

K-9 team snatches top honors

By Airman 1st Class Shane Sharp
21st SW Public Affairs

A military working dog team from the 21st Security Forces Squadron took top honors during the Central Florida Working Dog Competition at Patrick Air Force Base, March 1-4.

Staff Sgt. Clint Reynolds and his dog, Gero, placed first in the obedience and handler protection events, and second in scouting, earning the team third place over-all in Air Force Space Command.

"It was an honor to represent the wing and do so well at the competition," said Reynolds.

The competition, that saw participants from both military and civilian agencies, was the first for Reynolds and his Belgian-Malinois partner.

Preparation meant sacrificing personal time for the 21st Space Wing competitors.

"We had to work our normal shifts which meant the only time for training and preparation was personal time," said Reynolds. "We used our days off, training non-stop and learning new techniques."

The training proved to be time well spent for the duo, helping them place first in obedience and handler protection, the two hardest events, according to Reynolds.

The obedience event took place on an obstacle course. The dogs were rated on agility, negotiating obstacles and response to commands.

Handler protection involved a high-risk traffic stop scenario where the K-9 team had to subdue two fleeing bank robbers who were firing blank pistol rounds.

The team also placed second in the scouting event.

"The scouting event tests your ability to search and clear a field tactically for one or more hidden suspects," said Reynolds. "Teams are rated on how fast they can find the suspect in the field."

According to Reynolds, his team's outstanding performance at the competition was the result of a larger team effort.

"We wouldn't have done as well as we did if it wasn't for everyone at the K-9 section who helped prepare us," said Reynolds.

The team had help from outside the K-9 section as well. Senior leadership made it possible for the wing to sponsor the team.



Photos by Airman 1st Class Shane Sharp

Gero, 21st Security Forces Squadron military working dog, snatches a ball out of the air for his handler, Staff Sgt. Clint Reynolds. The team took top honors during a recent MWD competition in Florida, and will now represent Air Force Space Command at the Department of Defense competition in May.




"The 21st Space Wing team made taking part in the competition possible," said Lt. Col. Michael Trapp, 21st SFS commander. "We appreciate Col. (Michael) Selva and Brig. Gen. (Bob) Kehler's support in sponsoring the team." Selva is the 21st Support Group commander and Kehler is the 21st SW commander.

"I couldn't be prouder of the 21st Space Wing K-9 teams," said Trapp. "They choose to do something they love. They provide support to all surrounding cities and military bases, and much of it on their own time."

Reynolds and Gero will go on to compete in the Department of Defense Military Working Dog Competition in May at Lackland AFB, Texas, where they will face more than 70 of DoD's best K-9 teams.



Reynolds gives the command as Gero leaps a chain-link fence during an obstacle course demonstration.

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Message from the 21st Space Wing commander

As you know, March is National Women's History Month. In the last few weeks, there have been several articles in the paper and events hosted throughout Colorado Springs to honor the contributions of women who have, and will continue to, impact the world around us. We have many such women in the wing. To all of you, I say thank you for your service to our nation.

March is also the month of the Air Force Assistance Fund drive. This is an important money-raising event because all the funds raised directly support our military members. For example, monies collected for the Air Force Aid Society support the Bundles for Babies program run by the Family Support Center and the Give Parents A Break program run by the Child Development Center and the Youth Center. I encourage each of you to

review the charitable organizations involved with AFAF, and if you can, participate in the drive. You never know when your contribution might help someone you know.

I have been out of the area for a good part of the month, visiting our units around the world and traveling with our community leaders to Washington DC. Although I may not have been at Peterson, I have noticed the wing is still raising the bar for other wings to reach.

On a final note, I want to congratulate our doghandler team of Staff Sgt. Clint Reynolds and his dog Gero for their recent success at the AFSPC competition. They will now go forward and compete at the DoD level.

Brig. Gen. Bob Kehler
21st Space Wing commander

21st Space Wing priorities

Priority	Event	OPR
1	Corona Top, June 9-14	21st SPTG
2	Battle Staff transition	21st OG
3	ORI, Aug. 20	CV
4	Guardian Challenge, May 7-11	21st OG
5	Clear AFS transition to AKANG	21st OG
	AFSPC CC Conf. May 21-24	21st SPTG
	Canadian Historical Conf.	Monitor
	AFA graduation, May 30	Monitor
	Change of Command - OG/LG	Monitor
	SBIRS IOC, Nov. 18	OG Monitor
	Outsourcing CMAS, April 1	Monitor
	Buckley transition	Monitor
	MilCon Construction	21st SPTG
	CSAA, April 16-23	Monitor
	DSP Mission transition to OG	Plan execute
	Global Guardian, Oct. 2001	Exer
	Mir De-orbit	21st OG
	UFL, Aug. 1	CV

CMSAF to Congress: More funding, support needed for quality of life initiatives

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON — The Air Force's top enlisted leader, recently appearing before the House Appropriations Committee's subcommittee on military construction, called for more funding and support of the service's quality-of-life initiatives.

"Our Air Force is comprised of the very brightest men and women America has to offer," said Chief Master Sgt. of the Air Force Jim Finch. "They are true professionals willing to give their lives, if necessary, to accomplish the mission. This level of dedication and commitment deserves a standard of living equal to that of their civilian counterparts."



Finch

The Air Force is continuing to pursue improvements in all quality-of-life priorities, such as adequate manpower, improved workplace environments, fair and competitive compensation and benefits, balanced tempo, safe and affordable housing, enhanced community and family programs, and enriched educational opportunities, he said.

"I truly appreciate the initiatives taken last year (by Congress) to improve the quality of life for our airmen," Finch said. "These were a step forward in our retention efforts which will be realized in the coming years with approximately 193,000 airmen - 69 percent of the active duty enlisted force — making reenlistment decisions between fiscal 2001 and fiscal 2004."

Although the service already has experienced stabilization in first-term retention, the reenlistment rates for second-term and career airmen continue to lag behind goal.

"These are the people — our fully trained airmen and noncommissioned officers — that we need to target," he said.

Given the current state of the national economy, Finch believes that the potential exists for large numbers of these airmen and NCOs to migrate to the private sector unless more quality-of-life improvements are undertaken.

One of the most visible ways to improve quality of life for our troops is through direct compensation, he said.

"I welcome the projected 4.6-percent across-the-board pay raise; however, I believe we need a targeted pay raise for the enlisted ranks of E-5 through E-9," he said. "As I said earlier, the warning light is on retention of the specific group, and a targeted raise would send a positive message, reinforcing our appreciation for their work and recognizing their important role in today's Air Force."

"We also need to continue to lower the out-of-pocket housing expenses for our airmen," he said. "We need to sustain the (basic allowance for housing) initiative and continue to make incremental increases with the current goal of eliminating out-of-pocket expenses for our troops by FY05."

"There is no doubt that safe, affordable housing for our single and married airmen is vital to readiness and is one of our top quality-of-life issues," Finch said. "And I firmly believe there is a direct correlation between safe, affordable housing and being able to recruit, motivate and retain a top-quality professional force."

The Air Force is striving to meet its current family-housing plan, which prioritizes and identifies the resources required to revitalize inadequate housing units, he said.

"However, under current funding levels, we will fall \$2.4 billion short of being able to renovate all the inadequate housing units by the Department of Defense imposed deadline of 2010," Finch said.

There is also an Air Force dormitory plan designed to meet the service's goal of providing single E-1s through E-4s with a private room on base and eliminating the service's worst-condition dormitories by 2009, Finch said.

"We are on target for this, but this, too, will take continued funding support to make it happen," he said.

The service is committed to providing its members with not only a high-quality living environment but also an equitable working environment, Finch said.

The Air Force has routinely had to trade off infrastructure and modernization of its facilities to shore up near-term readiness, he said.

"This continued decline in infrastructure funding has led to a steady deterioration of our facilities and, consequently, our readiness may decline over time," Finch said.

"We must continue efforts to improve mission and support facilities," he said. "However, our current real property maintenance funding levels only allow us to provide day-to-day maintenance of our facilities and infrastructure. This limited funding will result in a backlog exceeding \$5 billion in FY02."

