

## Officials dedicate war memorial 1,000 veterans attend ceremony for 'Forgotten War'

BY STAFF SGT. ANDREW LEONHARD  
30<sup>th</sup> Space Wing Public Affairs

■ Old soldiers and young airmen came to remember a forgotten war during an emotional Korean War monument dedication Sept. 1.

More than 1,000 people attended the 40<sup>th</sup> Infantry Division Korean War Memorial dedication. The memorial honors the thousands of men who served in the 40<sup>th</sup> Infantry Division from 1950 to 1954 at what was then called Camp Cooke and later came to be Vandenberg AFB.

The memorial is built from three pieces of South Dakota granite weighing 25,000 pounds. The largest piece has the 40<sup>th</sup> Infantry Division patch built into it and signifies the 40<sup>th</sup> at Camp Cooke. The center block of granite, a bridge, signifies the combat troops training in Japan before deploying to Korea. The third piece, topped by an oriental winter lantern, represents the unit's time in Korea.

Brick plaques, 1,500 of them, encircle the monument in honor of the men of the 40<sup>th</sup> Infantry Division. The bricks are inscribed with their names. There were 850 bricks dedicated at the ceremony.

Before and after the ceremony, veterans, families and supporters searched the bricks to find their name or the name of a loved one.

"Fifty years ago, this post was buzzing with activity as America's sons, husbands and brothers reported for duty," said Col. Steve Lanning, 30<sup>th</sup> Space Wing commander, welcoming back the veterans.



Veterans and families search for names written in granite at Vandenberg's 40th Infantry Division Korean War Memorial. The monument was dedicated Sept. 1.

"It was humming with activities as train cars were loaded and unloaded as America found herself plunged into another conflict half way around the world. The Korean War is sometimes referred to as the 'Forgotten War.' The men and women of Team Vandenberg are here today to honor and always remember the sacrifice of those gallant soldiers who served in places like Kumwha, Kumsong and Tootyan ... and other places ... Heartbreak Ridge, The Punch Bowl, Sandbag Castle. I promise ... the service and sacrifice of the men of the 40th will not be forgotten."



The names of 850 veterans from the Korean War are inscribed on bricks at the 40th Infantry Division Korean War Memorial.

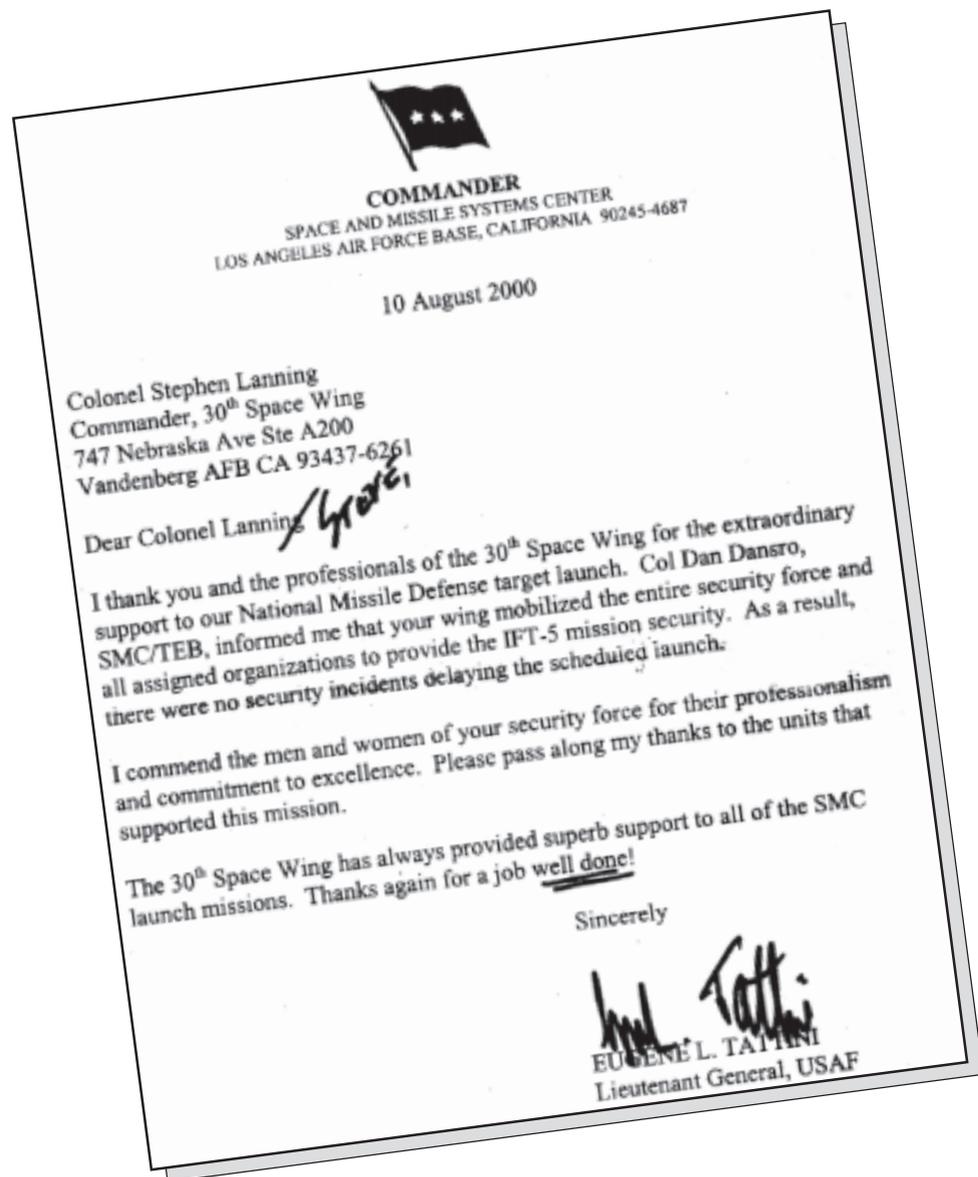
## Air Force picks 680 for colonel

■ RANDOLPH AIR FORCE BASE, Texas — The calendar year 2000A Colonel Central Selection Board for line, chaplain and biomedical sciences corps selected 680 officers for promotion to colonel, including two from Vandenberg:

**Lt. Col. Jiley McNease**, 30th Logistics Group;  
**Lt. Col. Edward Rios**, 381st Training Support Squadron.

The colonel's board convened here July 17-28, to consider 5,018 lieutenant colonels for promotion.

