

Peterson Air Force Base, Colorado

SPACE OBSERVER

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Vol. 57 No. 9



Battle drills the Arctic Defender way

By Staff Sgt. Adrian Cavazos
821st Air Base Group

THULE AIR BASE, Greenland — Over the past several years, installation security has evolved from air base defense, to integrated base defense, to integrated defense. The Arctic Defenders of the 821st Security Forces Squadron at Thule Air Base have embedded integrated defense within our actions and everyday thinking. As an installation, we grasp the concepts and functions of integrated defense and have taken continuous stringent practices to implement perfected procedures in the Arctic region. Through developed training methods, technology and base operations, we have applied advanced measures to deter, detect and defeat any potential threat by acting rather than reacting and thereby making the installation a harder target for potential terrorist threats.

The goal and standard of integrated defense training is to increase readiness and provide opportunities to better prepare us for worst-case scenarios. The 821st SFS has created realistic training scenarios that apply to our local threat and our facilities to better handle any situation we may be faced with and must overcome.

More specifically, we have initiated the use of battle drills. Battle drills are basically minimal orders from leaders applied to a small unit repetitively to ensure sequential actions become a trained response. Battle drills, most commonly utilized prior to combat operations in a deployed

See **Drills** page 11

(U.S. Air Force photo)

THULE AIR BASE, Greenland — Senior Airman David Light and Airmen 1st Class Caleb Coates and Matthew Yoder “stack up” before sweeping an area executing battle drills. Battle drills have allowed the Airmen to tailor training to a hands-on and mission specific approach to ready Airmen and heighten security measures.

Patient-centered care improving satisfaction

By Tech. Sgt. Tonya Patton
21st Medical Group

PETERSON AIR FORCE BASE, Colo. — An ounce of prevention is worth a pound of cure. This is especially true in healthcare. Each year, millions choose to skip routine check-ups, enabling preventable diseases to end hundreds of thousands of lives. Would you delay maintenance on your vehicle until it breaks down? Of course not. Instead you are careful to change the oil and rotate the tires regularly. This preventive routine is true for healthcare as well. Preventive care focuses on maintaining proper health to help alleviate potential disease processes in the future.

While prevention is just one of the key concepts behind the 21st Medical Groups’ Patient-Centered Medical Home, it is a critical piece in our healthcare delivery. According to the Centers for Disease Control, “7 out of 10 deaths among Americans each year are from chronic diseases (such as cancer and heart disease), and almost 1 out of every 2 adults has at least one chronic illness, many of which are preventable.” Further, shifting the focus to preventive care, early intervention and the management of health problems, has been proven to reduce emergency room visits.

Patient-centered care focuses on overall health rather than just your current condition or disease. Our

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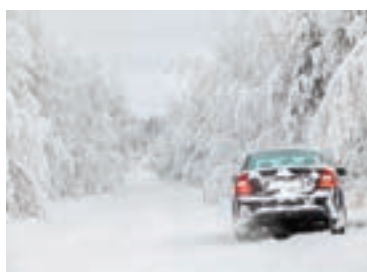


(U.S. Air Force photo)

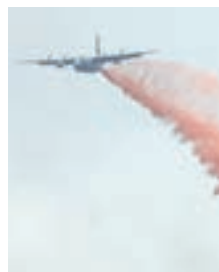
Capt. Erin Brown, 21st Medical Group family nurse practitioner and a member of Team Ajax, one of six PCMH teams in the Peterson Family Health Clinic, provides care to one of her enrollees.

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(U.S. Air Force photo/Lea Johnson)

Health care contractor change

PETERSON AIR FORCE BASE, Colo. — The 21st Medical Group prepares for the TRICARE contract to switch from TriWest Healthcare Alliance to UnitedHealthcare Military and Veterans April 1, 2013. According to Col. Michael Burke, 21st MDG commander, the change in contractor does not affect the benefits patients receive. Additionally, patients will continue to see the same friendly faces they are accustomed to at the TRICARE Service Center, Burke said. Most TRICARE customers will not notice the change and there will not be any interruptions to benefits. Customers who are signed up for automatic billing will need to submit a new Automatic Payment Authorization form to UHC M&V by March 11. For more information visit www.tricare.mil or call the TRICARE service Center at (888) 874-9378.

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For information in the event of a Peterson Air Force Base emergency, contact the Straight Talk line at (719) 556-9154.

21ST SPACE WING
COMMANDER'S CORNER

My "C-" in Ethics 101 explained — this stuff really is important!

PETERSON AIR FORCE BASE, Colo. — My worst college grade was in ethics. Axiological ethics, deontological ethics, morals versus values — it all seemed kind of mushy to me. After receiving my "C-," I skeptically reduced my personal ethics into a simple formula: if it feels good in my gut and doesn't harm anybody else, it's probably OK.

Clearly, there are caveats to such a general principle, but when I lecture on ethics, Airmen across the board typically have a similar definition of personal ethics that guides them to do what is right. Turns out, we all have a pretty good idea of what is right and what is wrong in our personal lives.

As a staff judge advocate, I'm now a government ethics advisor. This can be a thankless job. Unlike other areas of the law, where my clients are typically happy with the advice I give them, government ethics often requires answers that leave my clients quite befuddled. Specifically, I often have to advise my clients that government ethics rules prohibit an activity that is morally desirable under a personal-ethics formula. When I'm presented with a great wing initiative to solicit community leaders to raise money to cover babysitting for spouses of deployed Airmen,

Lt. Col. Ira
Perkins21st Space Wing
Staff Judge
Advocate

everyone anticipates the JAG to say "yes," not "great idea but ethics rules prohibit the Air Force from officially soliciting gifts." So, how can the gut instinct of personal ethics be in such apparent conflict with the rules of government ethics?

Simply put, personal ethics and government ethics are different creatures in both origin and purpose. Personal ethics are about human relationships and aim to make us better people and as such, they are the kind of rules we tend to learn in kindergarten (be charitable, help your neighbor). Government ethics, on the other hand, exist only to ensure that the public can trust government employees to put the nation's interest ahead of their own selfish interests. While certainly a far less lofty goal

than personal ethics, the goal of government ethics to produce virtuous employees is rooted in the ideology of our founding fathers and is critical to the legitimacy of our republican form of government. History shows us why.

In 1775, our forefathers rebelled because they didn't trust their government. While England's constitutional monarchy was the most advanced government of the day, the colonist believed it contained a fatal flaw — the King and his ministers lacked public virtue and corruptly used power to promote their personal agenda. For instance, the King used his control of 17,000 government jobs to appoint loyal customs officials and judges. In fact, more than 200 of the 550 members of the House of Commons held a governmental position granted to them by the King. This created conflicts of interest, undue government influence in private affairs, use of position for personal gain, and complete lack of transparency necessary to sustain trust in the government.

