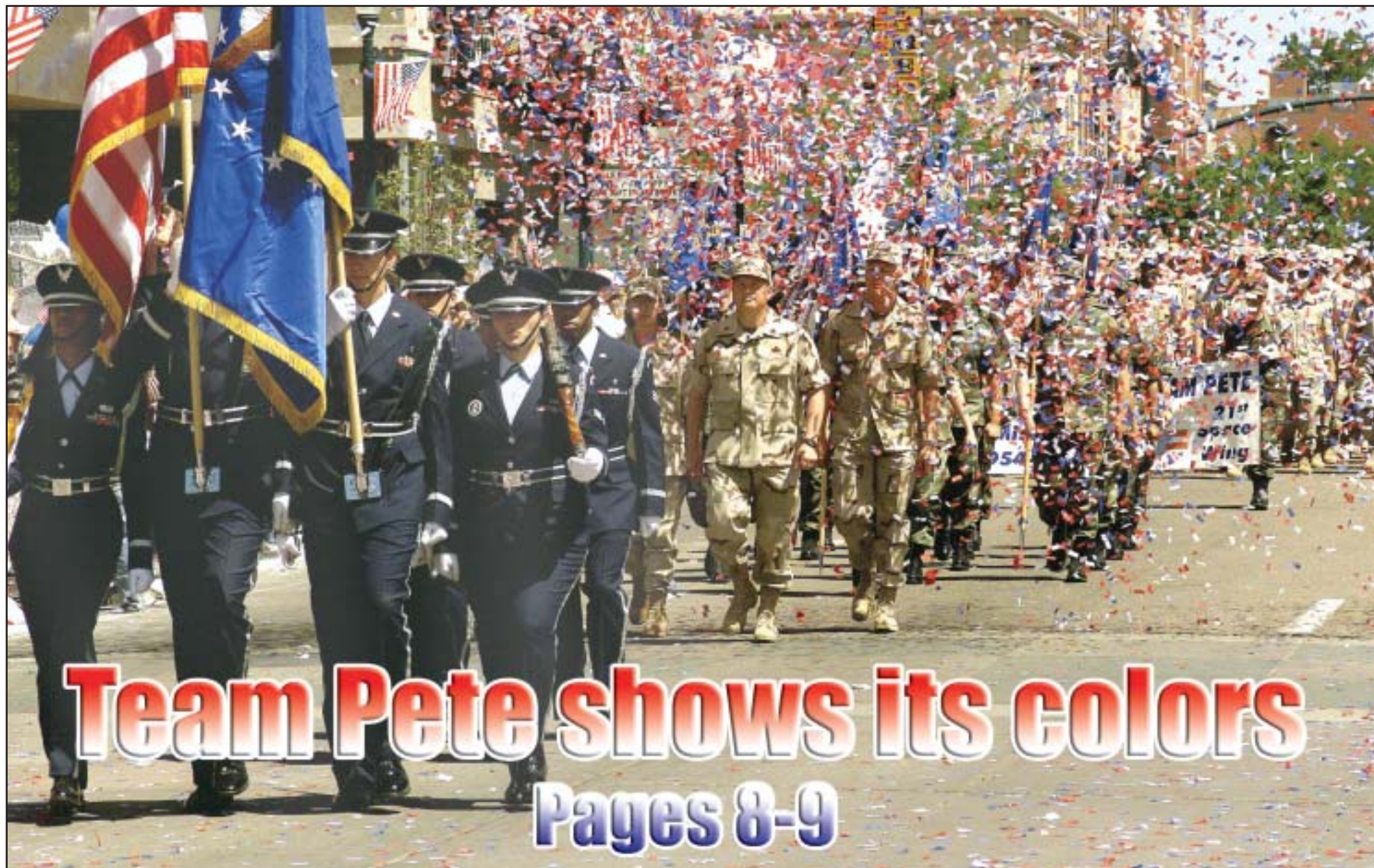


"2003 AFSPC Best Large Wing PA Office"

Thursday, June 10, 2004

Peterson Air Force Base, Colorado

Vol. 48 No. 23



## Team Pete shows its colors

Pages 8-9

Photo by Dennis Plummer

President designates Friday as national day of mourning.  
Details on Page 3.