To buy this backlog down by 2010, according to Finch, would require an additional \$1.2 billion per year above the current annual \$1.7 billion Air Force real property maintenance budget.

"We cannot continue to mortgage the Air Force infrastructure without significant, long-term, negative effects on morale, retention and readiness," he said.

"Today, more than ever before, the direct connection between quality-of-life and readiness is clear and indisputable," Finch said. "Our men and women deserve safe, modern and functional places to work, live and play. They also deserve compensation commensurate with their level of professionalism and dedication."

"The enlisted force is the bedrock of our Air Force," he said. "They are definitely our most important resource. How we take care of them today is linked to our readiness tomorrow."

Did you know?

The military career corner web site offers information on many aspects of your Air Force career. Check it out!
www.afpc.randolph.af.mil/career_corner

For more information, call the 21st Space Wing career assistance advisor at 556-4824.

AF Times to select 'Airman of the Year'

The Air Force Times has announced the first of what it plans to be an annual Airman of the Year Award program. In association with AT&T and Fisher House, the Times will honor the one airman each year who best embodies the finest qualities of the men and women serving in today's Air Force.

A single winner and three runners-up will be selected by the publication. Ballots and voting instructions are available in the paper. The winner of award will be invited to Washington, D.C. for a ceremony.

The point of the contest, according to the Times, is to honor the "everyday heroes" of the U.S. Air Force, whose efforts unselfishly and consistently go above and beyond the call of duty, making a difference in their communities. The Air Force Times Airman of the Year can be someone who assists during a crisis or who continuously supports an important cause. Unlike other military honors, the winner will be nominated by his or her peers, and not by any official office of the U.S. military or government. Nominations are open to all members of the U.S. Air Force, regardless of rank.

Nominees must be on active duty, reserve, or guard status through June 3. The deadline to submit nominations is Monday. The names of four finalists will be published in the Air Force Times April 30, and the winner will be announced May 7. The award ceremony will be held the week of May 14.

Nominations must include:

1. Your name, address, commercial phone number and e-mail address.
2. Your nominee's name, address and commercial phone number.
3. Your nominee's current unit, commander's name, address and commercial phone number.
4. In 300 words or fewer, describe why your nominee deserves this award.
5. Include the names and contact information of three people who can verify your nominee's achievements.

Nominations may be submitted by mail, e-mail or online:

Mail:

Airman of the Year Award
Air Force Times
6883 Commercial Drive,
Springfield, VA, 22159

Fax:

Airman of the Year Award
(415) 648-5296

e-mail:

AirmanOfTheYearAward@atpco.com

Online:

www.airforcetimes.com/nomination

(Courtesy Air Force Times)

Gearing up for the Challenge

(Left to right) Senior Airman Theresa Hardy, crew chief, 2nd Lt. Jen Olson, crew commander, and Airman 1st Class Julian White, space console operator, will represent the 20th Space Surveillance Squadron at the 2001 Guardian Challenge competition May 7-11 at Vandenberg Air Force Base, Calif. 23 crew members vied for the three competition spots - completing a written exam and performance evaluation. Hardy, Olson and White then trained continuously for three weeks to compete with 12 other squadrons for the privilege of representing the 21st Space Wing at the competition. "We're extremely proud of our team and look forward to competing at Guardian Challenge 2001," said Maj. Scott Beidleman, operations officer. "We're 'first in the fight' and we plan to prove it!"



Courtesy photo

Former CINC explains space commission findings

By Capt. Brad Swezy
AFSPC Public Affairs

It's time for the United States to focus on how to operate space assets in a world that has its eyes on space. We're not the only players in the game anymore. And not all of them are friendly.

That's one of the messages a former commander of U.S. military space assets delivered recently to members of Air Force and U.S. Space commands.

Retired Gen. Howell Estes III, a member of the U.S. Space Commission, came to Peterson AFB to speak about the findings of that commission. Estes once commanded North American Aerospace Defense Command, U.S. Space Command and Air Force Space Command.

The Space Commission was created to determine how U.S. space assets could be better organized for national defense.

In answer to that question, Estes said the commission had five key findings:

The extent of U.S. dependence on space and the vulnerabilities it creates demand that space be recognized as a top national security priority.

The U.S. government is not yet arranged or focused to meet the national security space requirement of this century.

U.S. national security space programs are vital to peace and stability and the two officials primarily responsible and accountable for those programs are the secretary of defense and the director of the Central Intelligence Agency. It is important that these two peo-

ple work closely and effectively together to set and maintain the course.

Throughout history, there has been conflict in every medium (air, land and sea) and space will be no different. The United States must defend against hostile acts in and from space.

In addition to investing in facilities, systems and leading-edge technologies, the government needs to play an active role in expanding the pool of military and civilian talent in this arena.

Estes discussed not only the findings of the commission but also how members arrived at some of its recommendations.

"We wanted to make sure that all the key players were involved in this process," he said. "While the Air Force maintains most of the systems, the Army and Navy depend greatly on space systems."

To get a complete and balanced picture, the commission interviewed 80 national space experts, including Gen. Ed Eberhart, current NORAD, USSPACECOM and AFSPC commander in chief. They also interviewed Lt. Gen. Roger DeKok, AFSPC vice commander.

The final report, Estes said, sought to bring space into the forefront of national strategy.

"The way space functions are organized right now makes it difficult for anything to be done," Estes said. "By reorganizing our space functions, we will bring a center of gravity to space. This will get it more attention by decision-makers and ultimately more resources."

The complete report can be found at www.space.gov.

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Itemizing saves money at tax time

You probably have heard that only people who own a house can itemize tax deductions. With the standard deduction rising each year, it's getting more difficult to find those other dollars to list on Schedule A. For many, home mortgage interest is the one item most likely to render itemized deductions higher than the standard deduction.

Don't dismiss using Schedule A without a thorough look, though. You might be surprised at how much of your spending goes to deductible categories. And if you have a mortgage, don't limit yourself to just the interest paid section.

The general rule with taxes is, you must have records. This applies to income as well as deductions. One record-keeping method that seems quite popular is to keep that shoebox throughout the year. Put all your tax-related documents in the box and sort them out at tax time.

Another method is to jot notes on a calendar – a day-timer or day-runner, for instance. This might be helpful for cash donations to church or other charities. You might otherwise forget or overlook these donations, especially if it's only \$5. It all counts.

If you own a home, you know about paying real estate taxes. Don't forget about vehicle ownership taxes. You can find the amount you paid on your state registration slip. Vehicle taxes count as personal property taxes and can be included on your deductions.

Many people probably cheat themselves on charitable gifts of other-than-cash. Here, too, you need to have records of your donation. A charitable organization should give you a receipt for the items, but it is your responsibility to determine the value of the donation. You should have a reasonably accurate list of the donated items, their original cost and what the items are worth at time of donation.

When you're gathering items for donation, sort

them and make a list. You might even consider taking photos or videos to show the quantity and condition of donations.

There are a number of ways to determine the worth of your donation. Having the list makes your pricing job much easier. With the list in hand, you can visit a local thrift store and find out what they charge for like items or you can visit garage sales with the same thought in mind.

One other method you might consider is using a pricing service. Call the tax center at 556-4871 for suggestions.

If you have suffered an unfortunate circumstance, don't forget the casualty and theft losses item.

Medical and business expense deductions are limited by a certain percentage of your adjusted gross

income. Overcoming theft or medical hurdles often means you've dealt with large expenses but do keep track of your doctor and dentist bills, prescription costs and driving mileage to your visits. Cost and cleaning of some work-related clothing and special items also count.

If you're a frequent visitor to Cripple Creek, you might have huge gambling losses to declare. As with other sections, you need to keep records in this area too. Your losses are limited to the amount of your gambling winnings, which you must declare as income if you want to take the losses deduction.

Don't gamble with your refund. Get IRS Publication 17 and become familiar with what expenses you can count toward a smaller tax burden. *(Courtesy 21st Space Wing Legal Office)*



Photo by Airman 1st Class Brian Hill

Living Last Supper

Actors rehearse the Peterson Air Force Base Chapel-sponsored play, the "Living Last Supper", Monday night at the chapel. The play will show one night only, April 11, at 7 p.m. at the chapel. Admission is free.