# Comment



STAFF SGT. JANICE CANNON

## Sign me up

Col. Steve Lanning (seated), 30th Space Wing commander, and Col. Richard Strathearn, 30th Space Wing vice commander, are briefed by Maj. James Stone, base Combined Federal Campaign representative, about the choices for donations. CFC runs from Monday to Oct. 20. CFC is an opportunity for federal employees to donate, through payroll deductions or lump sum, to charities of their choice. For more information, call unit CFC representatives or Capt. Scott Koopman at 605-7231

## BASE HELMET LAW

**Q** I am calling about to the bicycle helmet directive for the base. Why isn't it enforced and citations issued to those who choose not to comply? Based on my observation, some wear them and some have them hanging from the handlebars. This is a daily occurrence. I've even witnessed security forces patrols drive by and look the other way. This is not just an isolated incident for the youths, it's also a problem with adult offenders. Is this the example that we are setting for our children? This issue needs immediate attention. These are our children and their safety should not be compromised and should be of utmost concern.

**A** First and foremost I agree that all Vandenberg personnel assigned and who work at the base should be aware of all bicycle requirements while riding on and around

Vandenberg. Adults should set the example for our children by adhering to the bicycle requirements. Security forces has assured me that patrols have been briefed to have any violator either fix the discrepancy on the spot or face receiving citation. This citation would then be forwarded to the sponsor's first sergeant or commander for action. For further information regarding the rules of the road and parking, please visit the following website: [www.vepdl.af.mil](http://www.vepdl.af.mil) under 30th Space Wing publications, SWI 31-109/Installation Motor Vehicle Code Rules of the Road.



## PETS LEFT BEHIND

**Q** I'm calling because people who do a permanent change of station or move to new housing on base have in the past left their animals at east housing. I think they should take their pets with them and not leave them behind.

**A** I also share your concern about abandoned family pets. I would like to remind everyone that upon moving into housing, you agreed to control and take care of your pets. The owner's responsibility does not end because your moving to another house or going PCS. If you no longer want to care for your pet, it is the owner's responsibility to find it another home or take the pet to the Santa Barbara Animal Shelter in Lompoc.

## SPACE&MISSILETIMES

**Col. Steve Lanning**  
30th Space Wing Commander

**Maj. John Cherry**  
Director of Public Affairs

**2nd Lt. Chris Watt**  
Chief, Internal Information

**Tech. Sgt. Buzz Ritchie**  
Editor  
**Staff Sgt. Andrew Leonhard**  
Staff Writer  
**Staff Sgt. Janice Cannon**  
Photographer

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# Medical group staff cares about customers

## Group's 1,000-plus staff works to earn trust of customers

By COL. ALAN NEWTON  
30<sup>th</sup> Medical Group commander

People want to know how much you care—before they care how much you know.

This axiom is taught to all first-year medical students and it tells you something about the people that are responsible for keeping you healthy. Everything we do at the 30<sup>th</sup> Medical Group is about caring for you, for your family and for our mission. Our commitment to you is strong. We want to be your selection to provide health care for all your family's needs. We're working hard to make sure we earn your trust every day.

It may surprise you to know that the staff of the 30<sup>th</sup> Medical Group is over 1,000! To understand that number you have to know that it is my job to manage our local medical assets and also make sure that our network can meet your needs. We are fortunate to have one of the strongest and deepest networks in the country. From Santa Maria to Los Angeles we can provide you with access to world class specialists, no matter what your needs are.

There are many new and exciting things happening right here. Our family practice clinic, which includes pediatrics and internal medicine, is dedicated to your family's health. We are open six days a week including Saturdays; and when we are not, you can call and speak with an on-call physician who will advise you on what to do next.

We have moved our TRICARE Service Center inside the main clinic to serve you

better. Andrea Fields and her great staff in the service center look forward to helping your family members with any TRICARE issues; while Bonnie Robles specializes in helping active-duty members with their needs.

We are establishing a Women's Health Center that will tie together the services of our gynecologist, Ob-Gyn nurse practitioner and breast care nurse coordinator. Together they will be committed to providing easily accessible, high quality care.

TRICARE provides many benefits to

you—for example any female family member can schedule a Well Woman gynecologic examination once every 12 months, without a referral, with the



*“Everything we do at the 30<sup>th</sup> Medical Group is about caring for you, your family and our mission. Our commitment to you is strong. We want to be your selection to provide health care for all your family's needs.”*

Col. Alan Newton  
30<sup>th</sup> Medical Group commander

network gynecologist of their choice. Retirees under the age of 65 can join TRICARE Prime for \$230 for themselves or \$460 for them and their family no matter how large the family.

There is no other health maintenance plan that provides the choices and coverage at such a reasonable cost. TRICARE is a great value!

