

MIA returns home after 34 years

The remains of Maj. Victor Apodaca were laid to rest Sept. 15 with full military honors at the U.S. Air Force Academy.

The formerly missing-in-action serviceman's remains arrived at Peterson Air Force Base, Colo., Sept 13 on a Minnesota Air National Guard C-130 Hercules. Members of the 21st Logistics Support Squadron delivered the remains to Apodaca's awaiting family.

Apodaca, an F-4C Phantom pilot, died while served his country during the Vietnam War. Apodaca and Capt. Jon T. Busch received enemy fire and were shot down on June 8, 1967, while flying an armed reconnaissance mission over Quang Binh province, North Vietnam.

Other U.S. aircrews in the area reported receiving a radio transmission from Apodaca that he had lost use of the hydraulic system on his aircraft. Soon after, a weak emergency beeper signal was heard, but no aircrew saw where Apodaca's plane might have crashed. Rescue aircraft were dispatched, but the aircrews were unable to locate Apodaca's crash site.

Apodaca's family has waited more than 34 years for closure in the serviceman's death. The process began in July of 1988, when the Socialist

Republic of Vietnam returned to the United States 25 boxes of remains believed to be those of missing American servicemen. Among those were remains associated with Apodaca and Busch, as well as an identification tag for Apodaca. From those remains, Busch was later identified, but not Apodaca.

Later that year, a joint U.S. Vietnamese team led by the Joint Task Force-Full Accounting interviewed an inhabitant of Quang Binh province who described a 1967 crash which appeared to correlate to the loss of Apodaca and Busch.

One of the witnesses said he had turned over some of the remains and an identification tag to local authorities earlier in the year. The identification tag was included in the remains repatriated in July 1988.

The joint team traveled to the suspected crash site, but was unable to confirm its exact location.

The Vietnamese turned over another 21 boxes of remains in April 1989, and their records indicated that Apodaca's was among them. In 1991, another joint team examined documents in Quang Binh province, which added more detail about the crash, as well as burial information on the two crewmembers.

Over the next ten years, search teams investigated leads while scientists at the Army's Central Identification Laboratory in Hawaii worked with the remains that had been turned over by the Vietnamese.

In 1999, scientists completed a forensic analysis of the recovered remains, and confirmed Apodaca's identification through the use of mitochondrial DNA.

"Achieving the fullest possible accounting of Americans missing in action is of the highest national priority," said Alan Liotta, acting deputy assistant secretary of Defense for POW/Missing Personnel Affairs.

"The support we received from



Photo by Staff. Sgt. Ben Bloker

Members of the 21st Logistics Support Squadron carry the remains of Maj. Victor Apodaca, Jr., from the Minnesota Air National Guard C-130, on the flightline at Peterson Air Force Base, Colo. Apodaca was shot down and killed in 1967 during the Vietnam War, and was listed Missing in Action until 1999 when his remains were identified.

the Socialist Republic of Vietnam enabled us to identify this serviceman, and we look forward to continued cooperation."

Apodaca was a 1961 Academy

graduate and native of Englewood, Colorado. His sons, Victor and Robert, attended their father's funeral.

(For more POW/MIA information visit www.pownetwork.org)



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Secretary, chief thank heroes

By James G. Roche
Secretary of the Air Force
and

Gen. John P. Jumper
Air Force Chief of Staff

In the week that has passed since the horrific "acts of war" inflicted upon the American people, we have all seen, and many of you have performed, superhuman feats of heroism and courage.

We witnessed a Headquarters Air Force medical staff immediately transform itself into a life-saving team in the Pentagon battle zone.

These heroes, in the midst of an unfolding crisis, disregarded their personal safety to provide cohesive emergency care to injured servicemembers. They did us all proud.

We saw airmen roar into the skies as the nation activated an ironclad air defense network. There were cheers heard on the lawns of the Pentagon as fully loaded Air Force fighters roared overhead within minutes of the attack.

Later, we had Air Force members performing the solemn duty of recovering the remains of our fellow defense personnel from the rubble.

One said, "It was fitting for a servicemember to honor a comrade so brutally murdered."

Although one side of the Pentagon is crumbled and we have witnessed a tragic loss of life, the Defense Department is strong, ready and resilient, as resilient as the building itself—a bulwark symbolic of our nation's defense.

The deadly fire has been extinguished and most of the Pentagon's staff have returned to work. The Air Staff is fully functioning.

Approximately 300 of our members have been temporarily displaced, and we're assembling a long-term relocation plan now.

The building's air quality is being monitored and remains safe for the entire staff.

As it stands now, there are approximately 126 missing

Department of Defense staff personnel. We want you to know all Air Force personnel assigned to the Washington area are safe and accounted for.

Our prayers are with the many suffering grievously from this attack. We will keep you posted on our progress.

When the president came to the Pentagon to personally express his thanks, he was "saddened and angered" by the grim gaping hole in the building's west face. But he was immediately uplifted as firefighters and other workers unfurled a three-story tall American flag beside the hole.

We want to thank all of you who are helping our nation respond to these criminal acts. As airmen, we are united and prepared to seek justice and defend freedom.

We are proud to serve with you and want you to know that every measure is being taken to ensure your workplace is safe and secure, wherever you are assigned. Keep standing proud and ready!

Peterson Air Force Base, Cheyenne Mountain Air Force Station reporting guidelines

The following are reminders regarding reporting during heightened Force Protection Conditions:

General reminders:

- All personnel and units will continue to maintain appropriate levels of force and information protection conditions.
- The east and west gates are open 24-hours-per-day.
- All base facilities will be open for regular operating hours Monday (except the Rod and Gun Club and Aero Club flying training)
- Supervisors/commanders: Please establish staggered schedules, if not already accomplished.

All base personnel:

- Expect delays entering the installations; plan accordingly.
 - People who do not need to visit the base should refrain from visiting.
 - Do not approach an entry without your identification card; you will be turned away without proper ID.
 - Follow the staggered reporting schedules established by supervisors or commanders.
 - When possible, carpool to work.
- For more information, call 556-9154, or check the web at www.spacecom.af.mil/21sw/index.htm

Air Force celebrated 54th birthday Sept. 18

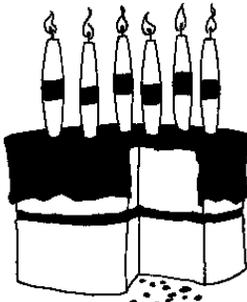
By James G. Roche
Secretary of the Air Force
and
Gen. John P. Jumper
Air Force Chief of Staff

Within two short years following victory in World War II, our nation's leaders confronted a dramatically new strategic and technological environment. The global alliance against fascism had yielded to Cold War, and new weapons systems introduced in the previous conflict promised to fundamentally change the nature of warfare.

At the same time, our own defense budget and military manpower shrank considerably as our people turned from wartime military mobilization to peaceful domestic pursuits. Our armed forces, which were organized so suc-

cessfully to defeat the Axis powers, were faced with a more complex set of roles and missions. In short, it was a time-much like today—that demanded innovation, vision, and transformation.

President Harry Truman rose to that challenge when he signed the National Security Act of 1947, creating our contemporary defense establishment, including the United States Air Force. Since that time, the men and women of America's Air Force have ceaselessly and selflessly mastered the challenges of a changing world. From the heroic airlift in Berlin to the awesome displays of glob-



al vigilance, reach and power in DESERT STORM and ALLIED FORCE, and from peacekeeping missions in the Balkans to humanitarian operations in Africa, America's Air Force has enabled aerospace power to serve the cause of peace and freedom.

In the past 54 years, our airmen have served with an extraordinary combination of integrity, selflessness, and creativity across the spectrum of operations. Whether standing on guard for deterrence in Europe or Asia, conducting joint combat operations, helping to make the Expeditionary Aerospace Force succeed, or manning

our logistics and support functions at home, no one comes close.