## Team Pete welcomes CINC

Page 2

Photo by Budd Butcher



## New WOC opens for business

Page 6

Photo by Staff Sgt. Sue Mrowiec

# Blotter

**Peterson's  
shoplifter bustin',  
speed demon slowin',  
drunk soberin',  
law breaker noticin'  
weekly crime scene  
Page 7**



# Team 21 earns well-deserved down day

By Brig. Gen. Richard E. Webber  
21st Space Wing commander

This has been a tremendous year for the 21st Space Wing. The selfless efforts of the men and women of Team 21 have not gone unnoticed. As a gesture of appreciation for the excellent work you do each day, I have dedicated June 18 as a Goal Day—a down day to recharge and refocus our energy for the challenges ahead.

Your dedication to the mission manifested itself this year in numerous accolades at the command level.

We exceeded the standards in several areas of our wings performance matrix, an annual plan outlining how the wing supports Air Force Space Command. We also excelled in providing space con-

trol and informational awareness for theater commanders directly engaged in the Global War on Terrorism. Our space units spread around the world met theater launch reporting goals at the 100 percent standard and met our launch type accuracy requirements with perfect precision.

In April, the wing was recognized as the Robert T. Herres award recipient for the best overall space wing with a space mission.

The following month, we carried home the Aldridge Trophy for Best Space Operations Wing in AFSPC from Guardian Challenge 2004 amid chants of Team 21! The esprit de corps and teamwork were evident that day—proof of the solid cohesiveness that underlies our success as a unit.

It is not only the uniformed and civil service members of our team that are essential to our

achievement. Our families also play a critical role in supporting our daily mission. In light of these accomplishments, and what we owe our families, use June 18 to enjoy time with your loved ones and let them know they are valued members of our Air Force family.

Some support services will be limited on Goal Day.

The 21st Medical Group will provide limited services on June 18. Hours of operation will be 7:30 a.m.-4:30 p.m. For medical appointments, call 556-CARE, 264-5000 or 1-888-TRIWEST. For dental appointments, call 556-1333.

The refill pharmacy at the commissary will operate normal hours.

The Military Personnel Flight will be minimally manned on June 18.

## SECDEF sends safety message

Editor's note: The following is a ground safety message from Secretary of Defense Donald H. Rumsfeld.

We continue to lose service members in motor vehicle crashes.

Last year, we lost 113 service members in private motor vehicle crashes between Memorial Day and Labor Day. We must stop this needless loss of life, and I want every commander and supervisor to focus on this issue.

To that end, I expect everyone to:

■ Enforce the use of seatbelts. Nearly one-third of vehicle fatalities in fiscal year 2003 were unbelted victims. Remind people to wear seat belts when they are driving and tell them to make sure their passengers are wearing seat belts.

The Department of Defense has joined the Click it or Ticket program for seat belt enforcement.

■ Eliminate impaired driving. More than 20 percent of vehicle fatalities in fiscal year 2003 involved alcohol. Make sure your people know the danger and foolishness of driving drunk. We have joined the national You Drink, You Drive, You Lose program to help prevent these fatalities.

■ Insist on motorcycle helmets. We've seen a sharp increase in motorcycle fatalities. Be sure riding without a helmet is not tolerated—on or off base.

■ Talk to your people. Remind them about the risks and how to avoid them.

Enjoy the summer; but enjoy it safely.



Photo by Budd Butcher

### Presidential visit

President George W. Bush shakes hands with Gen. Lance W. Lord, commander of Air Force Space Command, and Brig. Gen. Richard E. Webber, 21st Space Wing commander, on the flight line here. President Bush attended the U.S. Air Force Academy graduation June 2 and was the keynote speaker for the event.

## Space Observer

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**Layout and Design**  
Kara Magana

### A Moment in Time



■ **June 7, 1912** A machine gun first fired from an airplane in the United States.

■ **June 8, 1953** At Luke Air Force Base, Ariz., the U.S. Air Force Thunderbirds, officially designated the 3600th Air Demonstration Flight, perform for the first time.

■ **June 9, 1961** Delivery of the first C-135 Stratolifter jet cargo aircraft marks the beginning of modernization of Military Air Transport Service's former all-propeller-driven fleet.

■ **June 10, 1989** Capt. Jacqueline S. Parker became the first female pilot to graduate from U.S. Air Force Test Pilot School.

# General begins, ends military career at Fort Carson

By Merrie Schilter-Lowe  
North American Aerospace Defense and  
U.S. Northern Command Public Affairs

It was a fitting end to his active-duty career. Army Lt. Gen. Edward G. Anderson III and his wife, Ann, began life as a military couple at Fort Carson in Colorado Springs, Colo., nearly 38 years ago. The couple returned to the

Army post for the general's retirement ceremony May 27.