18th SPSS sets another standard

By Capt Mike Hicks
18th SPSS Unit Public Affairs Representative

Almost a year after its initial operations capability certification, the 18th Space Surveillance Squadron achieved another first: an outstanding on its 14th Air Force Standardization Evaluation Team Inspection conducted Jan. 16-19. This was the first time that 14th AF used grading criteria for the inspection, which focused on the 18th SPSS ability to execute the operational mission. After a busy three days, the 14AF team chief announced the outstanding rating for its first SET. In addition to the rating, 18th SPSS members garnered nine professional performer and six outstanding contributor awards, and six commendable program ratings.

18th SPSS crews went through three evaluations during the inspection. The results accounted for 75 percent of the overall rating. The first two crews scored 4.9 out of 5, while the last crew earned a perfect score. During the outbrief, Lt. Col. Greg Boyette, 18th SPSS commander, said, "The ops crews and my staff sections worked as a team making sure that we were ready to prove to the rest of the world that the 18th SPSS is ops ready and will stay that way."

The SET report reemphasized that point. It read, "The commander and director of operations have done an incredible job in turning this squadron into a real operational unit...transformation from its hangar days at Peterson to a premier space unit at Edwards AFB reflects the vision and dedication of Space Command personnel involved in turning the Optical Command, Control, and Communications Facility concept into reality."

The squadron's rating culminated a year of successes. In August, 21st Space Wing conducted an operational standardization team inspection, which resulted in the first no-problem-area inspection on a unit following IOC. The inspection identified three commendable programs and five professional performers.

Programs weren't the 18th's only areas of excellence. Over the past year, 18th SPSS members garnered multiple group, wing, and numbered air force awards. The squadron was tagged as the first in 14th AF to be assigned an individual mobilization augmentee reservist. The certified crew member and combat mission-ready reservist is permanently assigned to 14th AF at Vandenberg Air Force Base, where he will be provide SPACEAF with the optical space surveillance expertise necessary to support USCINCSpace and theater commanders.

The 18th SPSS is the only optical space surveillance squadron in the 21 SW.

Feb. 2, 1999, the squadron was certified IOC and responsible for the operation of the OC3F, and four worldwide detachments. The squadron has 67 military

members assigned and 78 contractors.

Detachments are located in Socorro, N.M., Diego Garcia (British Indian Ocean Territory), Maui, Hawaii, and Moron, Spain.

There are 30 certified OC3F operations crew members who make up the only all-enlisted crew-force in Air Force Space Command. Each crew includes members, who are responsible for operational control of the optical sensors at each detachment, and who provide an interface with AFSPC agencies.

The squadron and detachments track deep-space objects orbiting the earth. Since IOC, observations to the Space Control Center have increased 180 percent. Accuracy of data provided to customers has also improved as a result of the new high-tech Optical Space Surveillance Squadron.

21st SW GSU members who supported recent visits from the wing commander

13th Space Warning Squadron, Clear Air Force Station, Alaska:

Maj. Brian Pollock, tour of the base facilities
Maj. Chuck Grossart, tour of the legacy radar system
Capt. Wayne Doherty, tour of SSPARS radar system
MSGT Cyrus Cooper, tour of Security Forces facilities
MSGT John Thompson, tour of fire station
Capt. Matthew Kaufmann, unit briefing
Capt. Craig M. Ramsey, SSPARS brief
2nd Lt. Chintaporn Hiransomboon, project officer
TSgt Jodi VanderLaan, SSPARS brief
TSgt John Pace, SSPARS Brief
SSgt Chad E. Parsons, SSPARS brief
SSgt Douglas K. Shaver, recreational activity coordinator
SSgt Trevor R. Parson, recreational activity coordinator

7th Space Warning Squadron, Beale AFB, California

Charlotte Tate, organized the itinerary
MSGT Steve Leverton, project officer
David McCormack, coordinated special breakfast event

18th Space Surveillance Squadron, Edwards AFB, Calif.

Capt. Mike Hicks, standardization and evaluation section brief and mission overview briefing
Capt. Ed Fox, operations support section brief
Capt. Sam Lowrance, training section brief
Capt. Ed Allard, section briefs and visit coordination
SMSgt Eric Reed, section briefs and visit coordination

Women's History Month

Only two kinds of women join the military

By Master Sgt. D.K. Grant
21st SW Public Affairs

Dad didn't want me to join the Air Force...well, any branch of the service, really. He spent a little time in the Army (post-Korea/pre-Vietnam). His experience was limited; I really don't think he actually knew any female military members. So forgive him please for his reason: Only two kinds of women join the service, he explained, and, well, those weren't the kinds of women he wanted his daughter to become.

I guess that would be funnier if it weren't only 18 years ago when he said it and believed it. The rest of that story is, my best friend and I joined at the same time and neither of us became "that kind of woman," so his perception has changed. I even heard him say a

boastful-sort-of-thing about me to one of his friends once.

My dad's attitude was compounded by his knowledge of what the military was like for him, and a deep need to protect his little girl from the hardships of the military lifestyle. But attitudes like that, nationwide, were the reason the military was the most glaring example of legal, systemic discrimination in the history of our country. Who wants their children to face hardship, danger and the kind of wartime assault that peacetime gentlemen would never attempt?

American women (maybe all women) are a funny lot, though. Despite the fact that throughout U.S. history, it was illegal for women to serve in the military and serve in certain roles in the military, many women just went ahead and broke the law.

Their nefarious activities helped to break the barriers that separated women from the right and responsibility to help defend what was theirs.

Who were those criminals and boat-rockers?

One was Deborah Sampson (who historians have dubbed Sampson) of Plymouth, Mass. The legend of her service varies depending on whose version you read, but all hold to a basic truth: In 1778, she disguised herself as a man and presented herself as Robert Shirtliffe, to the American army. Although wounded twice in battle, she continued to serve without blowing her cover, until she contracted "brain fever." Her doctor discovered her gender and, rather than give her away, sent her to his home to recover. Upon recovering sufficiently, she was discharged and sent home. She later married Benjamin Gannet and they had three children. It was illegal for her to serve in the armed forces, to fight for the freedom of her country, but she did it anyway. Typical American.

It wasn't uncommon for women to follow their husbands to war during our early history. One woman who did so, Margaret Corbin, stepped up to the artillery during an attack on Fort Washington, taking her fallen husband's place in the battle. In July 1779, she was awarded a pension for her heroism. She wasn't unusual, really. People then did what they had to do, and war probably wasn't any more terrifying than some of the day-to-day dangers our pioneer forebears lived with.

Disguising themselves as men was apparently the most successful way to circumvent the law. Some heroes (heroines?) during the Civil War did it too. Sarah Emma Edmonds, alias Franklin Thompson, served as a nurse and a spy for the Union Army, and Jennie Rodgers served and fought for three years as Albert Cashier. In 1913, her true identity was revealed. An estimated 400 women served during the civil war (not counting thousands who worked to nurse the wounded), and more than 60 were wounded or killed at various battles.

Dr. Mary Walker, surgeon during the Civil War, was actually awarded the Medal of Honor by President Andrew Johnson for her heroic actions during the war. She was even held a prisoner of war for four months. I don't recall reading about her in my high school history classes. Odd.

One of the more famous legends told the story of the first woman Marine. Lucy Brewer, a farm girl from Massachusetts, fled a house of ill repute, where she was not

employed, but would have been had she remained, disguised herself as a man and joined the Marine Corps during the War of 1812. She served aboard the Constitution and saw some pretty hair-raising battles. Her time as a W.M. was a good hundred years before the Corps began to actively recruit women (and even in 1918, the Corps wasn't recruiting them for battle positions).

Women were unofficially involved in the Mexican American War and the Spanish American War, as well. During World War I, illegal service ended for women as the Army and Navy each established a nursing corps. Kudos to the Navy for ignoring the red tape and putting 13,000 women in Navy and Marine Corps uniforms. Introducing women to the armed forces via the nurses corps may have only cracked the door a hair, but that tiny opening allowed 30,000 women to serve in uniform during World War I.