Dial 911 anywhere on base and one of the medical group's ambulances, staffed by a paramedic and emergency medical technician, will respond within minutes. They will provide life-saving

treatment, stabilize you and transport you to our clinic or one of the local emergency rooms if necessary. The presence of the paramedic is a higher standard of care than that available in most civilian communities. The service is available to everyone on base, including civilians and visitors, 24 hours a day every day of the year. Since October 1998, this system has worked flawlessly and saved hundreds of lives, and prevented loss of limb or eyesight.

When it comes to supporting the mission of the 30<sup>th</sup> Space Wing and our tenant organizations, the staff of the 30<sup>th</sup> Aeromedical Dental Squadron does a superb job. Four flight surgeons, public health officers, bioenvironmental engineers and a fully staffed dental clinic ensure that every space and missile operator and flying crews, in fact all active-duty people are ready, healthy and capable of performing their jobs. The 30<sup>th</sup> ADOS takes care of many family members to ensure that active duty personnel can do their jobs without concerns for the health of their families.

These are just some of the areas in which we are working hard to earn and keep your trust.

The 30<sup>th</sup> Medical Group cares and we want you to know it!

# Test OKs critical ICBM software

## REACT system runs ICBM force nuke war plan

BY CAPT. JON BENDER  
576th Flight Test Squadron

■ Missileers from Vandenberg's 576th Flight Test Squadron successfully tested the software used by missile crews in Montana, North Dakota and Wyoming to carry out the nation's nuclear war plan.

Validating the intercontinental ballistic missile command and control system is Air Force Space Command's No. 1 test priority, according to flight test squadron officials. The system, known as REACT, or Rapid Execution And Combat Targeting, allows missile combat crews to command and control the nation's Minuteman III ICBMs. The software test is done annually and verifies changes to the single integrated operational plan, which is the United State's nuclear war plan. The software



STAFF SGT. JANICE CANNON

Capt. Michael Sweetland (left) and Phillip Opela, 576th Flight Test Squadron, conduct tests to verify the new REACT software. REACT allows missileers to control U.S. Minuteman III ICBMs.

tested by 576th officials confirms that communications sent from the president are received correctly in the missile

launch control centers.

The 576th FLTS team, with support from members of the 30th Communica-

tions Squadron and 20th Air Force, worked around-the-clock, finishing the software test in just 36 hours, 24 hours faster than last year.

"This SIOP test is crucial because it enables our on-alert ICBM force to continue to operate for the next fiscal year," said Lt. Col. Douglas Kelley, 576th FLTS commander. The 576th FLTS test was the last of several conducted by contractors and Air Force people to verify the proper operation of the new software before it's distributed and fielded at the operational units. By testing every aspect of the software, the test team verified the software improvements work as expected and are completely compatible with all other REACT console functions, Kelley said.

This year's test was unique because it also included an additional week of testing. During the second week, the test team verified the same objectives as the first week, but also validated additional equipment used by the software designer, General Dynamics, critical to future REACT software development.

## Helo crews train county search team

BY TECH. SGT. BUZZ RITCHIE  
30th Space Wing Public Affairs

■ It's a wild ride into the belly of a UH-1 Huey.

The blast from the helicopter's rotors lashes the rescue sling side to side and forces people to lean into the gust as they push their arms through its canvas web. A thumbs up from below tells the hoist operator in the Huey someone on the ground is ready to come aboard.

"Hold on," said Staff Sgt. John Goldfuss. "It only takes 10 or 15 seconds to get you up and into the helicopter. It's a real rush to ride the hoist."

Goldfuss was one of 25 volunteers with the Santa Barbara County Sheriff's Office search and rescue team trained Aug. 26 by a crew from the 76th Helicopter Flight at the Santa Ynez Airport.

Goldfuss is assigned to the 576th Flight Test Squadron, but has volunteered his off-duty time for more than two years with the Santa Barbara County's search and rescue team.

The training included briefings from the helicopter crew on preparing landing zones, talking to the aircraft crew, and directing crews to a rescuer's location. Search and rescue members also learned to use the "reverse penetrator," a chair with reverse



STAFF SGT. JOHN GOLDFUSS

(Left to right) Dana Conklin, Eva Korientz and Dave Lank walk off after being hoisted into a UH-1 Huey from Vandenberg's 76th Helicopter Flight.

grappling hooks used to hoist rescue victims into the helicopter. The crew from the 76th also showed rescuers how to work a rescue sling used during fast water rescue, said Staff Sgt. Don Cruz, the 76th HF flight engineer onboard during the helicopter training.

"The people in the 76th are the most highly trained professionals I've had the privilege to work with," Goldfuss said.

"I look forward to working with them in the field."



STAFF SGT. JANICE CANNON

**Cut!**

*Col. Duane Lamb, 30th Support Group commander, and Tech. Sgt. Amber Boerner cut the ribbon to officially open the renovated customer service section in Vandenberg's military personnel flight. The \$300,000 construction project started in March and was completed in August. Chief Master Sgt. Paul Krim (far left), 30th Space Wing command chief master sergeant, originally suggested a complete renovation of the area when he was the military personnel flight superintendent a year ago.*

**MINI-COMM EXTENDS OPERATING HOURS**

The operating hours at the mini-commissary have been extended for early bird and late-night shoppers. The new schedule is:

- ◆ Monday, 6 a.m. to 9 p.m.
- ◆ Tuesday, Wednesday and Friday, 6 to 9:30 a.m. and 6 to 9 p.m.
- ◆ Thursday, 6 to 9:30 a.m.
- ◆ Saturday, 6 to 9 p.m.
- ◆ Sunday, 5 to 9 p.m.

**MAIN COMMISSARY MARKS WIC ITEMS**

Officials at Vandenberg's main commissary now label food items that are authorized for the Women, Infants and Children program as "WIC items." WIC is a temporary assistance program for women who are pregnant, breast-feeding or have recently had a baby, or are raising infants and children younger than 5.