General Anderson was deputy commander at U.S. Northern Command and vice commander of U.S. Element, North American Aerospace Defense Command at Peterson Air Force Base. He served 43 years in the military, 39 of them as an officer.

Flanked by nearly 300 guests, dig-

nitaries, friends and family members, General Anderson and his wife listened as Army Gen. George W. Casey Jr., Army vice chief of staff, thanked them for selfless service to the Army and nation.

General Casey, who officiated the ceremony, called the Andersons people of character, integrity and dignity.

General Casey also thanked the general for his leadership from the platoon to major command level. The value of his unique ability to lead organizations through change cannot be overstated, General Casey said. Such ability can only be accomplished by creative, adaptive leaders who possess a tremendous degree of vision and courage leaders like General Ed Anderson.

The general's parents traveled from New Mexico, to watch their son receive honors. Retired Army Col. Ed Anderson Jr. said it was one of the most momentous occasions in their lives. Even more so than the day their son graduated from the

U.S. Military Academy at West Point, N.Y., in 1966. At West Point he was just in the ranks. Today he's out in front, the elder Anderson said.

After presenting flowers to his wife, mother, sister, daughter and granddaughters, Anderson thanked his many friends several of whom he met while a cadet at West Point for attending his retirement ceremony. He recalled events from his childhood and early days in the military then paid tribute to the Fort Carson soldiers, especially those recently returning from Iraq.

Anderson said that in light of the current controversy surrounding the Army because of Iraqi prisoner abuses, the news media has failed to recognize the great job and tremendous sacrifices of our forces around the world. He told the Fort Carson soldiers, "You make all of us in and out of uniform very proud."

Anderson also took the opportunity to urge Americans not to forget the events of Sept. 11, 2001. Our enemy is patiently waiting for us to let down our guard, he said. Americans must not become complacent. Anderson also said the nation must dedicate the resources necessary to win the war on terrorism the same way it won the Cold War.

Although he is taking off the uniform and hanging up his beret, the general said he could look at today's military and say with assurance that the services are in good hands with our leaders. The Andersons have not finalized their post-retirement plans, but the general said he would like to continue to work in the area



Photo by Navy Petty Officer 1st Class Shane Wallenda

Now retired Lt. Gen. Edward Anderson stands with his wife, Ann, at his retirement ceremony. The general retired after 43 years of military service.

## President declares Friday national day of mourning

(Editor's note: The following is a message from the U.S. Office of Personnel Management.)

As the nation mourns the loss of President Ronald Reagan, President George W. Bush has taken official action to allow federal employees to join their fellow citizens in remembering our 40th president of the United States.

The president has issued an executive order to close federal offices and excuse all federal employees from duty for the scheduled workday Friday, except those who, in the judgment of the head of the agency, cannot be excused for reasons of national security, defense or other essential public business.

As President Bush stated, Ronald Reagan renewed America's confidence and restored our Nation. His optimism, strength and humility epitomized the American spirit. He always told us that for America, the best was yet to come.

President Reagan placed America back on the world stage, rebuilt our military capacity and defeated the Soviet Communist empire. Today, thanks to the leadership of President Reagan, millions of free people around the world join Americans in practicing intellectual freedom, open expression and freedom to worship that had been denied them for decades.

For pay and leave purposes, this period of time will be treated as falling within the scope of statutes and executive orders governing holidays. Most employees who are excused from duty as a result of the president's executive order will receive the basic pay they would have received if no executive order had been issued. An employee who was previously scheduled to take annual leave on Friday, will not be charged annual leave or any other form of paid leave, compensatory time off or credit hours for that day.

This policy does not apply to employees who

receive annual premium pay for standby duty under 5 U.S.C. 5545(c)(1) or to firefighters who are covered by the special pay provisions of 5 U.S.C. 5545b.

For general pay and leave administration instructions, refer to the fact sheets on:

Federal holidays work schedules and pay  
<http://www.opm.gov/oca/workch/HTML/HOLIDAY.asp>

Compressed work schedules  
<http://www.opm.gov/oca/worksch/HTML/AWScws.asp>

Flexible work schedules  
<http://www.opm.gov/oca/worksch/HTML/awsfws.asp>

Employees of the U.S. Postal Service and contract employees should contact their supervisors or contract officers to obtain information on their pay and leave entitlements.