We are extremely proud of the service and contributions of America's Air Force men and women—your vigilance and response was quick and purposeful, potentially limiting the extent of this terrible tragedy. Airmen everywhere will now move forward to meet the challenge of today's threat.

We paused on Sept. 18 to remember the day our great Air Force began this journey. We reflected on our mission and our purpose, especially in light of the recent attack on our nation.

We extend our heartfelt best wishes and Godspeed to our world class team of active duty airmen, Air National Guardsmen, Air Force employees, and Air Force reservists, retiree's, veterans and their families as we commemorate the Birthday of the United States Air Force.

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CFC begins

Brig. Gen. Bob Kehler, 21st Space Wing commander, signs his Combined Federal Campaign donation slip. The CFC drive begins Sept. 25. The annual kick-off ceremony was cancelled because of the recent attacks against the United States.



Photo by Master Sgt. D.K. Grant

Moments of inspiration highlight day of horror

"As they marched through the crowd with it, everyone got really quiet and came to attention as it went past."

**By Master Sgt.
Rick Burnham**
Air Force Print News

Amid the death and destruction, mixed with the shock and sorrow and grief of perhaps the worst episode in U.S. history, came slivers of hope, tiny moments of reassurance that said Americans will survive this horrific day.

Thousands are suspected dead following the Sept. 11 terrorist attacks on the Pentagon and New York City's two World Trade Center towers in what government officials are calling an "act of war."

Four large airliners were hijacked and used, deliberately, as weapons; two flying into the WTC towers and a third into the Pentagon. The fourth jet crashed in a field in southwest Pennsylvania.

In the chaotic moments following the crash of American Airlines Flight 77 into the Pentagon, rescue workers near the impact site witnessed a brief event that lifted the spirits of those who had gathered to assist in rescue efforts.

Capt. Eric Knapp, an Air Force intern working with the Secretary of Defense general counsel's office, had made his way to the impact site after evacuating from his office on the other side of the building.

After assisting for a time with reporters who arrived on the scene, Knapp was pulled away to help on a stretcher

crew. It was then that the Wisconsin native witnessed an event that he said will be forever ingrained in his mind.

"There had been an American flag near the impact site that had gotten burnt and blackened," Knapp said. "A group of Marines picked it up, pulled back, came to attention and folded it. They then marched it to the three-star general who was in charge of the rescue operations.

As they marched through the crowd with it, everyone got really quiet and came to attention as it went past. It was a poignant reminder of who we are and what we're all about. We all knew at that moment that they might have blown up the building, but they were not going to win."

Those words were echoed by Capt. Tom Palenske, whose desk in the Air Force Strategy Office was just a short distance away from the impact site of the jet.

Palenske immediately evacuated the building with his co-workers and briefly assisted at a casualty-collection point before moving on to the frenzied scene at the crash site.

While forming a stretcher crew to get victims out of the building, the Kansas native also witnessed the Marines' brief ceremony.

"The Marines taking care of that flag was a very touching moment for all of us," he said. "That kind of put things in perspective for a lot of us out there."

Palenske, a special forces



Photo by Photographer's Mate 1st Class Michael W. Pendergrass

Military servicemembers render honors as fire and rescue workers unfurl a huge American flag over the side of the Pentagon during rescue and recovery efforts following the Sept. 11 terrorist attack in which an airplane crashed into the Pentagon.

pilot, also witnessed a donation of food and water, which he said seemed to appear on the scene virtually out of nowhere.

"There is a small (gas) station across the street, and somebody must have cleaned it out," he said. "There were a lot

of folks out there trying to lend a hand, so the food was needed very badly."

The sudden donation of supplies served as a significant morale boost for those on hand, Knapp said.

"That was one of the good

things I will always remember," he said. "It was amazing—people had apparently opened their convenience stores to help us out. There must have been a mountain of potato chip bags and water bottles."

News in Brief

Rebuilding Together

■ A Rebuilding Together event will be Sept. 29. Skilled and general laborers are needed.

For more information or to volunteer, call Tech Sgt. Marc Levesque at 556-1790.

Order of the Sword

■ Because of the recent world activities, the Order of the Sword ceremony for Gen. Ed Eberhart, Commander in Chief NORAD and U.S. Space Command and Air Force Space Command commander has been changed to Jan. 25.

Ticket sales will resume two months prior to the event. For more information, contact any Peterson Air Force Base chief master sergeant.

Crime Stoppers

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

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

President proclaims prayer, remembrance day

By Rudi Williams
American Forces Press Service

President Bush had proclaimed Sept. 14 as a National Day of Prayer and Remembrance for the victims of the Sept. 11 terrorist attacks on America.

He asked employers to permit their workers time off to attend noon services to pray for the nation.

In his proclamation, Bush said terrorists hijacked four passenger jets, crashed two of them into the World Trade Center's twin towers and a third into the Pentagon, causing great loss of life and tremendous damage.

The fourth plane crashed

in the countryside of Pennsylvania, killing all on board but falling well short of the hijackers' intended target—one of the last communications from the plane reportedly was a request to air controllers for permission to turn toward Washington.

"We mourn with those who have suffered great and disastrous loss," Bush said. "All our hearts have been seared by the sudden and senseless taking of innocent lives. We pray for healing and for the strength to serve and encourage one another in hope and faith. I call on every American family and the family of America to observe a National Day of Prayer and

Remembrance honoring the memory of the thousands of victims of these brutal attacks and comforting those who lost loved ones," the president said in his proclamation.

"We will persevere through this national tragedy and personal loss. In time, we will find healing and recovery; and in the face of all this evil, we remain strong and united," he said.

The president asked everyone and places of worship to mark this National Day of Prayer and Remembrance with noontime memorial services, the ringing of bells at that hour and evening candlelight remembrance vigils.

Airmen apply skills to twin towers rescue

By Capt. Lars Anderson
Air Force Public Affairs, New York Office

NEW YORK—The first thing that hits people is the intense acrid smell, and smoke still billowing from fires more than two days after the collapse of the World Trade Center.

Among the thousands of rescue and recovery workers are more than 100 airmen, reservists and guardsmen wearing state and city police and fire fighting uniforms.

"It's horrible," said Tech. Sgt. Nick Marchisello, a fireman with the 514th Civil Engineering Squadron at McGuire Air Force Base, N. J. "It's like walking into hell."

Marchisello, a 17-year veteran, is in New York with the Clifton Fire Department from New Jersey. His current job is to go and look for survivors.

Search and rescue dogs from the Bergen County Sheriff's Department have gone ahead of the firefighters in search of survivors. It will be the job of Marchisello and his fellow team members to rescue them, should the dogs discover anyone. The work is dangerous work with fires still burning, and the ground and debris are very unstable.

Staff Sgt. Anthony Latona, a member of the 105th Airlift Wing at Stewart International Airport in Newburgh, N.Y., is also a firefighter with Clifton. Latona relates what he sees now to his time on active duty in the Air Force when he served in Africa.

"I served in Rwanda," he said.

"You're expected to see it there. Going in there, you're expecting to see death and devastation, but to be here like this is just" Latona did not finish the sentence, staring in disbelief at the wreckage before him.

"I've looked at this skyline my whole life," Latona said, referring to the towering 110-story twin towers. "They were there and now they're gone."

His service in the Air Force has helped him prepare for the tasking mission facing him now.

"Being in Rwanda totally changed my outlook on life," Latona said. "I've learned to appreciate what I've got and I've learned to be there to help people. Being in the military has made me a better fireman and prepared me to do what I have to do."

Marchisello could not agree more.

"The (Air Force) fire program expects and encourages you to constantly upgrade and continue your education about the firefighting profession," Marchisello said. "People come to you because of the excellent training that you have received and are getting because you are in the military. What I learn (at the World Trade Center) I can use in my job with the Reserves and vice versa."

But, he said, nothing can fully prepare a firefighter for what is encountered during an actual disaster.

"Seeing this destruction is unbelievable," Marchisello said. "I can only hope that we can still bring people out alive."