Our founding fathers understood the root of the problem: all men lust for power, governments are comprised of men; therefore, all governments

See **Ethics** page 11



Action Line

The 21st Space Wing maintains a commander's action line, a direct link to the 21st Space Wing commander. The wing commander encourages its use. Concerns should be addressed at the lowest possible level in the chain of command and elevated as necessary.

To reach the action line:

21st Space Wing members and its GSUs can call 719-552-2121, DSN 559-2121 or email 21sw.pa.action.line@us.af.mil.

The Peterson action line, for Peterson AFB items of interest or for the wing's tenant units, can be reached at 719-556-7777, DSN 834-7777, or email peterson.action.line@us.af.mil.

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Work is delayed, now what?

By **Lea Johnson**

21st Space Wing Public Affairs staff writer

PETERSON AIR FORCE BASE, Colo. — A call to the Peterson snow call line, 556-SNOW, or a visit to the Peterson Facebook page, is a quick way to find out the base reporting status on those snowy mornings. The base may be closed, have a delayed start or have regular reporting. On days with delayed reporting, the snow call message indicates a “report no earlier than” time. This gives the 21st Civil Engineer Squadron time to clear the roads and parking lots before personnel arrive for work.

Over the last few months, individuals have brought up a series of questions that the snow call message itself does not address in the case of delayed reporting. These frequently asked questions address the issues brought up by many individuals. For more information, contact your supervisor.

If I am scheduled for gate guard duty, what do I do?

Augmentees should report a half hour prior to the report no earlier than time. If the snow call determines non-mission essential personnel report no earlier than 9:30 a.m., augmentees should report at 9 a.m.

What if I think it is too dangerous to drive?

Safety is of the utmost importance. Weather conditions can vary widely across the area and what is safe driving conditions for one person may not be for another. If individuals feel it is unsafe to attempt driving to work, they should contact their supervisor to discuss the situation.

What do I do if I have a medical appointment scheduled?

Any medical appointments that are prior to the report no earlier than time

will need to be rescheduled. Individuals who have a cancelled appointment due to a snow delay can call 524-CARE or 526-CARE (2273) to make a new appointment.

If there is a delay or closure, will the Commissary or Exchange be open?

The Commissary and Exchange will open the same time as the report no earlier than time on days they are normally open.

When does the Child Development Center open?

For mission essential personnel, the CDC opens at 6:30 a.m. These families have a letter on file notifying staff they are mission essential. Even though there is staff there at 6:30 a.m., non-mission essential personnel should not bring their children in until the report no earlier than time. The CDC has their own mission essential staff who come in on delayed reporting days; however, they are not equipped to take care of extra children during that time.

My child goes to an in-home childcare provider on base, when can I drop them off?

In-home childcare providers set their own hours. Families should discuss this with their care provider.

Are school buses allowed on base when there is a delay or closure?

School buses will come on base at their normal time if the school district is not delayed regardless of the status of the base. If the school is running on a delayed schedule, buses will run accordingly.

What if I work at Cheyenne Mountain Air Force Station? Who do I call?

A representative from CMAFS participates in the snow call with Peterson but ultimately makes their own decision for the reporting of CMAFS personnel. The CMAFS snow call line is (719) 474-3333, and information will also be sent to local media outlets.

Swap and shop to keep closets fresh and your checkbook fat

By **Lea Johnson**

21st Space Wing Public Affairs staff writer

PETERSON AIR FORCE BASE, Colo. — Anyone who has kids may have heard at one point or another how quickly they are growing. Kids are supposed to grow, but it can create a challenge to keep their wardrobe up-to-date with the right sizes.

Enter the dual-base clothing swap.

The clothing swap is the brain child of Kayreen Crawford, wife of Col.

Chris Crawford, 21st Space Wing commander, and Antoinette Ross, wife of Col. James Ross, 50th Space Wing commander at Schriever Air Force Base.

Last year, Crawford and Ross oversaw the organization of the first dual-base clothing swap hosted at Schriever AFB for area families. It was a huge success and is in the works again for this year.

This year’s clothing swap will be held from 10 a.m. to 2 p.m. April 13 at the R.P. Lee Youth Center on Peterson, according to 1st Lt. Amanda

See **Swap** page 10

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On thin ice: A guide to winter driving

By Tech. Sgt. Wade Woods
21st Space Wing Safety Office

PETERSON AIR FORCE BASE, Colo. — The best advice for driving in bad winter weather is not to drive at all, if you can avoid it. When you must drive, there are a few things to keep in mind.

Safe winter driving starts before you even leave the driveway. Tell someone when you depart, your intended route of travel, destination and expected arrival time. A cell phone can be a great way to communicate distress, but should never take the place of pre-departure communication.

Next, make sure your vehicle is operating properly. Now is an excellent time to have a competent mechanic give it a thorough look. Also, consult your owner's manual for guidance specific to your vehicle's handling characteristics.

Don't go out until the snow plows and salt/sand trucks have had a chance to do their work, and allow yourself extra time to reach your destination. Here are some tips provided by the National Safety Council, New York State Department

of Motor Vehicles, and Washington State Government Information & Services:

Driving safely on icy roads

1. Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
2. Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
3. Turn on your lights to increase your visibility to other motorists.
4. Keep your lights and windshield clean.
5. Use low gears to keep traction, especially on hills.
6. Don't use cruise control or overdrive on icy roads.
7. Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.
8. Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you're likely to find the road in

front of them much worse than the road behind.

9. Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

If you become stranded

1. Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain you will improve your situation.
 2. To attract attention, light two flares and place one at each end of the car a safe distance away. Hang a brightly colored cloth from your antenna.
 3. If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.
 4. To protect yourself from frostbite and hypothermia use the woolen items and blankets to keep warm.
 5. Keep at least one window open slightly. Heavy snow and ice can seal a car shut.
- Think ahead, be cautious and situationally aware so you make it to your destination and back safely!

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Time now to get smart on sequestration, furlough

By Debbie Gildea
Air Force Personnel Center

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Former Defense Secretary Leon Panetta notified Congress recently that should sequestration occur, the Department of Defense will initiate furlough for its 800,000-plus civilian employees. Congressional notification is required at least 45 days from a planned furlough, with implementation anticipated for late April, Air Force officials said.

"The potential for sequestration-driven furlough continues to be a sensitive topic of discussion," said Robert Corsi, Air Force Assistant Deputy Chief Staff for Manpower, Personnel and Services. "It has headlined every news product for months, and Air Force leaders at every level are working to determine how to minimize negative impact on people and the mission."

In the event of sequestration, furlough will be implemented across the Department of Defense, with all the services working with the Department to execute furloughs similarly, including how and when employees will be notified (subject to applicable laws, regulations and collective bargaining agreements).