## CMSAF Perspective: leadership and force development doctrine

By Chief Master Sgt.  
Gerald R. Murray  
Chief Master Sergeant of the Air Force

Leadership has always been deeply seeded in the soil of our Air Force. From the early leaders who transitioned us from the Army Air Corps into a separate service, to those who lead our Airmen on today's battlefields around the world strong, committed leadership has always been essential to our

combat capability.

While leadership is not a new concept, we must continuously improve the way we mature and develop our Airmen to lead, so they will be best prepared to meet the demands of the future. Force Development gives us a framework in which to do that. It allows us to take the great capability of our Airmen, and couple it with the right education, training and experience to produce world-

class leaders our Airmen deserve nothing less.

For the first time, the essence of Air Force Leadership and Force Development has been captured and published in a core doctrine document Air Force Doctrine Document 1-1. This recently created document formally establishes, for the first time, the leadership levels Tactical, Operational and Strategic - and the force development princi-

ples that apply to all Airmen serving in our Air Force. It provides the correct focus for leaders at all levels and provides the foundation for leadership development across the Air Force.

Please don't let the word doctrine scare you off. The information is readable, credible and extremely relevant for today's Airmen, regardless of rank or position. I encourage each of you to take the time to

read it and digest it. Within the doctrine, you should be able to find yourself in your current role, and apply the principles described to your mission today. AFDD 1-1 is available electronically at: <http://www.e-publishing.af.mil/pubfiles/af/dd/afdd1-1/afdd1-1.pdf>

It is through our leadership today that future generations will continue to serve in the greatest Air Force in the world.



## TOP THREE COUNCIL MEETS

The Pikes Peak Top 3 meets at 11:30 a.m. June 24 in the Enlisted Club. Membership is open to all master sergeant selects through chief master sergeants who are assigned here. Retirees who are sponsored by an active-duty top three member are also welcome to join as associate members. Pikes Peak Top 3 actively supports enlisted causes and professional development through a variety of activities. For more information, call Senior Master Sgt. Leyda Pendergrass at 556-9022.

## FSC HOLDS

### ADOPTION INFORMATION FAIR

The Family Support Center will host an Adoption Information Fair from 9 a.m. to 1 p.m. June 24 in the Mission Support Center Atrium. To register for the session, call the FSC at 556-6141.

## 21st MDG SEEKS

### CUSTOMER FEEDBACK

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

## BUILDING RENOVATION CONTINUES

The renovation at the front entrance of the Mission Support Center should last until Aug. 3. A

temporary sidewalk built around the construction area allows access to the front entrance to the building. For more information, call Ernie Branch at 556-1422.

## FITNESS CENTER CONSTRUCTION SET

The Fitness and Sports Center is building a second level over the dumbbell room for storage and to reinforce the floor of the Health and Wellness Center unit above the free weight room. Construction should be completed July 19. During that time, the dumbbell room will be collocated with the Spinning Room.

## SITE LISTS

### SCHOLARSHIP OPPORTUNITIES

Service members, their families and veterans can now search for scholarships online at <http://www.military.com/Education/ScholarShip/newsearch>.

### SCOUT GROUPS MEET ON BASE

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

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

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

## SPACE WARFARE

### SYMPOSIUM HIGHLIGHTS

#### 50 YEARS OF SPACE, MISSILES

The Lance P. Sijan chapter of the Air Force Association sponsors the first Space Warfare

Symposium, Commanding the Future, June 28-30 at the Keystone Resort and Conference Center, Keystone, Colo.

The symposium showcases Air Force Space Commands continuing transformation from space support to space combat and highlights 50 years of Air Force space and missiles. For more information, go to their website at [www.spacewarfare.org](http://www.spacewarfare.org).

## HIGHWAY 24 CONSTRUCTION NEARS END OF ROAD

All traffic lanes for Highway 24 from Peterson Boulevard to Constitution Avenue are now open with limited shutdowns for signal, landscaping, striping and shouldering operations.

The project should be complete by June 18. Rocky Mountain Asphalt, Inc. extends its thanks for base members cooperation throughout the project. For more information, call Doug Coffee at 473-3100, Ext. 121.

