



# Space Observer

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**"2003 AFSPC Best Large Wing PA Office"**

Thursday, Dec. 16, 2004

Peterson Air Force Base, Colorado

Vol. 48 No. 49



## Troops, local students share deployment perspectives

**Pages 14-15**

Photo by Dennis Plummer



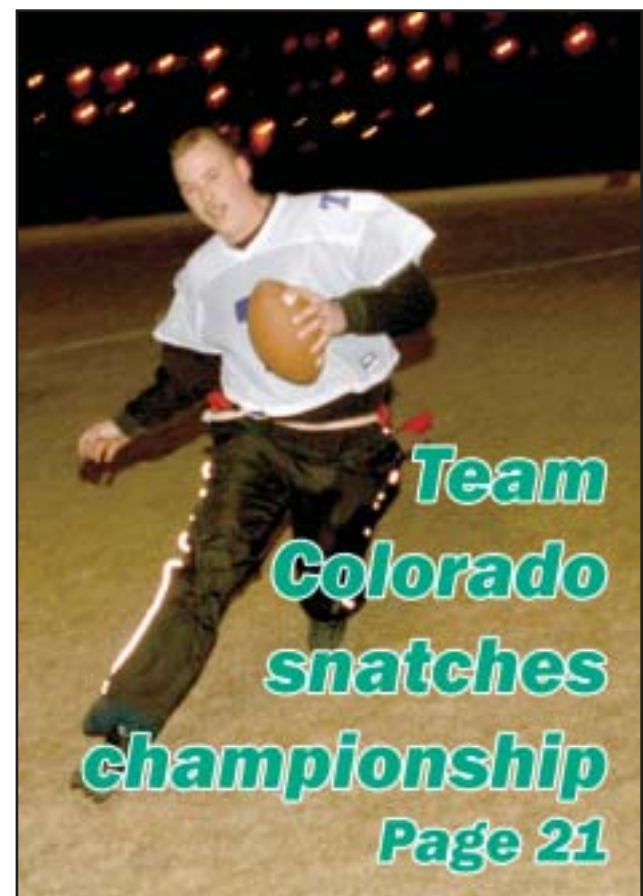
**Airman's greatest gift is love**  
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Photo by Airman Mandy Weightman



**Amazing Race participants show off smarts, fitness**  
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Photo by Robb Lingley



**Team Colorado snatches championship**  
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Photo by Robb Lingley





# Wing commander sends message of gratitude

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

As this year comes to an end, Michele and I wish all of you a joyful holiday season.

We are humbled by your sacrifices made by your families as you work long hours or deploy far from home. Our families are the source of support that enables us to serve with pride and enthusiasm and defend the democratic ideals of our great country. During this holiday season, our thoughts and prayers are with them and with you.

Americans are grateful for your selfless service. You have earned their trust and support through your courage bravery and sacrifice. And, simply put, I am honored to serve with you.

The entire nation is grateful for your service and sacrifices that allow us to celebrate the holidays in freedom and security. I am proud of each of the more than 6,000 men and women of the 21st Space Wing and I thank you for your dedicated commitment to our great nation. Best wishes for a peaceful and prosperous new year.



Photo by Staff Sgt. Sue Crawford

Thanks to Capt. Amy Sufak, 21st Space Wing Public Affairs officer, a photo of Senior Airman Shawn Clements now dons the Patriot Family Holiday Tree at the Peterson Air Force Base Main Exchange. She hung the photo by filling out a card at the Main Exchange Dec. 15. Airman Clements, 21st SW Public Affairs journeyman, is currently deployed.

## Main Exchange creates family tree

The Main Exchange here is currently displaying a special holiday tree for customers and associates to display messages and photos showing their support for deployed members of the military family.

“The Patriot Family Holiday Tree symbolizes our unified military family, the Patriot Family are the customers of the Army Air

Force Exchange Service and associates who proudly serve them,” said Dwayne Ochs, General Manager, Colorado Exchanges. “We are all a family sharing the common commitment of serving our country.”

Tree cards are available for customers to share a special message or photo. (Courtesy of the Peterson Main Exchange)



## 21st Space Wing Commander's Call

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

## Action Line

### Submitting Action Lines

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

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

If satisfactory results have not been attained by addressing the chain of command, call the Action Line at 556-7777 or fax 556-7848.

### Post Office addresses customers' concerns

Question: I tried to bring my packages to the post office on base Saturday and it was

closed! Why wasn't the closure publicized? Especially when we're all trying to mail our holiday packages?

Answer: We apologize for the post office closure this past Saturday and the inconvenience it caused all of our customers. Over the past several months, the base has worked hard to clean up and fix the appearance of the Peterson Postal Facility. We received floor tiles from a foreign vendor Friday, so postal employees and civil engineering began the tile replacement Friday night. The crew worked aggressively on into Saturday to finish the project without thinking about the consequences to the customers we serve. They again continued into Sunday and finished the tile replacement. The renovation is now complete. We have briefed all postal employees on ensuring the word gets out if we're going to be closed. For further information, call Jim Weis at 556-4865.



## 21st Space Wing Fit to Fight 7 a.m. Tuesday at Eagle Park



## A Moment in Time



■ **Dec. 14, 1989** – For the first time, Military Airlift Command allows women to serve as crew members on C-130 and C-141 airdrop missions. This marks the entry of women into combat crew roles.

■ **Dec. 15, 1992** – The following Air Force bases close: England AFB; La.; Eaker AFB, Ark.; and George AFB, Calif.

■ **Dec. 18, 1958** – The U.S. Air Force places in orbit the first artificial communications satellite using the 4-ton Atlas launcher. The next day, the satellite broadcasts a taped recording of President Dwight D. Eisenhower's Christmas message.



# Space Observer

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### 21st Space Wing

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



## Civilian aero medical team provides lift for Cheyenne Mountain Fire Department

Pilot Rich Latour reviews the emergency shut down procedures for the Penrose-St. Francis Flight For Life American Euro Copter during training with Cheyenne Mountain Air Force Station Fire and Emergency Services firefighters (from back to front) Senior Airman Brandon Burgess, Chris Soliz, Carlos Hidalgo, and Assistant Fire Chief for Training Dave Arcilla.

The Cheyenne Mountain Air Force Station Fire and Emergency Services and 21st Medical Dental Operations Squadron independent duty medical technicians performed training with the Penrose-St. Francis Flight for Life flight technicians Dec. 7 at Cheyenne Mountain AFS. The fire rescue and IDMT groups joined together to practice patient transfer and fire rescue for aero medical evacuation. The Flight for Life team is trained in aero medical emergencies where an airlift is necessary to save lives.



Photo by Senior Master Sgt. Julian Plymale

## Caring Through Sharing program helps 'check off' worries

By Airman Mandy Weightman  
*21st Space Wing Public Affairs*

This holiday season, Peterson, Schriever and Cheyenne Mountain first sergeants, Chapel staff members and 21st Space Wing Family Support personnel come together to help some of Team Pete's families who are in need of additional assistance.

The Caring Through Sharing organization gives checks to families for use at the commissary.

This organization, developed in

1978, was designed to help Airmen in and around the Colorado Springs area.

"This program fills a void when Air Force programs can't help our troops due to limitations, we don't have the same limits and are usually able to help those in need," said Master Sgt. Craig Dockum, 21st Services Squadron first sergeant.

For Caring Through Sharing, Airmen are identified by their squadron's first sergeants, the names are then submitted to the committee and checks are issued to the families

most in need of assistance.

The checks can only be used for food items to help out during the holidays, said Senior Master Sgt. Neal Thatcher, 21st Security Forces Squadron first sergeant. The amounts of the checks are based on family size. Last year the organization gave \$20,000 during the Thanksgiving and winter holidays, Sergeant Dockum added.

Donations come from many people and organizations. "This organization wouldn't be successful if it

weren't for the contributions we receive," Sergeant Dockum said. "One of the largest donations we receive annually is from the Pikes Peak or Bust Rodeo. All of the funds allow us to help our troops, not just during the holidays, but all year."

"The program receives donations from retirees, the chapel and many base organizations," Sergeant Thatcher said.

To donate to the Caring Through Sharing program, call the Peterson Chapel, call 556-4442.



Photo by Joe Fischer

## Locals begin Kwanza celebration, honor Team Pete member

The African American Voice newspaper honored Hazel Lowe, Peterson Air Force Base's chief Equal Opportunity Office counselor, Saturday as part of a Pre-Kwanza celebration. The Peterson employee was recognized for her contributions to the community, which include an active role in six professional associations and involvement in multiple community service organizations, such as the Urban League of the Pikes Peak Region, the Colorado Springs Women's Resource Agency and Goodwill's Projects with Industry Business Advisory Committee. The honoree, Ms. Lowe, has also dedicated numerous hours to community speaking engagements and public appearances.

