



Team Vandenberg -- Winner of the 2001 Moorman and Schriever Trophies

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Got cash?

The Pacific Coast Club weekly club card drawing is held every Friday. This week's winner will take home **\$950**



Base counts down for IFT-6 launch

BY MASTER SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ The Ballistic Missile Defense Organization will conduct a flight test involving the launch of a Multi-Service Launch System from North Vandenberg Saturday. The launch is scheduled to occur from North Vandenberg between 7 and 11 p.m.



At the main gate, a protestor rallies against the July 7, 2000, test launch.

“The launch is part of the Defense Department’s continuing research and development effort for the national missile defense program,” said Lt. Col. Rick Lehner, chief of BMDO external affairs. The Ground-based Midcourse Defense Segment is being designed to protect the United States from long-range ballistic missile attack.

Lehner said the MSLS, a modified Minuteman II ICBM, will carry a mock warhead and a single decoy.

He said that about 20 minutes after the launch, a prototype interceptor missile carrying an exo-atmospheric kill vehicle will launch from the Ronald Reagan Missile Test Facility at the Kwajalein Atoll. The interceptor launch site is located in the Marshall Islands about 4,800 miles away.

The vehicle launched from the atoll is intended to provide a non-nuclear intercept of the Vandenberg launched reentry vehicle.

Lehner said the intercept should take place at about 40 miles above the Central Pacific Ocean during the midcourse phase of the target warhead’s flight.

He added that in addition to the intercept test, the launch also tests a variety of integrated systems in the program. The program elements include space-based missile warning sensors, ground-based early warning radar and the prototype X-Band radar at the Kwajalein Atoll. During the launch, the Joint National Test Facility in Colorado Springs, Colo. will evaluate battle management command, control and communications of the system.

Since the system is in its research and development phase, these elements serve as either prototypes or surrogates for elements in the developmental stage and have yet to be produced for operational use, he concluded.

This will be the fourth intercept test of the midcourse defense segment research and development program. The first test occurred Oct. 3, 1999, and re-

July 7, 2000, Integrated Flight Test-5 streaks into the twilight leaving a brilliant nozzle-burst effect. Hundreds of people gathered at the base viewing site to witness the launch while more than a hundred people gathered at the main gate to protest the launch. In the days and hours leading up to the launch, field-deployed 30th Security Forces Squadron members nabbed 12 trespassers attempting to thwart the launch.

sulted in a successful intercept of the ballistic missile target.

The second test took place Jan. 19, 2000. The intercept wasn’t achieved because a cooling pipe on the EKV was clogged, but the integrated elements of the system tested successfully, added Lehner.

The third test, on July 7, 2000, failed to intercept because the EKV didn’t separate from the booster rocket.

In conclusion Lehner said that “Missile defense is one part of a layered strategy of deterrence to defend our-

selves, our forces, and our friends and allies against the real and growing threat of ballistic missiles and other weapons of mass destruction. We are now engaged in an aggressive research and development program that will lead to testing and deployment of a defense against limited attack as soon as practical. Saturday’s tests are part of that on-going testing schedule.”

More information about the NMD program can be found at the BMDO website, <http://www.acq.osd.mil/bmdolink/html>.



Staff Sgt. Leonard Anderson, Detachment 9, Space and Missile Systems Center, prepares to inspect the target launch vehicle.



The modified Minuteman II is poised in its launch silo for the Saturday evening launch.

Base News Briefs

FREE AIRMAN APPRECIATION BARBECUE TODAY AT COCHEO

All E-4s and below and their families are invited to a free barbecue at Cocheo Park today, from 11:30 a.m. to 2 p.m. The Lompoc Valley Chamber of Commerce Military Aerospace Committee, local merchants, and the Non-commissioned Officers Association sponsor this event. For more information, contact a first sergeant.

PROTEST AT MAIN GATE MAY CAUSE TRAFFIC DELAYS

There will be a protest at Vandenberg’s main gate Saturday afternoon. Officials advise drivers who are entering or leaving the base not to use the main gate. Utah gate will be open. If the main gate is closed, Lompoc gate will be opened.