Photo by Capt. Jim Fabio

Remains of the South Tower of the World Trade Center. Among the thousands of rescue and recovery workers are more than 100 airmen, reservists and guardsmen wearing state and city police and firefighting uniforms.

Other people with an Air Force tie are also hoping that they too will bring people out alive. Sixty-three civilian rescuers from Sacramento, Calif. arrived at McGuire with the help of a C-5 Galaxy from the 337th Airlift Squadron at Westover Air Reserve Base, Mass.

"We are here to do what we can and work together as a team," said Larry Savage, a member of the rescue team.

Airman 1st Class Francis Perillo, from the 106th Air Rescue Wing at Francis S. Gabreski Airport, N.Y., is here to help as well. As part of the New

York City Emergency Response Team, Perillo is spending his off-duty time searching the rubble for survivors.

"I felt something inside me," said Perillo, a native of Bayshore, N.Y. "I just had to do something. It's horrifying. I've broken down in tears. I've learned just how precious life is. I'm here looking for people and to do what I can."

Messages of encouragement can be seen everywhere. "God Bless Us", "America Will Prevail," and most poignantly, "Rest In Peace to those who died...we will not forget."



137th SWS receives NGAUS Distinguished Mission Support Award

By Capt. Rhonda Leslie
137th SWS and
Deborah Smith
COANG Public Affairs

Indianapolis, Ind.—The National Guard Association of the United States recently presented the 137th Space Warning Squadron, Greeley, Colo., with the Distinguished Mission Support Plaque at the conclusion of the NGAUS General Conference.

The award is authorized by the National Guard Bureau and recognizes outstanding Air National Guard Units that have a mission support role. The plaques are awarded to the five highest-rated Air National Guard non-flying units.

"For six years, they (the men and women of the 137th SWS) have worked tenaciously at a difficult 24/7 mobile mission," said 137th commander Col. Bill Hudson.

"We are very proud to have been selected as the first Air National Guard Squadron to take on an active duty Air Force mission. With the help of Air Force Space Command, the National Guard Bureau, 14th Air Force, 21st Space Wing, the Colorado National Guard and the 140th Wing, we have

met or surpassed every challenge."

On hand to receive the award was Maj. Gen. Mason C. Whitney, Adjutant General for Colorado; Brig. Gen. Wayne Schultz, 140th commander; Brig. Gen. (select) Mike Edwards, 140th vice commander; Col. Bill Hudson, 137th commander and several other representatives from the 137th SWS.

"The 137th has been a real pioneer for the Air National Guard in the space mission," said Whitney.

"Now they're setting the standard for others to follow. The fact that they have excelled in their mission is a great testament to the outstanding quality of the people in the unit. They richly deserve this recognition for their performance in a vital mission."

Whitney concluded, "We are proud of their accomplishments—and proud they are Colorado citizen-soldiers."

The 137th SWS maintains the Air Force's only survivable, mobile missile warning system providing information to national command authorities using early warning data received from Defense Support Program satellites that orbit the earth.

The National Guard Association of the United States Awards Program is designed to recognize individuals and organizations that, by superior performance, acts of heroism or service of a meritorious nature, make a contribution to the goals of the association, to the purpose and effectiveness of the National Guard or to the stability and security of the United States.

Squadron accomplishments, as reflected in the award, included significant savings in fuel consumption and taxpayer dollars, environmental protection innovations, and active support of community services.

As Air Force Space Command continues to look for ways to save

money and accomplish the mission, more missions are being assigned to the Air National Guard. Because of its outstanding reputation, its mobile command and its control experience, the Colorado Air National Guard unit in Greeley was selected as the first Air

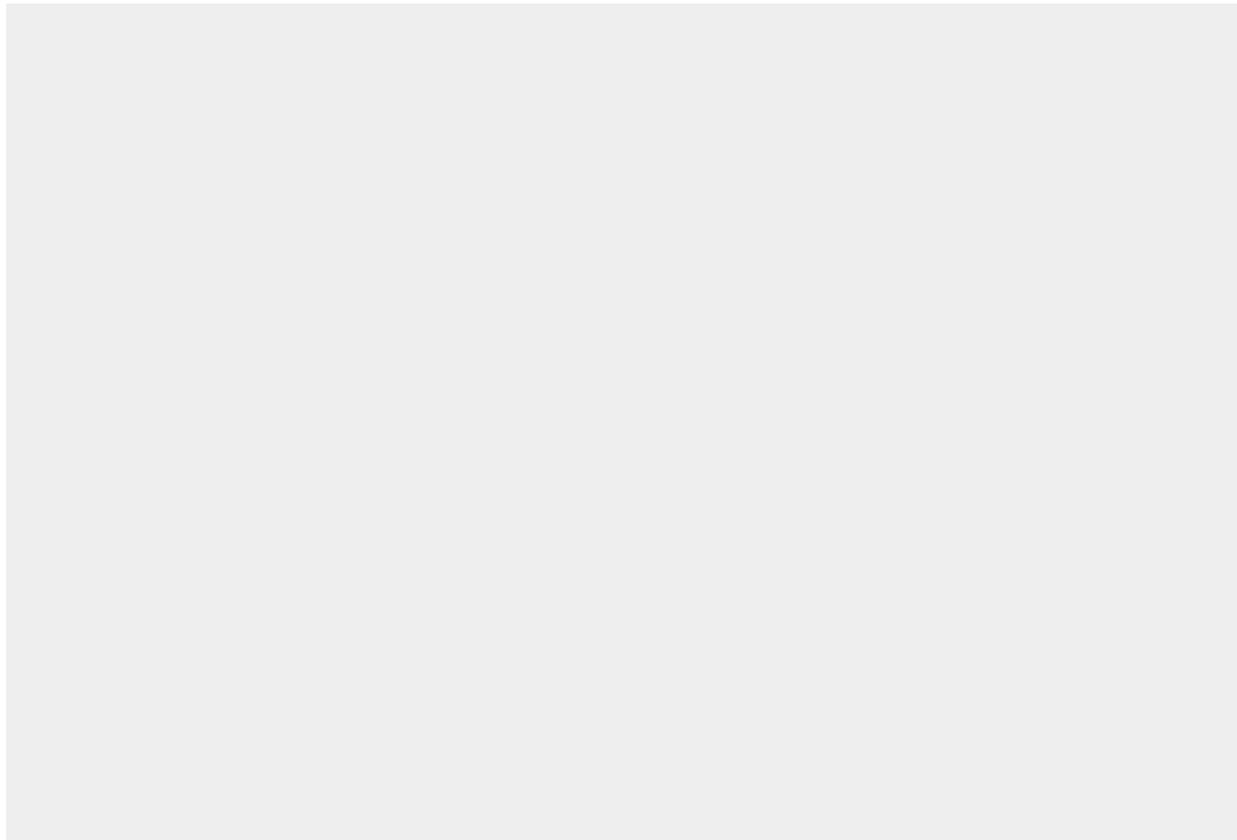
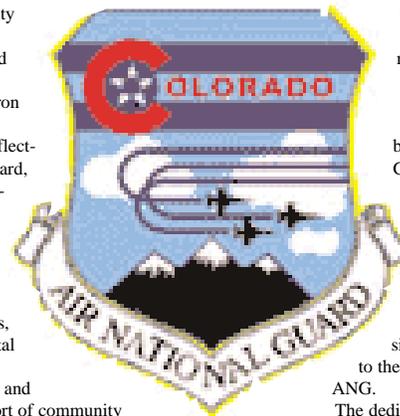
National Guard unit to receive an Air Force Space Command mission.

On Jan. 20, 1996, the 137th SWS became the first Guard unit assigned to AFSPC.

In May 1997, the mobile missile-warning mission transferred to the Colorado

ANG.

The dedication and impact of its citizen-soldiers is reflected in the 137th's motto "Total Force in Space".