## NCOA BRIEFS

### PROSPECTIVE INSTRUCTORS

The Peterson Noncommissioned Officer Academy will conduct a Professional Military Education hire briefing at the NCOA Auditorium at 11 a.m. June 22. Those interested in enlisted PME duty are encouraged to attend.

The briefing will last approximately 40 minutes. Among the topics to be covered are: what it's like to be a PME instructor, basic qualifications and application procedures.

The briefing applies to all levels of enlisted PME duty. For more information, call Senior Master Sgt. John Clark at 556-1993.

## Chapel Schedule



### Protestant Worship Services:

Liturgical Service, 6:30 p.m. Sat.  
Traditional Worship Service,  
8 a.m. Sun.  
Sunday School 9:35 a.m. Sun.  
Contemporary/Inspirational Service,  
11 a.m. Sun.

### Catholic

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

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

# 1963 marks critical year in air, space heritage

■ May 7 Dr. Theodore von Karman, distinguished U.S. physicist whose work contributed to Air Force air and space technology, dies in Aachen, West Germany, a few days before his 82nd birthday.

■ May 15 astronaut Maj. L. Gordon Cooper Jr. launches from Cape Canaveral, Fla., in Project Mercury capsule Faith 7. May 16, after completing 22

orbits of Earth, he lands in the Pacific Ocean. Cooper was the last astronaut of Project Mercury and the first to orbit Earth for more than 24 hours.

■ June 8 the 570th Strategic Missile Squadron, the first Titan II unit, activates at Davis-Monthan Air Force Base, Ariz.

■ June 16 Jr. Lt. Valentina Tereshkova, a Soviet

cosmonaut, becomes the first woman in space. Her flight in Vostok 6 lasts three days.

■ July 26 Syncon 2 becomes the world's first satellite to be placed in geosynchronous orbit. It orbits at the same speed as the rotating Earth, allowing it to remain over the same geographic area.

■ Oct. 16 at Cape Canaveral, Fla., the Air Force inaugurates a space-based nuclear detection system by launching twin satellites to assume circular 7,000-mile-high orbits on opposite sides of Earth. The 475-pound, 20-sided satellites, known as Project Vela Hotel or Project 823, can detect nuclear explosions anywhere on Earth.

■ Nov. 29 a week after the assassination of President John F. Kennedy, President Lyndon B. Johnson issues an executive order changing the name of Cape Canaveral, Fla., to Cape Kennedy and redesignating space facilities there as the John F. Kennedy Space Center.

■ Dec. 10 Secretary of Defense Robert S. McNamara assigns development of the Manned Orbiting Laboratory to the Air Force.

*(Information courtesy of the Air Force History and Museums Program)*



Courtesy photo

Brig. Gen. Charles "Chuck" Yeager, a test pilot, prepares for flight in the cockpit of an NF-104 on Dec. 4, 1963.





# Blotter

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

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

**I DIDN'T SEE THAT THERE – May 27**

Security forces responded to a supply and equipment warehouse, where an accident was reported. The person responsible stated that he was operating a piece of heavy equipment and hit the side of the building. Security forces issued him a citation for careless driving.

**TRUCK TROUBLE – May 27**

Security forces responded to base operations, where a person reported damage to his truck. The troubled truckster was told a grounds maintenance crew cut down a tree, which hit the vehicle, leaving it scratched.

**VIOLATIONS-A-PLENTY – May 28**

Security forces initiated a traffic stop for speeding and then found that the oaf wasn't wearing his seatbelt and didn't have his driver's license on him. Security forces issued traffic tickets for each violation and the Colorado Springs Police Department issued a summons for driving without a license.

**VEHICLE ACCIDENT – May 28**

Security forces responded to the Commissary parking lot, where an accident was reported. The CSPD also responded and issued a summons to the offending driver for careless driving.

**LIP GLOSS LOOTER – May 29**

Security forces responded to the Base Exchange, where an AAFES store detective reported a shoplifter. The looting loon must've thought lip gloss was a complimentary sample. The CSPD also responded and issued a summons for shoplifting.

**EAGLE EYES – May 30**

A civilian employee called security forces and stated there was someone on Marksheffel Boulevard taking photos with a telephoto lens in the direction of the flight line. The vigilant caller was able to get the license plate number of the suspicious photographer. Security Forces notified members to become more vigilant.

**DAYROOM DEBACLE – May 31**

A security forces patrol reported damaged furniture in the first floor dayroom of Dormitory 1154.

