

SPACE & MISSILE TIMES

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'Rocket's Red Glare' premieres at Vandenberg

By 2ND LT. CHRISTOPHER WATT
30th Space Wing Public Affairs

■ The stars will be out this afternoon.

So will the stripes, the bars, the oak leaves and the birds.

They're all coming out for the premier of the new, made-for-TV movie "Rocket's Red Glare." The movie, produced by Fox Family Films, is about a boy and his grandfather who restore a Mercury Redstone rocket. The Air Force uses their rocket to blast the boy into space and save the Space Shuttle.

OK, the story is a stretch. But it was filmed on location here at Space Launch Complex 3, the remote launch control center, the heritage center, the historic Space Launch Complex 10, the main gate and several other areas on the base.

The world premier of the movie will be at the Pacific Coast Club today at 1 p.m. The event and the movie will be broadcast simultaneously on Channel 2, the Commander's Access Channel.

But who is rumored to make an appearance at this grand premier? Word has it teen star Ryan Merriman from "Just Looking," and "The Deep End of the Ocean" will be there as well as Col. Duane Lamb, special guest star and commander of the 30th Support Group.

Many other stars will also be there. The men and women of the 30th Transportation Squadron, 30th Security Forces Squadron and the 2nd Space Launch Squadron provided most of the people, equipment, time and talent to the movie effort.



STAFF SGT. JANICE CANNON

Teen star Ryan Merriman exits the helicopter in a scene from "Rocket's Red Glare."

In fact, there were more than 100 members of Team Vandenberg who came out to support the filming of "Rocket's Red Glare."

To say thanks, Fox Family Channel is allowing the

world premier of the film to be shown exclusively at Vandenberg.

"It is a real privilege to come back to show this to

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TOM BLEDSOE

Seminar preps small business owners

Vendors' day teaches how to deal with government

By TECH. SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ More than 190 local business people attended the second annual vendors day held Aug. 3 at the Pacific Coast Club.

Representative Lois Capps, 22nd Congressional District, was the keynote speaker at the seminar that included informative workshops designed to help small business owners do business with the U.S. government.

The goal of the seminar was to expand the number of small businesses in the community that do business with Vandenberg, said Staff Sgt. Douglass Gosselin, 30th Contracting Squadron.

Local businesses provide a vital service at Vandenberg, said Col. Steve Lanning, 30th Space Wing commander.

Last year, more than 50 percent of installation purchases went to small businesses, he added.

The day wrapped up with a networking session between contracting officers and vendors.

Comment

Core values set Air Force standards

BY COL. CHARLES PHILLIPS

30th Space Wing vice commander

Standards are important! This truth was revealed to me by a master sergeant at Minot Air Force Base, N.D., in 1975 when I was a new second lieutenant.

It was January 1975 and a typical North Dakota winter morning of around 25 degrees above zero, with a wind chill of around minus 15 and light snow falling. The master sergeant and I were driving out to a launch facility containing a Minuteman III missile to accomplish some maintenance. As we drove down the road, we saw another Air Force vehicle heading back to the main base. The other Air Force vehicle was driving slowly and its headlights were on.

After the other vehicle passed, the master sergeant turned to me and, with an experienced grin, asked why I thought the other vehicle was driving with its headlights on? Well, being a Texas A&M graduate and full of knowledge from an institution of higher learning, I answered, "Sure I know, it's for safety, so other drivers can see you in poor weather." The master sergeant, who had the wisdom of many years behind him, grinned at me again and said, "Well that's partially true, lieutenant, but the real reason

dates back to World War I when motorized vehicles were first introduced into the U.S. Army." He continued by saying, "Early motor cars had a problem with the batteries overcharging and exploding when the vehicles were driven for a long time. To solve this problem," he said, "the U.S. Army established the policy that all vehicles would be driven with their headlights on so the battery would discharge and not explode. To this day," he continued, "that's the reason why military vehicles drive with their lights on."



Col. Charles Phillips
30th Space Wing
vice commander

Whether or not you believe this is the reason we drive our military vehicles today with our headlights on is not important. However, it does point out that for every standard that has been published in a military instruction, there is usually a good reason why the standard was written.

Standards, however, are not worth the paper they are written on if they are not understood and followed

by the people in an organization. In the Air Force, we have a set of standards that provide specific values for us to follow. Since I entered the Air Force 25 years ago, our Core Values are the best standards I have ever seen. Integrity First, Service Before Self, and Excellence In All We Do are clear, concise, and easy to follow.

In the last two years as your vice commander, I have been extremely impressed by the way the 30th Space Wing men and women embrace and follow the Air Force Core Values. Your enthusiasm for the Core Values has been a source of inspiration for me and my family. For me, it has been simply amazing how the people in the 30th Space Wing have overcome seemingly insurmountable challenges and continue to exceed all expectations. I believe the reason the wing will continue to succeed is because our people are professionals who live the Core Values on a day-to-day basis.

The last two years have been the best two years of my time in the service. I am very proud to have served with you in the world's best space wing! On behalf of my family, Grace and Angelica, thank you for the tremendous support you gave to all of us. We will never forget you.