OFFICIALS RESTRICT ON-BASE HUNTING, RECREATION SATURDAY

No hunting or beach access will be allowed on base tomorrow due to mission requirements. Access will resume Sunday. For more information, call Tech. Sgt. Chris Gilderson at 606-6804.

NORTH BASE CLOSSES SATURDAY FOR MISSILE LAUNCH

Access to North Vandenberg is restricted to mission-essential traffic until Sunday. People with base access will not be able to view Saturday’s missile launch from the public viewing site at Del Punta.

POV OWNERS MUST TURN IN VEHICLE TAGS

Base drivers including retirees must remove and surrender all Department of Defense and Air Force Vehicle Registration Identification from their vehicles if they become disqualified for Air Force private vehicle registration, if registration privileges are terminated or revoked, or if the vehicle is sold. For information, call 606-1853.

TOP THREE HOLDS MONTHLY MEETING THURSDAY

The Vandenberg Top Three will hold its monthly membership meeting at noon Thursday in the services center. All master sergeant selects through chief master sergeants who are permanently assigned here may attend. Among the topics to be discussed are the NCO Enhancement Seminar, the Senior NCO Induction Ceremony and upcoming fundraisers. For more information, call Master Sgt. Ty Foster at 606-3595.

VANDEMBERG TOP THREE AWARDS SCHOLARSHIPS

The Vandenberg Top Three will award two \$300 scholarships during the Aug. 16 general membership meeting. The scholarships are targeted at the base’s active-duty enlisted members. Candidates must submit a two- to three- page essay featuring an important aspect of enlisted military history. You may find specific format requirements online at https://intranet.vandenberg.af.mil/top3/htmfiles/2001_Scholarship_Program.htm. The deadline for submission is Aug. 9. For information, call Master Sgt. Jeff Sherrill at 606-5595.

See BRIEFS Page 4

30th Weather Squadron’s weekend forecast

Today	Fog/Partly Sunny
	Low/High 52/68
Saturday	Fog/Partly Sunny
	Low/High 53/66
Sunday	Fog/Partly Sunny
	Low/High 53/66

Visit the 30th Weather Squadron’s website at www.vandenberg.af.mil/30sw/organizations/30og/weather/weather/index.html to get a five-day forecast.

Former SECAF adviser takes command of launch squadron

BY MASTER SGT. TY FOSTER
30th Space Wing Public Affairs

■ The men and women of the 2nd Space Launch Squadron welcomed their new commander during a change-of-command ceremony here Monday at 10 a.m.

Lt. Col. Clinton Crosier, new 2nd SLS commander, accepted command as Col. Mark Owen, 30th Operations Group commander, passed him the unit guidon.

Lt. Col. James Hyatt, former 2nd SLS commander, is leaving Vandenberg to attend senior service school at the Naval War College in Newport, R.I.

Crosier comes to Vandenberg from the Office of the Secretary of the Air Force where he served as a member of the SECAF’s action group. In that position, he was the Secretary’s primary adviser on all space and missile operations and policy issues.

Initially certified as a satellite operator in 1991, Crosier served as a satellite operations crew commander, flight commander, instructor and evaluator before attending Squadron Officer School.

In 1994, the lieutenant colonel attended missile operations training and subsequently served as a crew commander, flight commander and wing chief of training.

He was selected for special duty as a Congressional liaison officer for the Office of the SECAF in 1998.



Lt. Col. Clinton Crosier brings a vast amount of space and missile experience to the table as the new commander for the 2nd Space Launch Squadron.

Shortly thereafter, he became a legislative fellow, serving a one-year fellowship in Congress on the staff of Senator Bob Smith of New Hampshire.

As the senator’s military advisor and primary interface with the Senate Armed Forces Committee, he wrote key portions of the Space Commission legislation.

Crosier’s decorations include the Meritorious Service Medal with three Oak Leaf Clusters, the Air Force Commendation Medal and the Air Force Achievement Medal.



U.S. SAVINGS BONDS

Vandenberg’s U.S. Savings Bond campaign ends July 23

■ The annual payroll U.S. Savings bond campaign started June 1 and runs through July 23. To sign up for a bond, call Maj. John Riggins, U.S. Savings Bonds installation project officer, at 606-9750 or talk to a unit representative.