**TEAM TRAINS UNITS TO ASSIST SURVIVORS**

A team from Air Force Space Command Services will provide training for certain units at Vandenberg involved in the Air Force Survivors Assistance Program, Sept. 19 from 8 a.m. to noon and noon to 5 p.m. at the Pacific Coast

Club.

The survivors assistance program marshals available resources to support families following the unexpected death of the military spouse. The program is part of the 30<sup>th</sup> Services Squadron's mortuary program. The headquarters team will train wing, group and squadron commanders, first sergeants and unit family liaison officers. The spouses of commanders and first sergeants are invited to attend the training, as well as people from the following agencies: command post, honor guard, base operations, chaplain, logistics, public affairs, medical, military personnel flight and safety.

Call the 30<sup>th</sup> SVS at 606-3653 to reserve a training slot for either morning or afternoon.

**CFC BEGINS MONDAY, ENDS OCT. 20**

The Combined Federal Campaign runs from Monday to Oct. 20. CFC is an opportunity for federal employees to donate, through payroll deduction or lump sum, to national or local charities of their choice. CFC is one of only two times each year when federal

employees may be solicited for donations on duty. For more information, call unit CFC representatives or Capt. Scott Koopman at 605-7231, [scott.koopman@vandenberg.af.mil](mailto:scott.koopman@vandenberg.af.mil).

**VANDEMBERG HOLDS AEROSPACE SHOW 2000**

The men and women at Vandenberg will hold Aerospace Show 2000 Oct. 14 and 15. The event is free and open to the public. Gates open at 8:30 a.m. and close at 5 p.m.. The main attractions for this year's show are the U.S. Air Force Thunderbirds Aerial Demonstration Team and the U.S. Air Force Special Tactics and Rescue Specialists Parachute Demonstration Team.

Other attractions include fly-bys of a B-2 stealth bomber and F-117 stealth fighter, aerial acrobatics by modern and vintage aircraft, and static military aircraft and commercial spacelift displays. For more information, call the 30<sup>th</sup> Space Wing Public Affairs office at 606-3595 or visit the base's website at [www.vandenberg.af.mil](http://www.vandenberg.af.mil).

**NEWS BRIEFS**



STAFF SGT. JANICE CANNON

## New blue

The latest class from Vandenberg's First Term Airmen's Center graduated Sept. 1 from the 33-day class. Graduates and instructors are: (first row, left to right) Airman Benjamin Apolinario, Airman 1st Class Jerica Pace, Airman 1st Class Mark Laurico, and Airman Marisol Cortez, Airman 1st Class Miguel Larkin; (back row, left to right) Tech. Sgt. Juno Brown, Airman Amy Waddington, Airman Ryan Brown, Airman Matthew Fuller, Airman 1st Class Eric Schneider, Airman Mervil Venegas, Senior Airman Jonathan Boyer.

## Insurance fraud results in refunds

BY 2ND LT. KELLI BEATY-GOULD  
30th Space Wing Staff Judge Advocate

■ The Florida Department of Insurance has issued consent orders requiring the American Fidelity Life Insurance Company and Trans World Assurance to refund money to some military people in the United States.

Trans World Assurance and American Fidelity Life Insurance Company recently solicited Air Force members without authorization, according to Capt. Dennis Kaw, 30<sup>th</sup> Space Wing Staff Judge Advocate office.

TWA insurance agents set up shop in some airmen dormitories and misled some airmen to believe the company was endorsed by the Air Force, he explained.

The agents also promoted their company's "Flexible Dollar Builder" as an investment program when it was actually a life insurance policy.

Leave and Earning Statements in June included a warning to service members, asking them to call the Florida state attorney general or local legal office because TWA and AMFI are the subject of

several state and federal investigations for fraud and deceitful sales practices, Kaw said.

Military members or their families who have been contacted or directed an allotment to Trans World Assurance or American Fidelity Life Insurance Company should call Kaw at 605-6207 to discuss appropriate options, or visit the legal office Tuesday, Thursday or Friday from 7:30 to 8:30 a.m. or Wednesday from 4:30 to 5:30 p.m.

## Services consolidate exchange charge cards

■ WASHINGTON (AFP) — Life is simpler for military exchange customers: Now there's just one charge card instead of two.

The Department of Defense mandated the consolidation of the Delayed Payment Plan charge card issued by the Army and Air Force Exchange Service and the NEXCARD used in Navy and Marine exchanges, said Connie Gordon, general manager of the AAFES facilities at Fort Belvoir, Va. The Military Star

Card is the result, she said.

Customers are asked to destroy their old DPP and NEXCARD cards upon receipt of their new Star Card, according to exchange officials. Customers may still use old cards until Dec. 31. Authorized customers who haven't received their new Star Cards by the end of October should call 1-877-891-7827 United States (includes Alaska and Hawaii) toll-free starting Nov. 1.



STAFF SGT. JANICE CANNON

### **Playing around**

*2nd Lt. Keith Kesner hands out balloons to Emily Knudson after the ribbon-cutting ceremony at Cocheo Park playground Friday. The playground cost is \$500,000 so far on three phases of construction. The playground was designed with suggestions from children and parents.*

## **New assignment process improves retention, stability**

■ RANDOLPH AIR FORCE BASE, Texas — Air Force officials have changed the Base of Preference program, known as B-O-P, for first term and career airmen to help improve retention and maintain stability of the force.

Recently implemented changes include expanding the eligibility criteria for the first-term airman Base of Preference Program and initiating the Career Base of Preference Program, formerly known as the Volunteer Enlisted CONUS Assignment Program, or VECAP.