Appreciate the liberties of being a citizen

BY SENIOR MASTER SGT. ALLEN NIKSICH

388th Maintenance Squadron

June 22 is a day I won't soon forget, because I was late for a court date — I had received my first parking ticket. It cost me \$20.

On the other hand, that's also a day Senior Airman Monica Gomez-Arenas will never forget. That's the day she became an American citizen.

You would think Airman Gomez-Arenas' day was much better than mine, but allow me to tell you why that 20 bucks was worth losing. In Salt Lake City Federal Court, during a swearing-in ceremony for new U.S. citizens, I heard testimony from 95 people who told a judge and a packed court room who they were and where they were from, and then talked about becoming an American citizens.

I listened as a man from Iraq stood and talked about his difficult journey to cross the Iraqi border and his willingness to fight

and die for his new country. We heard two women, one from France, the other from Canada, speak of their excitement to vote for American leadership.

One after another, they told their stories. Ecuador, Japan, Iran, Mexico, Russia and Bosnia were all represented, as was Ghana, where the oldest, an 85-year-old woman, shed tears as she accepted her new status.

They spoke of the desire to vote and devote themselves to the country that opened its arms to their families when their own country did not. They came from Samoa, Nigeria, Chile, China, Ukraine and Bolivia.

A man from India probably said it better than any American-born citizen: "No matter where we came from, we all came to a better place." His son is starting law school at Georgetown University this fall.

Then the microphone was passed to Gomez-Arenas, a member of the 388th Maintenance Squadron. Sharply suited in her service dress uniform, she stood and

said, "My name is Monica Gomez-Arenas and I am from Colombia. I am in the United States Air Force and I'm very proud of that." The courtroom erupted in applause.

Standing in the back of the courtroom in my military uniform, I thought to myself, "I'm proud of you, too, Senior Airman Gomez-Arenas."

Finally, all were sworn in as new citizens with the following oath of allegiance: "I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince, potentate, state or sovereignty, of whom or which I have heretofore been a subject or citizen; that I will support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I will bear arms on behalf of the United States when required by the law; that I will perform noncombatant service in the armed forces of the United States when required by law; that I

will perform work of national importance under civilian direction when required by the law; and that I take this obligation freely without any mental reservation or purpose of evasion: So help me God."

Following the oath, they were called to the bench to receive their certificates announcing they were citizens of the United States of America, and court was adjourned.

I can only hope that, from time to time, we all take time to appreciate the freedom, liberties and opportunities to which we, as American citizens, are entitled. It's hard to appreciate what we've always had, but we need to educate ourselves on how different our lives could be in another country under a different government.

I know my opportunity June 22 made me feel prouder to wear the uniform I've worn for 22 years to serve and protect American citizens.

Congratulations, Senior Airman Monica Gomez-Arenas, and thank you for serving your country.

SPACE&MISSILETIMES

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STAFF SGT. JANICE CANNON

New leaders

Airman Leadership School Class 00-E graduated Tuesday at a banquet in the Pacific Coast Club. Graduates and instructors are: (first row, left to right) Tech. Sgt. Jeff Sherrill, Senior Airmen Jennifer Craig, Brett Fincher, Daryl Stepney, Harry Ambrose, Ross Vedder Jr., Alvina Andrews, and Pamela Sharon; (second row, left to right) Senior Airmen Jason Lucas, Frank Mamea, Michael Mooney, Brian Nagy, Michael Oates, Tech. Sgt. Neil Lynn, Master Sgt. Michael Tierney, and Staff Sgt. Rye Bavin. Fincher is the John Levitow Award winner; Mamea is the Leadership Award winner; and Lucas is the Academic Achievement Award.

Financial institutions post delayed pay

■ WASHINGTON — Defense Finance and Accounting Service officials said Aug. 1 pay deposits have been posted by those financial institutions which experienced problems earlier in depositing the funds.

Six financial institutions were initially identified to have problems depositing the pay files; however, it was later determined that the banking problem affected only four, said DFAS officials. DFAS

officials have determined the cause of the problem rests with the financial institutions.

The four are Global Federal Credit Union, Washington Mutual, SAC FCU, and 1st Bank of Aurora.

“The bottom line is everyone’s pay was posted on payday with the exception of one financial institution and those accounts were posted on Aug. 2,” said Cathy Ferguson, DFAS spokesperson. “The financial

institutions have indicated there will not be any late fee charges to service members, although if anyone has a specific problem, they should contact their financial institution.”

Ferguson said there was not one problem that banking officials could isolate across the system, “therefore, we think it was an anomaly within the bank processing system and that pay should post as it normally does at mid-month.”

Small unit delivers global space punch

Little known squadron guards high frontier for theater CCs

By CAPT. PAUL TOMBARGE

614th Space Operations Squadron

■ I've spent most of my space operations career assigned to geographically separated units of the 21st Space Wing. Being the sole "space" presence at an Air Combat Command reconnaissance wing and a U.S. Air Forces in Europe fighter wing, I became accustomed to explaining and promoting the missions of my units and of Air Force Space Command.

In December 1999, I arrived at Vandenberg AFB with an assignment to the 614th Space Operations Squadron. The unit's mission is one of the most critical to Department of Defense war-fighters around the world.

In April 1994, 14th Air Force was designated as the operational service component for U.S. Air Force Space Operations, United States Space Command.