Online upgrade training allows world-wide access

■ Air Force people in several career fields will soon benefit from a new program that allows them to complete 7-level school online.

The Advanced Distributed Learning Program has brought distance learning initiatives to the next level by developing a system that allows airmen assigned anywhere in the world to complete craftsman training courses via the Internet.

A few career fields are already available online and others will soon follow, said Maj. Joe Tegtmeyer, Air Education and Training Command’s ADL branch chief.

“The Command Post Craftsman course began operation on Feb 12 and has already had its first graduate,” he said. He said he expects to see 11 courses on-line by this time next year.

The ADL program expands the capabilities of traditional distance learning, the major said.

“Distance learning is training without the formal presence of a classroom instructor, and advanced distributed learning extends the concept to include anywhere, anytime,” Tegtmeyer said. “We expect around 4,000 students to enroll in these courses this year.”

Most of the ADL courses should initially come from the training groups at Keesler AFB, Miss., and Lackland AFB, Texas, said Gary Twogood, AETC instructional systems design chief.

“Knowledge-based craftsman courses are ideally suited for the ADL program,” Twogood said. ADL offers the advantages of providing airmen with increased accessibility to courses and greater enrollment flexibility, Tegtmeyer said. The Air Force is also likely to see reduced travel costs.

“Most importantly, by taking the training to our airmen, we can significantly enhance our readiness and operational capabilities while reducing the amount of TDY time required of our people,” he added.

Shifting the philosophy of bringing airmen to

See UPGRADE Page 4

Is our present force fit or fat?

By CAPT. J.D. HOLT
21st Logistics Support Squadron

I marvel at technology and curse it at the same time. Microwaves and computers provide us the opportunity to literally live and work in our offices throughout the entire day. People can avoid all exercise and still accomplish the mission. Before the luxury days of e-mail, we had to actually walk our memos from office to office. Sometimes we even ventured outdoors to another building.

Statistics show that nearly 55 percent of U.S. adults are overweight and more than 22 percent are obese. Without scientific proof, I would never say that over half of our Air Force members are overweight, but all I have to do is look around to see that we are not a truly fit force.

The Air Force has a maximum allowable weight chart and has ordered us to stay within a certain weight range. Because of this standard, we obsess about our weight and lose our focus on fitness. Rapid weight loss will not necessarily make you a "fit" person. Passing your weigh-in by eating cabbage soup for a month is not a healthy approach and will not solve your problem.

The Air Force has some of the greatest fitness facilities for an unbeatable price—they're free.

Our fitness centers offer state-of-the-art equipment. Numerous classes and group workouts like step-aerobics, spinning and water exercise, are available, so take your office buddies with you and make it a regular event. In addition, the health and wellness center can provide you with a fitness assessment.

The Air Force requires you to be fit and provides you with

everything, except the motivation. Begin by treating yourself to a few new toys. Running is one of the greatest fat burners available, but proper running shoes are a must for it to be enjoyable. Donate your old sneakers to charity and spend the money on quality running shoes, not cross-trainers or court shoes.

Purchase a bike and explore the countless trails throughout the Central Coast.

Buy a new gym bag and lock and bring them with you to work everyday. Set the bag in your office. It will make you feel guilty if you skip your workout.

A fitness routine requires a well-balanced eating plan to get the most out of your workouts. Don't skip breakfast. Bring your lunch to work instead of eating out. You will eat better and save money by packing the right foods.

Eat healthy snacks like fruit, bagels, pretzels and veggies throughout the day instead of waiting to pig out at lunch. Drink water throughout the day to stay hydrated.

Experts agree that after a hard workout you have a 30- to 60-minute window of opportunity to refuel your body and speed your recovery. Try a mixture of protein and carbohydrates like turkey or chicken on whole grain bread with a piece of fruit, a peanut

butter sandwich with a bowl of blueberries or something as simple as an energy bar.

You can't base your fitness on the annual cycle ergometry test. Fitness has to be a part of your everyday life.

Our country counts on us to be fit and the Air Force provides the time to get fit. It's easy to make excuses why you can't work out. The truth is, you shouldn't want to get fit to please the Air Force. You should get fit because your body has to last you a lifetime.