**Peterson  
Commissary  
open 7 days  
a week!**

**The commissary will  
be open every day for  
a six-month trial period  
beginning Jan. 3.**

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

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





# All I want for Christmas ...

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

As I discuss the time it takes for a letter to reach the North Pole with my nine-year-old son, I wonder what it is I'll be finding under the tree this year. We all write Christmas lists, we just don't always put them down on paper.

This time of year always takes me back to July 1999. I had just received a Humanitarian Reassignment to Patrick Air Force Base, Fla. My sister and I were standing in her doorway in Orlando. It was hot, the sun, of course, was shining brightly through the Sycamore branches in her front yard. A car pulled into the driveway...

I watched her climb down from the driver's seat of the minivan, I looked to her face in anticipation, and there it was, the smile. She saw me and the love was there, in her face and her posture. Then I saw her reach back for the cane and I realized it wasn't going to be all right this time.

I remembered being a young girl in our living room; watching her dance a version of the twist with that cocky look on her face, daring us to show her up. "Come on, I can dance as well as you kids," she seemed to say. She fought her age and her status.

She came toward me and held out an arm for me to envelop myself in. I did. The scents of my childhood rushed back: hair spray, weather, tobacco, I could even smell her strength. She wore her strength as an article of clothing. It enshrouded her, as a cloak. I felt it wanting in that one-armed hug as the cane bore her weight. I wanted to throw it away and offer her my arm for as long as she needed it. "Lean on me," I wanted to say. "Not on that cold, steel rod."

As summer transitioned into fall, the cane expanded into walker, and then before I knew it we were learning how to fold and pack a wheelchair. How did it happen so fast? New terminology and skills came tumbling

into my brain: Do Not Resuscitate orders; suction machine, feeding tube, potty chairs, round-the-clock care divided between my siblings and me; catheter; a whole pharmacy at our fingertips; shift logs helped as we passed the torch.

This woman, this tower of strength who roared like a lion when her pride was threatened could now only communicate through whispers. She was using a machine that remembered phrases and created audible words that she could not.

She used to be loud – loud in actions and words. She fought loud, but more importantly, she loved loud. She had a champion spirit that allowed her to overcome so many obstacles. She bounced back from becoming a widow, raising four children age 6 and under, by waiting tables in a diner, working in a knife factory, she worked hard and she played hard.

She looked for love and always believed she would find it. It eluded her for many years, yet she persevered until she found it. When unexpectedly widowed a second time, she came to live with me for a short period at my first duty station, RAF Mildenhall, England.

She watched me grow into a more mature person in the Air Force. She beamed with pride at my second technical school graduation as I was named First Honor Graduate.

She handed me over silently, as a father hands a daughter to the groom. She bragged of my accomplishments to her friends and our family. She was a special guest at a wing stand up as I received an Air Force Commendation Medal as a senior airman. She didn't fret over her new mode of transportation, the wheelchair, but over her hair.

She felt special being a part of the tradition, a part of something



*Me and mom at 45th Space Wing award ceremony - I received my Commendation Medal; Mom's in her wheelchair. Patrick Air Force Base, Fall 1999.*

Photo by Jim Laviska

greater through my commitment. I think it lifted her from a place she might not have gotten away from, her past.

I spent seven months with my mother as she slowly – and at the same time quickly – slipped away from my siblings and me. Amyotrophic Lateral Sclerosis, also known as Lou Gherig's Disease, disabled and then killed a woman who wore socks on her hands to scrape the ice from the windshield so her children could wear gloves in the New York winters. This unseen enemy overcame a woman who bravely sat beside her child's hospital bed with no husband to console her, putting on a smile and purposely losing in cards. Worrying about the other three who were at home with neighbors, she smiled and made smart-aleck comments. It was her final battle and I could do nothing to fight it for her.

I was able to care for her and hold her hand. I was able to relieve some of

the burden from my sisters and brother because I'm an Airman. Because I work for a greater cause, that of the beliefs and values this country is based on. My mother handed me over to this organization, yet they handed me back long enough for me to fulfill my duty to the woman who brought me here.

Long enough for me to be reminded that duty to country is preempted with a duty to self and family. For without that foundation, we cannot serve with a committed heart.

What I want for Christmas is for my son to know what I do is always preempted by my love for him, and by a love for my country and the Air Force. I am only able to be the mother he loves because of who I am.

Part of who I am is an Airman with a duty to those I serve.

## Museum closes for upgrades

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

## Team Colorado shows 'amazing' fitness skills



LEFT: The Gang-Green Team stretches and warms up before participating in the Amazing Race event here Dec. 9. The event both started and ended at the Fitness and Sports Center.

BOTTOM RIGHT: Gang-Green Team member Capt. Carl Frohman, Space and Missile System Center Program Office, prepares to bowl at one of the many stations during the Amazing Race.



Photos by Robb Lingley

The Mustangs Team members Tech. Sgt. Ron Schmidt and 2nd Lt. Molly Meier lead their Electronic Systems Center Detachment 5 coworkers to their next station during the Amazing Race Dec. 9 here. Each team is given a clue after completion of a task, the answer leads them to the next destination. The unit made their version of the Amazing Race as a war fit exercise and morale builder. All 21st Space Wing members must take a fitness test by Dec. 30.



**Enlisted Against  
Drunk Driving  
55-No-DUI**

## First-term Airmen graduate course

Team Pete congratulates the following Airmen on graduation from the First Term Airmen Course:

Airmen Basic Michael R. Hall, Cheyenne Mountain Operations Center; Brittany N. Hartkorn, CMOC; and Adelina B. O'Brien, 21st Comptroller Squadron. Airmen

Daniel R. Boomgarden, 21st Civil Engineer Squadron; and Micah S. Tyler, 21st CES. Airmen 1st Class Ron W. Balance, 21st CES; Zachary J. Garcia, 21st CES; Angel Gonzales, 21st Aeromedical Dental Squadron; and Daniel L. Montano, CMOC.





## Holidays more fun when practicing fire safety

By Master Sgt. Steve Kjonaas  
Peterson Air Force Base Fire Department

The holidays can be a fun and festive time of the year for everyone, but it can also be a dangerous time. Here are some tips to help keep people safe this season.

■ Decorations should be flame-retardant or made out of non-combustible materials. At parties, supervise children and keep matches, lighters and candles out of their reach.

■ Decorative lights should bear the label of an independent testing laboratory – such as United Laboratories, Inc. Throw away cords that are frayed or cracked, or have damaged or loose sockets. Electrical lights should never be used on a metal Christmas tree. Don't run extension cords across doorways, near heaters or under carpets; and don't overload the electrical outlets. Unplug all decorative lights before leaving the house and before going to bed.

■ Portable heaters, such as space heaters, should be kept at least 3 feet away from any

combustible materials, such as furniture, curtains, newspaper or blankets. All chimneys should be inspected and cleaned once a year or whenever there might be a problem. Use a fireplace screen to prevent sparks from flying out of the fireplace and keep fires small. Do not burn wrapping paper or pine trees in the fireplace. A spark arrester should be placed on top of the chimney to keep sparks off of the roof. Children should not be left alone in a room with a burning fireplace. Also, put ashes into a metal container and do not store ashes indoors.

■ Whether the tree is personally cut down, a flame-retardant artificial tree or a fresh one from a tree lot that's not shedding its needles – install the tree in a large, deep, non-tip stand, well away from fireplaces, exits and heat sources. If the tree is real, be sure it has a constant supply of water and check the level daily. Dispose of dry trees promptly.

Following these fire-safety tips is an easy task and can make a difference in whether or not the holiday season is a fun and safe one.

## Playtime precautions necessary

By Sandra Mock  
21st Space Wing Safety Office

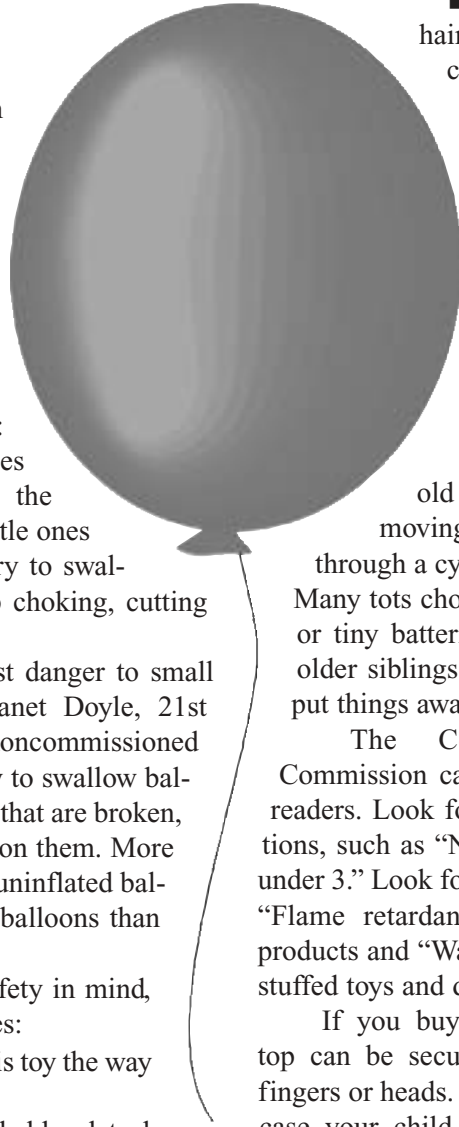
Toys cause more than 160,000 injuries each year; half to children under age 5.