The current first-term airman B-O-P program is very small and applies only to those desiring to remain in place or retrain.

“We are expanding the program dramatically to allow almost every first-termer re-enlisting the opportunity to participate,” said Lt. Col. Michael Gamble, chief of Assignment Programs and Procedures Division.

The other program receiving

a facelift is the VECAP, now renamed the Career B-O-P. Currently, members must have 5.5 years to apply and move at the six-year point. “We want to liberalize this requirement so that members can apply at the 3.5-year point and move at four years, if approved.”

All B-O-P applicants may request a maximum of eight bases. Those requesting more than one will be considered in priority order. If none of the preferences can be worked, the airman may immediately apply for other bases, as long as they remain eligible.

Additionally, they can re-apply for the same bases six months later to see if manning has changed at that base.

The exception will be for first-term airmen. Since their B-O-P application is submitted in conjunction with re-enlistment and retraining, they will be unable to submit multiple applications. But the good news is they will be offered alternatives immediately if their choices can't be approved.

# Green flight suits suggested replacements for 'blue bags'

BY TECH. SGT. LYNDA YEZZI VALENTINE  
Air Force Space Command Public Affairs

■ PETERSON AIR FORCE BASE, Colo. — For almost 12 years, space and missile operators have worn the blue one-piece crew uniform, commonly called the “blue bag.” That may change, as Air Force Space Command has proposed for space operators to switch to wearing the green flight suit common among aviators.

The AFSPC proposal calls for the green flight suit to become the standard uniform for Air Force operators, including space and missile personnel. The implementation plan calls for an Oct. 1 start date with a final phase-out of the blue uniform slated for no later than October 2002.

The existing contract for the space and missile blue crew uniform would not be renewed, according to Col. Mark Lilevjen, chief of AFSPC's Operations Training and Evaluation Division. The two-year implementation plan broadly calls for phasing in the green flight suit as the existing supply of blue crew uniforms are expended, Lilevjen said. Individual mixing of the two different colored uniforms will not be permitted.

The almost 3,000 individuals currently wearing the blue crew uniform would be supplied with green flight suits through the command, the exact funding details are being staffed, Lilevjen said.

Anyone working for AFSPC in 1997 may recall this same conversion was suggested, but rejected, because there were too many blue space and missile crew uniforms in the inventory. Ultimately, it was decided that switching would waste taxpayers' money. That no longer is the case, according to Lilevjen.

It's economically feasible to switch to the green Nomex flight suits because they cost approximately \$32 less per uniform than the blue polyester variety, he said. But Lilevjen is also quick to point out that, although the green flight suits are cheaper, the green flight jackets issued with the green flight suits are \$64 more than the blue jacket issued with the blue crew uniform. Savings would be realized through the long-term replacement of flight suits.

“The money (saved) is not the reason for the proposal,” Lilevjen said. “It's the operational integration that matters. We are all Air Force operators and we wear an Air Force operational uniform, whether we are an F-16 pilot, a Milstar satellite command and control operator or a Minuteman III operator.

“Our (space and missile) crewmembers will deploy more and more with other theater warfighters, and they will integrate much better in the green bag than in the blue bag,” he added.

Coincidentally, the timing of the switch to the green flight suit is in keeping with the standing up of AFSPC's support of the 10 Aerospace Expeditionary Forces, which all have requirements for space and missile operators.



STAFF SGT. JANICE CANNON

*Tech. Sgt. Daryl Rodgers, 614th Space Operations Squadron wears a blue flight suit. After 12 years, the “blue bag” may be on the way out starting Oct. 1.*

Gen. Ed Eberhart, commander of AFSPC, said the proposal has been in discussion since February. “We have been asking commanders and command chief master sergeants for feedback from those affected.”

Chief Master Sgt. Kevin Estrem, command chief master sergeant for AFSPC, said feedback he has been getting goes both ways. “Some are supportive of the move but some are concerned about how it will be received by the aviators or that it will eliminate the space operator identity.”

But, Estrem said, once it is explained that this move is an attempt to recreate the identity of the space warfighter as an integration of air and space operators, more people understand that it is the right thing to do.

Eberhart concurs that while the majority of the responses have been positive, he knows that not everyone will favor this change. “But we ultimately feel that it would help reinforce inclusiveness and promote our vision of the integration of air and space.”

The blue crew uniform didn't come into the inventory until 1988, when it replaced the two-piece blue fatigues or “crew blues” worn since the late 1960s. Prior to that, some of the many other uniform combinations worn by missile crews included the Army's olive drab, pinks and greens of World War II, white overalls in the late 1950s and 1960s, and camouflage Battle Dress Uniforms.

## Team Vandenberg Spotlight



STAFF SGT. JANICE CANNON

**Name/Rank:** Senior Airman Jonathan Boyer  
**Assignment:** 576th Flight Test Squadron, Peacekeeper missile maintenance section.  
**Hometown:** Los Angeles, Calif.  
**Time on Vandenberg:** Seven years and 10 months.  
**Time in service:** Eight years and two months

“Airman Boyer has professional attitude and drive to not only complete a task, but to complete it at the best of his ability,” said Master Sgt. Garren Warwick, NCOIC of Vandenberg’s Honor Guard. “He consistently displays the highest integrity on and off duty.”

### AEROSPACE SHOW 2000

Oct. 14 and 15. Gates open at 8:30 a.m. and close at 5 p.m.  
 Event is free and open to the public.



**COMMUNITY  
CALENDAR**

**8**

**FRI**

The Santa Maria Museum of Flight has scheduled their **11<sup>th</sup> annual Warbird Roundup** today through Sunday at the Santa Maria Public Airport. Gates open at 9 a.m. Historical airplanes will be on display. A radio controlled aircraft demo is scheduled. Food and display booths will also be open. General admission is \$6. Tickets for children 7 to 12 years old cost \$4. Children 6 and under enter free. For information, call the Santa Maria Museum of Flight at 922-8758.