"The Air Force requires you to be fit and provides you with everything, except the motivation."

Capt. J. D. Holt
21st Logistics Support Squadron



Col. Robert M. Worley II
Commander,
30th Space Wing

back. I appreciate your input, and I am personally involved in every response.

While the Commander's Action Line is a great way to communicate, don't forget there are many other avenues to get answers to your questions including your chain of command, first sergeants, base services officials, and many other base professionals.

Thanks for helping to make Vandenberg such a great place to work and live. When calling the action line, please leave your name and phone number. The action line number is 606-7850 or e-mail actionline@vandenberg.af.mil.

Handy phone numbers

EMERGENCY.....	911
Information.....	411
Poison control.....	800-876-4766
Clinic appointments.....	606-4077
Healthwise line.....	888-252-3299
TRICARE services.....	800-242-6788



Editorial Staff

Col. Robert M. Worley II
30th Space Wing Commander
Capt. Tom Knowles
Director of Public Affairs

Master Sgt. Ty Foster
Chief of Internal Information
Staff Sgt. Andrew Leonhard
Editor
Master Sgt. Lloyd Conley
Staff Writer
2nd Lt. Michael Tkacz
Staff writer
Senior Airman Steve Schester
Photographer

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Questions regarding the paper can be directed to the *Space & Missile Times* staff at (805) 606-2040.

Air Force Aid Society offers help to families

By STAFF SGT. AMY PARR

Air Force Print News

■ WASHINGTON — While on active duty as the deputy chief of staff for personnel in Washington, he served on the board of trustees for the Air Force Aid Society. Now, retired Lt. Gen. Mike McGinty is back as the chief executive officer.

In his new job, McGinty said he plans to focus on helping Air Force people and their families — wherever, whenever and however that help is needed.

It is a great job, he said, one that will give him the opportunity to spread the word about the AFAS and its benefits.

"When you work for an organization that offers all this help," he said, "you can go home at night and feel really good about what you were able to do during the day."

And to tell the AFAS story, McGinty said he plans to visit as many bases as possible.

"I cannot do this job well if I sit in my office here in Washington every day," he said.

McGinty said he also wants to meet with a wide cross-section of people and tell them what AFAS offers, find out what they think it can do better, and hear about additional programs they would like to see.

"I want to ensure everyone is aware of their Air Force Aid Society and the AFAS programs that can help," he said.

Gen. Hap Arnold founded AFAS in 1942. Its mission was to take care of the families of Army Air Corps members. Last year, about 30,000 Air Force people and their families were helped with roughly \$24 million.

Assistance is provided in emergency grants and loans with zero interest; community enhancement programs to improve quality of life on Air Force bases; and education programs.

Providing emergency assistance is "job one" for the society, McGinty said.

More than 15,000 people found that out firsthand in 2000. They received aid for emergencies ranging from funeral expenses, to basic living, to vehicle expenses.

Still, McGinty said, there were likely others who needed help and did not know where to turn.

"My predecessor told me that his biggest concern was that somewhere in the Air Force today there is somebody who needs help that AFAS could provide, but for some reason they don't get it," he said. "They may be afraid to ask, they may not know (about us) or they may feel there is a stigma to asking."

"(On) Christmas Eve an airman and spouse were found living in a car. That should never happen in our Air Force blue-suit family," he said. "Air Force Aid could have helped. Our job is to help Air Force people!" Community enhancement programs include providing free childcare for volunteers, families making a permanent change of station and stress-relief for parents under the Give Parents a Break program.

Other programs include:

- Car Care Because We Care provides preventive vehicle maintenance inspections;
- Bundles for Babies provides baby gifts to new and expectant mothers;
- Nursing Moms provides assistance in breast pump rentals and purchases;
- Wellness provides enhancements to first-time parents programs;
- Phone Home gives people deployed 30 days or longer a prepaid \$20 phone card; and
- Youth Employment Skills provides education and base community dollar credits for high school students who volunteer on base.

In 2000, 5,000 grants for \$1,500 each were awarded to children and spouses to assist with education costs. Another 3,550 spouses were assisted overseas with tuition assistance. Money is also available to spouses for short-term job training.