Medical team heals minds of uninjured

By Tech. Sgt. Scott Elliott
[Air Force Print News](#)

WASHINGTON — A medic's first order of business following any crisis is to minimize loss of life, and that is precisely what the staff of the DiLorenzo TRICARE Health Clinic did following the crash of a hijacked Boeing 757 into the Pentagon Sept. 11.

Now it's time to switch from physical to mental attention, officials said.

The Pentagon's Tri-Service "Team DiLorenzo" changed its focus from treating the bodies of victims to healing the psyches of survivors. Crisis support teams are available to help peo-

ple "decompress" following the stress of living through the worst terrorist attack on American soil.

"The decompression process allows people to express their emotions," said Lt. Col. Steven Vieira, officer in charge of mental health at the DiLorenzo Clinic. "We're seeing people in groups led by facilitators. We encourage people to get their feelings out in the open because if you hold them in, they'll only get worse."

Vieira said that, if left unchecked, emotions such as anger, pain and stress could lead to lack of sleep, bad dreams, fear and increased anxiety.

"With the group counseling, people can express their feelings and get

support from others who experienced the same thing. We call that a debrief," he said.

The crisis support teams also provide support to those who are engaged in finding and transporting the dead.

"We may have 18- to 20-year-olds who have to go in there," said Vieira. "The crisis control teams are available to prebrief before they go into the carnage, and to debrief when they return from the mission."

The teams consist of such mental health professionals as psychologists, social workers, mental health technicians and nurse practitioners. They work in close coordination with chaplain services.

"This has been a massive undertaking," Vieira said. "The people who have rallied around and given of themselves are amazing. Even at the beginning there were nonprofessionals offering comfort to anyone who needed it. To me, that's compassion."

"Our goal has been to reach out and touch everyone, and we feel we're doing that," Vieira said. "If people have needs, our teams are there. They don't have to come to us ... we are seeking them out."

"This is a grief moment for all of America," Vieira said. "It's not going to go away quickly. We will always remember this day, but we can help people through their grief and pain."

AFAS assists with 'Attack on America' fund

By Staff Sgt. Amy Parr
[Air Force Print News](#)

WASHINGTON — After the Sept. 11 attacks on the World Trade Center and the Pentagon, the Air Force Aid Society stepped in to lend a helping hand.

The "September 11 Attack on America Fund" was started to help Air Force people and their families.

This fund was created to assist people stranded around the world because of limited airline service, said retired Lt. Gen. Mike McGinty, Air Force Aid Society chief executive officer.

It is also intended to help family members of victims with travel expenses so they can attend the bedside of injured people or funeral and memorial services.

People who need assistance should contact their first sergeants or their local family support

center. People away from an Air Force base can contact the nearest Army Relief Society, Navy-Marine Corps Relief Fund or Red Cross. Assistance is open to all Air Force people and their families and provided on a case-by-case basis.

McGinty said 100 percent of all money donated to the "September 11 Attack on America" fund will go to help troops. People who wish to send a donation by check or cash should mail them to: Air Force Aid Society Headquarters, 1745 Jefferson Davis Highway, Suite 202, Arlington, Va., 22202.

People who wish to contribute by credit card should call (800) 769-8951 or (703) 607-3064.

Active-duty and retired people may also contribute to the fund by allotment. To contribute only to this fund, finance offices must be told to send the money to the "September 11 Attack on America Fund."

Some responses to stress normal

The terrorist assault on the U.S. was a tragedy we will never forget. We each feel the emotional turmoil in one way or another, whether we knew a victim or not. Some may experience normal responses to the experience that occurred. There are several types of responses including:

- PHYSICAL:**
- Fatigue
 - Sleep disturbance
 - Changes in appetite
 - Headaches
 - Stomach or gastrointestinal problems
 - Changes in overall health
- EMOTIONAL:**

- Fear
- Guilt
- Anxiety
- Depression
- Anger
- Irritability
- Feeling overwhelmed
- Scapegoating
- Feelings of helplessness
- Frustration
- Feeling numb
- Changes in emotional reactions
- Feeling nothing is important other than the incident
- Denial

- COGNITIVE:**
- Intense focus on understanding or explaining the incident
 - Confusion
 - Poor attention span
 - Difficulty making decisions
 - Changes in awareness or alertness

- Memory problems
 - Hyper vigilance
- BEHAVIORAL:**
- Changes in behavior
 - Change in eating habits
 - Startle responses
 - Withdrawal from others
 - Crying or tearfulness
 - Phobic-like avoidance
 - Increased alcohol use
 - Sleep disruption
 - Risk-taking

According to mental health professionals, these responses are normal. Just like physical healing takes time, emotional healing takes time too. Take the time to take care of each other, and make sure you, your families, and your co-workers follow these stress management guidelines:

- Eat healthy and as normally as possible.
- Drink plenty of water. Stress will dehydrate you.
- Do mild to moderate aerobic exercise, but not too close to bedtime.
- Talk to friends and loved ones. Support each other.
- Avoid alcohol.
- Be aware of changes in behavior. This may indicate a need to talk.
- Try to keep your schedule as normal as possible.

If cognitive, emotional, physical or behavioral problems become so severe that they interfere with home or work, call the Life Skills Support Center at 556-7804 or a chaplain at 556-4442.

(Information courtesy of the life skills center.)

Officials recommend charities

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

WASHINGTON -- DoD officials say they have been inundated by donations of goods and funds, and they want to make sure people are sending their donations to reputable charities.

Below is a list of organizations DoD officials recommend individuals contact to make donations to assist survivors of those killed in the Sept. 11 attack on the Pentagon.

- Army Emergency Relief Society, Pentagon Victims Fund, (703) 325-0463, www.aerhq.org.

- Navy and Marine Corps Relief Society, Pentagon Assistance Fund, (703) 696-4904, www.nmcrs.org.

- Federal Employee Education and

Assistance Fund, (303) 933-7580, www.feea.org.

Officials asked that anyone wishing to make donations not call the Pentagon Family (Casualty) Assistance Center. "That number is reserved for families," a DoD official said.

Consumer advocacy groups are also warning of several scams that are taking advantage of Americans' generosity in the wake of the tragedies. Experts have received several reports of individuals receiving "spam"-type mass e-mails soliciting donations for survivors of the attacks in New York and on the Pentagon.

The Coalition Against Unsolicited Commercial E-mail, a non-profit consumer protection group, said a typical message might contain the phrases "Express Relief Fund" or "Victims Survivor Fund."

"Virtually no bona-fide relief agencies request funds by sending e-mail to people who are not already involved in that agency," the group cautioned in a news release.

Group members recommend that individuals wishing to make such donations contact the agency through another medium to make their donation. That way they won't be taken in by a Web site or Internet address that was made to look like a legitimate site.

CFC organizations assist in relief efforts

A list of organizations representing special relief funds and national Combined Federal Campaign participating charities involved in relief efforts supporting victims of last week's terrorist attacks is located at www.opm.gov/cfc.

This list, which appears in alphabetical order, was compiled by inviting all national CFC organizations to notify CFC administrators of their involvement in relief efforts.

Some organizations involved include the American Red Cross Disaster Relief Fund,

Compassion International, Food for the Hungry, and International Association of Fire Fighters Burn Foundation.

The list does not include local organizations.

For information on charities in Washington, D.C., and New York involved in disaster relief efforts, please contact Beverly Lofton, CFC of the National Capital Area, at (202)628-2263; or Harriet

Grayson, CFC of New York City, at (212)251-4015.

The list will be updated daily to include additional organizations involved in relief efforts.

If employees would like their cash or check contributions to be used for the national or local relief efforts, they may designate their contribution to one or more of the organizations on the list. Contributions to these organizations should be made by completing a CFC pledge card and choosing payroll deduction or attaching a check.

The local CFC administrative structure will ensure that these contributions are forwarded to the organization designated. A listing of all local campaign offices can be found on the OPM web site at www.opm.gov/cfc/html/PCFO.htm.

(Information courtesy of 14th Air Force and 21st Space Wing command chief master sergeant.)