Laying a collective shoulder against that open door, American women – and men – continued to push via social programs and political movements until 1941, when Congresswoman Edith Nourse Rogers introduced a bill to establish a Women's Army Auxiliary Corps. Every barrier was erected to thwart the bill, but General George C. Marshall took an interest and eventually, tired of the stalling, ordered the War Department to create the women's corps. In May 1942, the bill became law, but well before that happened, women were being trained in Iowa.

Maybe it required WWII to force the issue, but by 1944, women service members were serving around the world. The door was open and by the end of the war, 400,000 women had worn the uniform. There would be no closing that door again, despite the best political efforts to do so.

Americans are a pretty flexible lot. Once we accept an idea, we embrace it with passion. Knocking down the remaining barriers took a couple of generations of determined Americans, and those barriers continue to fall. During World

War II, female pilots weren't allowed to fly as members of combat service, but fly they did. If you want to read some fascinating tales about women who flew, there are a couple of authors you'll want to read. One is Anne Noggle (a renaissance woman who is an artist, pilot, speaker, photographer, bohemian). She's done two great works on the era: "For God, Country and the Thrill of It: Women Airforce Service Pilots in World War II" and "A Dance with Death: Soviet Airwomen of World War II." Beryl Markham also tells quite a tale in her "West With the Night." And for a wider view of women in flight, check out "Encyclopedia of Women in Aviation and Space" by Rosanne Welch. One of the best is "Women in the Military: An Unfinished Revolution," by retired Maj. Gen. Jeanne Holm. There are countless others, but that's a start.

Common sense says that since women have served and died in combat since this nation was born, they have earned a place in the formal military structure. Wouldn't it have been logical for the military academies to throw the doors open wide and welcome this new manpower resource? Well, it didn't happen that way. The academies fought co-educational integration with every ounce of institutional power, but to no avail. The year of America's 200th birthday, women joined the men at each service academy. It, again, was a crack in the door; a victory of concept. It is easier to change laws than individual attitudes, however, and the class of '80 faced a bumpy four-year road.



Ride

For your information

SPACE OBSERVER
Friday, March 23, 2001 **7**

Miscellaneous

SPACE SYMPOSIUM: The 17th National Space Symposium, hosted by the Space Foundation, will be April 9-12 at the Broadmoor International Center. Featuring top national and international leaders, the symposium's theme this year is "Space 2001: An Earth Odyssey." As in past years, the symposium needs volunteers to help with media relations, escort speakers, assist with presentations, work information booths, coordinate transportation, support registration and provide security services. Volunteers will have unlimited access to exhibits and may attend speaker sessions as well. For more information or to learn how to volunteer, go to the symposium web site, www.usmf.org/symposium01 and select the "volunteer" button. Active duty military may also contact the volunteer coordinator, Lt. Col. Charlie Manship, at charles.manship@peterson.af.mil, or call 554-9304.



BLOOD DRIVE: The 21st Support Group will host a blood drive April 5, 9 a.m.-1 p.m. at Building 350. Time slot reservations are requested. For more information, call 556-8222, 556-7066 or 556-4897.

GOLF FASHION SHOW: Silver Spruce Golf Course and the Peterson Ladies Golf Association will host a summer fashion show during its annual meeting Thursday at 9 a.m. See the latest fashions in microfiber requiring minimal care. Sportsweat is by Lily's of Beverly Hills. Refreshments will be served. The event will also include brief greetings from Don Bernal, 21st Services Squadron golf director, and Andy Anders, 21st SVS recreational assistant, and representatives from the Officers' Club and its catering office. A 15 percent discount will be offered on all sportswear purchased at the fashion show, and there will be a 10 percent discount on special orders. Call 556-7414.



FRANKLIN-COVEY CLASSES: The "Seven Habits of Highly Effective People", a three-day course in personal leadership based on the book by Stephen Covey, will be offered Tuesday through Thursday and April 17-19, 8 a.m.-4:30 p.m. each day. "What Matters Most," a one-day time management course from Franklin-Covey, will be April 11 and 20. Courses are open to 21st Space Wing active duty and civil service members. Tenant unit members will be allowed on a space available basis. Call 556-6104 or 556-7283 for more information.

Family Advocacy 556-8943

STRESS MANAGEMENT: Learn basic techniques for managing stress. Classes are April 3, 10, 17, 24, 2-3:30 p.m., at the base education center.

Civilian Personnel Flight 556-7073

VOLUNTARY LEAVE TRANSFER PROGRAM: Civilian annual leave donations are needed for a Pope Air Force Base employee assigned to the 43rd Communication Squadron. She has been diagnosed with a cerebral aneurysm and is in need of an indefinite number of hours of donated leave. To donate leave, or for more information, call the civilian personnel flight, workforce effectiveness section at 556-9231 or e-mail theresa.dickson@peterson.af.mil.

MILITARY PERSONNEL MANAGEMENT COURSE: The Military Personnel Management Course is designed for civilian supervisors of three or more military members. Supervisors of fewer military members may attend if space is available. The course provides background information or military personnel rules and regulations for supervisory and management responsibilities. Subjects covered include expeditionary aerospace forces, promotions and recognition, officer and enlisted performance reports, leave management program, professional military education, discipline and standards, retention, mentoring, weight management program and military administrative issues. Sessions will be April 10-11, July 31-Aug 1, and Sept. 18-19. For more information, contact Beverly Sagapolutele at 556-7073 or e-mail Beverly.Sagapolutele@peterson.af.mil.

Education Center 556-4064

VEAP/MGIB: Public Law 106-419 provides an opportunity for certain Veterans Education Assistance Program participants to participate in the Montgomery G. I. Bill. The education office will receive a list of eligible members within the next two weeks and will notify all eligible active duty Air Force members. The opportunity will affect more than 25,000 Air Force members. The intent of the law is to catch the people who contributed to VEAP at one time in their careers, but may have withdrawn their contributions, making them ineligible for the last conversion. More information will be provided as it becomes available.

Family Support Center 556-6141

CLASSES: Classes are conducted in the family support center classroom, 135 Dover Street, Building 350, Room 1016 (unless otherwise specified). Registration is required for all classes. To register, call family support at 556-6141 or stop by the center.

JOB ORIENTATION: Job orientation class will be Thursday, 1-2:30 p.m. This class gives a brief overview of information on the local job market and how the family support center can help your job search.

RESUME REVIEW CLASS: The resume review class will be Wednesday from 9-11 a.m. To take full advantage of this class you must bring a draft copy of your resume. The employment team will coach you on ways to improve your product, to secure the job you have targeted.

VOLUNTEER OPPORTUNITIES: To review a list of volunteer opportunities from District 11 schools contact Larry Land at 556-9268.

AIR FORCE AID EDUCATION GRANT: The Air Force Aid Society's General Henry H. Arnold Education Grant Program awards \$1,500-grants to sons and daughters of active duty, retired or deceased Air Force members, retired reservists over age 60, and Title



10 reservists on extended active duty (dependants of reserve or air national guard are not eligible). Spouses are also eligible if their sponsors are assigned to CONUS. Visit the Air Force Aid Society office to pick up an application or download one from

Teen Center 556-7220

TEEN LEAGUE: The teen basketball league plays Friday nights June 1-July 27 as part of Operation Night-Hoops Basketball League. Games are played at the fitness center. The league, co-ed, is open to teens aged 13-15 and 16-18. Cost is \$25 per person. Coaches are also needed for the program. Call Sonny Campbell at 556-7220 for more information.

Community Activities Center 556-7671

COPPER MOUNTAIN: The CAC has reduced prices on lift tickets to Copper Mountain Resort. Ski or snowboard more this winter now that lift tickets have been reduced \$30. To get your tickets at the CAC, call 556-7671.

ROCKIES SEASON OPENER: The Colorado Rockies baseball team season opener against Seattle will be April 2. For more information, call 556-1733. Sign up by March 30.

CRAFT FAIR: The CAC will sponsor a craft fair at the officers club ballroom April 6, 10 a.m.-2 p.m. Table rent is \$10. For more information, call Deb Connor at 556-1737. Register by April 2.