Fifty-eight percent of people who applied for education assistance in 2000 received help, McGinty said.

Another goal McGinty has is to strengthen the partnership between the Air Force Aid Society and the family support network.

"We are totally dependent on the great assistance family support provides to our programs," he said. "And, when both organizations work well together, the synergism provides the best possible support to the troops and their families."

But, AFAS is not just focused on the active force, McGinty said. It also wants to help the retired, Guard and Reserve communities.

"They are all important members of the Air Force family and are providing record levels of support to the active force," he said.

For more information on the Air Force Aid Society or its programs, contact local chapters or check out the AFAS Web site at www.afas.org.



SENIOR AIRMAN STEVE SCHESTER

Hot off the grill

Chief Master Sgt. Rich Vassaur, Detachment 9, Space and Missile Systems Center, flips flapjacks while fellow chief, Jim Lewis, from the 576th Flight Test Squadron, scrambles a pan of eggs. The Chief's group holds the breakfasts semi-annually. Monies raised are used to fund Team Vandenberg education grants, scholarships, quarterly and annual awards.

Air Force Reserve welcomes retirees to serve

■ WASHINGTON (AFPN) — The Air Force Reserve is offering active-duty military retirees the opportunity to return to military service.

The National Defense Authorization Act for fiscal 2001 added Section 12741 to Chapter 1223, Title 10 USC, which permits retired active-component service people, who later serve in the Air Force Reserve, to elect retirement as members of the retired reserve.

In addition to helping Air Force Reserve Command fill a critical need, active-duty retirees will receive several benefits for continued military service as reservists.

These incentives include increased retirement income by earning points and/or pay while serving; promotion opportunity to a higher grade and retirement in that grade; renewed esprit de corps and camaraderie enjoyed on active duty; and the possibility of serving in another career field and receiving new training.

To be eligible for this program, people must be

regular active-duty Air Force retirees who retired not more than five years ago, or current active-duty members with an approved, projected retirement date.

The program is open to all career fields.

The Air Force Reserve will consider all applicants as long as there are valid vacancies to be filled, and they meet the program's criteria.

Some people may have to retrain to meet the needs of the Air Force Reserve.

Once retirees become members of the Air Force Reserve, they will participate within the regular boundaries of the Reserve's rules for promotion, continuation, utilization and retirement.

In addition to being physically qualified, retirees must meet current Air Force Reserve high-year-tenure or mandatory separation date rules, which require reservists to retire or separate by age 60.

For example, participation in the Reserve is limited to a total of 33 years service unless enlisted

reservists request and obtain an extension.

The retirees will continue to draw active-duty retirement pay, but will not receive dual compensation for active-duty retirement pay and participation in the Reserve.

Their active-duty retirement paycheck will be reduced by 1/30th for each day of reserve duty; however, they will receive a full reserve paycheck for duty performed on that same day.

During a drill weekend, reservists receive the equivalent of one day of active-duty pay for every four hours of service.

If promoted, members may elect reserve retirement pay in the higher grade at age 60.

Even if not promoted, they may request recomputation of their retired pay because of reserve participation.

Interested people who believe they qualify for the program may contact the nearest Air Force Reserve recruiter or call (800) 257-1212 for details. (Courtesy of AFRC News Service)

Civil Engineers open environmental website

By KIM TURNER

Tetra Tech

■ The 30th Civil Engineer Squadron environmental flight recently stood up an intranet website in an effort to address the growing number of environmental questions.

Available to people with access to the base intranet, the site is located at <https://ces-www/environmental/index.html>.

It offers answers on topics such as how to properly dispose of hazardous waste and what to do with old office furniture and computers.

"The environmental website, from an (installation restoration program) perspective, is an excellent opportunity to post community meeting minutes, fact sheets, and plans," said Ron MacLelland, 30th CES IRP community relations coordinator. "It helps provide another avenue for disseminating IRP information to the base."

The cultural resources management team also finds the environmental website to be very beneficial.

"Having an environmental website is useful for informing the base populace about the importance of cultural resources and the need to protect them," said Kelly Minas, 30th CES staff archae-

ologist.

Vandenberg users will have access to all environmental programs including management plans, forms, environmentally preferred products, pollution prevention success stories, and links to other local, state, and federal regulatory agencies.