Most toy accidents result from misuse or from tripping over the toy rather than from a defect or design flaw in the toy itself. Consider balloons: uninflated balloons or pieces of popped balloons cause the most injuries to toddlers. Little ones put them in their mouths, try to swallow the balloon and end up choking, cutting off oxygen to the brain.

Balloons pose the most danger to small children, said Staff Sgt. Janet Doyle, 21st Space Wing Safety Office noncommissioned officer. If young children try to swallow balloons that are not inflated or that are broken, they can choke or suffocate on them. More children have suffocated on uninflated balloons and pieces of broken balloons than on any other type of toy.

In buying toys with safety in mind, people should ask themselves:

- Will my child use this toy the way it's intended to be used?
- Is it chewable, breakable, detachable, flammable or too noisy?
- Do the arms or legs of this doll pull off easily?
- Does the toy have sharp or metal edges, lead paint, or glass in it?



■ Does it have strings, long hair or clothing an infant could choke on?

■ Does it shoot anything that might injure eyes?

■ Is it age appropriate? A toddler shouldn't have a toy designed for a child of 5.

■ If it is electrical, does it have the Underwriters Laboratories, Inc. label?

Toys for children 3 years old or younger should have no moving parts small enough to pass through a cylinder 1.25 inches in diameter. Many tots choke on the marbles, small parts or tiny batteries of toys belonging to their older siblings. Have everyone in the family put things away and out of reach.

The Consumer Product Safety Commission cautions toy buyers to be label readers. Look for and heed age recommendations, such as "Not recommended for children under 3." Look for other safety labels including: "Flame retardant/Flame resistant" on fabric products and "Washable/hygienic materials" on stuffed toys and dolls.

If you buy a toy chest, make sure the top can be secured so it won't fall on little fingers or heads. It should also have air holes in case your child decides to climb inside and the lid closes.

Even with precautions, minor accidents are bound to happen, whether at home or away from home, but with care people can prevent some major ones.



# Personnel Corner

## PERSONNEL CENTER ANNOUNCES INVOLUNTARY RETRAINING PROGRAM

The annual Noncommissioned Officer Retraining Program is a multi-purpose program designed to rebalance the enlisted force structure by retraining NCOs, staff sergeant through senior master sergeant, from skills with overages to skills with shortages. Due to low voluntary retraining rate, the Phase II has been implemented for specialty codes that did not meet their target and will run through Feb. 28. For information call the Mission Support Squadron's retraining section at 556-9215.

## FAMILY SUPPORT CENTER PROVIDES UPDATE ON GREEN CARDS

The U.S. Citizenship and Immigration Services recently began issuing green cards with a new look. The changes to the Permanent Resident Card enhance security features with the Department of Homeland Security seal now featured on the card front and Department of Homeland Security printed on the back. The new card is being mailed to qualified immigrants approved for card renewal and to those experiencing an adjustment of status to a lawful permanent resident. Cards currently in circulation remain valid until the expiration date or until recalled by USCIS. For information call the Peterson Air Force Base Family Support Center at 556-6141.

## PERSONNEL OFFICE OFFERS ANNUAL LEAVE GUIDANCE TO CIVILIAN EMPLOYEES

Generally, the maximum amount of civilian annual leave that may carry forward from one leave

year to the next is 240 hours. Annual leave in excess of the ceiling limitation at the end of the leave year, Jan. 8 must be forfeited. Forfeited leave may be restored, within specific requirements. The first is the leave must have been originally requested, approved, and scheduled in writing prior to the start of the third biweekly pay period before the end of the leave year. Thus, all use-or-lose annual leave for 2004 must have been requested, approved and scheduled before Nov. 28 to be eligible for restoration.

## PERSONNEL CENTER ADDS GUIDANCE FOR FORCE SHAPING

Recoupment information has been added to Force Shaping guidance. Education costs associated with certain scholarships and tuition assistance will not be recouped for transfers through palace chase provided member completes the full period of the required active-duty service commitment for both officer and enlisted personnel. Transfer to the Air Reserve Center under Force Shaping will result in not less than one year or greater than six years commitment for both officer and enlisted. For members who have applied for the Blue to Green or Air Force to Army program result in release of any recoupment obligation for unearned portions of Initial Enlistment Bonuses and Selective Reenlistment Bonuses. This policy is not retroactive and is effective Dec. 1. It affects all applicants whose date of separation is equal to or greater than that effective date.

## PERSONNEL CENTER PROMOTES CROSSFLOW SELECTION PROCESS

The next Space and Missiles Operations cross-flow selection process will convene Jan. 4 at the Air Force Personnel Center. Interested officers must contact their assignment team to determine releasability to compete. If released, the member will require an e-mail message to the assignment team stating officer's eligibility to be re-cored into the Space and Missile Operation Career field. Officers must also pass a

Class III flying physical. Packages must arrive no later than Jan 3. For information visit <http://www.afpc.randolph.af.mil/nrops/13S/SPAM%20Home.htm>

## PERSONNEL FLIGHT OFFERS UNIFORM TIPS ON HAIR STANDARDS

Hair must be clean, well groomed and neat. If hair is dyed, it must look natural. In addition, hair must not contain excessive amounts of grooming aids, touch eyebrows when groomed or protrude below the front band of properly worn headgear. Exception: hair may be visible in front of women's flight caps. Eyeglasses must be free of ornamentation on frames and lenses. Conservative, clear, slightly tinted, or photosensitive lenses indoors or while in formation. Conservative lenses and frames must be worn outdoors. Faddish styles and mirrored lenses are prohibited. No sunglasses can be worn while in formation or worn around the neck.

## SPACE WING ANNOUNCES PETERSON CAREER ASSISTANCE ADVISOR JOB VACANCY

Peterson Air Force Base is accepting applications to fill the 21st Space Wing Career Assistance Advisor position. Interested master sergeants should contact Senior Master Sgt. Daniel Voss for further information at 556-9226 or DSN 834-9226.



**Snow  
Call Line  
556-SNOW**



Courtesy photo

## For whom the Beale tolls

Senior Airman Kendra Gooch, 7th Space Wing Operations Training Section at Beale Air Force Base, Calif., explains a training system to Brig. Gen. Richard E. Webber, 21st Space Wing commander, and Chief Master Sgt. Jim Moody, 21st Space Wing command chief. The senior leaders from Peterson visited the 21st SW geographically separated unit Nov. 19 for familiarization, morale and situational awareness.

One of the GSU's missions is space surveillance. The team tracks man-made objects that circle in Low Earth Orbit. The data, combined with that of other sensors, helps maintain the Satellite Catalog, an extensive database of over 27,000 man-made objects in orbit. Over 9,000 objects currently orbit the earth requiring accurate maintenance of the Satellite Catalog in avoiding satellite collisions and in ensuring safe launches of new satellites.

## Online holiday greetings

Family members and friends can send online holiday greetings to Airmen deployed to Iraq this holiday season through the Iraq Newslink Web site.

The greetings are free and have been posted on the site since Nov. 15. Greetings should be text-only (no photos or graphics), 50 words or less. For information on the site's online holiday greeting program, visit the Iraq Newslink home page at [www.afnews.af.mil/iraq/](http://www.afnews.af.mil/iraq/) and select the "Send a holiday greeting" button on the right side of the page. To see posted greetings, go to [www.afnews.af.mil/greetings.htm](http://www.afnews.af.mil/greetings.htm).

## Team Pete around the globe



The 21st Space Wing operates 15 weapon systems, comprises 44 units in 26 locations in four countries, encompassing nine time zones throughout the world. The 21st Space Wing currently has 182 deployed members supporting various areas of operations across the globe.





## GOVERNMENT E-MAIL FOR OFFICIAL USE ONLY

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

## AIR FORCE AID SOCIETY OFFERS EDUCATION GRANTS

The Air Force Aid Society's General H. Arnold Education Grant Program awards \$1,500 in grants to sons and daughters of active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired reservists with 20 or more years of qualifying service and deceased Air Force members. Active-duty spouses residing stateside, spouses of Title 10 AGR/Reservists on extended active duty and surviving spouses of deceased members are also eligible candidates. For information or an application, call the Family Support Center at 556-6141 or visit the Air Force Aid Society's web site at [www.afas.org](http://www.afas.org).