Enlisted Club 556-4194

FAMILY BUFFET: There will be no family buffet Tuesday. The Airman Leadership School graduation is scheduled for that evening.

MONGOLIAN BARBECUE: Thursday is Mongolian Barbecue night at the enlisted club. Dinner is from 5-7 p.m. and cost is \$7.50 for members, \$10.50 for non-members. Reservations are suggested. Call 556-4194 for more information.

Officers' Club 556-4181

LIVE MAINE LOBSTER: Maine lobster will be available March 30, 6-8 p.m. Reservations are required for this popular dining experience. Enjoy a 1 1/4 lb. lobster, rice pilaf, vegetable and salad for \$14.95 per person. Call 574-4100 for reservations.

GOURMET NIGHT: Gourmet night is April 7, featuring veal ala marsala as the entrée. Other tempting dishes include shrimp scampi and Greek lemon soup. Dinner is \$35 per person plus gratuity. Reservations are required. Call 574-4100 for reservations.

SUNDAY BRUNCH: Sunday brunch will be 10 a.m.-1:30 p.m. Enlisted Club members and their guests are welcome to attend. Reservations are suggested. Call 556-4181 for more information or reservations.

Commissary 556-4500

HOURS OF OPERATION:
Sunday - 9 a.m.-5 p.m.
Monday - CLOSED
Tuesday - 9 a.m.-8 p.m.
Wednesday - 9 a.m.-7 p.m.
Thursday - 9 a.m.-7 p.m.
Friday - 9 a.m.-8 p.m.
Saturday - 8 a.m.-6 p.m.



Chapel Schedule

Protestant Services

Liturgical Worship: 8:15 a.m.
Traditional Sunday Worship: 11 a.m.
Gospel Services: 12:30 p.m.
Sunday School: 9:45 a.m.

Catholic Services

Mass: Weekdays, 11:35 a.m.
Saturdays, 5 p.m.
Sundays, 9:30 a.m.
Reconciliation:
Saturdays, 4 p.m.
Religious Education:
(Adult and pre-K-12th grade)
Sundays, 8:30 a.m.

From the Chairman of the Joint Chiefs

Salute those who help us remain strong and free

By Gen. Henry H. Shelton
Chairman, Joint Chiefs of Staff

National women's history month provides an opportunity to recognize the remarkable contributions that women have made to our nation. This is also a special occasion to recognize the outstanding women who have served and are serving in our armed forces.

This year's theme of "Women of Courage and Vision" is indeed appropriate for the extraordinary women who have risked their lives to protect our nation. Throughout history, from the American Revolution, through two world wars, Vietnam, and desert storm, women have displayed dedication, honor and vision in the defense of our freedom.

We can all learn valuable lessons from women such as Dr. Anita Newcomb Magee, the Army's first female surgeon in 1898, and Rear Admiral Grace Murray Hopper, who was not only a courageous leader, but also a pioneer in data processing and computer science. This celebration serves to reiterate our nation's respect, admiration, and gratitude for the women who have provided service to our country.

The Joint Chiefs of Staff and I join every American in extending our deep appreciation to the outstanding women for all that they have done and continue to do for our nation. Their hard work continues to make a difference for America and the world. We respect their sacrifices and celebrate their contributions to making our country strong and free.

— TWO KINDS OF WOMEN, From Page 6

"Needless to say, it's been no picnic here. Yet many of us have made it through under the same conditions as the men," said 1980 USAFA graduate Marianne Owens. "Therefore, we say don't point us out; don't applaud us, or you'll be ruining what we've been trying to establish. We've come so far in fighting the hard feeling...it is the goal...for us to simply leave this institution, not as the first women graduates, but as deserving, hard-working graduates to enter the Air Force."

In 21 years, she and her classmates have seen remarkable change. They, the women graduates of 1980, did what they had to do to serve where they knew they could. Thanks to them, and to the illegal (technically) behaviors and tenacity of generations of women and men, women like Sally Ride were able to legally, fully pursue dreams of space travel, and she bumped the door open a bit further when she became the first woman in space.

Women like Lt. Gen. Leslie Kenne was able to legally, fully pursue her dream; she became the first woman accepted into the test pilot school at Edwards AFB, Calif. Lt. Col. Eileen Collins



Shelton

Peterson Museum volunteers needed

The museum needs volunteers to work in the gift shop, act as greeters, perform duties as docents, help clean and maintain the exterior of aircraft on display in the air park, and to be available to support other on-going projects. For information on how you can help, call Tech. Sgt. (ret.) Rick Sherry at 599-9646 or Dr. Mary Elizabeth Ruwell, museum director, at 556-8278.



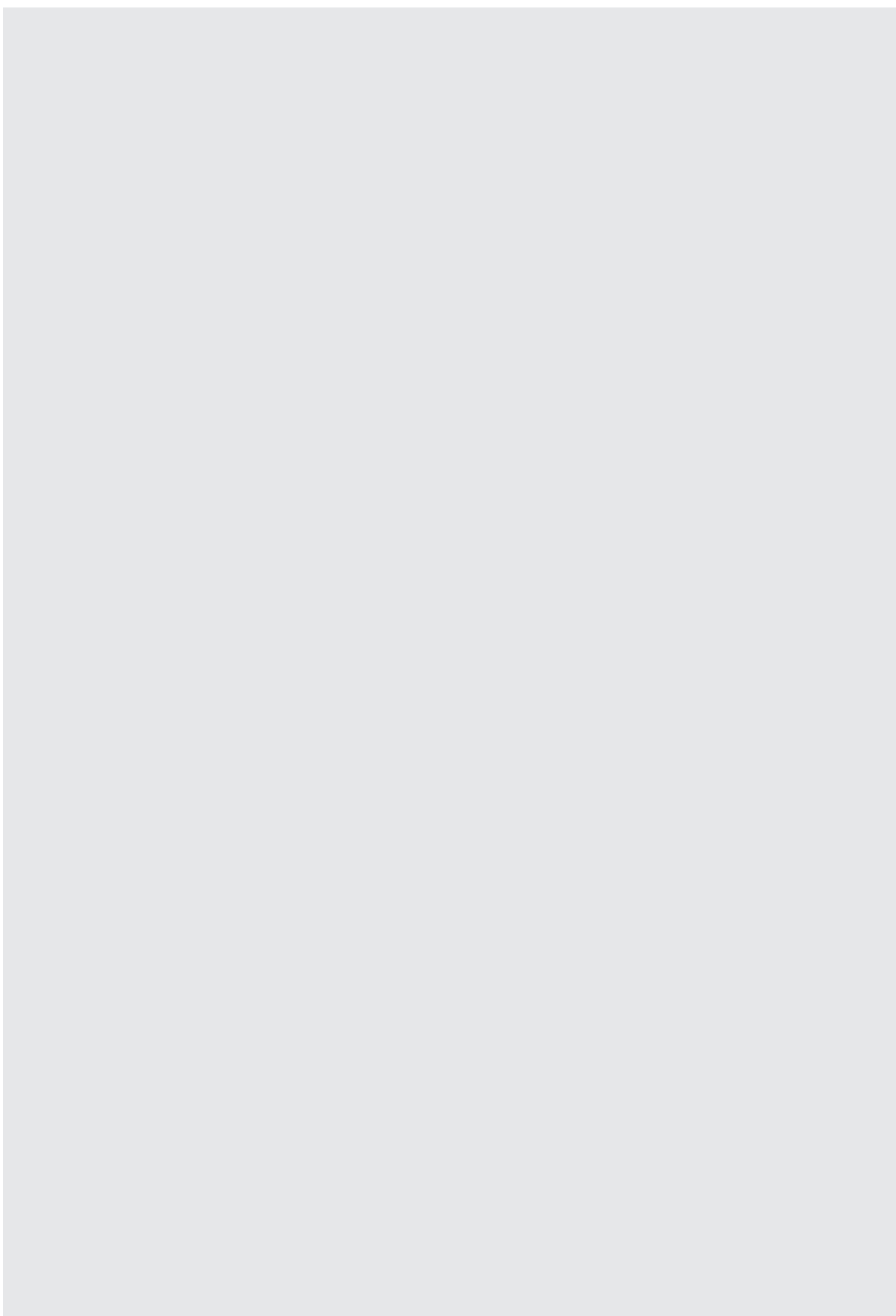
Kenne

inherited a legacy of freedom from those generations of Americans – a legacy that opened the door so that she could achieve her dream of becoming a space shuttle commander. She was the first woman to earn that position. Chief Master Sgt. Kathy Ballard (retired) fought to secure a woman's right to shoulder what had previously been only a man's responsibility. She was an example for young enlisted members as the first woman to serve as a major command's command chief master sergeant – which we called "senior enlisted advisor" back then.