"DOD-wide, installation leaders are discussing furlough impact with union representatives to determine the most effective, least disruptive way to implement furlough, should it become necessary," Corsi said.

If implemented, civilians will be furloughed for no more than 16 hours per pay period. In addition to duty hours and pay impact, furlough will affect employees in other areas, including benefits.

"I encourage all Airmen to study the guidance on furlough and ask questions to be sure you understand how you're affected, or how your employees are affected," Corsi said. "Civilians — especially those relatively new to service — will turn first to their supervisors for explanations and guidance."

To learn more go to the myPers site at <https://mypers.af.mil> and enter "Civilian:

Furlough Home Page" in the search window. For other furlough information, visit the Office of Personnel Management site at www.opm.gov.

Civilian Airmen must also be aware of the impact on leave accrual, benefits and Thrift Savings Plan contributions, particularly if they are planning vacations or nearing retirement, he said.

According to Office of Personnel Management guidance, the accumulation of non-pay status hours can affect the accrual of annual leave and sick leave. For example, when a full-time employee with an 80-hour biweekly tour of duty accumulates a total of 80 hours of non-pay status from the beginning of the leave year (either in one pay period, or over the course of several pay periods), the employee will not earn annual and sick leave in the pay period in which that 80-hour accumulation is reached. If an employee is furloughed for 176 hours (22 days), he or she will lose two pay periods worth of annual leave and sick leave accrual.

"Employees who have extended leave plans need to understand that they will not accrue those hours while on furlough," Corsi said.

In addition, where TSP contributions are based on a percent of pay, employees will see a reduction in TSP contributions. Employees in the Federal Employee Retirement System will also see a reduction in agency automatic contributions and may experience a reduction in employer-matching contributions, depending on employee contribution amounts, Corsi explained.

While leaders at every level work to develop alternatives to sequestration, the possibility of a furlough must be taken seriously and Airmen must be smart about the impact on their lives, the director said.

"If sequestration and furlough are averted, so much the better. In the meantime, I ask every Airmen to actively prepare for the days ahead and review the information already available. I cannot overemphasize the importance of planning for a potential reduction of income," said Corsi.



3-8 Tony Exum Jr. Smooth Jazz

3-9 Satisfaction A Tribute To The Rolling Stones

3-10 Adrian Legg-Guitar Master

3-15 KISS ARMY A Tribute to KISS

3-22 Firefall

3-23 Flying W Wranglers

4-6 The Elders - Celtic Rock

4-19 The Long Run Colorado's tribute to the Eagles

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(U.S. Air Force photo)

Sharp Warrior

Master Sgt. Dan Stellabotte presents the January 2013 Sharp Warrior Award to Airman 1st Class Keely Muzzey, 561st Network Operations Squadron. Muzzey restored critical communication links with the Office of Special Investigations and the 310th Communications Flight, volunteered for designated driver duties and attended multiple professional development seminars. She has demonstrated dedication and professionalism on and off duty. The award, presented each month by the Pikes Peak Top 3, recognizes Airmen who go beyond their everyday tasks and demonstrate a high level of excellence, specifically in customer service and professional appearance. Any first sergeant or senior NCO serving as a first sergeant who observes outstanding performance may nominate someone for the award to the first sergeants council.



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(U.S. Air Force photo/Tech. Sgt. Thomas Doscher)

This Modular Airborne Fire Fighting System C-130 photo from the Waldo Canyon fire was featured on the front page of USA Today's June 28, 2012 issue. The 302nd Airlift Wing's Public Affairs office received top honors in two award categories including Best Crisis Communications in the Air Force Reserve Command's 2012 Communication Excellence Awards program.

302nd Airlift Wing Public Affairs team recognized for communication excellence

By 302nd Airlift Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. — The 302nd Airlift Wing's Public Affairs office received top honors in two categories of the Air Force Reserve Command's 2012 Communication Excellence Awards program.

The Reserve public affairs office was recognized by the Air Force's second largest major command with the Best Crisis Communication Award for the office's June 2012 communications response to the Waldo Canyon fire and the resulting Modular Airborne Fire Fighting System activation and Ms. Ann Skarban, Chief of 302nd AW public affairs, was named Outstanding Communication Intermediate Civilian, Air Force Reserve Command Public Affairs for 2012.

For their Waldo Canyon fire and MAFFS response, the public affairs team was recognized for expanded reach and effectiveness of communication through the comprehensive use of social media tools keeping local, national and international audiences abreast of the Air Force Reserve Command's role in fighting wildland fires. The public affairs team also provided immediate response to dozens of media queries in one week resulting in two national evening broadcast news stories highlighting MAFFS, one prominent MAFFS image on the front page of USA Today's June 28, 2012 issue, an increase in social media outreach from 500 to 65,000 and the publication and broadcast of countless, daily MAFFS stories reaching millions via national, regional and local television station markets.

Small team members participating in the public affairs crisis response named in the award package include: Ms.

Ann Skarban, Tech. Sgt. Daniel Butterfield and Staff Sgt. Stephen Collier all from the 302nd AW; Capt. Rusty Ridley and Senior Airman Nichole Grady, 153rd AW, Wyoming Air National Guard; and from U.S. Northern Command Public Affairs, Tech. Sgt. Thomas Doscher.

Ann Skarban, Chief of the 302nd Airlift Wing's public affairs office was named the Air Force Reserve Command's Outstanding Communication Intermediate Public Affairs Civilian for her public affairs leadership during the Waldo Canyon fire and MAFFS crisis communication response, her expansion of the Wing's media outreach to millions in the Denver media market, assisting with the coordination of media travel allowing the wing's 34th Aeromedical Evacuation Squadron's deployment to Afghanistan to be covered by Denver news media and her nomination of a Colorado Springs civic leader who became the Air Force Reserve Command's only Office of Secretary of Defense Joint Civilian Orientation Conference attendee.

"The events of 2012 certainly placed our Wing's mission in the spotlight. Our entire public affairs team put forth enormous efforts and through their work in the local community and with media they successfully increased public awareness of our mission and effectively told and marketed the stories of our 302nd Airlift Wing Airmen," said Col. Jay Pittman, commander of the 302nd Airlift Wing.

The 302nd Airlift Wing awards represented the Air Force Reserve Command at the Secretary of the Air Force Public Affairs level competition.

An entire listing of the Air Force Reserve Command 2012 Communication Excellence awards can be found here.