Members of Vandenberg's 614th SOPS provide theaters commanders with vital information.

While the mission of 14th Air Force is to ensure the readiness of assigned forces, AFSPACE would plan and execute assigned space missions, bringing space

effects to the battlefield. However, the AFSPACE commander had no way to command and control his forces.

To fix the problem, plans were made to stand-up a 24-hour operations center at Vandenberg. The AFSPACE Space Operations Center would be similar to Air Operations Centers found at other numbered Air Forces—a single hub that fuses intelligence, force status, combat planning, combat operations, and battle staff support. This was the genesis for 614th SOPS.

The 614th SOPS began limited operations in April 1996 with a staff of 37 and a temporary facility consisting of a few personal computers, telephones, and fax machines. Today, more than 100 people operate and maintain a state-of-the-art operations center here at Vandenberg, along with four satellite communication support centers at Peterson AFB, Colo.; MacDill AFB, Fla.; Stuttgart, Germany; and Wahiawa, Hawaii. In an effort to better integrate

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Standards keep grass greener in family housing

By MASTER SGT. JANET NEUBECKER

30th Transportation Squadron

■ We're all familiar with the old adage, "The grass is always greener on the other side." But is it really?

Lt. Col. Paul Wuebold is making every effort to unearth the answer.

The Yard Inspection Program is one of his top priorities, the 30th Support Group deputy commander said. The purpose of this program is to ensure base housing residents maintain set standards.

Wuebold encourages all residents to go above and beyond the requirements, believing there is no reason for an unattractive yard.

"Maintaining one's yard should be a matter of pride," he said.

Sony Apilado, the base ground inspector, shares the same mindset.

As the sole inspector, she keeps a busy schedule. During the first and third weeks of the month, she inspects base housing and the mobile home park, she said. Random inspections are done during the second and fourth weeks of each month.

According to Apilado, the random yard inspections are designed to ensure compliance on a continual basis.

Outlining her inspections, Apilado said she does a visual inspection of the entire housing area. If she sees an obvious discrepancy, she stops to inspect the yard further. Discrepancy notices are placed at the occupant's front door.



Sony Apilado conducts a yard inspection at a residence in military family housing on main base.

Second and subsequent warnings for the same discrepancy are sent up the

ing the overall appearance of the base, Apilado said.

chain of command, the inspector said.

"I'm not out to get anyone, I am out to help," Apilado said.

In fact, she said, her favorite part of the job is nominating people for the Yard of the Month Award.

Administered by the housing management flight chief, this program encourages personal pride and beautification in the housing areas, ultimately improv-

A variety of prizes are offered to Yard of the Month winners. The prizes depend on whether the winner lives in old or new housing, she said. They include a garage door opener, dining room chandelier, and a motion detector light for the front of the house.

Also, a Yard of the Month sign will be placed in winning yards as a tribute to the hard work put into the yard, she said.

Although more residents are taking the initiative to maintain a healthy yard, there are still a few who don't.

"The biggest problem seems to be the lack of support from individual units," said Wuebold.

Team Vandenberg can be likened to an extended family, one that takes care of its own, he said. It will take the support of everyone from commanders to supervisors to make our housing the best anyone has ever seen, the colonel added.

"This is where we live and work, we should take pride in it," he said.

Pamphlet spells out housing standards for residents

Grass cannot exceed 3 inches in height nor be lower than 2 inches.

Cracks in sidewalks, driveways, parking spaces and doorsteps should be kept free of grass or weeds.

Trim grass around doorsteps, foundations and garages.

Vegetative debris and clippings will be removed from lawns, flower beds, plant beds, sidewalks, driveways, entrance ways, and other paved areas when mowing is finished.

Edge sidewalks and roadway to maintain a neat appearance.

Water lawns from 6 to 10 a.m. and 4

to 8 p.m. to prevent rapid water evaporation in the afternoon sun.

Ivy and any type of vines or climbing plants are not permitted to grow up the side of houses.

Small vegetable gardens may be planted in the back yards with housing management office approval.

NEWS**BRIEFS****PUBLIC VIEWS TITAN IV
LAUNCH AT GRAVEL PIT**

The public viewing site for the Titan IV launch will be at the gravel pit off Terra Road. The countdown net and portable toilets will be available for viewers. For more information, call 30th Space Wing Public Affairs at 606-3595.

**FIRE PROTECTION FLIGHT CONDUCTS
TRAINING IN FAMILY HOUSING**

The Fire Protection Flight has scheduled live fire training Wednesday through Sept. 5 between 8 a.m. and 5 p.m. The fire training will be conducted at buildings 609, 612, 614, 615, and 617 located on Elm Street in the military family housing area. Smoke will be visible for several miles but should dissipate after the buildings have burned to the ground. For questions or additional information regarding the live fire training, call Phillip Bennie, fire protection flight training and safety officer, at 605-2816.

**VANDENBERG TOP THREE
HOLDS MONTHLY MEETING**

The Vandenberg Top Three general membership meeting is scheduled for noon Thursday at the Pacific Coast Club. Among the agenda items to be discussed will be the award of two \$300 scholarships, community involvement, senior NCO induction ceremony, NCO enhancement and senior NCO indoctrination courses. The VAFB Top Three membership is open to all master sergeant seletees through chief master sergeants stationed here. Call Master Sgt. Mike Fox at 605-6468 for more information.