The website also identifies and lists e-mail addresses for people who manage specific programs in the base environmental flight.

There is also information about upcoming environmental committee meetings and training opportunities that are available to military and civilian staff.

Soon the environmental website will feature an online environmental awareness training course that will provide newcomers and long-term employees with an overview of Vandenberg's environmental programs and services.

Program coordinators anticipate an August completion date for the online training.

The base environmental intranet website is accessible at <https://ces-www/environmental/index.html>.

For more information about the website, contact Kim Turner at (805) 739-2600 extension 222.



SENIOR AIRMAN STEVE SCHESTER

Team Vandenberg Spotlight

Name: Staff Sgt. Randy Ming

Assignment: 30th Space Wing, NCOIC of wing operations center console operations

Hometown: Jupiter, Fla.

Time on Vandenberg: two years six months

Time in service: 9 years

Supervisor's comments: Ming was recently recognized as Air Force Space Command's NCO Command Post Controller of the Year. "His dedication to service and attitude toward his community is a testament to his commitment to excellence and should be an inspiration to all airmen," Maj. J. David Boudreaux, chief command and control, 30th SW command post.

Jin-bao:Chennaut devised World War II early-warning system

By DONNA CLARK

14th Air Force History Office

During World War II, Gen. Claire Chennault developed a system of warning nets to provide accurate information on movements of all aircraft within the borders of unoccupied China. The system effectively tracked enemy and friendly aircraft.

The Flying Tigers warning nets were laid out in three concentric circles of increasing size. Radios and telephones were integral parts of the system, but Chinese observers were the true eyes and ears of the system.

The observers were located in radio stations, police stations, schools, temples and on

mountain tops. Telephonic information was filtered from outer circles to inner nets where it was compared with other reports, then relayed to a central station by radio.

In Chinese, *jin-bao* means "to be alert." During the war, Americans modified the Chinese phrase to jing-bao.

The jing-bao alert system had three levels— one-, two- and three-ball jing-bao.

During the day, when a single black canvas ball was atop a flagpole, it signaled that an unknown aircraft had been heard or seen at a distance of 180 miles.

A two-ball jing-bao cleared the area for action, warning that the planes were only 120

miles away.

The three-ball jing-bao warned people to take cover because enemy planes were only 62 miles out. At night, bells or gongs were used to alert citizens.

The nets also aided lost or disoriented pilots.

If lost, pilots flew in circles at low altitudes around a Chinese village. People at the ground station radioed the pilot's location to the central station. At night, the lost pilot would turn his landing lights on or fire short machine gun bursts to attract attention.

Eventually, U.S. Army officials, who were skeptical of the system, hailed Chennault's idea as the best air-raid warning system in existence.



SENIOR AIRMAN STEVE SCHESTER

Giving the gift of life

Shari Doud, 30th Medical Group, donates blood during Monday's blood drive at the med group. The Tri-Counties Blood Bank is always in need of blood and platelet donations. For more information about how to donate, call the blood bank's Santa Maria office at (805) 928-2546. The blood bank's Santa Barbara office number is (805) 965-7037.

Dietary supplements can pose health risks

By GERRY J. GILMORE
American Forces Press Service

People thinking about taking dietary supplements to pep up, bulk up or slim down ought to ask their doctor or other health provider first.

Dietary supplements can affect different people differently and may also interact adversely with prescription drugs, said Army Col. Mike Heath, the pharmacy consultant with the Office of the Army Surgeon General.

"It is in your best interest to talk to your health care provider before you take a dietary supplement," Heath said, "particularly if you know that you have a family history of heart disease, high blood pressure, diabetes, (or) asthma."

Dietary supplements, which include so-called energy boosters, over-the-counter diet pills and bodybuilding drinks or mixes, can also pose risks for people not taking prescription drugs.

"Anytime you put a chemical in your body, your body metabolizes or digests it, and there can be potential side effects," he noted, to include allergic reactions.

Heath said energy-enhancing dietary supplements provide a caffeine-like boost, similar to how strong coffee affects the central nervous system.