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21st Space Wing Command Structure



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Col. Jeffrey Flewelling



21st SW Inspector General
Lt. Col. Jeff Van Sanford



21st Space Wing Commander
Col. Chris Crawford



21st SW Command Chief
Chief Master Sgt. Richard Redman



21st SW IMA to the Wing Commander
Col. Richard Burchfield



Director, Wing Staff
Agencies
Mr. Alvin Strait



21st Operations Group
Commander
Col. Jennifer Moore



21st Mission Support
Group Commander
Col. Charles Arnold



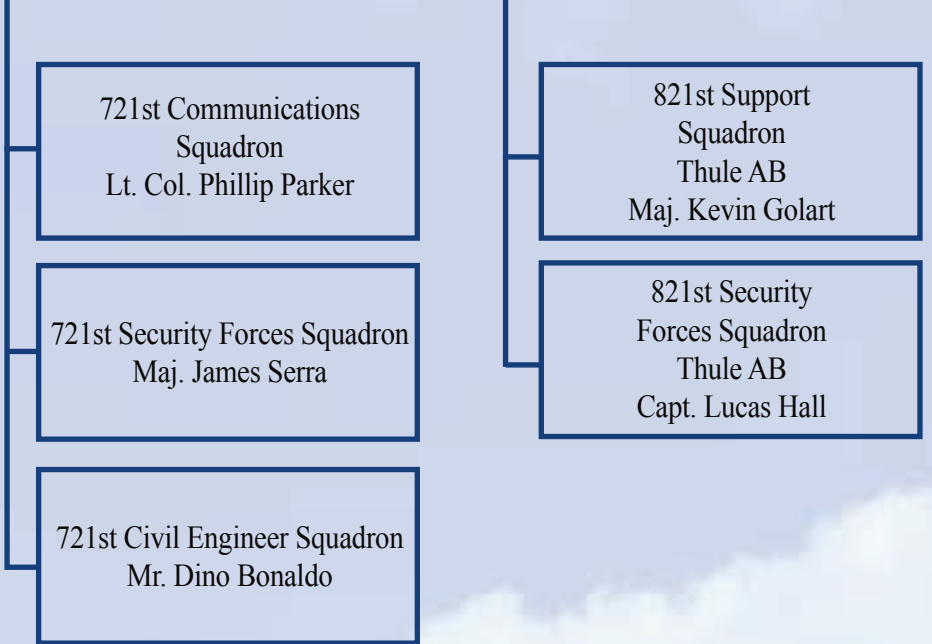
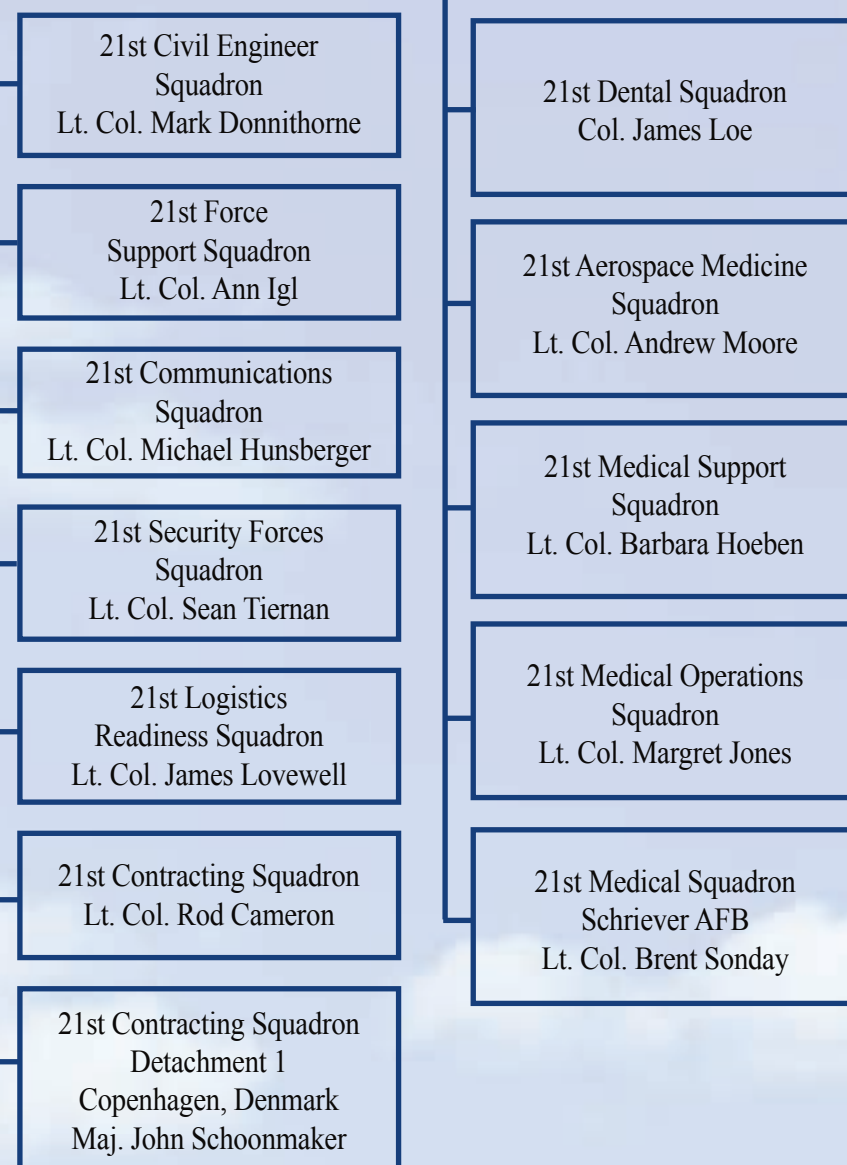
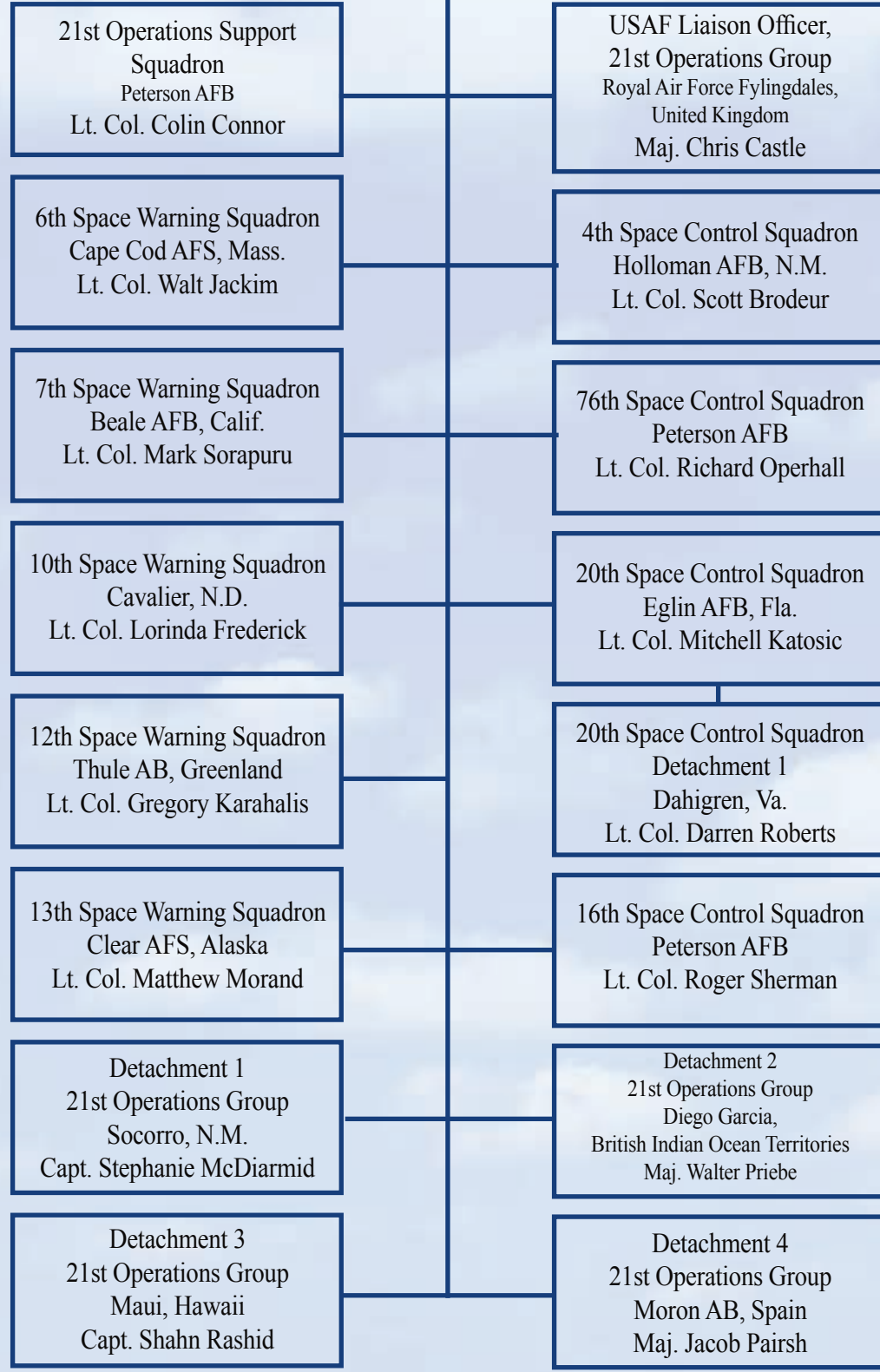
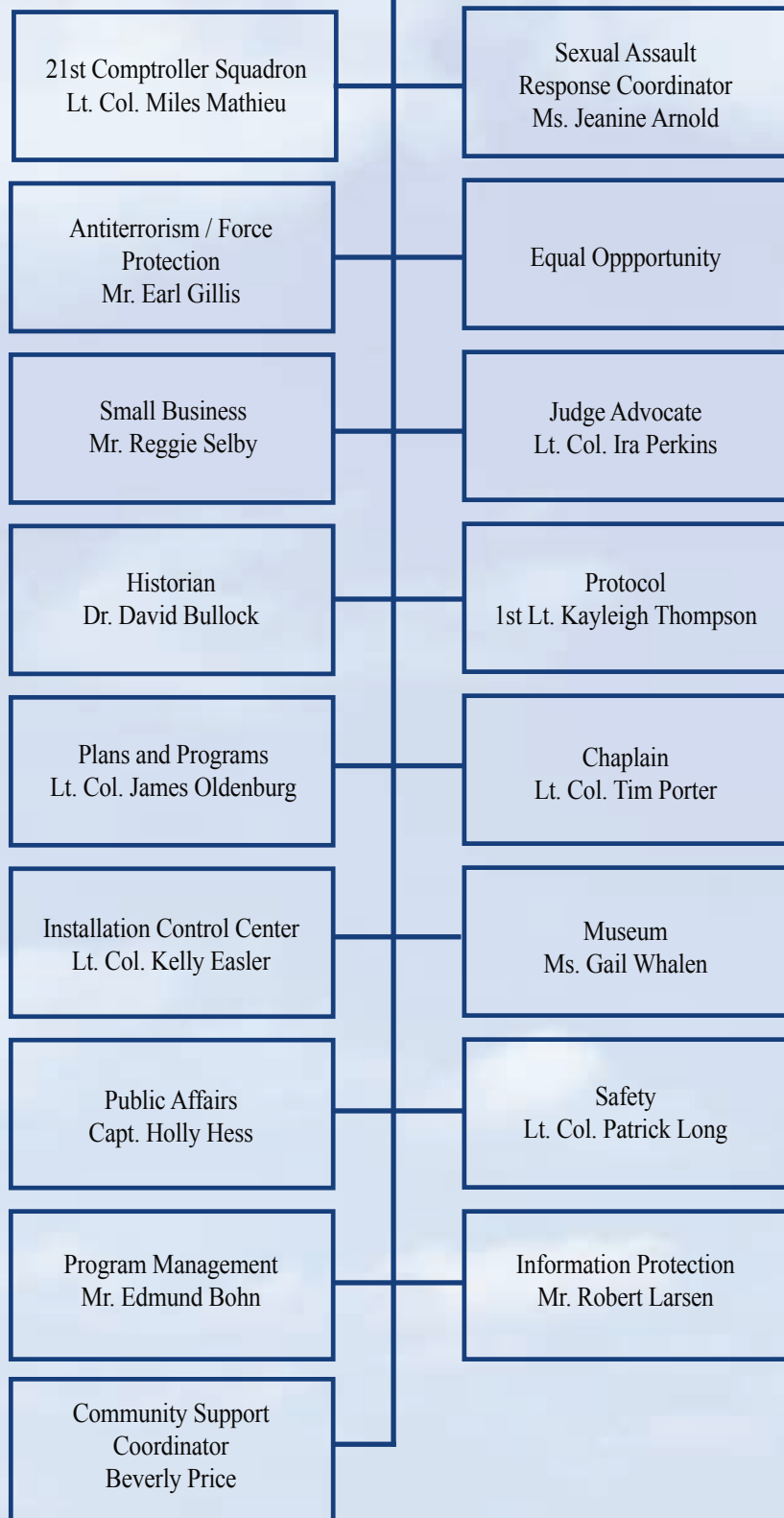
21st Medical Group
Commander
Col. Michael Burke