## ENLISTED CORPS ELIGIBLE FOR SCHOLARSHIP OPPORTUNITY

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

for classes taken. There are also other requirements. For information, call Senior Master Sgt. Mark Everson at 554-8570.

## MED GROUP ANNOUNCES CLOSURES

The Peterson Air Force Base Clinic will be closed Dec. 23 to 26 and Dec. 30 through Jan. 2.

## PIKES PEAK COMMUNITY COLLEGE OFFERS ACCELERATED COURSES

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

## EDUCATION CENTER OFFERS COMMISSIONING BRIEFINGS

Enlisted members interested in learning about commissioning opportunities may attend one of the monthly commissioning briefings offered at the Education Center. Interested members can find out more about commissioning opportunities such as Officer Training School and Reserve Officer Training Corps; Airmen Education and Commissioning Program; Airmen Scholarship and Commissioning Program; and the Professional Officers Course Early Release Program. Information on eligibility requirements, opportunities and application procedures will be discussed. The next briefing is Dec. 29. Call 556-4064 to register for a briefing.

## LOCAL SCOUTS MEET ON PETERSON

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

11 to 17. For information, call Alex Welton, scoutmaster, at 574-8970.

## LOCALS COLLECT GIFTS FOR WOUNDED SOLDIERS

Local Colorado Springs residents are joining American Airlines employees in collecting Christmas presents for wounded American Soldiers in a German hospital. Since the Soldiers will not be home for the holidays, American Airlines/Airline Ambassadors would like to bring the holidays to them by hand delivering the gifts. The drive will be held through today. Donations include: sweat suits, caps, T-shirts and sweat-shirts (all sizes for men and women), hygiene items, socks, games, playing cards, game boys, international calling cards, stationery and envelopes, disc players and compact disc music. For information or to donate, contact Dennis Speer at 233-3714 or e-mail [Dennis@CommonSenseLoans.com](mailto:Dennis@CommonSenseLoans.com).


## TOP THREE ANNOUNCES MEETING

The Pikes Peak Top 3 meets 3 p.m. Jan. 6 at the Enlisted Club. The 2005 officers will be announced. 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. Pikes Peak Top 3 actively supports enlisted causes and professional development through a variety of activities. For information, call Senior Master Sgt. Leyda Pendergrass at 556-9022.

## WOMEN'S PROGRAM HOSTS STRESS MANAGEMENT MEETING

The Federal Women's Program of Peterson Air Force Base is having a Stress Management meeting from 2 to 4 p.m. Jan. 13 in the civilian personnel flight conference room, Bldg. 350. This is an authorized function and no leave is required. For information, call Debra Agnew at 554-5265.

## HONOR GUARD SEEKS APPLICANTS

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



# How to cope with holiday season stress

**By Capt. Curtis Morrow**  
Peterson Life Skills Support Center

For many, the holidays are a time for celebrating and enjoying time with friends and family. Some choose to stay in the area, shop, attend parties, relax – while others plan to travel.

These things that make the holidays so special can also foster feelings of stress and burnout due to excessive demands or obligations. Some experts consider this “holiday burnout.”

In some cases, the holidays can bring on episodes of depression, either related to additional stressors for some people or feelings of isolation and loneliness for others. One way to avoid “holiday burnout” is to remember not to

take on too many additional tasks. Sometimes an overloaded social calendar combined with gift shopping, mailing packages, etc., can provoke feelings of anxiety even in the most resilient person. Pointers to help manage holiday stress are: perspective, preconceived ideas, planning and permission.

The first strategy, perspective, means keeping everything in its proper perspective. Remember the holidays are here for only a short part of the year. Also, depending on how much importance you place on the holidays, they need not be the most important time of the year. Consider other events in your life that are meaningful as well.

The second strategy deals with preconceived ideas, specifically, banish-

ing preconceived ideas about what the holiday season should be like. This has to do with deciding what holiday traditions are really important to you. Eliminate those which are not. This may seem difficult but it can be liberating.

The next way to combat holiday stress is to plan holidays in a prudent manner. Avoid making snap decisions when asked to commit to holiday events. You can simply state, “Let me check my calendar,” which allows time to consider other deadlines and responsibilities that pile up at the end of the year. What may seem reasonable in early November can be overwhelming by mid-December. People who enjoy being social should do just that, but others consider spending a quiet

holiday the best approach.

Permission is the final strategy – allowing one to enjoy what they want to do, versus judging or comparing oneself to others. People have a right to decide what is best for them.

There will be increased social events which can be great stress relievers as well. These events can build unit cohesion and enhance communication in work centers. The message is: try to enjoy the holidays and social events, but monitor stress levels and make good choices regarding things that are within one’s power to decide. For information, call the Life Skills Support Center between 7:30 a.m. and 4:30 p.m. at 556-7804. Call a local emergency room after duty hours.

## December shines spotlight on drinking, drugged driving

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

As part of their ongoing campaign against substance abuse, the Pikes Peak Region Drug Demand Reduction Team is waging a war against death throughout December as part of their “3D Month” – Drinking and Drugged Driving Awareness campaign

“December tops the list as the deadliest of months to drive,” said John Moore Sr., Cheyenne Mountain Air Force Station Drug Demand Reduction Program manager. “Deaths go up due to holiday alcohol consumption and poor weather conditions.”

National Highway Traffic Safety Administration research has shown that between the hours of 10

p.m. and 1 a.m., 1 in 13 drivers on the road is legally impaired, he said. “Between 1 a.m. and 6 a.m. on weekend mornings, 1 in 7 is drunk!”

As little as one drink can leave a person legally impaired and compromise their coordination and judgment, he said. It doesn’t matter whether the drink is a 12-ounce beer, a 5-ounce glass of wine or a shot of liquor in a mixed drink. They all contain the same amount of alcohol. Alcohol isn’t the only source of impairment out there on the road either.

Rave drugs such as Ecstasy, GHB, Ketamine, LSD and Rohypnol are playing an increasing role in injury-related traffic accidents, Mr. Moore said.

In 1999, approximately 1.5 million drivers were arrested for driving under the influence of alcohol or

narcotics, according to NHTSA.

“Every 33 minutes, someone in America dies in an alcohol-related crash,” Mr. Moore said. “Even if you’re sober, others might not be.”

He cited weaving, swerving, driving the wrong way on a street, running a red light, not moving when a light turns green, driving without lights at night and tailgating as key symptoms of an impaired driver. So, just because ‘tis the season, Mr. Moore reminds everyone the key to survival is planning ahead.

“Take a taxi, arrange for a designated driver or stay the night,” he said. “Team Pete’s Enlisted Against Drunk Driving program is a great alternative, too.” Call EADD at 55-NO-DUI for a no-questions-asked ride home after a night of partying.



# Air Force career broadens NCO's capacity to serve others

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

It can be said it takes a career to develop an Airman. It is equally true that it takes an Airman to develop a career.

After 24 years as an Airman, Senior Master Sgt. Dan Voss has arrived at that fork in the road that all Airmen eventually come to. And while some reach it is as their first enlistment winds down and others face it at the 10-year mark, the 21st Space Wing career assistance adviser has never considered leaving Air Force service until now.

"I was one of those people who made the decision to make the Air Force a career when I signed the commitment at the MEPS that day back in 1980," he said. "Not one time did I consider separating before I had served 20 years."

In the Air Force, he, like many others, saw security. At 22, and married just over two years, his responsibilities began to weigh heavily.

"I had been bouncing from job to job with very little direction in my life regarding a profession," he said. "I had very little technical skill or training in any profession.

"So, after watching a television commercial advertising the military, I made a statement to my wife, 'If I were single, I'd join the military tomorrow,'" he recalled. "And immediately, she responded, 'Why don't you check it out?'"

Two days later, he was in the Air Force recruiting office in Granite City, Ill., and Dan Voss – the Airman – was born.

"I saw the Air Force as a means of added discipline, training and a consistent income that would provide me with the secure future I was seeking for my family," Sergeant Voss said.

Though security initially drew him to serve, diversity is what kept him hungry to be a career Airman.

After a stint as an administrative specialist, he spent four years as a Professional Military Education instructor.

"That stirred my passion to teach," he said. It also motivated him to continue his education, where he ultimately achieved his master's degree in curriculum and instruction from Colorado Christian University.

Later, the Airman's career grew when he tacked on the First Sergeant's diamond.

He said he learned more about himself and his ability to relate to people from all walks of life. "As far as I'm concerned, there is no greater challenge," the former shirt said.