The American Legion Auxiliary Unit 125 has scheduled a **catfish dinner** tonight at 5:30 p.m. The dinner will be at the Lompoc Veterans Building, 100 E. Locus Ave. The menu will consist of catfish, potato salad, cole slaw and cornbread for \$7. Dinners can be picked up at the main kitchen in the building.

**11**

**MON**

Base people are invited to **Operation Baby Launch**, Monday at 5 p.m. in the hospital auditorium. People can learn information about local hospitals, TRICARE financial concerns, Vandenberg Pediatric and family practice clinics and more. Civilian representatives from local hospital and obstetricians will be there to answer questions. For more information, call Capt. Gretchen Smith at 605-2123 or Nancy Sias at 606-8217.

**12**

**TUE**

A **mutual fund basics** class is scheduled Tuesday at 1 p.m. in the Family Support Center. People can learn about saving for the future and the basics of mutual funds. Call Teresa Orozco at 606-4636.



STAFF SGT. JANICE CANNON

**Voter registration**

*Capt. Steven Bucholz, 534th Training Squadron, helps an airman with his registration and absentee ballot request card Tuesday at the Base Exchange. As of Wednesday, 255 people have registered on base during Armed Forces Voter Registration Week. Only 56.7 percent of base members have registered for the Nov. 7 general election. People can call their Unit Voting Counselor to register.*

**14**

**THU**

The Health and Wellness Center staff has scheduled a **Self Management Class** Thursday at 2 p.m. at the HAWC. People can learn effective communications skills and relaxation training. Call Linda Bastine at 606-9958 for information.

The **Vandenberg Officer Christian Fellowship** meets Thursdays at 7 p.m. at 623 Aspen St. People interested in fellowship and Bible study with other base officers may attend. Call Col. Kenneth VanSickle at 606-4315 or Chaplain (Maj.) William Toguchi at 606-5773.

**15**

**FRI**

A **Hispanic Heritage luncheon** is scheduled for

Sept. 15 at 11 a.m. at the Pacific Coast Club. Santa Maria Mayor Pro-tem Joe Centeno will be the keynote speaker. The menu is chicken fricassee with potatoes, white rice, black beans and fried plantains. The luncheon is \$8.50 for club members and \$11.50 for non-members. Call Capt. Patricia Teran-Dick for tickets at 606-5601.

**Danish Days** is scheduled for Sept. 15 to 17 in Solvang. The event is a celebration of the Danish heritage in Solvang since 1936. Danish folk dancing, music, parades, food and entertainment are scheduled throughout the weekend. Call the Solvang Conference and Visitor's Bureau at (805)

**See DANISH Page 12**

**DANISH from Page 11**

688-6144 for more information.

The family support center is offering a **Step-Parenting Class** Sept. 15 at 2 p.m. The class is designed to help couples address the unique issues of building a marriage and blending a family. Call Linda Bastine at 606-9958 for details

**16 SAT** The **grand opening of Toy Land** is scheduled for Sept. 16 at 9 a.m. in the

AAFES Four Seasons center. A clown will give away animal balloons from 10 a.m. to 3 p.m. Face painting will be done between 11 a.m. and 1 p.m., and Winnie the Pooh and Tigger are scheduled to make an appearance from 11 a.m. to 3 p.m. There will also be two jumping castles for the children to play in and door prizes.

**17 SUN** Vandenberg Leisure Tours has scheduled a trip to **Catalina Island** Sept. 17 to 20.

The price of trip is \$210 per person. The cost includes bus and ferry transportation, three nights lodging at a hotel with continental breakfasts and two island tours. Call 606-7976 for more information.

**19 TUE** The Officer's Spouses club has scheduled a "**Round the House Bingo**"

Sept. 19 at 6:30 p.m. in the Pacific Coast Club. An American classic buffet will be served for \$12 per person. People should make reserva-



STAFF SGT. JANICE CANNON

**AAFES scholarship**

*Tony Lechner-Strudland shows his two \$1,000 saving bonds with Col. Duane Lamb, 30th Support Group commander, and Vandenberg AAFES general manager Steve Reisbeck. Lechner-Strudland won the bonds participating in the world-wide "You Made the Grade" program sponsored by AAFES. Students grade six to 12 may enter by bringing their "B" average report card into the base exchange and give it to any store manager.*

tions by Tuesday. People with last names between A-K call Dana Babb at 734-5567. People with last names between L-Z call Beki Melone at 734-2668.

**20 WED** The Family Support Center staff has scheduled a **Survivor Benefit Plan for**

**Spouses class** Sept. 20 at 2 p.m. at the Family Support Center. Spouses

can learn information on this one-time election option. The class is geared for spouses whose sponsor retires within the next few years. Call Sonny Park at 605-0134 to registration.

**22 FRI** The **Hispanic Heritage Planning Committee** wants Hispanic appetizer recipes. The committee is planning a show for Sept. 22 featuring Team

**At the Movies**

**Tonight**  
**Big Momma's House**

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

**Saturday**  
**Thomas & the Magic Railroad**

(G) 3 p.m.

**X-men**

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

**Sunday**

**X-men**

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

**Sept. 15**

**Scary Movie**

(R) 7:30 p.m.

**Sept. 16 & 17**

**Nutty Professor II**  
**'The Klumps'**

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

Vandenberg's finest appetizers. The group is looking for any artifacts to place on display during the exposition. For more information, call Master Sgt. Kitty Noles at 606-0366.