Contribution tips

- ~ Be wary of appeals that are long on emotion, but short on describing what the charity will do to address the needs of victims and their families.
- ~ If you contribute, do not give cash. Make a check or money order out to the name of the charitable organization, not to the individual collecting the donation.
- ~ Watch out for excessive pressure for on-the-spot donations.
- ~ Be wary of charities that are reluctant to answer reasonable questions about their operations, finances and programs. Ask how much of your gift will be used for the activity mentioned in the appeal and how much will go toward other programs and administrative and fundraising costs.
- ~ Find out what the charity intends to do with any excess contributions remaining after they have funded activities for the victims and families of the terrorist attacks.
- ~ Check with organizations before donating goods. If the charity accepts donated items, have they confirmed there is a need for these materials?
- ~ Remember that the opportunity to give will continue. The tragedy aftermath will not disappear when the headlines do.
- ~ Check out charities with the Better Business Bureau. Obtain further advice on giving and access reports on national charities by visiting www.give.org.

Air Force updates TRICARE benefits

RANDOLPH AIR FORCE BASE, Texas—The Air Force remains committed to providing servicemembers and their families with quality health-care, according to a message sent to the field Aug 29.

In a joint memo from the offices of the surgeon general, manpower and reserve affairs, and people, a TRICARE update gave beneficiaries the latest information concerning their health care, officials said.

In the first of a series of health care messages the Air Force will deliver over the next several months, officials addressed the new authority for TRICARE Prime remote for family members.

TRICARE Prime remote

offers benefits very similar to TRICARE Prime for active-duty people who are stationed more than 50 miles or a one-hour drive from a military hospital or clinic, officials said.

In 2002, the TRICARE Prime remote benefit will be offered to family members.

To participate, family members must enroll in the TRICARE Prime remote for active-duty family member program.

The benefits include lower out-of-pocket costs for most health care, enhanced access to preventive services and the ability to select a primary care manager when one is available in the area, officials said.

To get more information about the program, officials urged military members and their families to visit the TRICARE Management Activity Web site at www.TRICARE.osd.mil and to click on "TRICARE beneficiaries, understanding your TRICARE benefits." For specific questions or to inquire about eligibility status, people can speak with a TRICARE Management Activity representative by calling (800) DOD-CARE, or (800) 363-2273.

Any additional concern for active-duty family members, especially those in remote locations, is how to register a newborn child in DEERS, offi-

cial said.

A little-known fact is the sponsor-signed DEERS enrollment form, DD Form 1172, together with a certificate of a live birth signed by the attending physician, can be mailed to the nearest military personnel flight.

Initially, sponsors do not need to have a social security number or birth certificate to register a child into DEERS or for initial enrollment into TRICARE Prime, officials said.

To limit out-of-pocket costs and problems with claims processing, a newborn should be enrolled in TRICARE Prime not more than 120 days after birth, officials said.

The office of the secre-

tary of Defense directed all military services to incorporate TRICARE education and enrollment into their in- and out-processing programs to ensure all beneficiaries are aware of their health care options.

The Air Force surgeon general also directed all military treatment facility commanders to ensure either knowledgeable medical staff or TRICARE staff educate beneficiaries about their benefits.

It is very important that active-duty people and their spouses understand their TRICARE options, officials said.

(Courtesy of Air Education and Training Command News Service)

Watching for sun damage

WASHINGTON—Maybe you've had your last sunbath for the year, but don't drop your guard. Summer's just the highest-risk season for sun-damaged skin. Fact is, your skin is at risk when the sun's up.

The most potent UVB source is sunlight for most people. Your body's defense is to create UVB-absorbing melanin—skin coloring. You get darker as the exposure continues. The defense is not perfect; that's why people burn.

Repeated tanning and burning damage skin cells can wear out the skin's natural immunity and repair systems over time. As UVB compromises the skin's ability to protect and fix itself, damaged cells and tissues can wreak havoc.

Then there's ultraviolet-A radiation. UVA plays no role in tanning and burning, but it penetrates the skin deeper than UVB rays and also damages the skin's immunity and repair systems. The skin dries, loses flexibility and wrinkles in time; the risk of cancer increases.

On any given day of the year, the sun's most intense UVB radiation arrives at midday. While people usually know to take precautions at high noon, they may not realize the sun's ultraviolet energy is almost all a constant, imperceptible, day-long, year-round stream of deep-penetrating UVA radiation.

People of color may have a protective head start against UVB, but they too can darken and burn—it may just takes longer. Skin color offers no protection against UVA.

Sunscreen protection is expressed as a "sun protection factor." The SPF multiplies the time you can be exposed to UVB safely. If your normal limit in the sun is 10 minutes, a UVB sunscreen rated at SPF 15 would help protect you for 2.5 hours.

There's no standard way to express UVA protection, such as an SPF, so it's possible your sunscreen and cosmetics offer none. Read the ingredients list. Common screens such as padimate and homosalate only stop UVB.

If your product contains an effective UVA sunscreen such as benzophenone and avobenzene, the maker probably trumpets that fact.

Three year-round sunscreen rules: Use it liberally. Use it often. Apply it to exposed skin at least 20 minutes before going outside. According to some medical researchers, sunscreens fail because people don't put enough on.

These are a few simple rules to follow when when it comes to sunscreen and sun:

- Follow the product instructions. While "apply generously" doesn't say how much is enough, it's a hint that the stingy little dab on your fingertip that you've been using is not enough to protect your whole face.

- Sunscreens don't work until they set, generally in 20 to 30 minutes.

- It's smart to wear a hat and sunglasses in the sun outdoors, regardless of the season. Sunglasses should say they filter both UVA and UVB.

(American Forces Press Service)

Today

- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- Cash drawings, 5-7 p.m., at the clubs. Only members are eligible.
- Yoga, 12:05 p.m., at the Fitness Center.
- \$10 per hour discount on model N1450U, at the Aero Club.

Saturday

- Gold/Red Pin at Head (in the No. 1 position), get a strike for one free game, at the Bowling Center

Monday

- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.

Tuesday

- The NAF Resale Store is open, 9 a.m.-2 p.m. Call 556-4876 for details.
- Sponsorship training, 7:30-8:45 a.m., at the Family Support Center.
- Keystone Club meeting, 6 p.m., at the Youth Center.
- Karate, 5-7:30 p.m., at the Youth Center.
- Free coffee for all ladies, at the Bowling Center.
- Resume review class, 9-11 a.m., at the Family Support Center.
- Right Start, 8 a.m. -12:30p.m., at the Enlisted Club.



Photo by Capt. Sean McKenna

Showing support

Construction workers at Peterson Air Force Base show support Sept. 12 by raising a flag following the terrorist attacks in which four airliners were hijacked. Two airplanes crashed into the World Trade Center towers in New York, which later fell. Another jet crashed into the Pentagon, almost destroying one side of the building. The fourth jet crashed in Pennsylvania. More than 4,000 people are still missing from the attacks.

- Peterson AFB Toastmasters, 11:35 a.m., at the Enlisted Club.
- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- Story time, 10 a.m., at the Library.
- Aero Club safety meeting, 5:45 p.m., at Bldg. #1,

Wednesday

- Mothers on the Move, 9:30-10:30

Thursday

- Karate, 5-7:30 p.m., at the Youth Center.
- Homework help, 5-7 p.m., at the Youth Center.
- Job Orientation, 1-4:30 p.m., at the Family Support Center.
- Play Group, 10:30 a.m.- 12:00p.m., at the Chapel.

Sept. 28

- Cash drawings, 5-7 p.m., at the clubs. Only members are eligible.
- Yoga, 12:05 p.m., at the Fitness Center.
- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- Live Maine Lobster, at the Officers Club. For details call 574-4100.

Helpful Numbers

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

Community Notes

Community News

TRAGEDY SUPPORT GROUP:

The Family Support Center is offering a support group for people wishing to discuss the terrorist attacks of Sept. 11.