Not one to pass by an opportunity to learn and grow, he seized the oppor-



Photo by Airman Mandy Weightman

**Senior Master Sgt. Dan Voss, 21st Space Wing career assistance adviser, briefs his final First Term Airmen's Center group Dec. 3. After 24 years of service, Sergeant Voss is retiring from the Air Force Jan. 5, 2005 at the base chapel. He has served as the CAA for the last 15 months.**

tunity to serve as a trip planner for the Air Force Space Command commander, Gen. Lance W. Lord.

Sergeant Voss said he gained perspective on the support it took for General Lord to accomplish his mission. Protocol issues such as dealing with military and civilian dignitaries took on a new light with his new duties.

The career had developed the Airman. So it was time for the Airman to develop a career – or many careers as it were – as the career assistance adviser.

"His well-rounded approach and experience made him a natural for the CAA position," said Chief Master Sgt. Vance Clarke, 7th Air Force command chief and former 21st SW command

chief. "Couple that with his ability to interact with people, to be involved in on- and off-base organizations, and you have someone who has a great handle on what a career in the Air Force means."

Air Force officials resurrected the CAA position about five years ago to address the poor retention rates at that time, Sergeant Voss said.

"Now, in this time of balancing the force and the Force Shaping programs, we are focusing our efforts on developing the force through Professional Enhancement Programs and help our customers make the correct career decisions," he said.

"I saw this position as an opportunity to give back to the Air Force what

it had given me throughout my career," he said. "I've tried my best to help all who I've come in contact with – to help them see the good the Air Force provides for us and gain a better perspective on this great way of life."

Staff Sgt. Sue Crawford, 21st Space Wing public affairs journeyman, sought Sergeant Voss' counsel in July.

"Going into the appointment, I assumed this lifer-senior NCO would pitch the blue-suit life. While he did emphasize the benefits of military life, he also spoke with me at length about family life, finances and goals," she said. "Sergeant Voss realizes the military path is not the only way of life and helps those who come to see him figure out what road will work best with their personal aspirations."

She said Sergeant Voss' advice helped her reconcile some of the issues in her military career driving her decision to separate in February to pursue studies in political science and print journalism.

"Though I decided to leave military life, Sergeant Voss' guidance helped ensure my decision is based on striving toward, rather than running away, from a challenge," she said.

To Senior Master Sgt. Brad Shirley, it's simple to see how Dan Voss – the Airman – has been able to develop careers – his own and others.

"He is right there lifting each Airman up to the bar," the 21st Operations Group Standardization and Evaluation operations superintendent said. "Some hold on, others don't. Either way Dan is right back to lifting you up for another try."

An Airman he is. A career he has made. Now standing at his fork in the road, Dan Voss is walking to a new career in public relations with Focus on the Family here in Colorado Springs.

He said the most rewarding positions – throughout his career – have been those where he's been interacting and developing relationships with people. His whole career as an Airman has been filled with such service, so it's easy to see why he has enjoyed Air Force life so much.

"It's been much more rewarding than I had ever expected it to be," he said. "God has richly blessed my career."

## Dan Voss' parting shots on:

**Leadership: Golden Rule of Leadership – Lead like you want to be led!**

**Career development: Always consider every opportunity the Air Force and life lay at your doorstep.**

**What it takes to grow a good Airman: Time and desire. Never forget where you came from and give everyone around you – superiors, peers and subordinates alike – a positive example to follow.**

**Service Before Self: Always stay focused on the big**

**picture. Learn how to balance the demands of the mission and life. Put the needs of others before your own – this will result in trust and send a message to those around you that you care about them as a person first – above what you need from them.**

**Excellence in All We Do: Everything you touch has your name on it. Ensure it's always the very best you can do.**

**Integrity First: As far as I'm concerned, the mark of a person's character is always based on integrity. Nothing, when it comes to character, is more important.**

## What does being an Airman in today's U.S. Air Force mean to you?

This is a great question; one all of us need to reflect upon often. Being an Airman to me is ...

**Service – Sergeant means "to serve." Serving also means humility – staying humble allows you to continue to learn.**

**The uniform – I've always enjoyed wearing the Airman uniform. I'm very**

**proud to wear stripes. The enlisted corps is rich with tradition and the life-blood of the Air Force mission. I'm extremely proud to have been a small part of that.**

**Making a difference – Make a difference in the lives of others by helping them see past their own situation and help them see something to be thankful for. A quote by James M. Barrie I've repeated over the past**

**year says, "The secret of happiness is not in doing what one likes, but in liking what one does." There is always something positive we can focus on, even in the most difficult circumstances.**

**Making a difference in the world by being a part of a military force that has values and will stand strong for those values anywhere in the world.**



# Have I made a difference?

By Master Sgt. Dale Slider  
Combined Air Operations Center Information Awareness

Thirty days left on a supposed 120-day deployment rotation; one birthday missed; Thanksgiving, Christmas and New Years without my wife and five kids. Has this deployment and my participation in it really made a difference?

Early on I was in a haze like almost everyone else here. Jet lag, sleep deprivation and a whirlwind tour of training, responsibilities and how I fit into the picture left me dazed and confused for about two weeks.

Once you catch on, you're bombarded left and right with operational high-tempo tasks that have you gasping for air at times and wondering what the heck is going on.

Not all positions in the Combined Air Operation Center compound are this way. I guess I was one of the fortunate ones. I must admit though, when I'm able to contribute to a classified subject or mission, the sense of accomplishment is immense. Have I made a difference?

I remember seeing a picture that was sent in a care package after Halloween. It was of a boy; he looked to be 8 years old. He was dressed as a soldier in an old battle-dress uniform with helmet and camouflage face paint. His mother wrote, "He wanted to be a soldier for Halloween because he knew you stood for freedom and you would get the bad guys." I'm almost 42 and cried some, thinking that kids, even ones who don't know us, think of us that way. Have I made a difference?

Thanksgiving came and went. My stomach never felt so big in all my life! The food was superb and made me feel great. Shortly after, I saw a bunch of cards and letters on a couple of tables in a break room. Each of them expressing how much appreciation people had for what we're doing over here. Again, tears welled in my eyes. I don't know about you, but I need that now and then. Have I made a difference?

Christmas is just around the corner. My wife and kids have decided to wait until I get home to celebrate Christmas. They mean the world to me. Getting pictures of my kids e-mailed to me from my wife and talking with her through e-mail always lifted my head above the clouds. My family, along with God, is my life. They are my existence, my reason for being, and I love them all dearly. Have I made a difference?

I'm now a master sergeant and have been in the Air Force 29 years. Even through some of the toughest days, I don't ever regret my decision to join. It's one of the best decisions I've ever made. We're part of a country that stands for perseverance, growth, leadership and freedom. I want that to continue for not only my kids, but also for future generations of Americans, and also for myself.

I want to thank you, the people back home, for your pictures, your cards, your hearts and you. Thanks for thinking of us.

Have I made a difference? In my heart, I know I have. God bless you, the people of Peterson Air Force Base, Colo., and the United States of America. Have a great and wonderful Christmas!

Susan, Alicia, Alaina, Jonah, Noah, Athena, Xavier and James, I love you all and will be home soon.

Love,  
Dad

# Deployed member asks somber question; local children respond with essays, cookies

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

More than 50 fifth-graders from Broadmoor Elementary School demonstrated their budding patriotism during a Dec. 9 ceremony recognizing the contributions of servicemembers from Peterson Air Force Base, Schriever AFB, the U.S. Air Force Academy and Fort Carson. Uniformed representatives from each installation were present and accounted for at the class' special 2,004 Cookie Salute.

The event was part of a program to help students understand and celebrate the democratic process. The understanding was made visual by allowing students to cast their ballots for one community to receive 2,004 cookies donated by the Doubletree Hotel. The children chose between several public service entities including nurses, firefighters, police and military members. "Today shows your votes make a difference," Richard Wall, director of sales at the local Doubletree Hotel said to the students.

The fifth-grade class welcomed their guests in patriotic fashion. The class donned red, white and blue and waved American flags. Many of the children have parents in the service and understand some of the challenges military families face. Some students wrote essays on why they feel the military should receive the cookie honors.

Ashley Garcia, a fifth-grade student at Broadmoor, shared why

she voted the way she did. The war shows us how important and caring the military is, she said.

In an essay, Mckenzie Kessel, a fifth-grader, described how she felt when her classmate's father returned from his deployment, "It felt like my dad came back."

Chief Master Sgt. Jim E. Moody, 21st Space

Wing command chief, said he was not only touched, but also inspired by how much the younger generations are affected by current events.