721st Mission Support
Group Commander
Cheyenne Mountain AFS
Col. Joseph Turk



821st Air Base Group
Commander
Thule AB, Greenland
Col. Miguel Colón



CALENDAR / BASE BRIEFS

AFSA Bowl-A-Thon

The Air Force Sergeants Association, Chapter 1181, will host a 9-Pin No-Tap Bowl-A-Thon March 8 at the Peterson Bowling Center from 10 a.m.-noon and 3-5 p.m. Cost is \$10 and includes three games and shoe rental. There will also be a 50-50 raffle and highest score competition. The event is open to all military, spouses and civilians. Early signups are welcome, contact Tech. Sgt. Susan Hill or email susan.hill.1@us.af.mil.

Veteran trauma court

The Veteran Trauma Court is a grant-funded pilot program that provides an alternative to incarceration for military members and veterans with trauma-spectrum disorders who have been charged with a lower level felony.

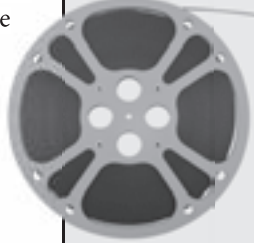
The Veteran Trauma Court is seeking veterans, especially women, who are willing to volunteer their time mentoring fellow veterans. The veteran peer mentor program provides a unique and rewarding opportunity to make a difference in the lives of at-risk veterans and have a positive impact on our community. Peer Mentors are trained, screened and supervised. To volunteer contact Leo Martinez at (719) 377-0474 or email leo.martinez@aspenspointe.org, or Nicholas Brown at (719) 494-4616 or nicholas.brown@aspenspointe.org.

Movie night

The 21st Force Support Squadron offers movie night each week at the base auditorium. All films are free and open to all eligible users of Peterson AFB and their guests (IDs are required for all films except those rated G or PG). Popcorn and soda are free, too! A complete schedule is available at www.21fss.com or call 556-8383.

1 p.m. March 9: Won't Back Down, rated PG for thematic elements and language. 119 minutes.

7 p.m. March 9: The Man With the Iron Fist, rated R for bloody violence, strong sexuality, language and brief drug use. 96 minutes.

**Free park passes**

The National Park Service is issuing free annual passes to active duty military members and their immediate family for entrance to all

398 national parks. The passes are available from 10 a.m. to 1 p.m. March 15 in the atrium of Building 350 or until supplies run out. You must present a current, valid military CAC (or DD 1173) to obtain the pass. More information is available at www.nps.gov/findapark/passes.htm or call 556-6768.

Kitchen ideas with spouses club

The Peterson Schriever Cheyenne Mountain Spouses' Club offers Easy Kitchen Ideas from 11 a.m.-1 p.m. March 19 at the Schriever Community Center. Cost is \$10 for lunch, hot/cold beverages and dessert. To reserve your spot, contact Carol Donahue at reservations.psc@gmail.com or Farrah Champion at mikeandfarrah@comcast.net for more information.

Scholarships available

The Peterson Schriever Cheyenne Mountain Spouses' Club has more than \$10,000 in scholarships available to military family members (spouse or child).

Applications due March 30 and awards will be made by mid-April. For an application and information, go to www.pscspousesclub.com, or contact Victoria Aquin at psc scholarship@live.com.

Father daughter dance

The Armed Services YMCA is having a

military father daughter dance from 6-9 p.m. April 13 at the Crowne Plaza Hotel. Tickets are \$35 for E-5 and below, \$45 for all others; cost for each additional daughter is \$15. Admission includes a light dinner and dance. Dress is mess dress or Class A, and party dress for daughters. Tickets available at Briargate or Southeast Family YMCA, or the Fort Carson ticket office. For information call 622-9622.

Clothing swap

There is a children's clothing swap from 10 a.m.-2 p.m. April 13 at the R.P. Lee Youth Center. Donate gently used children's clothing (infant to age 18) or maternity clothes until April 10. School and activity uniforms, gently used shoes, and even adult clothing are accepted as well. Drop-off boxes are located at building 350, the Airman and Family Readiness Center, the chapel, both child development centers, the youth center and the Tierra Vista Community Center. One the day of the event, any military ID card holder can show up and "shop" through the donations. The Keystone Club from the youth center will be selling snacks at a small cost for a fundraiser. Volunteers are needed for a day or two before the event to fold and sort all the clothes and for the day of the swap to help parents gather and carry their items. For information, or to volunteer, contact amanda.thurber.1@us.af.mil.

Swap

From page 4

Thurber, installation project officer.

Of course, a clothing swap requires clothing, and now is a good time to clean out those closets.

"We are going to be collecting gently used children's clothing or maternity clothes until April 10. We accept sizes for

all ages, zero to 18," she said.

School and activity uniforms, gently used shoes, and even adult clothing are accepted as well.

Drop-off boxes are located on Peterson at building 350, the Airman and Family Readiness Center, the chapel, both child development centers, the youth center and the Tierra Vista Community Center. On Schriever, drop-off boxes are located at the TVC Community Center, the A&FRC, the chapel resource room, the CDC and the fitness center.

Participants aren't required to swap in order to shop, however. According to Thurber, the event is free and open to all

military and civilian ID card holders who have access to the base. One the day of the event, participants can just show up and "shop" through the donations.

The Keystone Club from the youth center will be selling snacks at a small cost for a fundraiser.

Volunteers are needed for a day or two before the event to fold and sort all the clothes and for the day of the swap to help parents gather and carry their items.

For more information, or to volunteer, contact Thurber at amanda.thurber.1@us.af.mil.

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Drills

From page 1

environment, provide standardized operating procedures and allow Airmen to train to “what if” scenarios. Additionally, Airmen train by the use of instinct and constant rehearsal which maximizes proficiency and minimizes exertion of force. Staff Sgt. Joseph Cull, 821st SFS flight sergeant, took the lead and volunteered to design the battle drills due to his extensive knowledge in security.

“Battle drills are a way to have a plan in advance for different security situations so everyone knows their role and the role of the defender next to them,” Cull said. Battle drills have allowed the Airmen to tailor training to a hands-on and mission specific approach to ready Airmen and heighten security measures.

The battle drill concept was initiated using the crawl-walk-

run system. The concept started at a flight sergeants meeting where potential scenarios were discussed and the concept of drills quickly took off. The scenarios included active shooter, duress, alarm response and unauthorized individual drills. The battle drills exercise any situation the responding patrols may encounter such as a downed defender, barricaded subject or downed communications. In the past, these types of responses were typically incorporated into quarterly Condor Crest, short sprint and flight level exercises. They have now become a daily part of operations. Whether it is a terrorist attack, an insider threat, or a large scale disaster, we are all susceptible. This battle drill approach provides junior Airmen an opportunity to learn invaluable leadership and communications skills in an environment that also hones their tactics, techniques and procedures.

Never content with current progress, Cull and the other flight sergeants continue to expand their efforts by integrating new scenarios into each facet of our integrated defense.