**RECRUITER TEAMS ARRIVE HERE
LOOKING FOR QUALIFIED AIRMEN**

The Recruit-the-Recruiter Team will visit Vandenberg Aug. 31. The team will give a one-hour briefing at 9 a.m. in the PME Center, building 11025. Staff sergeants through master sergeants with less than 16 years total active federal military service are eligible to apply. Senior airmen with three to six years of total active federal military service are also eligible. Spouses are encouraged to attend this briefing.

People who apply for recruiter duty after the briefing should expect to spend the rest of the day processing their application. Those who qualify will be selected on the spot. For more information, call Master Sgt. Jeanette O'Keefe at 605-0289 or 605-4678.

**PATRIOT VOICES LOOKING
FOR NEW ENLISTED MEMBERS**

Patriot Voices, formerly known as the Vandenberg Quartet, is looking for enlisted members to audition for the team. The group performs the national anthem at retirements, changes-of-command, dinners and community events. People who can sing and would like to be part of a growing tradition should call Senior Airman Tim Van Prooyen at 606-8483 for more information. Enlisted men and women are invited to join.

**MEO NEEDS CHAIRPERSON FOR
NATIVE AMERICAN MONTH**

The 30th Space Wing Military Equal Opportunity office is looking for a committee chairperson and committee members to head up the wing's heritage observance of Native American/Indian Month in November. People do not have to be Native-American to participate, just highly motivated. Events can be elaborate or simple. For more information, call the MEO office at 606-0370.

**NINTH SOPS NEEDS MOTIVATED
PEOPLE TO JOIN TEAM**

The Air Force Reserve and the 9th Space Operations Squadron at Vandenberg need motivated and professional people to join their team. Positions need to be filled in Space Systems Operations, AFSC 1C6X1 and Military Intelligence, AFSC 1N0X1. Call Air Force Reserve recruiter Master Sgt. Brenda Jack for more information at 606-2704.

**AFSA RESCHEDULES GENERAL
MEMBERSHIP MEETING**

The Air Force Sergeants Association's general membership meeting has been rescheduled for Tuesday at 3:30 p.m. in the Pacific Coast Club. All military members, retirees and their families are welcome to attend. For more information, call Tech. Sgt. Troy Weigel at 606-9044 or Staff Sgt. Glenn McAlister at 606-6621.

**VANDENBERG MEMBERS MUST
REGISTER PRIVATE VEHICLES**

People assigned to and working on Vandenberg are classified as permanent party members and need to register their private vehicles within three days after initial entry onto the base. All vehicles model years 1974 through 1996, regardless of state registration, need a California smog test every two years, or when selling or transferring ownership. Call the 30th Security Forces Squadron Pass and Registration section at 606-1853 for more information.

**COLORADO AIR NATIONAL GUARD
HAS PART-TIME OPENINGS**

The Colorado Air National Guard has part-time openings for the following Air Force Specialties: 3A0X1, 4N0X1, 3E0X2, 2T1X1, 2E1X3, 1T1X1, 2A6X6, 2A1X1, 2A0X1B, 2A3X3B, 2A3X2C, 2F0X1, 2A6X1A, 1N051, 3E3X1, 2W1X1, 2W0X1, 2S0X1, 3P0X1, 2A6X4, 2A6X2, 1W0X1, 3M0X1, 2R1X1. For more information call Master Sgt. Isidro De La Rosa at (800) 491-0028 or DSN 877-6508 for information.

**VANDENBERG HONOR GUARD
NEEDS MEMBERS, BUGLERS**

The Vandenberg Honor Guard is looking for a few "elite" individuals to go above and beyond the call to duty. Additionally, buglers are needed. Anyone with experience who wants to become a member of Vandenberg's finest should call Staff Sgt. Dailha Shelton at 606-3654.office at DSN 636-9567 or (800) 247-9151.



STAFF SGT. JANICE CANNON

30th Medical Group welcomes new staff member

Sandra Conley, RN, BSN, PHN has replaced Vicki Henry, RN, as the breast care facilitator in the Breast Education Center. Conley counsels a patient on breast care in the photo. She is responsible for mammography and breast ultrasound tracking and follow-up, notification of patients and health care providers. She has lived and worked in Santa Maria for 15 years, providing the community with early prevention detection education, cancer treatment education and facilitated a breast cancer support group. She is available at the Breast Education Center Monday through Friday, 7:30 a.m. to 4:30 p.m.

Air Force gives contest winner chance of a lifetime

By 1ST LT. LARS ANDERSON

Air Force Public Affairs Media Outreach Office

■ JUNCTION CITY, Ore. — It's almost like winning the lottery or being the top contestant on a high-stakes television quiz show. The difference is that even with those millions you still can't buy what Dale Zimmerman will do later this month when he gets his "dream come true" — a flight in an Air Force F-15D Eagle.

Zimmerman, of Junction City, is the Air Force winner of the Yahoo! Fantasy Careers in Today's Military contest. Each of the military services — Army, Navy, Marine, Air Force and Coast Guard — selected one winner to experience one of the challenging careers available in today's military.