"I have always believed in my mission and my job, but this renews the vigor in which one applies him or herself," he said. "You can't help but feel the warmth from the hearts of these children - knowing they are merely a fraction of those who feel this way is enough to bring a tear to anyone's eye."

Cookies spoke volumes to all who saw or heard the children of Broadmoor Elementary Dec. 9. "I will carry the words of these children with me always," the chief said.

Stories had spread all over the country, the twin towers had been bombed, that was a day I will never forget. Heart felt tears were shed that day, my friends dads were sent away.

One kid inpredictable was a dady's boy and his dad was one of the last back. Every day we would ask, "has he come back yet?" That one boy's name was Josh and our class felt his fear, his hope and we all wanted his father to come back. One day Josh's dad did come back and I felt like it was my dad who had been gone for a year, my dad who fought in a war and my father who came back.

Those in the military have made many sacrifices for us and our country not being there for their family was only one of they loving acts the have performed for the U.S.A.

McKenzie

I'm very happy that the military won the vote. Thank you for keeping our state and me safe. I can't imagine how hard it is when you're not with your family during Christmas. I would not like to be away from my family. I hope the war ends soon. I think you deserve those cookies for your hard work. You people that are away in Iraq are working in the military you are my hero.

Connor

"My country tis of the sweet land of liberty..." The words of the National Anthem crowded my head. Being only in 2nd grade at the time of 9/11 I didn't understand much of anything going on. Yes, I had heard my parents talking about the tragety and I had seen everything on T.V. But I never understood the sacrifice the soldiers made, until now. I relized that all of the soldiers put their life at risk for us. They leave their beloved families to fight for their country. I respect our Military for everything they do for America!

Megan



Photos by Dennis Plummer  
Mckenzie Kessel, a fifth grade student at Broadmoor Elementary, shares how she felt when a classmate's father deployed and returned home safely. The children read their essays to local military members.

"Lainey, did you hear These two towers were bombed!" My second grade friend hollered into my ear. I looked confused at her. "In New York! A plane crashed into the World trade Center! The twin towers are destroyed!" My heart raced. Could what she's saying be true?

At school that day, I sensed that something was wrong. Although my teacher said nothing on the subject, her tension was clear.

When the lunch bell rang, all seemed confusing and out of place. I sat in the cafeteria in disbelief. My Principal walked in front of the school and announced that same thing my friend had told me. She began to tear up. I'd never seen my Principal cry. But somehow, I knew it would be o.k., knew our military could handle things. The military was my source of comfort. So why do I care about the military? Because they care about me.

Elaine





<b>Team Pete's noteworthy events</b> <small>To submit information for the base calendar, email space.observer@peterson.af.mil</small>	<b>Today, Dec. 16</b> <ul style="list-style-type: none"> <li>21st Mission Support Group Change of Command, 10 a.m. Officers' Club</li> <li>NCO Academy graduation, 9 p.m. Sheraton Hotel downtown</li> </ul>	<b>Tuesday, Dec. 21</b> <ul style="list-style-type: none"> <li>Wing Fit-to-Fight 7 - 8 a.m. in Eagle Park.</li> <li>Winter begins</li> </ul>	<b>Wednesday, Dec. 22</b> <ul style="list-style-type: none"> <li>21st Space Wing Commander's Call 2 p.m. at the Base Auditorium Limited seating applies</li> </ul>	<b>Thursday, Dec. 23</b> <ul style="list-style-type: none"> <li>21st Space Wing Family Day</li> </ul>
	<b>Friday, Dec. 24</b> <ul style="list-style-type: none"> <li>Christmas Eve Holiday</li> </ul>	<b>Saturday, Dec. 25</b> <ul style="list-style-type: none"> <li>Christmas Day</li> </ul>	<b>Thursday, Dec. 30</b> <ul style="list-style-type: none"> <li>21st Space Wing Family Day</li> </ul>	<b>Thursday, Dec. 30</b> <ul style="list-style-type: none"> <li>New Year's Eve Holiday</li> </ul>

**eat your SERVICE**

## Trainer maintains Olympian body with down-to-earth training

By Margie Arnold  
[21st Services Squadron](#)

"Sometimes I don't feel like working out but I make myself show up at the gym and once I'm there I'm energized by everyone around me and before I know it I'm enjoying my workout," said Award-winning bodybuilder Leanne Allen. "I believe that a mediocre workout is better than staying home and it might just take a bit more effort to go from a mediocre workout to an excellent one."

It's hard to imagine Leanne Allen ever having a mediocre workout. The Australian native has an Olympian body – truly. She won the International Natural Bodybuilding Association's Ms. Olympia title three years in a row from 2001-2003 in the short class, she's 5 feet 2 inches, and has enough trophies, medals and titles to fill a room.

Allen says bodybuilding is her hobby and sport. Her daughters refer to the gym as "Mommy's playground." Some already might have seen her working out at the Peterson Fitness Center. Having been a personal trainer to members of the Bahrain's royal family, Allen is the newest personal trainer to join the select group of personal trainers at the Fitness Center.

As a personal trainer, she is certified by the American Council for Exercise with a Clinical Exercise Specialty, focusing on special populations and chronic disease. What this

means is once a person's physician has given them a release to begin an exercise program, Ms. Allen, as a trainer, is certified and skilled in working with people like cardiac patients, those regarded as "frail," or those with chronic diseases. She can help improve levels of fitness.

Not only can Ms. Allen help those "special populations and those with chronic disease," she can help anyone, people with couch-potato syndrome and can even help someone go from flabby to the kind of physique Linda Hamilton showed off in "The Terminator."

"When I was in my thirties, I was extreme in my bodybuilding training. I realize that was the worst thing to do because of the risk of injuries. Now I have a different philosophy: moderation," Ms. Allen said. "I try to make progress every day, even if that progress is only a small fraction of what I did the day before. Each day I'm doing slightly better and before I know it, I've reached my goal.

"As a personal trainer, I like to make fitness something everyone can understand. Forget all the technical terms and academic explanations. I have some simple mottos that work for me and I try to convey them to people who train with me," said Ms. Allen.

Those mottos, which apply to all areas of her life, include: "If you want to be successful [at fitness], hang out with [fitness] successful people; have a role model, someone you can pattern yourself after; practice accountability –

sharing your goal with others can motivate you to follow through; take small steps to achieving your goal; moderation is the key – the change you make has to be something you can live with, a lifestyle change; and finally, a mediocre workout is better than no workout."

Back in Australia, Ms. Allen's 74-year-old mother still wins golf tournaments, her father, even with a bad leg, still rides bicycles, and an uncle was an Australian road-bike champion. Growing up, Ms. Allen participated in track and field events, competed in cross-country at national levels and did a half-marathon competition before she settled on weights and bodybuilding. Genetics might give her an edge and a disposition for pushing physical limits. Still, she said her success – anyone's success – depends on showing up at the gym.

The Peterson Fitness Center's personal trainers include Leanne Allen; Lino Alvarez, who can speak Spanish; Nancy Cone offers computerized progress reports. Another trainer, Ms. Sanguenza, is also certified in Sports Nutrition, and has a Bachelor's in physical education and coaching. She specializes in customized training programs for active duty, senior citizens, middle-aged women and youth.

Fitness is not a one-size-fits-all program. Take fitness personal with a personal trainer. For information and prices on having a personal trainer, call the Peterson Fitness and Sports Center, 556-4462.

## ARAGON DINING FACILITY MENU

Today	Friday	Saturday	Sunday
<b>Lunch:</b> Orange-Spiced Chops Liver with Onions Tempura Fried Fish Rissolle Potatoes Steamed Rice Broccoli Peas and Carrots Wax Beans <b>Dinner:</b> Mr. Z's baked chicken Pepper Steak Pasta Primavera Mashed Potatoes Steamed Rice Mixed Vegetables Fried Okra Green Beans	<b>Lunch:</b> Baked Fish Beef and Corn Pie Roast Turkey Potatoes Pea and Pepper Rice Corn on the Cob Stewed Tomatoes Mustard Greens <b>Dinner:</b> Simmered Corn Beef Pineapple Chicken Yankee Pot Roast Crispy Potato Wedges Simmered Potatoes Fried Cabbage Carrots	<b>Lunch:</b> Savory Baked Chicken Swedish Meatballs Creole Shrimp Baked Potatoes Steamed Rice Cream Corn Asparagus Squash <b>Dinner:</b> Baked Fish Hungarian Goulash Barbecue Chicken Parsley Buttered Potatoes Steamed Rice Boston Baked Beans	<b>Lunch:</b> Oven Fried Fish Cantonese Spareribs Grilled Mustard Chicken Breast Baked Macaroni and Cheese Boiled Egg Noodles Peas Sweet Potatoes <b>Dinner:</b> Stir Fry Beef with Broccoli Turkey Nuggets Loin Strip Steak Mushroom and Onion Steak Baked Potatoes Rice Pilaf Corn on the Cob Green Beans
	Monday	Tuesday	Wednesday
	<b>Lunch:</b> Pot Roast Baked Stuff Fish Roast Loin of Pork Oven Brown Potatoes Steamed Rice Cauliflower Combination Succotash <b>Dinner:</b> Chili Mac Cannelloni Beef Southern Fried Chicken Cottage Fried Potatoes Mashed Potatoes Squash Glazed Carrots	<b>Lunch:</b> Teriyaki Chicken Veal Parmesan Salmon Cakes Filipino Rice Parsley Buttered Potatoes Fried Cabbage Succotash Mixed Vegetables <b>Dinner:</b> Country Captain Chicken Meat Loaf Turkey a La King Steamed Rice Mashed Potatoes Harvard Beets Okra and Tomato Gumbo	<b>Lunch:</b> Jambalaya Cajun Baked Fish Cajun Meatloaf Steamed Rice Red Beans and Rice Okra and Tomato Gumbo Cornbread <b>Dinner:</b> Lemon-Herb Chicken Barbecue Spareribs Stuffed Pork Chops Scalloped Potatoes Steamed Rice Cauliflower Combination Mexican Corn