“The best thing about battle drills is that they can continue to be improved,” Cull said. His enthusiasm is infectious and

almost every day, he is approached by a fellow defender offering to assist with new ideas on how to respond to different incidents. He continues to improve established drills, to apply the validated upgrades, and to provide valuable training so all personnel remain technically proficient and stay on a constant paralleled regiment. These battle drills encourage constant innovation which enhances the entire team as we maintain an ever-present security footprint.

“It Takes the BEST...to Defend the REST” is the 821st SFS motto. It’s an honor defenders there truly believe and carry with them every day. Battle drills allow the Airmen to be the best and defend Thule Air Base as well as its host nation. Never being satisfied and continuing to find a better way of training, use of technology and implementing future base operations is crucial to defending the base. The austere environment and conditions at Thule Air Base require its Airmen to be ready both as an individual and as a team. Challenges like these that make readiness even more important. Battle drills keep the 821st SFS Airmen motivated, focused, trained and prepared for anything.

Care

From page 1

healthcare team takes a proactive approach by personalizing your care to minimize any future health problems. In order to accomplish this, your team uses screening, education, preventive care and lifestyle coaching to deliver comprehensive care. It is also important for you to develop a strong relationship with your healthcare team. Being informed and engaged in your care empowers you to make better healthcare choices.

What has the 21st MDG done to improve your PCMH experience? Let’s go back to your vehicle maintenance scenario. When you take your car in for an oil change, the mechanic may also recommend an air filter change and an engine system check. Prior to each visit with your provider at the 21st Medical Group, your healthcare team will proactively review your medical history, identify any potential health risks and notify you if you are due for immunizations, lab work or recommended preventative screenings. The team also assists in the coordination of follow-up care if needed. By implementing this method, we have surpassed the Air Force average in the management of chronic diseases such as diabetes and breast cancer screening by 20 percent. In addition, appointment access has increased by 25 percent, patient satisfaction soared to 98 percent, provider continuity has greatly improved, and staff satisfaction has increased.

The healthcare industry has entered a vast paradigm shift. Our goal is to provide a full spectrum of care at each visit. Prevention, along with patient engagement in PCMH, has proven to produce better outcomes. These include: better population health, reduced mortality, decreased hospital admissions for patients with chronic diseases, lower utilization, and improved patient compliance. This new paradigm actively engages our healthcare teams (provider, nurse, technician and patient) to focus on patient outcomes, thus driving us to shift from a healthcare system to a “System of Health.” As the patient, you are integral to our medical home family. It is a privilege to care for those who serve, have served and their families. We strive every day to optimize your healthcare experience.

Ethics

From page 3

lust for power. To counter this truth, our founding fathers formed a republic that divided power against itself through three branches of government. But that wasn’t enough. Since individuals within government were still capable of abusing power, our founders demanded that government employees put the needs of the nation ahead of their own interest — they demanded public virtue. Moreover, our vigilant citizens were warned to be on the watch against any abuse of government power that might impact their rights and liberties. Over the years, the demand for public virtue in federal employees has morphed into a code of ethics. Remarkably, the topics listed on the home page for the Office of Government Ethics (conflicts of interest, gifts, use of position/resources, outside employment) address the exact same concerns our forefathers had with the King’s corrupt government.

A commander once applauded my history lesson, but fairly pointed out, “we aren’t fighting the Redcoats anymore — haven’t we progressed to the point where the JAG can stop worrying about whether soliciting gifts from the community is a misuse of official position? Is that really what our founding fathers had in mind?” I directed my friend to a recent study that showed trust in government officials was at an all time low and that most Americans believe there is a lack of transparency in our government. To a skeptical public, an innocuous solicitation for a gift is an attempt to dispense favors with local leaders and begs the question, “if they can’t follow simple ethics rules, how can we trust them on big issues like our current fiscal crisis?”

Ethics can seem mushy, that’s why I got that “C-;” but I find most commanders quickly grasp the goal of government ethics because it is really quite familiar. Public virtue, putting the nation’s interest ahead of personal interest, is really just “service before self” — a core value we live by every day. In these trying times, let’s maintain the public’s trust in their Air Force, let’s hue to our ethical standards and our core values — this stuff really is important!

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6150 Fescue Drive - Antelope Meadows - \$259,900



Open & bright 2918 sq. ft. 5 bedroom, 3 1/2 bath Hallmark Yorktown 2-story in great condition * Vaulted ceilings * Nearly new upgraded carpet & paint * Island kitchen w/ stainless steel appliances * 2 fireplaces * Great master suite * Updated lighting * New 16x12 covered pergola * Walk to award winning schools & park * Great room concept & kid friendly quiet neighborhood where kids can ride bikes & play games in the street. MLS# 776295

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Beautiful open concept 3 bedroom, 3 bath 4253 sq. ft. stucco rancher on .62 acres * 4-car garage * Cathedral bonus room with walk-in closet & private bath over the garage (great for guests, teens, or in-laws) * All 1-level living w/ open great room concept * Maple floors * Gourmet granite, tile, stainless steel, & knotty Alder island kitchen * Pillars & coffered ceilings * Huge corner lot. MLS# 778617

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\$205,000
Under Contract</p> <p>8650 Boxelder Drive
Meadow Ridge
\$214,500</p> <p>5828 New Crossings Point
Harvest Ridge
\$217,500</p> <p>6120 Plowshare Court
Stetson Hills
\$219,900</p> <p>2410 Flintridge Drive
Garden Ranch
\$225,000</p> <p>1521 W. Cucharras Street
Old Colorado City
\$225,000
Under Contract</p> <p>2962 W. Whiteaway Circle
Village 7
\$234,900</p> <p>1231 N Cedar Street
Golf Club
\$244,900</p> <p>5535 Molly Lane
Black Forest
\$250,000
Land</p> <p>5610 Molly Lane
Black Forest
\$250,000
Land</p> <p>5570 Molly Lane
Black Forest
\$275,000
Land</p> <p>5530 Molly Lane
Black Forest
\$275,000
Land</p> | <p>859 Loma Point
Highland Oaks
\$298,000</p> <p>17815 Grama Ridge
Walden III
\$299,900</p> <p>6369 Confederate Ridge Drive
Indigo Ranch
\$305,000</p> <p>1740 Arbor Way
Cheyenne Canyon
\$349,900</p> <p>11595 Grassland Road
Peaceful Valley
\$359,900
Under Contract</p> <p>850 Oak Ridge Road
Crystal Park
\$385,000</p> <p>2808 Country Club Circle
Country Club
\$399,900</p> <p>3820 Stetson Court
Templeton Gap Addition
\$425,000</p> <p>220 Eagle Pines Drive
Eagle Pines
\$429,900
Under Contract</p> <p>625 Scrub Oak Road
Crystal Park
\$449,000</p> <p>1956 Quadrangle Court
University Bluffs
\$489,500</p> <p>102 N. Main Street
Fountain
\$525,000</p> <p>16710 Papago Way
Cherry Creek Springs
\$560,000</p> <p>17310 Charter Pines Drive
Bent Tree II
\$565,000</p> <p>1440 Royal Crest Court
Bent Tree
\$625,000</p> <p>5150 Lanagan Street
Mountain Shadows
\$639,000</p> <p>1198 Red Rock Circle
Red Rocks at Beaver Creek
\$650,000</p> <p>1211 Woodland Valley Ranch Dr
Woodland Valley Ranch
\$695,000
Under Contract</p> <p>124 Star Gate Heights
Florissant
\$850,000</p> <p>4709 Chaparral Road
Saddleback Estates
\$895,000</p> |
|---|--|--|