"It's a stimulant—it gives you a 'buzz' and affects the heart and cardio-vascular system in terms of raising your blood pressure and increasing the heart rate," he explained.

Heath recommends that military members not take dietary supplements, such as products containing the chemical compound ephedra, before engaging in strenuous physical activity.

"I'd caution them not to take these performance enhancing drugs or energy boosters and then go out and perform the PT test, particularly in hot weather," he said. "If you had some underlying problems, you could be setting yourself up for potentially serious side affects."

People should also be aware that, with the exception of vitamins, the Food and Drug Administration doesn't regulate dietary supplements the same way as it does prescription and other over-the-counter products, Heath said.

Under the Dietary Supplement Health and Education Act of 1994, the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed, according to the FDA (see <http://vm.cfsan.fda.gov> website).

The FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market, according to the website. Generally, manufacturers do not need to register with FDA nor get FDA approval before



Health officials warn dietary supplement users to consult their health-care provider to ensure

there will be no adverse reaction with prescription drugs.

producing or selling dietary supplements.

Heath said there is no FDA standardization of quality control in terms of what is in dietary supplements. He added that the potency of doses and other inert additives can vary from batch to batch.

The bottom line, Heath said, is that dietary

supplements are "chemicals you are putting into your body."

"How do you know, unless you ask someone qualified, whether or not these products can interfere with other drugs, to include any other over-the-counter products that you are taking?" he concluded.

BRIEFS from Page 1

AFA HOLDS CHARITY GOLF TOURNAMENT JULY 20

The Air Force Association Robert H. Goddard Chapter will hold its 32nd Annual AFA Charity Golf Tournament July 20 at Marshallia Ranch Golf Course. For information, call Dick Kline at 733-0720.

AIR COMMAND, STAFF COLLEGE PROGRAM BEGINS IN AUGUST

The Air Command and Staff College seminar program will start in August. The program is open to majors or major selects from all services and GS-11s and above. Application forms are available at the education center. For more information, call the education office at 605-5904.

BASE HONOR SEEKS NEW MEMBERS

The Vandenberg Honor Guard needs new members and buglers. People interested in joining the honor guard should contact Staff Sgt. Jessyca Castillo at 606-3654.

JUNIPER STREET CLOSURES FOR PAVING PROJECT

At 7 a.m. July 23, Juniper Street will be closed near Oakbrook Drive and Canterbury Court while contractors replace the paving with concrete. The project is scheduled to be completed Aug. 2 at 3:30 p.m. The paving is part of the Youth Center landscaping and walkway construction project. Detour signs will be posted. For more information, call Ken Whitcomb at (805) 207-6719.

Film crew covers F.E. Warren ICBM mission, set to film VAFB launch

By CAPT. STACY VAUGHN

90th Space Wing Public Affairs

Missileers at F.E. Warren AFB, Wyo., got a taste of lights, camera and action when Channel One, a news program targeted at teens, dropped by to put it all on film.

The two-day visit was for a story they're producing about the ICBM mission and the 90th Space Wing members.

"We came here (to film at Warren) because we want to inform young people on exactly what the Air Force's role is and to put a face on who's behind the defense of our nation," said Chris Young, Channel One producer. "Those faces include missileers, security forces, maintainers, and chefs go through on a day-to-day basis in the ICBM world."

The show is broadcast on MTV as well as to many U.S. high schools as part of an educational, issues-oriented program.

Young said the interviews conducted with members of the 90th Space Wing would show high school students that one option after they graduate is to join the Air Force.

The interviews also give this "target-recruiting" audience the opportunity to see what types of careers are available in the Air Force.

During their two-day visit, Derrick Shore, reporter, Carl Franson, audio, Chris Bell, cameraman, and Young, got a small taste of what the missileers, security forces, maintainers, and chefs go through on a day-to-day basis in the ICBM world.

The crew traveled out to a missile alert facility, where they conducted interviews and received a tour.

Later, at a missile procedure trainer, missileers from the 90th Operations Group let Shore perform a key turn, which simulates a missile launch.

"Being here, seeing how professional this organization is and seeing how secure these things (ICBMs) are, makes me sleep a lot better at night," Young said.

Young said they plan to watch a Peacekeeper launch scheduled for July at Vandenberg AFB, Calif., possibly using the footage in their story. The story will be aired this fall.