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



# Chaplain shares greatest gift experience

By Lt. Col. Michael S. Tinnon  
21st Space Wing Chapel

It was just a few days before Christmas when two neighbors decided to go sailing while their wives were out Christmas shopping. While the men were out in their boat, a storm rolled in. The sea became very angry and the men had great difficulty keeping the boat under control. As they maneuvered their way toward land, they hit a sandbar and the boat grounded. Both men jumped overboard and began to push and shove with all their strength, trying to get the boat into deeper water. Almost knee-deep in mud with waves bouncing him against the side of the boat and his hair blowing wildly in the wind, one of the men said with a grin, "This sure beats Christmas

shopping, doesn't it?"

The Christmas season is the season of friction. Long lines greet us at every corner: the supermarket, the post office and the shopping malls. How could one not feel fatigued? The rushing from one store to another, followed by forgetfulness which causes us to do an about turn and retrace our steps back to the store we just left, with thousands of last minute things left to do.

But there is another side of the story. Christmas has its positive moments, its beauty, memories, hopes and dreams. And if we are to really enjoy Christmas, we must remember God's greatest gift came in times like these – during great anxiety and great confusion – but God's greatest gift also came to those who were expecting Him.

To most of us, Christmas is a time

of giving and receiving gifts wrapped in colorful paper and ribbons placed under and around the beautifully decorated tree. We enjoy giving and receiving inanimate gifts like robes, socks, radios, toys, clothes, jewelry and perfume.


But how many of us really appreciate the gifts outside our comfortable homes? Out there on the hills and mountainsides there are thousands of trees, undecorated, but beautiful to behold. And the soft, fluffy snowflakes are composed of millions of tiny ice crystals, each absolutely perfect with its own pattern.

Who listens to the sighing of the wind through the treetops or the muffled murmur of ice-bound streams? Who hears the busy chatter of the chickadee or the boisterous cry of the blue jay and

the common crow? What person will stop on Christmas Eve and contemplate the vastness of the heavens?

Are the stars nothing and the moon little more than a street lamp? Is that timeless, fiery ball of atomic energy in the sky not a bit dramatic?

Yes, everyone should go outdoors at least for a little while on Christmas day. Everyone should take a good look with eyes and mind wide open. Look at the countless gifts God has showered upon us. Those who do will surely appreciate better and gain a truer meaning of Christmas and recognize more fully the magnitude of our three greatest gifts: the earth, our home; the sun, our source of life; and God's Son, our way to eternal life.

Blessings for a merry Christmas and a happy New Year. 

## Chapel Schedule

### Protestant Worship Services:

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

### Catholic:

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

## Chapel Holiday Schedule

### Catholic Services:

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

### Protestant Services

Candlelight Service, 7 p.m. Dec. 24

\* The Chapel will be closed Dec. 30-31 except during services.  
For emergencies, call 556-4555.

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





# Pete's Pigskin Picks

College \ NFL

Michael Coates of the Fitness and Sports Center here chose the most winning teams in the Dec. 9 edition of the *Space Observer's* "Pete's Pigskin Picks" with 13 out of 16 games. Tune in each week as members of Peterson Air Force Base challenge one another in a football duel. Readers can make their own picks here.



Brad Denton  
Team Colorado Football



Richie Marsh  
Team Colorado Football



Karl Seppa  
Team Colorado Football



You

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



# Team Colorado smites Comm for flag football title

By **Walt Johnson**  
Sports Writer

Team Colorado's normally high-powered offense overcame a slow start to defeat the 21st Space Communications Squadron 13-8 and capture the 2004 Peterson intramural flag football championship Friday at the base football field.

Top ceded Team Colorado breezed through the regular season with a 12-1 record. They experienced their only loss – a single point shy in overtime play – during the playoffs. They went on to complete the minimum three games needed to secure the title by beating the 21st SCS twice and the 21st Medical Group once to claim the top trophy.



**Team Colorado quarterback, Karl Seppa, uses his legs to gain some yardage for his team during the flag football championship game Friday.**

Team Colorado's slow start in the game was just what the underdog 21st SCS team needed to stay close in the game. The Comm crew played tremendous defense, shutting down the normally explosive Team Colorado offense. Comm frustrated Team Colorado by mounting potential scoring chances in the first half.

The Team Colorado defense was just as impressive, utilizing its quickness to turn back repeated attempts by the 21st SCS to score points and take the early lead. Both defenses held their opponents scoreless into halftime leaving fans to wonder if either team would score the points needed to win the game.

A determined Team Colorado started the second half of the game differently from the first according to Coach Sean Delaney, who said after the game the reason his team was so sluggish in the first half was explainable.

"For some reason our quarterback [Karl Seppa] started the game slowly and couldn't establish a rhythm in the first half. We didn't see anything from their defense that we didn't

expect," Coach Delaney said. "They pretty much played us the way they have played in previous games, but we couldn't find our rhythm in the first half."

Team Colorado had no such problems in the second half as Seppa and the offense began to assert their will on the game. Seppa fired passes like darts to sure-handed receivers, moving his offense down the field on the first drive of the second half. He broke the scoreless deadlock with a completion to David Richardi in the left corner of the end zone. After a successful extra point attempt, Team Colorado led Comm 7-0.

Sensing the 7-0 lead would not be enough to claim the title or hold back the 21st SCS offense, Team Colorado's offense went to work again. Seppa engineered a drive down the field by exploiting his talented receivers. Richie Marsh, who made a number of outstanding catches during the game, took the ball down to the 21st SCS 6-yard line. Richardi scored his second touchdown of the game on a 6-yard run around left end to give Team Colorado some breathing room with a 13-0 lead after the extra point attempt failed.

With a little more than three minutes left in the game it may have appeared that



Photos by Robb Lingley

**The 21st Space Communications Squadron quarterback, Allen Franklin, looks for an open receiver during second-half action Friday at the post championship flag football game.**

Team Colorado had wrapped up the championship.

But the 21st SCS offense, which had been heating up all half, had other thoughts. Comm's quarterback, Allen Franklin, drove his team down the field. Pinpoint passing and solid yardage gains from his receivers earned a touchdown off a 6-yard strike to Robert McDonald. The two-point conversion took the score to 13-8. Their scoring effort left them with too little time on the clock to regain the ball.

After the game, Coach

Delaney said the championship was a fitting end for a team that put the team ahead of the individual players. In his first coaching win in 20 years, he said the league is represented by a talented group of players.

"This league had so many class teams in it and any one of five different teams really could have won the championship," Coach Delaney said. "It really didn't matter who you played you were going to be playing an outstanding team and we respected every team in the league."



# Sports Briefs

## FITNESS CENTER HOSTS CHRISTMAS FUN RUN

The Sports and Fitness Center here will host a 10- and 5-kilometer Christmas fun run 11:30 a.m. Friday at the fitness center. There is no cost for the event. A drawing will be held to award prizes at the conclusion of the race. People interested in running in the event can sign up, up to the time of the event at the fitness center. For information call Tammy Davis at 556-1515.

## CENTER ANNOUNCES HOLIDAY HOURS

The Sports and Fitness Center here will operate on different hours during the upcoming holiday season. The center will operate on normal hours with the exception of the following dates and times:

- Dec. 23 7 a.m. to 6 p.m.
- Dec. 24 7 a.m. to 3 p.m.
- Dec. 25 7 a.m. to 3 p.m.
- Dec. 30 7 a.m. to 6 p.m.
- Dec. 31 7 a.m. to 3 p.m.
- Jan. 1 7 a.m. to 3 p.m.