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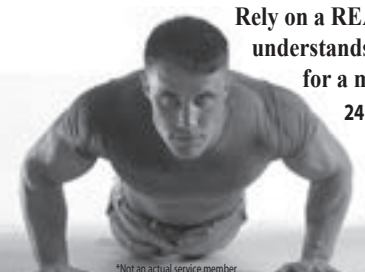


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\$90,000

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MERCHANDISE

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PETS

Sugargliders, twin males 4 mo and female 7 mo old, inclds cage, wheel, food and bed. \$300. 287-0624

Real Estate

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion or national origin, or an intention to make such preference, limitation or discrimination. The Mountaineer shall not accept any advertisement for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

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EAST

**House, Garage, 40 Acres
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PEYTON

4 bd, 3 ba, FSBO, 1-of-a-kind, \$549,900, HomeOnTheButte.com, 719-244-1674

SOUTHEAST

3 bdrm 2 ba, 2 car garage, mtn views, 1/2+ acre lot. \$209,900 www.militarybyowner.com ad# MBO254995 719-210-4353/719-685-0215



4BR, 4BA, fenced, sprinklers, shade trees, mini blinds throughout, all appliances including W/D, central air, covered patio, lots of extra storage space. 4011 Shining Star Dr. \$203K. 719-391-7505.

SOUTHWEST

Spacious 3000 sq. ft. home in Broadmoor Bluffs with spectacular mountain and city views. 5 BDR/3BATH, hardwood floors, renovated kitchen, master bath, and landscaping. Sell price \$450,000. Rental \$2200/ month. Please call for more details! 576-2095

Rentals

APARTMENTS

CENTRAL

1BR, 1BA, 563sqft, hot tub, pool, workout center. \$600/month RentalCOSP@hotmail.com.

Cen - 2 Bed, 1 Bath, Close to college, bike and hiking trails, close to downtown. \$625/ \$525 604 N Weber #6. Call Haley Realty to see 634-3785

Newly renovated 2BR with AC. Private off street parking. \$595/mo. No pets. Owner-719-630-3392.

Satellite Apartment Bldg on the corner of Academy and Airport. 2BR, 2BA, all utilities paid, 11th floor, \$900/month. Call 719-207-9154.

SOUTHEAST

Fountain Springs Apartments
Huge 1-2-3 BR starting at just \$769!
Full size washer/ dryer included,
24-hr fitness center, swimming pool,
gated community & more.
Call 719-591-4600

HOMES FOR RENT

CENTRAL

Cen - Enjoy relaxing in your front yard! This house is centrally located. Have a large family, this is right for you. 5 Bedroom, 2 bath with a carport! \$1225/1125. 1524 N Swope Ave. Call Haley Realty to see 634-3785

Cen - LOOK AND LEASE! 3 Bedroom, 1 bath, 1 car attached garage. Front yard for picnics, enjoy the sunshine! Ramp to front door! \$795/695. 2562 Palmer Park Blvd. Call Haley Realty to see 634-3785

DUPLEXES

2BR 2BA Garage Move in ready: \$650/mo plus Utilities, \$650 Dep \$650. 402-682-9318

NORTHEAST

Northeast - Discover luxury living today! 5 Bedroom, 3 bath, 2 car attached garage. Beautiful interior floor design, north east location. \$1725/\$1625. 5120 Vista Del Norte. Call Haley Realty to see 634-3785

ROOMMATES WANTED

roommate to share 3BR home. Springs Ranch. Full bath, laundry, kitchen. \$475/mo Incl utils. 330-0311

SOUTHEAST

South - Enjoy luxury living in the beautiful townhome! Located close to Peterson AFB and Ft. Carson! 3 Bedroom, 2.5 Bath, 2car garage. \$1210/1110. Rent today! 4809 Condor Ck Pt. Call Haley Realty to see 634-3785

SOUTHWEST

End unit townhome, 3BR, 3BA, FP, W/D AC, 2 car att. garage, \$1195 + dep, close to Ft Carson. 382-0573

Secluded home on 3.5 acres, 4 miles from gate 6. 2700sqft, 3BR, 3BA, amazing views, dogs ok. \$1595/mo. Avail 4/15. Call Karen at 719-360-4998.

South - 2 Bed, 4 bath, 1 car garage. Beautiful townhome located close to downtown, shops and restaurants. Large living room with plenty of sunlight, hardwood floors. rent is \$1195/\$1095. 850 Victoria Ridge Pt. Call Haley Realty to see 634-3785

South - A must see! Updated townhome with large kitchen with an island, plenty of cupboard space. Washer, dryer in utility room! 3 Bedroom, 3 bath, 2 car garage. \$1295/1195. 847 Weber Ridge Pt. Call Haley Realty to see 634-3785

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All-Wheel Drive	YES	YES (opt.)	YES (opt.)	YES (opt.)
The Most Award-Winning Small SUV	YES	NO	NO	NO
2012 IIHS Top Safety Pick	YES	YES	YES	NO
City/Highway Miles Per Gallon	21city / 27hwy	22city / 30hwy	23city / 33hwy	22city / 26hwy
MSRP**	\$24,295	\$25,845	\$28,170	\$25,050

MSRP \$22,490
MODEL CODE DFA PACKAGE 21
STOCK #130840

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MSRP \$18,665
MODEL CODE DJA PACKAGE 01
STOCK #132264

All New 2013 SUBARU OUTBACK 2.5i

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\$1000 DUE**

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MSRP \$24,290
MODEL CODE DDA PACKAGE 01
STOCK #130256

*Based on Polk registration data in the U.S. 2002-2012. - Based on manufactures' website data as of January 2013 for the 2013 Subaru Forester 2.5X Premium, 2013 Honda CR-V EX 4WD, 2013 Ford Escape XLS 4WD, 2013 Nissan Rogue SV. **MSRP excludes destination and delivery charges, tax title and registration fees. Dealer sets actual price. ***EPA-estimated fuel economy for Forester 2.5X models. Actual mileage may vary.



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