The contest, which ran May 20 through July 4, invited eligible U.S. candidates to register on Yahoo!, submit a resume, and write a short essay on one or all of the military fantasy careers through the Career Track Web site. Overall, more than 3,300 essays were submitted.

"This contest is about the public meeting military service members, getting to know who they are, and experiencing firsthand their maturity, dedication and professionalism," said Navy Cmdr. Yvette Brown-Wahler, the Defense Department's assistant director for recruiting plans. "This is a way for ordinary people from 'Main Street USA' to connect with extraordinary people doing exciting, thrilling and challenging jobs while serving their country."

The 22-year-old winner will visit Tyndall Air Force Base, Fla., Aug. 23-25.



STAFF SGT. ANGELA STAFFORD

Dale Zimmerman, Air Force winner of the Yahoo! Military Fantasy Job contest, hopes to extend his present flight experience to become an Air Force pilot. "I'm going to learn more about a fighter pilot's life. This is gonna show me what happens behind the scenes. It will keep inspiring me to pursue my dream of becoming an Air Force pilot."

In addition to the F-15 flight, he will get a chance to meet with aircraft mechanics and watch a military work dog demonstration as part of an orientation on the Air Force.

"I was about to pass out," said Zimmerman when he learned he had won the contest. "It is a dream come true." He said he'd almost forgotten entering his essay after spotting the contest on the Air Force Recruiting Web site.

Lieutenant Col. Jerry Kerby, 325th Operations

Support Squadron weapons and training flight commander at Tyndall, will be the pilot for Zimmerman's orientation flight.

"I'm excited about doing this because I get to show others what a great life we have in the Air Force," said Kerby. "It's not just flying jets, it's working side-by-side with men and women who have dedicated their lives to serving our great nation. You just don't get this working a nine-to-five job."

"I'm totally excited about the flight," said Zimmerman. "My face will be plastered up against the seat. Adrenaline will be pumping, and I just get more excited day by day."

Zimmerman, who works as a customer service representative for United Airlines, will receive a bachelor's degree from Embry-Riddle University early next year and hopes to go to Officer Training School. A private pilot for five years now, he said he hopes to someday become an Air Force pilot. He sees his time at Tyndall as a great first step. "I'm going to learn more about a fighter pilot's life," said Zimmerman.

"This is going to show me what happens behind the scenes. It will keep inspiring me to pursue my dream of becoming an Air Force pilot."

"I am living the dream," said Kirby, "and I want Dale to experience some of that dream. He is going to get the ride of his life. I have the best job in the world, and now I get to prove it."

"I'm speechless," said Zimmerman. "This doesn't come around often. I'm glad Col. Kirby is as excited as I am. This is a chance of a lifetime."

Use of hemp products prohibited

By CAPT. DENNIS KAW

30th Space Wing, Assistant Staff Judge Advocate

■ All Air Force members must be aware that any use of hemp products, or products that contain hemp seed or hemp oil are strictly prohibited.

Any violations of this policy may be prosecuted under the UCMJ. As such, Air Force members must be extremely weary of products they use and consume, especially vitamin, nutritional, or health supplements.

Recently, the Drug Enforcement Agency recalled all nutritional/health supplement products, including nutritional bars and sports drinks manufactured by the *Nutiva* company because such products may contain THC, the active ingredient of marijuana.

Under AFI 48-123, AFI 36-2104, AFI 44-121 and various command policy directives, the use of such hemp or hemp-derived products is strictly prohibited.

If you currently have any *Nutiva* products or other similar nutritional products and are unsure of the contents, carefully examine the listed ingredients and consult the appropriate medical or legal experts for more specific information.

For any questions on this matter, please contact Cap. Dennis Kaw, assistant staff judge advocate at 605-6207.

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film," said "Rocket's Red Glare" director, Chris Bremble. "We are thrilled about the footage we were able to get at Vandenberg."

Tickets have been handed out to those who worked on the movie for the premier in the ballroom at the PCC, but

the lounges are open seating.

If you can't make it to the PCC, tune in to Channel 2 at 1 p.m. and enjoy Team Vandenberg's moment in the spotlight.

"Rocket's Red Glare" is scheduled to be shown nationwide on August 27, at 8 p.m. on the Fox Family Channel.

SOPS From Page 4

was redesignated as an Aerospace Operations Center in July 1999.

The AFSPACE AOC is the focal point for integrating and employing space power in global operations. It is comprised of three core divisions: Strategy, Combat Plans, and Combat Operations. The Strategy division concentrates on long-range space operations planning, translating Commander's guidance and campaign objectives into an executable strategy. The Combat Plans division concentrates on near-term space operations planning, transforming mission priorities and Commander's intent into specific tasks by producing and disseminating daily Space Tasking Orders to all assigned forces. The Combat Operations

division ensures mission accomplishment by monitoring force status and directing real-time execution of the Space Tasking Order through Wing Operations Centers. Various specialty teams, such as Special Technical Operations, security forces, weather, and intelligence, support the core divisions.

During Operations Desert Fox and Allied Force, personnel of the 614 SOPS worked with theater AOCs to enhance mission planning, targeting, combat search and rescue, theater missile defense, GPS-aided munitions employment, intelligence collection, and communications. They continue to provide this type of support to other operations around the world 24 hours a day, 7 days a week. 614 SOPS—delivering space capabilities around the globe.