STAFF SGT. JANICE CANNON

### Congratulations Lady Hawks

Dawn Rawlins sets to spike on Anna Dunlap (right) at the Lady Hawks practice Sept. 1. Jessica Castillo (left) looks on. The Lady Hawks wrapped up a coed season in Santa Maria by winning the season title with an all womens team. The lady Hawks are Amy Haskell, Dawn Rawlins, Bonnie Jameson, Michelle Otton, Jamie Clark, Jessyca Castillo, Angelo Alipio, Tina Haynes, and Patricia Drury. The Lady Hawks are preparing for the women's season Oct. 8.

### TEAM SETS VARSITY BASKETBALL TRYOUTS

Varsity basketball tryouts are scheduled Monday through Friday at the fitness center from 6 to 8 p.m. Active-duty people, family members and Department of Defense civilians can try out. Call Staff Sgt. Thomas Merrett at 606-9876 for information.

### FITNESS CENTER HOLDS BIKE RACE

The base fitness center will hold an 18-mile bike race Sept. 16. The race will start at 9 a.m. at the fitness center. Call the fitness center staff at 606-3832 to sign up.

### LOMPOC VALLEY DISTANCE CLUB PLANS RACE

The Lompoc Valley Distance Club has scheduled a Park-to-Park 8-mile run Sept. 17 in memory of Dr. John Trettin. Trettin was a Lompoc resident who was active with Cabrillo High School athletics. Registration starts at 7 a.m. The race begins at 8 a.m. at Miguelito Park and finishes at the La Purisima Mission State Park. Miguelito Park is located on South I Street in Lompoc. The entry fee is \$10. Awards will be given to first through third place in age groups 17 and under, 18 to 29, 30 to 39, 40 to 49, 50 to 59 and 60 and over. Call 736-0677 for information.

**SPORTS  
BRIEFS**

### 2000 SOCCER STANDINGS

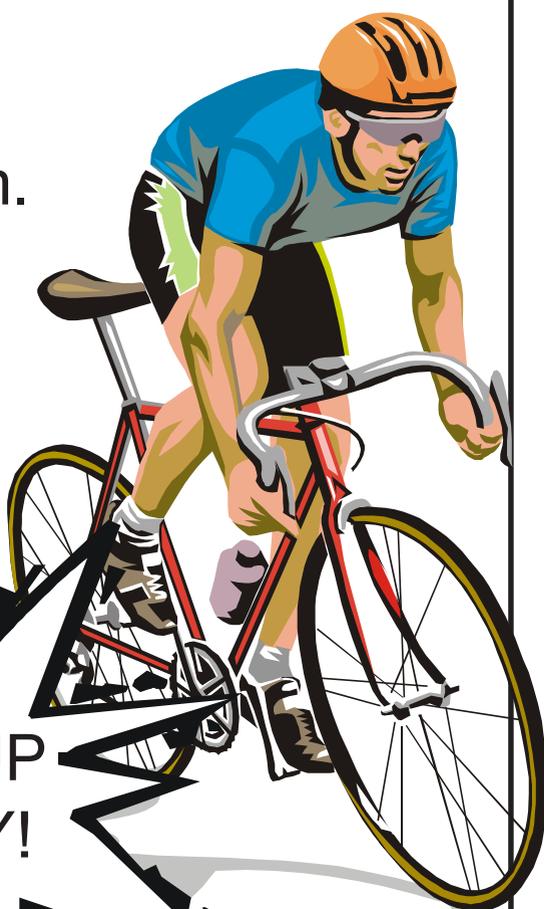
American League					National League				
	W	L	T	Points		W	L	T	Points
30 <sup>th</sup> SFS	2	0	0	4	30 <sup>th</sup> MDG	2	0	1	5
30 <sup>th</sup> CE	2	0	0	4	30 <sup>th</sup> OG	2	0	0	4
30 <sup>th</sup> CS	2	1	0	4	576 <sup>th</sup> FLTS	1	2	0	2
381 <sup>st</sup> TRG	0	2	0	0	392 <sup>nd</sup> TRS	0	1	1	1
533 <sup>th</sup> TRS	0	3	0	0	614 <sup>th</sup> SOP	0	2	0	0
<i>As of Thursday</i>					<i>As of Thursday</i>				

# S 30th Services

# NEWS

## FITNESS CENTER

**18-Mile Bike Race!**  
 Sept. 16, 9 a.m.  
 Call 606-3832  
 for more information.



**SIGN UP TODAY!**

## GOLF

**Mens' Club Tournament**  
 Saturday, 12:30 p.m.

**DMSP Shotgun Tournament**  
 Wednesday, 12:30 p.m.

**Marshallia Masters Tournament**  
 Sept. 15 to 17

## BOWLING

**Thunder Alley now starts at 10 p.m.**

With the Winter Bowling league starting up, Thunder Alley will be running from 10 p.m. to 1a.m. on Fridays.

## YOUTH

**Hat Week!**  
**Monday to Sept. 15**  
 (Wear your favorite or unusual hat)

Tennis Workshop  
 Monday, 4 to 6 p.m.

Spelling Bee  
 Tuesday, 4 to 5 p.m.

Basketball-Kids vs Staff  
 Wednesday, 6 to 7 p.m.

Roller Hockey  
 Thursday, 5 to 6:30 p.m.

Free Throw Tournament  
 Sept. 15, 6 to 7p.m.

## V.I.T.T.

**Catalina Island!**  
 Sept. 17 to 20, \$210 per person sharing. Includes bus & ferry transportation, three nights at St. Lauren hotel plus two tours.

**Las Vegas!**  
 Sept. 24 to 27, \$210 per person Includes transportation by luxury motorcoach, plus three nights at the Four Queens Hotel/Casino.