American women (and men) have always done what they want and need to do to achieve their various goals, and they probably will continue to do just that. Today, women needn't disguise themselves to be allowed to serve their nation.

But, you know what? There's something powerful about those women who believed so strongly in the rightness of their actions that they weren't just willing to die for their convictions. They were willing to take it like a man.

If you see my dad before I do, tell him that I wish I were "that kind of woman."



The sun never sets on

Geographically separated units are scattered



The 21st Space Wing is the Air Force's only organization providing missile warning and space control to unified commanders and combat forces worldwide.

The 21st SW is located in 8 countries, crossing 14 time zones, consisting of 5 groups, a director of staff, and 30 squadrons at 22 locations. It literally covers the world with wing operations.

The 21st SW provides missile warning and space control to North American Aerospace Defense and U.S. Space Command through a network of command and control units and ground and space-based sensors operated by geographically separated units around the world. More than 4,000 military members, 1,000 Air Force civilians and 2,600 contractor employees of the 21st SW help accomplish this global mission.

Members of the 21 SW operate and maintain a complex system of U.S. and foreign-based radars that detect and track ballistic missile launches, launches of new space systems, and provide data on foreign ballistic missile events.

MISSILE WARNING

Defense Support Program satellites and their associated ground systems and personnel support the space-based early warning system. As the first system to detect missile launches, DSP satellites are critical sensors in the United States' and Canada's early warning system.

821st Space Group, Buckley Air Force Base, Colo.

The 821st SG oversees all the Defense Support Program and 21st SW space communications sites. The 821st SG supports the mission of the 21st SW by providing space-based missile warning data, serving as a focal point for transition to the Space-Based Infrared Satellite system, and providing space

communication data and relay. The 821st SG also provides educational, medical, recreational, family support, personnel, security, finance, and contracting services for active duty personnel assigned to Buckley AFB and in the Denver, Colo., area.

2nd Space Warning Squadron, Buckley AFB, Colo.

The 2nd SWS controls, receives, processes and reports DSP mission information.

11 SWS, Schriever AFB, Colo.

The 11th SWS uses data from DSP satellites as part of the Attack and Launch Early Reporting to Theater, or ALERT, system to provide in-theater warning of tactical missiles and other threats in direct support of warfighters worldwide.

137th SWS, Greeley, Colo.

The 137th is a Colorado Air National Guard asset that provides mobile DSP missile warning and reporting.

Ground-based radars - These are comprised of a Phased Array Warning System—PAVE PAWS; a Ballistic Missile Early Warning System, or BMEWS; and a Perimeter Acquisition Radar Characterization System, or PARCS.

6th SWS, Cape Cod AFS, Mass.

7th SWS, Beale AFB, Calif.

13th SWS, Clear AFS, Alaska

These squadrons are SLBM warning units. Their mission is mainly to watch America's coasts for incoming sea-launched or intercontinental ballistic missiles, and warn the appropriate authorities. They also conduct a space surveillance mission, tracking and reporting earth orbiting objects.

12th SWS, Thule AB, Greenland

The 12th SWS is a BMEWS radar unit, providing tactical warning and attack assessment of ballistic missile attacks against

the United States and Canada. Thule is the northernmost U.S. military installation in the world.

RAF Fylingdales, U.K.
The 21st SW detachment at RAF Fylingdales provides cooperative missile warning and space surveillance counterparts.

10th SWS, Cavalier AFS, N.D.

As the wing's PARCS unit, the 10th SWS sea-launched and intercontinental ballistic missile warning and reporting data to help track objects in space.

SPACE CONTROL

Space surveillance is a critical element of the 21st SW mission and will be vitally important to support missile operations and assured availability of U.S. space systems. As part of the space surveillance mission, the command and control as well as active and passive units. More than 9,500 man-made objects in earth orbit, ranging in size from a baseball to the International Space Station, are regularly tracked. Knowing the location of these objects is essential to prevent collisions when a satellite is launched or when the space shuttle is on a mission.

1st Command and Control Squadron, Cheyenne Mountain AFS, Colo.

The 1st CACS provides collision avoidance for each shuttle mission as well as maintains an extensive catalog. This catalog is used by U.S. civilian and military agencies when launching new satellites into space, as well as for tracking objects in space.

721st Support Group, Cheyenne Mountain AFS, Colo.

The 721st SG is responsible for the upkeep and maintenance of facilities and equipment in Cheyenne

the 21st Space Wing

dispersed across the globe but still part of Team 21



mmost U.S. base. It also operates and controls the world-wide warning and surveillance system for North America.

ales coordinates The 20th SPSS operates a phased-array space surveillance system. Their mission is to track man-made objects orbiting earth, around the clock in any weather.

keeps watch for The 3rd SPSS operates the Deep Space Tracking System. It detects, tracks, identifies and catalogs man-made earth-orbiting objects.

the space control The 5th SPSS operates the Low-Altitude Space Surveillance, or LASS system. It detects, tracks and identifies satellites orbiting earth.

ort future theater The 4th SPSS operates a mobile space surveillance, communications and space data relay system that supports theater commanders.

U.S. space forces. The 18th SPSS controls and operates optical space tracking systems. The squadron's four detachments operate the Ground-Based Electro-Optical Deep Space Surveillance system, or GEODSS. The detachments are located at:

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orbit around the Detachment 1, Socorro, N.M.

ernational Space Detachment 2, Diego Garcia, British Indian Ocean Territories

orbits of those Detachment 3, Maui, Hawaii

a new satellite is Detachment 4, Moron, Spain

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20th Space Surveillance Squadron, Eglin AFB, Fla.
The 20th SPSS operates a phased-array space surveillance system. Their mission is to track man-made objects orbiting earth, around the clock in any weather.

3rd SPSS, Misawa AB, Japan
The 3rd SPSS operates the Deep Space Tracking System. It detects, tracks, identifies and catalogs man-made earth-orbiting objects.

5th SPSS, RAF Feltwell, U.K.
The 5th SPSS operates the Low-Altitude Space Surveillance, or LASS system. It detects, tracks and identifies satellites orbiting earth.

4th SPSS, Holloman AFB, N.M.
The 4th SPSS operates a mobile space surveillance, communications and space data relay system that supports theater commanders.

18th SPSS, Edwards AFB, Calif.
The 18th SPSS controls and operates optical space tracking systems. The squadron's four detachments operate the Ground-Based Electro-Optical Deep Space Surveillance system, or GEODSS. The detachments are located at:

Detachment 1, Socorro, N.M.
Detachment 2, Diego Garcia, British Indian Ocean Territories
Detachment 3, Maui, Hawaii
Detachment 4, Moron, Spain

• Det 2, 18th SPSS, Diego Garcia, British Indian Ocean Territories

3rd Space Surveillance Squadron, Misawa AB,

Tenant unit blues: Being a GSU is challenging

By Capt. Dan Janning
4th Space Surveillance Squadron

Imagine, if you will, that you are stationed at Base X. It's your first assignment in the Air Force and you are excited, ready to get involved with Air Force life and base activities. But wait. You're part of a tenant unit, not the host wing. The horror!

The 21st Space Wing is the proud owner of geographically separated units located around the world; some as close as Schriever AFB, some as far away as Germany and Japan. I am privileged to be assigned to one of these units: the 4th Space Surveillance Squadron, Holloman AFB, N.M. Holloman is an Air Combat Command base, home of the 49th Fighter Wing and the F-117 Stealth Nighthawk.