STAFF SGT. JANICE CANNON

(From left to right) Airman 1st Class Christina Lynch, 30th Services Squadron; Staff Sgt. Jimmy Jones, 30th Medical group; and Senior Airman Maria Diaz, 30th Aeromedical-Dental Squadron; serve hungry base members at a barbecue fund raiser held for the Latino Association Aug. 4.

High promotion rates benefit AF

■ WASHINGTON — This year's record-setting E-5 promotion rate brings more airmen into the noncommissioned officer ranks earlier, which Air Force officials say will aid retention and put the Air Force more in line with the other services' average sew-on times.

"This year's promotion rate of 51 percent brings the Air Force closer to the other services' average sew-on times," said Lt. Col. Nellie Riley, chief, promotions and evaluations branch at the air staff.

The Air Force averages 6.6 years time in service for E-4 to sew on E-5 rank, leading the other services with an average of 4.2 years is the Army; 5.2 for the Navy and 4.4 for the Marines. Riley said this year's selection rate to staff sergeant reflects the service's return to a stable force structure and end-strength levels following years of draw down and is good news on the retention front.

"We need to remember that these are the folks who won the Kosovo air war, went to Africa and saved lives, and are supporting 'real' combat in Southwest Asia every day," said Brig. Gen. Michael McMahan, director, Personnel Force Management at the air staff. "They are performing above their rank every day and now we will begin to recognize the responsibility they have had by promoting them," said McMahan.

"We're in a transition period right now," Riley said. "Our top five NCO tier increase to 56 percent gives us even more authorizations and we need to promote folks to fill them. We can expect to see promotion opportunities for the next few years unlike those we've seen before, with sew-on times for our mid-level NCOs declining across the board."

"These improved promotion rates will put more money in troops' pockets earlier, which will help relieve financial stress and improve quality of life," she said. "We've always said we run out of stripes before we run out of quality people. Now we have the stripes to give those quality people."



STAFF SGT. JANICE CANNON

Summertime fun

Children and parents enjoy the playground located on Utah Street across from Crestview Elementary School. Several playgrounds have been built on Vandenberg recently, including playgrounds at the youth baseball fields and behind base housing on Utah Street. Also, the new playground at Cocheo Park is tentatively scheduled to be open by the end of the month. While Vandenberg's playground equipment is meant for fun and enjoyment, people have been hurt using it. Members should stress safety to all who use the playgrounds here.

COMMUNITY CALENDAR

13 **SUN** The **Singles Ministry Group** is having a Bible study on the beach Sunday and Aug. 27. The group will meet at Wall Beach at 5 p.m. A blanket and a Bible are recommended. Members are invited to come share fellowship with other singles at Vandenberg. Call Chaplain (Capt.) John Shipman at 606-8270 for information.

14 **MON** A **stress management class** is scheduled for Monday and Tuesday. The class offers a variety of tools to manage stress. It's open to active-duty, military spouses, Department of Defense civilians, and retirees. phone Linda Bastine at 606-9958 for details or to register.

Allan Hancock College registration walk-through for the fall 2000 semester will be held Monday to Wednesday from 9 a.m. to 7 p.m. by appointment. Late registration will be held Aug. 21 to 25 for eight-week classes and Aug. 21 to Sept. 1 for 16-week classes. All classes begin Aug. 21. If you have any questions, call 734-3500 or 606-5900.

17 **THU** The next **Manage Your Move** workshop will be held Thursday at 1 p.m. in the Family Support Center. The workshop is designed for members who are moving soon. Briefings from TMO, finance

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At the Movies

Tonight
Fantasia 2000

(G) 7:30 p.m.

Saturday
Me, Myself and Irene
Starring Jim Carrey and Renee Zellwger

(R) 7:30 p.m.

Sunday
Me, Myself and Irene

(R) 7:30 p.m.

Aug. 18
The Perfect Storm

(PG-13) 7:30 p.m.

Aug. 19 & 20
Chicken Run

(G) 3 p.m.

The Perfect Storm
(PG-13) 7:30 p.m.



STAFF SGT. JANICE CANNON

Water aerobics

The Family Aquatic Center has a water exercise class Monday, Wednesday and Friday from 11:45 a.m. to 12:30 p.m. The price is \$3 per class or \$20 per month. Lap swimming is also available seven days a week. Call Jennifer Espina at 606-3581 for the schedule.

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housing, legal, and TRICARE staff. Call the relocation assistance office at 606-0801 to register.

18 **FRI**

Cal Poly fall 2000 registration for aerospace engineering courses at Vandenberg ends Aug. 18. Late registration is from Aug. 21 to Oct. 2. New students should go to website www.ess.calpoly.edu/_admiss/ for program admission. Students who have already been accepted by the program should connect to www.power.calpoly.edu for web registration. E-mail Vera Gee at vgee@calpoly.edu for admission questions and Rachel Mendoza at rmendoza@calpoly.edu for tuition and fees questions.

20 **SUN**

Lompoc's ninth annual **Brushes and Blues** event is scheduled for Aug. 20 at the La Purisima Mission. The event will feature theater, music, artist demonstrations, wine tasting, story telling, face painting, a barbecue, and the Lompoc Pops Orchestra. Price of admission is \$7. Tickets are available at the Lompoc Chamber of Commerce. Call 734-4567 for information.