The person stated that she was walking through the dayroom and noticed that a leg was broken off a wooden table and there were cigarette burns on the sofas. The vandal fled the scene before anyone noticed.

**IT WAS THERE LAST TIME I SAW IT – June 1**

Security forces responded to the North American Aerospace Defense Command and U.S. Northern Command parking lot, where a military member reported that her car window had been smashed out. The window whacker fled the scene before anyone noticed the damage.

**MAGAZINE MALFACTOR – June 1**


Security forces responded to the BX, where an AAFES store detective reported a shoplifter. The detective stated that the thief attempted to take an adult magazine home with him – for free. The CSPD issued the petty pilferer a summons for shoplifting.

**EAGLE EYES #2 – June 2**

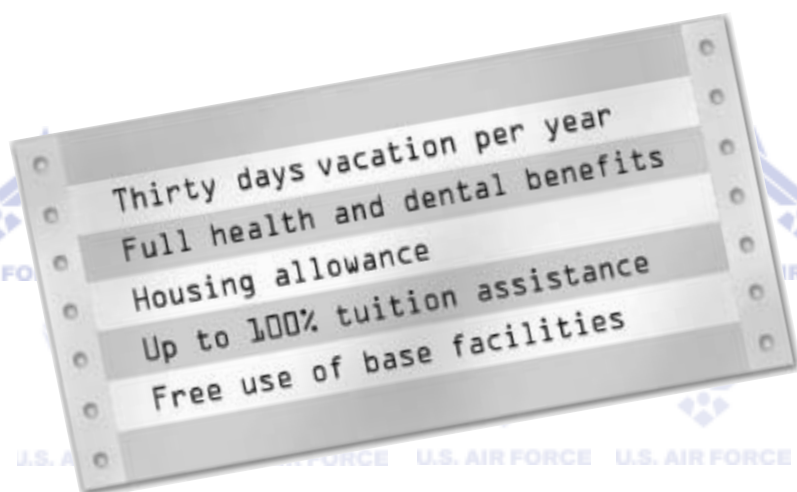
A person reported a suspicious looking tractor-trailer parked outside the base with PVC piping in the back of it. The CSPD conducted a sweep of the area.

**ALARMING TRENDS CONTINUE:**

In addition to these entries, there continue to be too many false alarm activations on base. Among those noted this week were four activations due to human error.

*\*\* If you have any information on a crime or any of these blotter entries, report it to security for *

## WELCOME TO THE AIR FORCE



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



The complete Airman's Manual is now available online! Browse sections for review or test your knowledge of today's Air Force with online quizzes.

# Team Pete marches on

By Staff Sgt. Sue Mrowiec  
21st Space Wing Public Affairs

Supporters showered more than 6,000 marching troops with confetti and cheers as local units marched in the Colorado Springs Welcome Home Parade in downtown Colorado Springs, Colo., Saturday.

Nearly 500 Team Pete members marched in the event, which was sponsored by the city to show appreciation to the military and welcome home deployed troops.

Brig. Gen. Richard E. Webber, 21st Space Wing commander, led the formation through the city streets.

This was an amazing event, General Webber said. I think back to my friends in high school returning from Vietnam who didn't have anything like this. The city's support for us is healing those old wounds.

Second Lt. William Parker, parade project officer for Team Pete, said he

was also impressed with the crowd's support.

People were shouting thank you and shaking the marchers' hands, he said. It was a wonderful experience.

I heard some of the Airmen comment on

how much they enjoyed it. They were really pumped up, the lieutenant said.

I was really proud of our people. They looked sharp and the turnout was great, General Webber said.



Members of the U.S. Air Force Academy Band's Wild Blue Country ensemble entertain parade spectators from a float in the Welcome Home Parade. The world-renowned ensemble is comprised of senior NCOs who traded in their combat boots for cowboy boots for Saturday's event.



Photos by Dennis Plummer

ABOVE: Sailors and Marines hold Old Glory aloft as they march through downtown. More than 6,000 troops representing each service marched in the parade. About 5,000 of the marchers were soldiers from Fort Carson.

LEFT: Nearly 500 Airmen from Team Pete march amid well-wishers who reached out to shake their hands as they passed by.

BELOW: About 70,000 citizens of Colorado Springs, Colo., show their support for the local military during the Colorado Springs Welcome Home Parade Saturday. The city showered parade participants with ticker tape and cries of, "Thank you!"