I am proud to be a part of Team Holloman - and Team 21 of course - but it's the little things that remind me I am not part of the host wing.

One area involves base activities. Not only do we find out late (if at all) about events such as the Air Force Ball, wing down days and base exercises, but we are often treated like second class citizens or novelties if we do show up ("Oh, you are one of those space guys! Are you a Space Cowboy? Is your name Maurice?"). To be fair, both the 49th FW and our squadron commanders do their best to make sure everyone gets the information, but that hasn't always been the case, particularly during my previous assignments.

There are positive aspects. I don't have to participate in base-wide exercises ("Let me through, my squadron isn't playing."). Also, I sometimes get different down days, so all the base agencies I need to visit are open on my day off. And, of course, there are areas and services that we have access to regardless of whether we're

part of a tenant unit or not. Housing, the exchange and commissary treat us the same as any other person on this base - no better or worse.

Of course, being so far away from the 21st has its share of ups and downs. Many GSUs are in different time zones, so if members need to actually talk on the phone with someone at headquarters, they might have to call in the middle of the night to reach someone during normal duty hours, Colorado

time. Then again, there is something nice about knowing days or even weeks ahead that the wing commander wants to come visit.

The funny thing is that during my admittedly short time in service, all of my assignments have been with tenant units. I actually think it's been good for my professional development. It has exposed me to how different commands run bases and what their priorities are. The differences between AFSPC, AMC

and ACC bases are amazing, but that's a subject for another day.

Being part of a tenant unit doesn't prevent us from getting the job done. It just adds another challenge to overcome. We all have the same goals - to do our job, support our command and to protect and defend this great land of ours. Remember that the next time you see someone wearing a different patch, or going to work when you have a down day.

Remembering our responsibilities

By Staff Sgt. Doug Pinard
4th Space Surveillance Squadron

Since I enlisted in the Air Force, six years ago, my parents and family have been telling me how proud they are of me and how much I have matured in that time. They talk about my demeanor now - which we all display, as Air Force members; we stand tall, confident, sure. They talk about how difficult it must be to live by our military standards.

I sit back and let my folks talk, enjoying their happiness, but I also think about all they don't see.

While most Air Force members are outstanding, patriotic people, I still see those who disregard the simplest responsibilities. Take a look at your work center, or even yourself, and see if you notice these actions.

It is 1629 hours and everyone in the shop is ready to go home, but they stay inside for a few more minutes because they don't want to be "caught" when retreat sounds. Or maybe they run as fast as they can to their vehicles, hoping to be in the sanctuary of the car during the national anthem.

Just the other day, as I was walking across the parking lot to my car, retreat started. I stood at attention and rendered a salute as the anthem played, but a master sergeant walking behind me, opened his car door, sat down and started his car engine. It must have been too

difficult for him to stand at attention for five minutes after a hard day of work behind a desk.

At the end of the duty day, an individual drove home to his house on base. He parked at the curb, and walked to his front door, but left his hat in the car. When asked about wearing his hat, he responded that it was the end of the day and he was home.

Apparently, AFI 36-2903 only applies at work, during duty hours. It's too difficult to abide by regulations after the day ends.

Of course, when some people read this article, they will probably say that I'm "ate-up" or something to that effect. They may try to justify their actions or explain their reasons for ignoring the rules.

The bottom line is, if a civilian sees one person walking around out of uniform, or dodging retreat, that civilian sees all of us doing it. We are members of the United States Air Force, and yes, we should be held to a higher standard than others. Our actions should show that we are bursting with pride, our words should be filled with confidence, and our lives should be lived in accordance to the commitment we made to the government when we swore to serve and defend, even if it costs us our lives.

That is why we have our core values, and why we are expected to live by those values.

Star Performer

NAME: Senior Airman Faith T. Armwood
UNIT: 4th Space Surveillance Squadron, Holloman AFB, N.M.
HOMETOWN: Hinesville, Ga.
TIME IN SERVICE: 4 years, 9 months

Senior Airman Faith Armwood has been assigned to the 4th Space Surveillance Squadron since August 1999. As an information distribution and control specialist, she maintains 100 percent accountability of more than 6,000 classified documents in more than 50 sub-accounts. To ensure accountability, she uses quarterly and annual inventories to personally verify each document's location. Her most recent audit of unit holdings netted a total reduction of more than 500 documents, which she promptly destroyed.



She is also responsible for preparing classified inventories and transmission reports for 150-item jump kits required by deployed flight members. She dispatches the unit's daily situational report to headquarters, ensuring accountability and mission status reaches decision-makers. In response to her managerial skill, Armwood was named "21st Space Wing Information Professional of the Year."

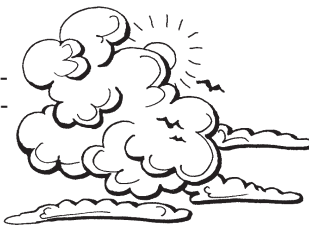
In addition to her regular duties, she takes on other challenges and responsibilities, including training others on document control procedures. Though new to the unit herself, she recently trained one new unit member, bringing him up to speed in minimal time.

Her peers elected her to represent them as the unit advisory council recorder, and she recently completed a multi-sport coach certification program through the Air Force and the National Youth Sports Council. She volunteers evenings and weekends to support Holloman AFB and Alamogordo youth sports activities. In her free time, she enjoys reading and bowl-

**Air Force Space Command
year 2000 Aerospace
Weather Award winners**

Outstanding Weather Company Grade Officer:
Capt. Frank Tersigni, 21st Operations Support Squadron, Peterson.

"Best" Awards: (Recognizes individual excellence by a member providing aerospace weather staff support at the squadron level and above.)



Senior Master Sgt. James Minyon, Headquarters AFSPC, won the Best Award in the enlisted category.
Alan Gibbs, of HQ AFSPC, won in the civilian category.

**LATEST TECHNOLOGIES
COMING TO PETERSON AFB**

More than 30 major information technology companies will demonstrate the latest computers, related hardware and accessories on Wednesday at the Peterson Officers' Club, 10 a.m.-2 p.m. Hosted by the 21st Communications Squadron, the show is free. The show will include displays from such companies as Agilent Technologies, Compaq Computer Corporation, CompUSA, Inc., Dell Computer Corporation, Franklin Covey Government Products Group, Gateway, Hardigg Cases, Hewlett-Packard Co. and more. Refreshments will be provided during the show.

'Spring forward' into fitness with help from the HAWC

By Airman 1st Class Theresa Ide
Electronic Systems Center Public Affairs

HANSCOM AIR FORCE BASE, Mass. — With the sun creeping out and spring in the air, many people will find the warmer weather energizing.

And since the Air Force has implemented the new fitness standards to accompany ergometry testing, it is probably a good time to act on that New Year's resolution to get back in shape.

For those who have not exercised in eons, the fitness program manager at the Hanscom Health and Wellness Center cautions against trying to do too much when beginning an exercise program.

"A common mistake people make is to overdo exercise initially and end up hurt, very sore, burned out or discouraged," the HAWC manager said. "Remember to begin slowly, and gradually increase your duration, intensity or frequency."

To improve overall health, the American College of Sports Medicine recommends exercising four to five times per week, or daily for weight loss. To maintain current body condition, one should exercise at least three times per week.

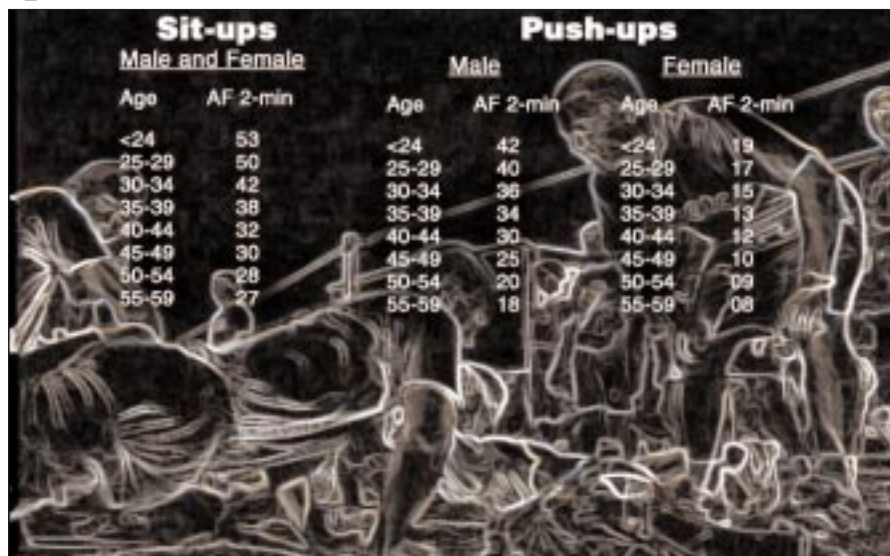
Understanding the two types of exercise, anaerobic and aerobic, may help determine which workouts will give desired results.