21 **MON**

Allan Hancock College is offering **Early Child Development Classes** during the fall semester. Class will be held Tuesdays from 6:30 to 9:30 p.m. at the Child Development Center on base from Aug. 21 through Dec. 19. Registration will be held the week of Aug. 14. If people have any questions can call 734-3500 or 605-5900 extension 302.

23 **WED**

The Family Support Center is offering a **Smart Women Finish Rich** workshop Aug. 23 at 1 p.m. The workshop is designed to help build and secure a financial future. Call Jeri Salveter at 606-4491 to register.

24 **THU**

The Santa Barbara Region Chamber of Commerce and Mid-State Bank will hold **Hot August Nights** a 1950s-theme block party and trade show Aug. 24, from 5 to 8 p.m. on East Carrillo Blvd. in Santa Barbara. Dress in your best be-boppin' 50s attire. Enjoy food, live music and more than 50 exhibitors.

Exercising when you're overweight

Getting in shape, shedding pounds

BY RICHARD B. PARR, EdD
Central Michigan University

■ People who carry extra pounds are far from alone. A study U.S. adults from 1988 through 1991 found 33 percent to be obese (defined as more than 20 percent overweight), 25 percent higher than in the years 1976 through 1980. If you are like many overweight people, you have tried dieting and exercising with varied success.

Whether you can walk only a bit or can jog at a decent clip, however, you can benefit from a sensible program emphasizing consistency, low intensity, and motivation. Most exercise programs should be safe for most overweight people, but it's a good idea to check with a doctor before starting. It might not be appropriate for people who have heart disease, stroke, cancer, a disorder of the digestive system, or arthritis.

EXERCISE BONUSES

The benefits of exercise extend beyond weight control and added fitness. Physical activity lowers your risk of heart disease, stroke, high blood pressure, and diabetes. In addition, overweight people can boost their self-control, self-confidence, and well being, as well as lessen stress and depression.

But exercise should be coupled with a low-calorie diet and motivational techniques like charting your progress. While the calorie deficit from exercise may be small compared with that of most diets, exercise can have quite an impact. If you walked 15 minutes a day and didn't take in more calories, for example, you could lose 10 pounds in a year.

BARRIERS TO BUST

Before starting an exercise routine, it's important to recognize the likely barriers (table 1). Lack of time and lack of access to facilities or equipment are typical barriers for all people. It can be hard enough to make time for exercise alone. But important added techniques to help you stick with your program—like charting your progress—take even more time.

Other barriers may be unique to those who carry excess weight. For one thing, obese people often experience discomfort, pain, or injury early on or when advancing to a higher level. Although activities in which you bear weight expend more calories, they may cause more discomfort. Non-weight-bearing exercises such as biking or swimming may be better.

If you have poor balance or aren't very agile, choose options like walking that don't require a lot of athletic ability. Also, overweight exercisers can be haunted by the prospect of teasing, poor performance, and a feeling of inadequacy. Supportive friends and relatives can help.

PHASING IN FITNESS

Recent guidelines recommend 30 minutes per day of

TABLE 1: OVERCOMING EXERCISE BARRIERS

Barrier	Possible Solution
Lack of motivation or confidence	Exercise with a friend or group for positive feedback. Keep a log of min/day of exercise; celebrate progress. Document health-related changes like better breathing. Join a group-exercise program to foster accountability.
Lack of time	Draw up a contract with specific weekly exercise goals. Seek support from significant others. Remember that all increases in activity count as exercise.
Lack of access to facilities or equipment.	Increase calories burned in daily activities.
Previous negative experience	Keep in mind that walking is always accessible. Emphasize low-intensity exercise like walking. Determine the source of negativity and work through it. Get positive feedback from friends and relatives. Know that activity becomes easier over time.
Weight	Choose activities more suited to larger bodies, like biking.
Poor balance	Switch to an exercise that feels more natural.
Anxiety	Try more non-weight-bearing activities, like swimming. Progress slowly. Make exercise fun.
Discomfort, pain, or injury	Exercise with a friend. Switch to an exercise in which you bear less weight. Reduce intensity or duration.

moderate exercise on most or, preferably, all days. To lose weight, it's best to exercise seven days a week if possible.

This, of course, may not be so easy. One big factor in exercising regularly is an accessible workout. Walking is not only accessible but one of the best activities for losing weight and gaining fitness. The ultimate goal is 60 minutes of walking or other comfortable exercise each day. But start with whatever you can comfortably achieve, even if it's only one minute. Begin at a leisurely pace.

Sergeant races across Poland Aug. 27

Fierce competitor goes against international rivals on 136-mile bicycle race

BY STAFF SGT. ANDREW LEONHARD
30th Space Wing Public Affairs

■ Many people work off that extra piece of cake or bowl of ice cream the day after they eat it.

But one master sergeant on base is not like most people. The day after his 39th birthday, he will work off that extra cake on a 136-mile bicycle race.

Joe Otero, 30th Space Wing Plans and Programming superintendent of logistic plans and a 13-year bicycle enthusiast and racer, will be in Poland Aug. 27. There he will race against 150 to 200 international military team members in the European Military Championship.