## SEPTEMBER REMINDERS!

**MONGOLIAN BBQ!**

Thursday  
 6 p.m. to 8 p.m.  
 \$5.95 (5 ounces)  
 .95 ea additional ounces

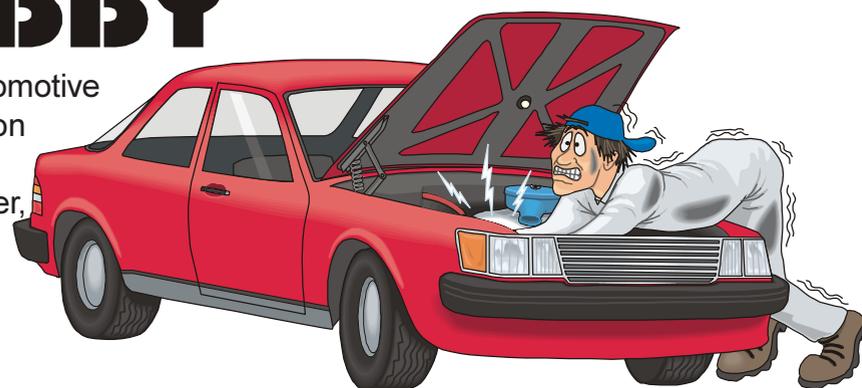
## AUTO HOBBY

We are moving to better serve you. The automotive shop will be closed for moving and renovation Sept. 15 to Oct. 24.

If you have anything at the Auto Hobby Center, please come and pick it up before Sept. 15 or it may get lost in the move.

Come join us for our **GRAND OPENING** Oct. 24.

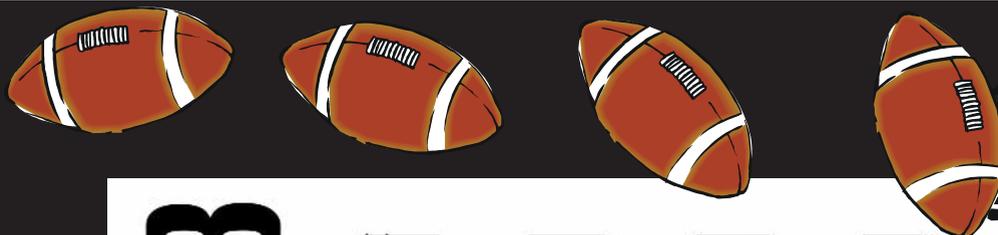
FIX YOUR CAR RIGHT!



# 30th Services

# NEWS

## MONDAY NIGHT Football schedule Sept. & Oct.



Week two, Monday  
Patriots vs. Jets

Week three, Sept. 18  
Cowboys vs. Redskins

Week four, Sept. 25  
Jaguars vs. Colts

Week five, Oct. 2  
Seahawks vs. Chiefs

Week six, Oct. 9  
Buccaneers vs. Vikings

Week seven, Oct. 16  
Jaguars vs. Titans

Week eight, Oct. 23  
Dolphins vs. Jets

Week nine, Oct. 30  
Titans vs. Redskins

Sponsors for this  
years Football Frenzy

No Federal Endorsement Intended



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THIS CLUB  
JACKET!

# PACIFIC COAST CLUB

# 2000 FOOTBALL Frenzy

OR THIS CLUB  
TRAVEL BAG  
& CLUB  
FOOTBALL!



JACKET CONVERTS INTO  
A NEAT TRAVEL PILLOW!



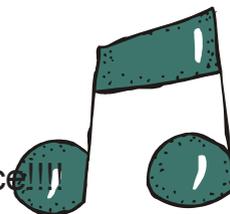
## INQUIRING MINDS WANT TO KNOW...

## ...what you think about your Services facilities!

*Look for the new Air Force Services Market Survey in your mail!  
Tell us what you want out of your Services facilities.  
Be sure to fill out your survey and return it promptly!  
If you have any questions please contact Marketing at 606-0276*

# LATIN DANCE NIGHT!

Sept. 15 at the  
Pacific Coast Club's  
"Hawks Nest"  
10 p.m. to 2 a.m. Come on out and dance!!!



# 10 basic stretches increase flexibility

BY ARMAND TECCO

*American College of Sports Medicine*

■ Stretching is a great way to both increase your flexibility and relax your muscles. The exercises can be done daily (or at least three times per week) and only after your muscles are warm, such as after a work out or a hot shower.

Do not bounce when you stretch. Instead, hold each stretch for 10-30 seconds to the point of mild discomfort or where you "feel" the stretch. The muscles should be stretched so that the pull is felt in the center of the muscle, not at the joints. Take it slow, relaxing and exhaling as you go into a stretch, then breathing normally.

## LOW BACK

Hands behind thighs.  
Pull knee to chest.



Press low back into floor.



## HAMSTRING

Keep knees straight.  
Press chest to thigh.  
Eyes focused on feet.

**GROIN**  
Keep low back flat.  
Eyes focused on feet.



Press knees towards floor.



## CALVES

Keep low back flat.  
Back leg is kept straight.  
Gently press hips forward.

## QUADRICEPS

Hold onto the wall for balance.

Grasp leg above the ankles.

Pull leg up and back.



## TORSO

Knees shoulder width apart and slightly bent.

Pull elbows behind head.

Bend from hips to the side.

## UPPER BACK

Interlace fingers at shoulder height.

Turn palms outward.

Extend arms forward.



## CHEST

Interlace fingers behind back.

Gently lift arms up.

## TRICEPS

Bend arm overhead.

Grasp elbow of arm.

Gently push elbow down.



## NECK

Eyes focused forward.

Tilt head to the side.  
Ear to shoulder.