"The difference lies in the type of energy system used by the body," said the HAWC manager.

Anaerobic exercise uses the primary energy system, which doesn't require oxygen to produce energy, but has a fuel source primarily made up of carbohydrates stored in the liver and muscle.

Anaerobic exercise is a short duration, high intensity activity such as

Sit-ups		Push-ups			
Male and Female		Male		Female	
Age	AF 2-min	Age	AF 2-min	Age	AF 2-min
<24	53	<24	42	<24	19
25-29	50	25-29	40	25-29	17
30-34	42	30-34	36	30-34	15
35-39	38	35-39	34	35-39	13
40-44	32	40-44	30	40-44	12
45-49	30	45-49	25	45-49	10
50-54	28	50-54	20	50-54	09
55-59	27	55-59	18	55-59	08



The Air Force now includes push-ups and sit-ups as part of the service's ergometry testing. (Illustration by Billy Smallwood)

sprinting, jumping for the ball in volleyball or weightlifting.

On the other hand, aerobic exercise does require oxygen to produce energy and also uses both carbohydrates and fat as energy sources. Greater amounts of fat are used the longer the activity continues. True aerobic activities use large muscle groups, are rhythmic in nature and are continuous for at least 20 minutes.

Aerobic exercise is typically more moderate in intensity and is a longer-duration activity such as bicycling, swimming, cross-country skiing and jogging.

Combining exercise with daily

tasks such as walking the dog or gardening can be beneficial.

A balance of both kinds of activities is important, according to fitness experts. A well-rounded program includes aerobic exercise, weight training and stretching. Leisure and sport activities also enhance personal well-being.

The benefits of exercise include more than just weight loss.

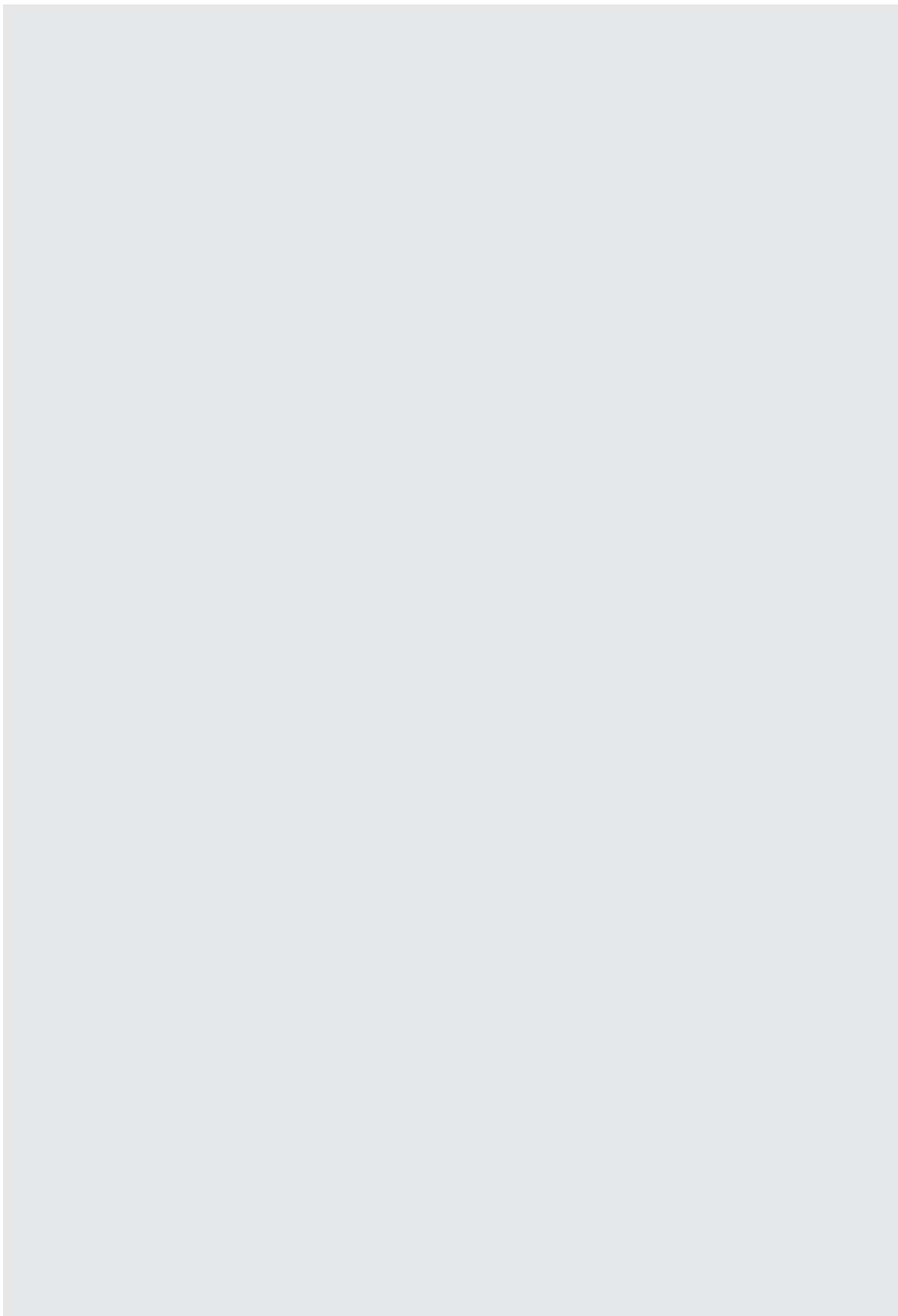
Decreasing the risk of coronary heart disease can be accomplished through a number of lifestyle changes, including diet and exercise. Exercise helps you sleep better, suppresses appetite, increases energy levels, mental acuity, metabolism, bone density and

self-esteem. It helps you perform daily living activities with ease, relieves stress and improves posture.

Experts suggest people choose activities they enjoy and will stick with in the long run. The theory is that exercise shouldn't be a chore and making it fun and enjoyable will help you adopt it as a life-long habit.

Another incentive for exercising is the change in Air Force ergometry testing requirements. Ergometry testing now includes push-ups and sit-ups. They are mandatory this year, but will not be a pass-fail criteria until Jan 1.

For information on exercising and its benefits, call the HAWC at 556-4292.



Olympic **USA** Men's Volleyball

The USA Men's Volleyball Team (ranked fourth in the world) will visit the Peterson Air Force Base Fitness Center, April 6, 10 a.m.-2 p.m.

Admission is FREE

Schedule:

10 a.m.-12:30 p.m. -- Practice (open to the public)
12:30-1 p.m.-- Scrimmage game against Peterson AFB players
1-1:30 p.m. -- Meet with fans, sign autographs

Call Les Stewart at 556-4475 for more information



Photo by Marjie Arnold

Learning to save lives

Deb Connor (left), certified lifeguard instructor, supervises 731st Airlift Squadron Life Support members as they practice open water rescue training. The certification class, held at the Peterson Aquatics Center, lasts two weeks. Participants who successfully complete the training receive first aid, CPR, and lifeguard certification.

Submit your articles to the Space Observer

Articles must be received at least 10 days prior to the date you want them to appear in the Space Observer.

Articles can be e-mailed to shane.sharp@peterson.af.mil or melanie.epperson@peterson.af.mil. Call 556-7846 for more information