His trek across Poland will be his second in a year on international soil. Last year in August, Otero competed in Croatia on the United States Military Cycling Team during the Military World Championships.

"I'm a fierce competitor," Otero said. "So whatever I do, I attack it as a game that's to be won, and I'm the one who wants to win it the most."

He attacks his training and nutrition just as hard.

"I eat a lot of carbohydrates, chicken and some fish," stated Otero. "I try and stay away from red meats, because they have too much fat."

During a seven-day stretch in his training,



STAFF SGT. JANICE CANNON

Joe Otero, 30th Space Wing Plans and Programs, prepares for a 136-mile trek across Poland Aug. 27.

Otero broke a personal record by riding 400 miles averaging 58 miles a day. On Aug. 3, he rode 124 miles in a six-hour workout.

"I was notified July 5 that I could compete, so there wasn't much time for preparation," said Otero. "A lot of miles were accumulated during a short period to prepare for this event."

The 136-mile race in the former Eastern Bloc

country is a relatively flat area, he said.

"The Polish people, from what I've heard, are very friendly and the weather is about the same as Vandenberg this time of year," added Otero.

Otero pedaled into bicycling during the autumn of 1987 and immediately it was all about competition. He tried a triathlon once on a whim from a couple of buddies in Germany.

"Coming out of the water during the triathlon, I was sixth from last place," Otero said, pointing out that swimming is not one of his strong points. "I made up a lot of ground during the bicycle portion and the run and finished in 26th overall."

Now he owns four different bicycles: a light-weight bicycle that he will be using for this race, one made for sprinting and time trails, a mountain bike, and a tandem bike he rides with his son.

Many people made an extra effort to help Otero prepare for the European Military Championship. The Vandenberg Competition Association assisted with a \$300 check to help defray cost. "Team Vandenberg and the Vandenberg Competition Association would like to wish Joe the best of luck in Poland," said Capt. Scott Van Sant, 2nd Space Launch Squadron flight commander and the VCA vice-president.

"My co-workers, who sometimes think I'm crazy, helped by allowing me time to train whenever possible," said Otero. "Also I couldn't do it without my family," he said. "My wife is my cheerleader, supporter and confidante."

At 39, Otero may be one of the oldest competitors in this race. He won't bring home a yellow jersey like the Tour De France winner Lance Armstrong, but he will have his cake and eat it too.



STAFF SGT. JANICE CANNON

Going for birdie

Bradley Ashley attempts a putt at the Marshallia Ranch Golf Course while teammates Michael Hunt (center) and Jack Dane (right), watch. Twenty-two four-man teams competed in the 30th Logistics Group Golf Tournament Aug. 4. Marshallia Ranch is open Tuesday through Sunday during daylight hours. The course is closed Monday for maintenance and upkeep. Call 734-1333 for tee times.

SPORTS

BRIEFS

COACHING RESUMES DUE TODAY

Resumes for the varsity flag football coach and varsity men's and women's basketball are due today. Call Staff Sgt. Jose Guajardo or Tech. Sgt. Marvis Neal at 606-3832 or 606-3833.

SOFTBALL PLAYOFFS BEGIN

Intramural softball playoffs are scheduled to start Aug. 21. 30th SFS will play 30th MSS on field one and 2nd SLS will play 30th CES No.2 on field two, both games are at 5:30 p.m. At 6:30 p.m. 392nd TRS will play 533rd TRS at field one and 576th will play NRO on field two.

On Aug. 22 the winners and loser of round one will play each other.

The semifinals are scheduled for Aug. 23.

The finals are scheduled for Aug. 24 at field one. For more information, call Staff Sgt. Marvis Neal at 606-3832.

HAWC PLANS WEIGHT TRAINING CLASS

A beginners' weight training class is scheduled for Thursday at 2 p.m. in the fitness center. Learn the how to's and basics of weight training. For more information, call the Health and Wellness Center at 606-2221.

VANDBERG RUNS TRIATHLON

A triathlon is scheduled for Saturday starting at 9 a.m. in the base pool. Swimmers will cover 400 meters, or 16 lengths of the pool. Triathletes will leave the pool and bike a 20-kilometer race before finishing the triathlon with a 5-kilometer run. For information or to sign up, call Staff Sgt. Jessyca Castillo at 606-3832.

FINAL 2000 INTRAMURAL SOFTBALL

National League			American League				
	W	L	Pct.		W	L	Pct.
30 th SFS	16	1	.941	533 rd TRS	16	2	.889
576 th FLTS No.1	16	2	.889	NRO	14	4	.778
2 nd SLS	13	5	.722	30 th CES No.2	14	4	.778
392 nd TRS	12	5	.706	30 th MSS	13	5	.722
30 th CS	8	9	.471	614 th SOPS	12	6	.667
30 th CES No.1	8	9	.471	576 th FLTS No.2	8	10	.444
381 st TRG No.1	7	11	.389	Det. 9	6	12	.333
30 th TRANS	5	13	.278	381 st TRG No.2	5	13	.278
30 th CONS/LG	2	16	.111	30 th MDG	2	16	.111
576 th FLTS No.3	2	16	.111	576 th FLTS No.4	0	18	.000