Capt. Tammy France and Staff Sgt. Ruthanne Terrel, both from the 21st Mission Support Squadron, help advertise the Air Force's 50th anniversary of space and missiles with a hand-carried banner in the Welcome Home Parade. This year, the Air Force celebrates 50 years on the High Frontier. Space superiority allows space operators to conduct in-theater surveillance and support of the War on Terror from their home stations.







# at your SERVICE

## This Week

### Today

■ Arc Welding class, 5 p.m. at the Automotive Skills Center. Cost is \$15.

### Friday

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

### Saturday

■ Thunder Alley, 8:30 p.m. at the Bowling Center.

■ Basic Framing class, 5 to 9 p.m. at the Community Activities Center. Cost is \$25.

### Wednesday

■ Change a Flat Tire class, 5 p.m. at the Automotive Skills Center.

■ Whitewater rafting at Outdoor Recreation. Group rafting is available any day with advanced planning required.

### June 17

■ Play Group, 10:30 a.m. to noon at the Youth Center.

### Helpful Numbers

- Family Advocacy 556-8943
- Education Center 556-4064
- Library 556-7462
- Community Center 556-7671
- Aquatics Center 556-4608
- Fitness Center 556-4462
- Officers Club 556-4181
- Enlisted Club 556-4194
- Youth Center 556-7220
- Family Support 556-6141
- Red Cross 556-9201
- Outdoor Recreation 556-4487
- Golf Course 556-7810

## ATWIND equals summer fun, great prizes

Around The World In Ninety Days, a program designed to promote on-base activities and services, runs from June 1 through Aug. 30.

Participate in an ATWIND-sanctioned event and get game pieces that equate to miles traveled around the world. Go to the ATWIND Web site at [www.atwind.com](http://www.atwind.com) and register your personal information online, enter the number on each of your game pieces and track your travel around the world from base to base.

Players can use the library's designated ATWIND computer or enter game pieces on the ATWIND hotline, at 1-888-597-9960.

Here are some ATWIND activities:

#### Aero Club, 556-4310

- Attend the safety meeting
- Participate in a fly-in
- Any flight

#### Aquatics Center, 556-4608

Water aerobics class, 6 p.m. Mondays and Wednesdays

Open swim from noon to 6 p.m. Sunday

Family swim nights, 6 p.m. Tuesdays and Thursdays

Attend the birthday meal June 24

Eat the weekly Wednesday ethnic meal

#### Auto Skills Center, 556-4481

State emissions test

Used car lot registration

Any Auto Skills Center class

Payment of storage fee

Use the shop on Sunday

#### Bowling Center, 556-4607

Bowl Tuesdays

Purchase a meal on Thursdays from the Strike Zone Cafe

Each member of the organization or group bowls on Fridays

Thunder Alley bowling on Fridays and Saturdays

#### Child Development Center, 554-9572 and 556-7460

Consistently sign your child in and out on both Air Force Forms 1930 and 1182 for the week of June 14, 2004

#### Community Activities Center, 556-7671

Bring in something to be embroidered

Take a stained glass class in June

Take a framing class this month

Make a down payment for your cruise

#### Enlisted Club, 556-4194

Play Quick Shot Bonanza Bingo on Tuesdays

Eat the Family Night Buffet on Wednesdays

Have lunch on Thursdays

Eat our Mongolian barbecue

Both club member and spouse attend Friday night social hour

Become an Enlisted Club member

Sign up a new Enlisted Club member

#### Fitness Center, 556-4462

Aerobics class, 12:05 p.m. Wednesday

Aerobics class, 5:10 p.m. Wednesday

Spinning, 11:15 a.m. Fridays

Spinning, 12:15 p.m. Fridays

June 18 - 5K/10K run

June 25 - Horseshoe tournament

#### Golf Course, 556-7414

Rent a golf cart for 18 holes

Sundays or Mondays

Purchase a meal of \$5 or more at the 19th Hole Grill weekdays

#### Library, 556-7462

Use Internet computers, Tuesdays

Attend story time at 10:15 a.m. Wednesdays

Check out materials, Thursdays

#### Lodging, 556-7851

Purchase these items from the front desk on the day indicated: Beverages, Sundays and Mondays; food, Tuesdays and Wednesdays; souvenirs, Thursdays; ad Space A guest room, Fridays and Saturdays.

Reservation may be made seven days in advance and confirmed for up to three nights.

One ticket per reservation. Space A reservations will not displace Priority 1 official travel members. Offer good only to local patrons.