Coffee and cookies will be provided and participants may bring a lunch. Classes will meet Tuesdays and Fridays, 11:30-12:30 at the Family Support Center, Building 350, Room 1016.

For more information, call 556-6141.

MOVEMENT OF PETERSON CLASSES:

All classes from the four colleges or universities have been moved off base to the Centennial Campus. for the remaining portion of this term.

For more information, call Pikes Peak Community College at 574-1169.

NCO WORKSHOP: A noncommissioned officer workshop for new staff sergeants and staff selects is scheduled for Oct. 4 and 5 at the Enlisted Club.

For more information, call 556-6141.

RECYCLING CENTER

RELOCATION: The Refuse and Recycling Center has relocated temporarily to the parking lot behind building 678.

For more information call 556-1458.

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

LIBRARY CLOSURE: The library will be closed through Wednesday for

the installation of new carpeting.

Books must still be returned on the due date and should be placed in the book drop boxes outside the library.

For details, call 556-7462.

COMMON ACCESS CARDS:

Common Access Cards will be implemented Oct. 4-5, therefore Deers will be down for software upgrade at Peterson AFB. Common Access Card are only available to active duty members, each card will take approximately 30-45 minutes.

ULTIMATE MEMBERSHIP

"DRIVE":The 2001 Officer and Enlisted Club Ultimate Membership "Drive" will be held through Nov. 18. All club members who sign up during this time are eligible for automobiles that will be given away to nine club members who join their Air Force Club.

For information about club membership, call the clubs.

CUSTOMER SERVICE IS ONLINE: Commonly asked questions concerning Servicemembers' Group Life Insurance can be answered online through Pete Central.

Youth Center

COACHES CLINIC: There will be a coaches clinic for the indoor soccer season on Monday, 6 p.m., at the Youth Center.

PUNT, PASS, KICK: The Punt, Pass and Kick competition will be Saturday, 9:30 a.m., at the youth baseball fields.

Volunteer

Opportunities

RED MOUNTAIN TRAIL SPUR: The El Paso County Parks and Leisure Services Department and the Intemann Trail Committee need volunteers to help in complete the Red Mountain Trail Spur, off the Intemann Trail in Manitou Springs.

For details, call 556-9268.

REBUILDING TOGETHER:

Volunteers are needed to help around the house. Skill laborers to do roofing and general laborers to do yard and bathroom work are needed.

For more information, contact TSgt. Marc Levesque at 556-1790.

Vote

ON BASE VOTING: Chap. (Maj.) Norman Ellis, base voting officer, reminds everyone to vote.

The voting hotline number is 556-8683 or you can log on to the Federal Voting Assistance Program Website at www.fvap.ncr.gov.

CFC drive

CFC: The Combined Federal Campaign will kick-off Tuesday and run through Nov. 6.

The campaign helps a number of different charities and human assistance agencies.

The money is distributed to charitable agencies that donors designate to receive their contributions.

See upcoming issues of the *Space Observer* for more information.

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

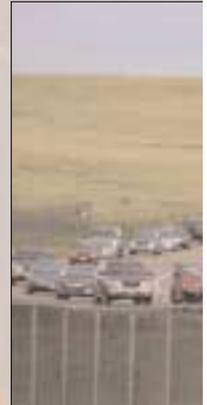
Adult and
pre K-12th grade

Sundays
8:30 a.m.

Life after



Photo by Tech. Sgt. Alex R. Lloyd
Employees who work at Building 1 gather around the atrium during a remembrance ceremony Sept. 14.



Because of the heightened security, the drive is for almost a mile.



Photo by Senior Airman Shane Sharp
A Security Forces gate guard inspects the undercarriage of a vehicle during a random vehicle inspection. This is one of many actions taken as a result of the heightened security condition.

r the fall



Photo by Airman Jessica Sanchez

Under force protection conditions, traffic at the East Gate backed up



Photo by 2nd Lt. Suzy Kohout

During the Chapel ceremony, a little girl folds her hands during prayer. The ceremony was Sept. 14, the National Day of Prayer and Remembrance.

Peterson Chapel observes National Day of Prayer and Remembrance

By Capt. Brenda Campbell
and
2nd Lt. Suzy Kohout
21st SW Public Affairs

Men and women, young and old, civilian and military, black and white, members of the cloth and layman put aside their differences Sept. 14, tearfully embracing one another as they mourned the loss of their brothers and sisters in New York and Washington D. C. Nearly 350 people from around Peterson Air Force Base came together at the Base Chapel in support of the National Day of Prayer and Remembrance, established by President George W. Bush following Sept. 11 terrorist attacks. The words of the "Star Spangled Banner"

and the "Battle Hymn of the Republic" filled the air. Staff Chaplains read the Bible, Isaiah and Matthew, and led participants in a responsive reading of Psalms 46.

"It was an opportunity to come together with shared emotions," said Maj. Robert Ellis, senior Protestant chaplain of the interfaith service, intended to bring all beliefs together.

Brig. Gen. C. Robert Kehler, commander of the 21st Space Wing made opening comments. "December 7th, 1941, was the defining day for what we call the greatest generation. September 11th, 2001, is our generation's defining day. For it is at times like these that we are at our best," he said.

The key memorial message was provided by the 21st Space Wing Chaplain, Lt. Col. Richard Munsell. "A stronger steel is found in

the fire of destruction," he said.

The ceremony offered a time for people to come together in this time of national tragedy, a place where they could mourn and support each other, explained Chaplain Munsell. People at the ceremony sought ways to remember those who were affected by last week's event through prayer, music, and counseling.

Karen Valenti was representative of the mourners attending the Friday service. Her voice tight with emotion, eyes brimming, she spoke of her 11-year-old daughter's salute to the nation, "The day of the attack my 11-year-old daughter built a model of the towers using red, white and blue LEGO[®]s."

A single trumpet mourned "Taps", and a weeping congregation sang "God Bless America" to bring the service to a close.

Forcing a smile on a bad day

By Senior Airman
Josh Clendenen
21st SW Public Affairs

It's hard to crack a smile when you're having a bad day. As many people know, Sept. 11 was a bad day.

After watching the World Trade Center towers in New York not only get hit by two hijacked airliners but come crashing to the ground, and then hearing the Pentagon was hit by a jet as well, you can imagine how hard it was to smile.

As I drove home wonder-

ing what would make a person do such a horrible thing, I started to think about the people in the world.

Just as my thoughts began to sour, I pulled into a gas station, where my outlook on the entire situation and the day changed.

As I drove in, a white pickup truck drove toward me. I had my window down, my battle dress uniform-clad arm hanging half out, and my radio up, when the other driver stuck his head out his window and said something to me.

I turned my radio off and asked what he said. He simply said, "Hey, thanks for serving."

I couldn't help but smile from ear to ear. I said back, "It's my pleasure."

With that he drove off and I went on with my business. But I couldn't stop smiling for the rest of the day.

I got home, hugged my wife and daughter, smiling the whole time.

That man, whoever he was, changed my mood with four words. He renewed my faith in people, and made me feel like my job as an airman in the United States Air Force means more now than it ever has.

So, I say "Thank you sir." Your words made me smile when I thought I couldn't.

The nation mourns, and a child holds the faith

By Tech. Sgt.
Ginger Schreitmueller
AFSOC Public Affairs

At the end of a very long day, I cried.

After a day of horrific tragedy, mixed with fear and anger, I cried.

Though touched by the senseless loss of innocent lives, it was not the images on the news that brought the tears. The tears flowed from the words of my daughter.

As my children and I tried to settle down Tuesday night, we talked about what had happened.

They saw the news coverage at school, and their teachers tried to explain it in terms young ones could understand. We talked about how sad it was and why we should be grateful.

Tucking my daughter securely in her bed, I listened

as she offered up her nightly prayers. She prayed for all the mommies and daddies, all the brothers and sisters, who would never go home again. Then she added a final request.

"Please God, let everyone in America remember the flag song."