## CENTER COURTS REOPEN SUNDAY

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

## NEW YEAR'S FAMILY WALK PLANNED FOR JANUARY

The Peterson AFB Sports and Fitness Center will

host a 5 kilometer family walk Jan. 8 at the base fitness center. According to Tammy Davis, fitness center coordinator for this event, this will be a fun way to begin the new year by exercising with family members and other families on base. The walk is scheduled to begin at 11 a.m. and people may sign up for the walk up to the time of the event. For more information, call Tammy Davis at 556-1515.

## FREE WALL CLIMBING CERTIFICATION CLASSES

The Sports and Fitness Center here has a no-cost way to have fun the first Monday and second Wednesday of each month. The center hosts a climbing wall certification class 4:30 p.m. every first Monday of the month and at 11:30 a.m. every second Wednesday of the month. Student sign-up is limited. People can sign up at the front counter of the fitness center. For information, call 556-1515.

## INTRAMURAL BASKETBALL SEASON GETS STARTED

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

## CENTER HOSTS BACK-TO-BASICS CIRCUIT COURSE

The Sports and Fitness Center here hosts a back-to-basics circuit course Monday, Tuesday, Wednesday and Friday. Monday's classes are held at 11 a.m.;

Tuesday's classes are held at 5:10 p.m.; Wednesday's classes are held at 6 and 11 a.m.; and Friday classes are held at 11 a.m. and 6:15 p.m. The 45-minute workout is designed to work both strength and cardiovascular and consists of 15 simple exercises and a self-paced cardio regimen. For information, call 556-1515.

# Youth Sports

## YOUTH CENTER BASKETBALL REGISTRATION ENDS FRIDAY

Friday is the last day for Peterson youth to register for the upcoming winter basketball season. The season is currently set from Jan. 22 through March. Youth ages 3 to 18 can find a program that will suit their needs. Travel teams will be formed for the 13- to 15-year-old age group with games scheduled at Fort Carson, the U.S. Air Force Academy and Peterson Air Force Base. There will also be a traveling team for 18 year olds. For information, call Les Stewart at 556-5242.

## YOUTH CENTER NEEDS COACHES FOR BASKETBALL, SOCCER

The Peterson Youth Center is currently looking for adults interested in coaching youth basketball and soccer teams. The center offers free training for anyone who would like to be a coach and will update certifications for returning coaches. For information, call Les Stewart at 556-5242.





# Blotter

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

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

## **\$1.70 FOR MAKE-UP? NO WAY!**

**- NOV. 2**

A Base Exchange detective advised Security Forces she had detained a shoplifter. Security Forces patrolman responded as well as CSPD. An elderly woman decided she needed to disguise some of her wrinkles with a compact worth a whopping total of \$1.70! Just like her thieving younger counterparts, she was issued a summons to appear in court for her crimes from CSPD. Hopefully she has some make-up at home left so she can look good before the judge.

## **NOT SUCH A GOOD WAY TO GET OUT OF SCHOOL - NOV. 3**

A Security Forces patrol in base housing reported that four children had gotten into a physical altercation before boarding the bus for school. The bus driver was fed up with the juveniles and refused to take them to school due to the fact that this was the fourth time they had done this in the past couple of weeks. Instead of going to school, the fighting foursome took a trip to the Security Forces Squadron until their parents were contacted. All of the children's sponsors were given custody of their offspring and were briefed on the fighting. No serious injuries occurred during the fight.

## **TRAVEL TRAILER DINGED - NOV. 3**

An individual informed Security Forces his travel trailer was damaged during a period ranging from Oct. 31 until Nov 3. Damage consisted of a dent approximately 18 inches by 8 inches on the left front panel of the trailer. The patrolwoman took a picture of the damage and a statement from the complainant. Security Forces are stumped on how the trailer was damaged. The travel trailer has no known enemies and no suspects are known at this time.

## **DIDN'T SEE THAT ONE COMING**

**- NOV. 4**

A person telephoned the Law Enforcement Desk stating he had been involved in a little fender bender. The driver had apparently collided with an oncoming vehicle while attempting to make a left turn off Peterson Boulevard. Luckily there were no injuries to the motorists. The vehicles, however, had some good-sized kinks and dents. The daydreamer was issued a citation for Failure to Yield.

## **MAYDAY! MAYDAY! - NOV. 4**

The Law Enforcement Desk received a duress alarm on an individual attempting to gain access to one of the buildings on Peterson AFB. Patrols responded to secure the area. The constrained individual contacted patrols outside the building and stated she had inadvertently entered the duress code while attempting to gain access. This happens all too often, but our patrols respond with haste regardless of false alarms. Just remember next time you're badging into a facility - take your time and do it right.

## **WHERE DID ALL THE TVS GO?**

**- Nov. 4**

An individual from the Peterson Lodging Facility contacted a Security Forces patrolman and informed him that numerous television sets were missing from the facility. A total of six television sets had been stolen within two days. The televisions are valued at over \$2,000. A sneaky pilferer managed to rustle six television sets out of lodging - a Security Forces Investigations team is taking over. The case is far from closed.

## **LAY OFF THE BOOZE - Nov. 5**

A Security Forces Patrolman radioed the Law Enforcement Desk stating he was detaining a sloshed individual for Driving Under the Influence. The Patrolman stated he smelled the odor of an alcoholic beverage emanating from the driver who was operating a motor vehicle. The patrolman further stated there was an open alcoholic beverage inside the vehicle. The Colorado Springs Police Department was contacted and an officer responded to take custody of the individual. Let this be a lesson to all those who think they can get away with drinking and driving: it's not happening.

## **SOMETHING ROUTINE TURNS INTO SOMETHING EXTRAORDINARY**

**- NOV. 6**

An individual arrived at the West Gate to sponsor someone onto the installation. The Entry Controller radioed the Law Enforcement Desk to check the person's driver's license number. The return information revealed the individual was wanted and had a warrant for his arrest for Failure to Appear in court. The patrolman conducted a search of the individual with negative findings. An officer from CSPD responded to pick-up this delinquent driver so he could sponsor the would-be sponsoree at the El Paso County Corrections Center to await a new court date.

## **BARRIER BANG-UP - AGAIN?**

**- NOV. 7**

Seems like the thing to do these days is to run your vehicle into a jersey barrier. Disregarding the fear of being extremely redundant, here it is: An individual attempted to maneuver her vehicle through the maze of barriers at the North Gate onto the installation. Unfortunately her fine-tuned motor skills were not enough and she slid the right side of her car across one of the barriers. This caused multiple dents to the front-

right wheel well and the front-right headlight. Patrols responded to assist her in moving her car the rest of the way through the barriers without further incident. They also took some pictures of the damage. The CSPD responded to file an accident report with her for the city. The security forces patrols helped out the misguided motorist further by issuing her a citation for careless driving.

## **MY CAR GOT A BOOBOO - NOV. 9**

A military member arrived at the Security Forces Squadron and stated his car had been damaged at one of the dormitories while it was parked there for about five hours. A patrolman immediately deployed to the location to verify the crime. The observant patrolman, with his keen sense of perception, determined that an approximately 2-foot dent and scratch were on the vehicle's passenger-side door. The patrolman, however observant he may have been, was unable to pull an answer from the evidence on how the damage occurred. He returned to service none the wiser.

## **ALARM! WOW! THEY DO WORK**

**- NOV. 9**

Security Forces members received an intrusion alarm at a base Sensitive Compartmented Information Facility. Patrols were dispatched to the affected area. The patrolmen secured the area and found the intrusion alarm was set-off by an individual who was authorized to be there. Apparently, after the individual alarmed the SCIF, he decided to re-enter it to fix a lock. After realizing his mistake he turned the alarm off. Unfortunately by this time five diligent security forces members were already on-scene wondering what was going on. Thankfully though, the forgetful individual was able to fix the lock without further alarm. Good on him.

## **BIG TRUCKS DON'T SCARE ME**

**- NOV. 10**

An individual driving a decent sized semi-truck was trucking down Otis Street alongside a much smaller truck when he decided he was going to take a right onto Stewart Avenue. Due to the size of his vehicle, he had to take a wide right turn. Unfortunately, the operator of the smaller truck thought he could pull in to the right lane and scoot on past the semi without a problem. That really wasn't the case though. When the semi went into its turn the little truck looked up at the trailer of the beast. This reminded the little truck just how little he really was. The little truck received a nice dent on the front bumper, a broken turn signal and scratches on the driver's side front-quarter panel. There was no damage to the semi. The patrolman who responded decided the semi was not bullying the smaller truck and the smaller truck just needed to learn some patience and also to learn its size. The patrol issued the driver of the wee truck a citation for Failure to Yield Right of Way to Vehicle Entering an Intersection and let the driver go with a hard lesson learned.

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