#### Officers Club, 556-4181

Each club member, spouse and child attending the Father's Day Brunch

Lunch buffet, Wednesdays

Lunch, Mondays

Each member of your party at Saturday night dinner

#### Youth Center, 556-7220

Take an adventure camp

Become a YC member

Renew your youth center membership Attend a baseball game

Attend a School-Age picnic

Purchase a pizza or hotdog combo

at the youth center snack bar

#### Youth Sports, 556-5242

Daily baseball practice

Play scheduled games

(Information courtesy of the 21st Services Squadron)

## ARAGON DINING FACILITY MENU

### Today

#### Lunch:

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

#### Dinner:

- Roast Pork Loin
- Glazed Cornish Hen
- Potato Halves
- Rice
- Carrots
- Simmered Pinto Beans
- Corn Combo

### Friday

#### Lunch:

- Mexican Baked Chicken
- Swiss Steak with Tomato Sauce
- Stuffed Green Pepper
- Baked Macaroni and Cheese
- Steamed Rice
- Corn on the Cob
- Spanish-Style Beans
- Peas and Carrots

#### Dinner:

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

### Monday

#### Lunch:

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

#### Dinner:

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

### Saturday

#### Brunch:

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

### Tuesday

#### Lunch:

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

#### Dinner:

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

### Sunday

#### Brunch:

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

### Wednesday

#### Lunch:

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

#### Dinner:

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



## Fun & fitness = healthy combo

By Master Sgt. Kevin P. Wagner  
21st Maintenance Operations Flight

Finding new ways to exercise is always a challenge for physical training leaders. However, when people are given a chance to take a scenic bike ride, it's standing room only.

Fit to Fight is becoming the most important tool the Air Force has for ensuring everybody is physically fit. The 21st Maintenance Operations Flight is small, but we are determined to lead the charge and meet Air Force fitness goals head on.

Today's task is to complete a four-hour, 25-mile round-trip bike ride. The morning is cool and high winds are expected for the planned event, but spirits are high as 13 mighty adventurers prepare their safety equipment and comfort gear before launching from one of the many staging points along the Colorado trail system.

The outbound leg of our journey begins at Goose Gossage Youth Sports Complex and follows the Pikes Peak Greenway Trail through Colorado Springs, terminating near the U.S. Air Force Academy's north gate on the Santa Fe Trail. The ride is going to be pleasant because most of the trail is paved until you enter the USAFA; then turns into a moderately difficult course of hard packed crushed red stone. The scenery is

breath-taking, with wild flowers blooming in preserved pastures, mule deer splashing through Monument Creek and coyote foraging for food a short distance from the trail.

This is the second time the 21st MOF has embarked on such a health-enriching trek. The first went south from the same starting point to Bear Creek Park.

Everyone in the flight enjoyed our ride last fall so much. We couldn't wait to go again, said Maj. Jeff Pruitt, 21st MOF commander.

Finding time to exercise with such a diverse mission, ranging from aircraft maintenance to space systems support, is no easy task, but a liberal policy and a lot of enthusiasm makes it all happen. The 21st MOF fitness scores have shown dramatic improvements. Our primary goal, Major Pruitt said, is to make fitness an integral part of our Air Force mission.

The MOF has found the key to success is keeping it simple and staying active; combining this with the right leadership at every level translates into a fitness-first attitude.

Get off base, take a day hike or schedule a bike ride on one of Colorado's beautiful trails and see what an event like this can do for your unit's mental and physical health, work production and camaraderie. The results are in, and we look and work great together!



Photo by Rob Bussard

### Crud anyone?

Second Lt. Scott Evens, Space and Missile Systems Center, Detachment 11, serves to Capt. Rob Long, NRO Operations Squadron at Schriever Air Force Base, while, Crudmaster, Col. Gary Pond, 21st Maintenance Group commander, looks on during the Rocky Mountain Company Grade Officers' Council crud tournament Friday at the Officers' Club. The 21st Operations Support Squadron won the tournament.

### Do you have an interesting or important job?

Everyone on Peterson Air Force Base has a unique mission.

We would like to feature your office or shop in the "A Day in the Life" series, so people can learn more about how you contribute to Team Pete. To nominate your workplace, call the editor at 556-4351 or e-mail the Space Observer at [space.observer@peterson.af.mil](mailto:space.observer@peterson.af.mil).