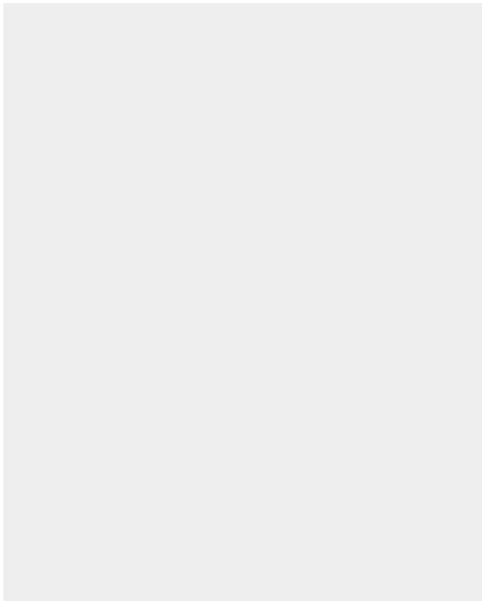
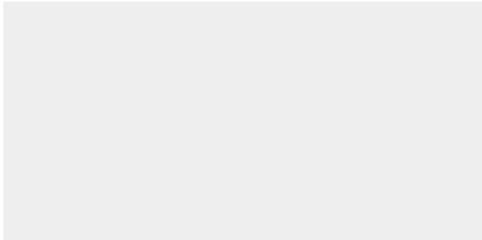
She began, softly at first, to sing the national anthem, a song we often use as a lullaby.

Without missing a note or a word, she sang. I made it through the first line, but could not hold back the tears. Just moments before, President Bush told Americans, told the world, that terrorists could shake the foundation of the biggest buildings but they would never touch the foundation of America.

With true faith and love, my daughter proved the president's words true.

"Please God, let everyone in America remember the flag song."

Daughter of Tech. Sgt.
Ginger Schreitmueller



OSI ... 'Eyes of the Eagle'

**By Special Agent
Jim Mowry**

AFOSI Det. 803 commander

Until recently, most people living in America felt safe from harm. The nightmare that befell the eastern seaboard shocked the world and caused an entire nation to mourn. The scenario appears to be a horror novel playing out before our eyes. The problem is, we've got a long way to go before we finish the book and no one knows how it will end.

The reality of the situation is we're not invincible. The threat has proven it can come from any direction any time. It can be as small as a letter bomb or as large as a commercial airbus. They can hit us with organized, simultaneous attacks and they can be very patient, waiting for just the right moment to strike. The only way to stop them is to find the threat early, identify the players, and interrupt their plan before it's executed. OSI has the stick for this responsibility in the Air Force.

This fact may surprise some of you. Most Air Force people think OSI only conducts investigations when, in fact, we support four different command priorities: solve violent crimes impacting the Air Force, combat threats to our information systems and technology, detect and deter acquisition fraud, and, most importantly in this case, exploit counterintelligence activities in support of force protection.

This means we use every tool available to collect and analyze information to help us find threats. Whether in a deployed environment or the perceived safety of a stateside base, OSI's primary responsibility is to be off-base, searching for clues to help us track down individuals who mean you harm. That's why our command motto is "Eyes of the Eagle."

However, we need your help. We don't know whether the attacks on the World Trade Center and the Pentagon were isolated. Did they act alone? Certainly not. Are there others around waiting for a chance to make the evening news? Quite possibly. Do any live in Colorado Springs, and do they intend to target Air Force families and military targets? I wish we knew. There is hope: you.

Every man and woman serving and supporting the Air

Force can become the "Eyes of the Eagle." Our special agents aggressively pursue every lead, tracking down suspicious activity. However, we don't have enough eyes to do it alone. We need you to watch for suspicious activity.

This could be a car or a van you know doesn't belong in the area. It could be the way a group of foreign nationals goes out of the way to not draw attention. It could be overhearing a discussion where someone is asking about Air Force or Army security. It could be when a foreigner in a bar refuses to show a valid photo identification. It could simply be the man who stands in one place too long, watching military activities or security entry procedures. If you see anything strange, or

you get a feeling in your stomach that tells you something isn't as it seems, call us.

When you make your observations, try to capture some critical information about the person or the event. Write down the vehicle make, model and color if you can. At a minimum, try to get a license plate. Write down a good description of the individual including clothing, hat, hair color and length, skin tone, glasses, facial hair, tattoos and jewelry. This will help us quickly respond and pursue the facts.

Even though the ethnicity of the terrorists in this case was Arabic and/or middle-eastern, it doesn't mean every person of that ethnic background is a terrorist. Remember what happened to

the Japanese citizens in the United States after Pearl Harbor? Ethnicity doesn't define character. It's behavior that should send off warning signs. Focus on behavior.

Finally, please report suspicious activity immediately. Since the attacks, hundreds of witnesses have told the FBI they saw someone acting suspiciously two weeks ago, or they saw a group of suspicious-looking men at a house in July. Some of those men were among the terrorists involved in the hijackings. If only we had known then what we know now.

The truth is, terrorists didn't enter our country unnoticed. They didn't disappear from society. They lived among us for extended periods of time and blended into our

society. Hundreds of people saw and interacted with them daily. The problem was, most people talked themselves out of reporting odd behavior because it would be silly or trivial to report such minute information.

I promise you, no call to our office is trivial. We pursue every call because we want to make sure nothing bad happens on our watch.

We do not believe the crisis is over. We believe a real and credible threat exists today within the very borders of our country, and we need your help to find them. If you see or hear anything suspicious, on- or off-base, day or night, call the CRIME STOPPERS hotline, 556-4357. Your information will get passed directly to an OSI agent.

ALS: Terrorist attacks result in cancelled ceremony

Peterson Air Force Base Airman Leadership School graduated class 01-G Sept. 11.

Due to the attacks on the World Trade Center and Pentagon, the graduation banquet was cancelled. The graduation, with speaker Command Chief Master Sgt. Fred Schoettler, was held instead at the Airman Leadership School.

Senior Airman Geneva L. Rose, 11th Space Warning Squadron, earned the John L. Levitow Award for excellence as a leader and a scholar. Senior Airman Marcia R. Robertson, 50th Communication Squadron, earned the Academic Achievement Award and Distinguished Graduate Award. Senior Airman Wesley Stewart, 3rd Space Operations Squadron, also earned a Distinguished Graduate Award. Senior Airman Wayne P. Griggs, 721st Security Forces Squadron, was presented with

the Leadership Award.

Class 01-G also graduated Senior Airman Luis E. Aguilar, Senior Airman Cory L. Beebe, Senior Airman Karen N. Chavis, Senior Airman Yaira L. Colon, Senior Airman Dennis M. Cox, Senior Airman Jamie G. Gaston, Senior Airman Jeremy M. Gomez, Senior Airman Wendy J. Gutierrez, Senior Airman Afryea N. Horton, Senior Airman Timothy W. Hulmes, Senior Airman Jason Jaworski, Senior Airman Joseph A. Johnson, Senior Airman Nathaneal Kowalski, Senior Airman Leon L. Lala, Jr., Senior Airman Diane K. Newkirk, Senior Airman Crisanto Q. Quinto, Senior Airman Christopher Rowand, Senior Airman Johnna R. Smith, Senior Airman Vanessa G. Soto, Senior Airman Spiridon Tsitsilianos and Senior Airman Matthew D. Twigg.

(Information courtesy of Peterson AFB Airman Leadership School)

Congratulations Team 21 ATWIND winners!

Airman 1st Class Lyndsay Correa, 821st Support Squadron, Buckley Air Force Base, won an automobile. Airman Jo Ann Redmond, 821st SPTS, Buckley AFB, won a trip and \$3,000. Master Sgt. Steven Yost, 821st SPTS, Buckley AFB, won a trip and \$2,000. Tech. Sgt. Cynthia Elliott, 21st Mission Support Squadron, Peterson Air Force Base, won \$1,000. Brenda Wile, spouse of retiree, Peterson AFB, won a 36" color television. Alisyn Boone, dependent, Buckley AFB, won \$500. Tech. Sgt. John Steger, 21st Operations Support Squadron, Peterson AFB, also won \$500.

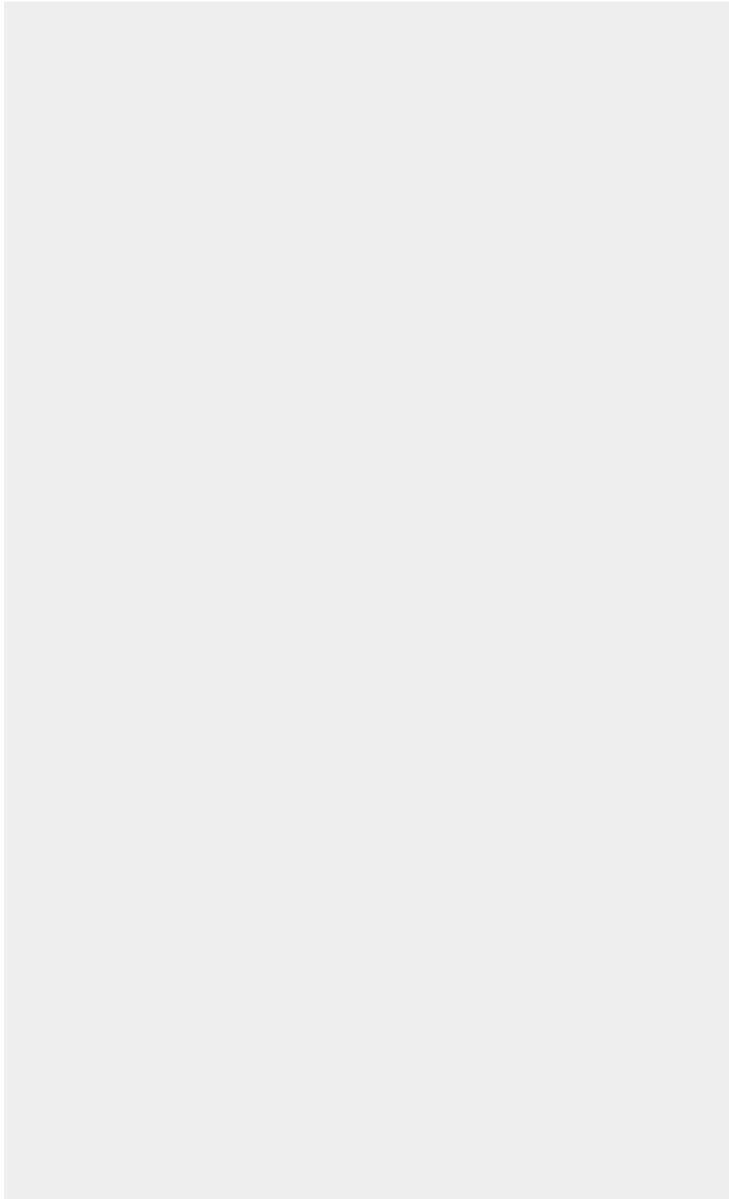


Photo by Master Sgt. D.K. Grant

Kicking class

Lead aerobics instructor Tracy Jennings-Hill demonstrates a side kick to participants of Tuesday's kick-boxing class. The fitness center offers kick-boxing classes at least once a day with a total of seven times per week. For class times, call the fitness center at 556-4462.

Outdoor rec prepares for winter season

By 2nd Lieutenant Suzy Kohout
21st SW Public Affairs

Are you longing for winter? Well, Outdoor Recreation is ready to help you prepare so that you'll be ready when the season begins.

Outdoor Rec coordinates group trips through contractors, and rents out a variety of winter sports equipment.

Winter equipment available for rent includes skis, snowboards, helmets, boots, ski racks, jackets and more. Outdoor Rec. can supply everything you'll need for a ski trip. In addition to rental services, the shop offers sharpening and tuning services, repairs skis and snowboards, and tests bindings releases.

"Checking the binding is very important," said Ben Eng, outdoor recreation manager and avid skier. Explaining that it should be done at the beginning of every ski season, he added, "Whether they are new or old, ski bindings may fail to release during a fall, which can lead to sprained

ankles and broken legs."

Skis and snowboards available for rent at the shop are parabolic. Eng explained that because of their hour-glass shape, they allow for cleaner, sharper turns, which is great for beginners and advanced skiers. They also absorb ice patches better and make travel across them smoother, he said.

Need another reason to get excited about the winter season? How about free lift tickets? Outdoor Recreation offers free lift tickets to van drivers for group trips. Outdoor Recreation has over a dozen trips planned for the winter season. Participation is available on a first

come first serve basis, so interested skiers should contact the recreation office to sign up to be drivers for the various trips offered. Outdoor Recreation employees will contact volunteers closer to trips to confirm dates trip.

These services are open to all military members and retired members, and to military dependent family members. The shop is open weekdays from 9 a.m. to 5 p.m. However, starting in November, winter hours will be weekdays from 9 a.m. to 7 p.m., and weekends from 9 a.m. to 5 p.m. For more information contact the Outdoor and Recreation office at 556-4867.

Pumping iron



Photo by Master Sgt. D.K. Grant

Concentrating on form in his final repetition, Marlon Daniels, 11th Space Warning Squadron, Schriever Air Force Base, works his biceps in the freeweight room at the Peterson Air Force Base Fitness Center. The fitness center offers a variety of programs and equipment to help people stay fit and manage stress.

Sports

Shorts

Youth flag football- The youth flag football season has been cancelled.

Adult/youth bowling league- The Jim Glen Adult/Youth Bowling League's season begins Saturday, 9 a.m. at the bowling center. For more information, call 597-5625.

5K fun run- There will be a 5K fun run Oct. 5. Cost is \$1. Deadline for registration and start time is 11:30 a.m., the day of the race. Meet in front of the fitness center. Call 556-1515 for more information.

5K fun run- There will be a 5K fun run Oct. 12. Cost is \$1 per person. Start time is 11:30 a.m., Meet in front of the technical support facility. Call 556-1515 for more information.

Pick-up basketball game- A "barnyard rules" basketball game is scheduled for Thursday, 9 a.m. at the Fitness Center. The game will be followed by a barbecue. For more information, call 556-4570.

Volleyball tournament- Game times are between 10 a.m. and 2 p.m., Monday-Thursday. Cost is \$10 per 8-man roster team, and deadline for registration is Monday. Call 556-1515 for details.

Wallyball tournament- Game times for the 4-on-4 wallyball tournament Monday-Thursday are between 10 a.m. and 2 p.m. Cost is \$10 per team, and deadline for registration is Monday. Call 556-1515 for more information.

Singles racquetball tournament- There is a singles racquetball tournament scheduled for Oct. 9-11. Cost is \$5 per person. Deadline for registration Oct. 2. Game times are between 11 a.m. and 2 p.m. Call 556-1515 for more information.

Singles racquetball tournament- There will be a singles racquetball tournament Oct. 22-25. Cost is \$5 per person. Deadline for registration is Oct. 15. Games will be played between 10 a.m. and 4 p.m. Call 556-1515 for details.

Doubles tennis tournament- There will be a doubles tennis tournament Oct. 22-25. Cost is \$10 per team. Deadline for registration is Oct. 15. Game times are 10 a.m. to 4 p.m.

Coaches meeting- A flag football coaches meeting will be held Monday at noon in gym 2. Call 556-4475 for more information.

Challenge patches- Earn 14er Challenge patches, one for each of the 56 Colorado peaks over 14,000 feet, on the climbing wall at the fitness center. Call 556-1515 for more information.

Yoga- Class meets every Friday at 12:05 p.m. Wear comfortable clothing so you can stretch freely. Call 556-1515 for details.

Personal trainers- Personal trainers are available for Peterson Complex members. For details, call 556-4462.