(Courtesy of Air Force Space Command News Service)

Information about available ADL e-training courses available on

UPGRADE from Page 1

training courses to taking the training to airmen in the field is one of the major principles supporting the ADL program, the major said.

Enrolling in an ADL course is simple. Eligible airmen can contact the job site training office at the base where the course originates, and they'll be registered and assigned a password and user ID,

Two good said.

Eventually, airmen will be notified and enrolled as soon as they become eligible to complete craftsman courses, he said.

While completing an ADL course will be self-paced using the Internet, students will have the ability to telephone or e-mail instructors to ask questions and receive help, Two good said.

During the initial implementation phases of ADL, base education centers

will administer end-of-course exams.

Tegtmeyer said his staff is facing several challenges including standardization and optimizing available technology.

"We know we have a long way to go, but we have reached a point where we have an 'e-training' site and are offering initial courses for airmen assigned anywhere in the world," he said.

The ADL staff is working with 19th Air Force to incorporate aircrew training

courses in the program, Tegtmeyer said.

"Additionally, we hope to see a greater interoperability between all the services' training programs as a result of ADL," he said.

Airmen can get more information about the ADL program and course offerings at the e-training web site, <https://etraining.aetc.af.mil>.

(Courtesy AETC News Service)

Community Calendar

13 FRI A **mutual funds seminar** will be held today at 11 a.m. in the family support center. Attendees can learn how to make their money work for them and the basics of investing in mutual funds. Call Jimmy Camacho at 606-4491 to register.

The Lompoc Valley Chamber of Commerce Military Aerospace Committee, local merchants, and the Non-commissioned Officers' Association will hold a **free barbecue with all the trimmings** for all E-4s and below at Cocheo Park today from 11:30 a.m. to 2 p.m. Active-duty members may bring their families to the event. Guests may bring their favorite music on CD. For more information, contact a first sergeant.

The **110th Annual Santa Barbara County Fair** will be held now through Sunday from 11 a.m. to 10 p.m. at the Santa Maria Fairpark. Participants can enjoy homegrown produce, carnival and western music by some of Nashville's finest. Tickets are \$6 for adults, \$3 for senior citizens and children under eleven. Children 5 and under are free. For more information, call (805) 925-8824.

14 SAT The Vandenberg Enlisted Action Team will hold a **free Hip Hop concert** at the base theater Saturday at 8 p.m. For more information, contact Airman 1st Class Richard Bugbee at 606-9236.

16 MON An informative session for people who have, or are considering an **assignment in the Republic of South Korea** will be held in the family support center Monday at 1:30 p.m. Participants can learn about the people, culture, and tourism. Call the relocation assistance office at 606-0801 to register.

17 TUE A **resume writing workshop** will be held Tuesday at 9 a.m. in the family support center. People can learn how to write a winning resume or update an old one.

Participants can also learn current formats and styles, effective words and power statements to use. The class is open to all active duty people, family members and retirees. Call Tinisha Agramonte at 605-8557 for information.

18 WED A **manage your move workshop** is scheduled for Wednesday at 1:30 p.m. in the family support center. People can receive briefings from the military family housing office, traffic management office, accounting and finance office, legal, Personal Financial Management, and Tricare. Call the relocation assistance program at 606-0801 to register.

19 THUR The family support center is sponsoring a **debt reduction class** Thursday at 11 a.m. People can learn solutions to pressing financial issues they keep



SENIOR AIRMAN STEVE SCHESTER

Vacation Bible School fun

Claudia Daugherty, in the pig tails, throws a water ballon in a basket while

her classmates try to block it during the many activities at the Chapel Tuesday.

putting off. To register, call Jimmy Camacho at 606-4491. The family support center is sponsoring a preparation class for the **U.S. citizenship exam** Thursday at 1:30 p.m. The workshop is designed for non-U.S. citizens who wish to take the examinations. People can learn the application procedures, answer sample questions and learn the intricacies of becoming a U.S. citizen. Call Sunny Park at 605-0134 to register.

20 FRI A first time seminar addressing **money management for young adults** will be held in the family support center July 20 at 10 a.m.

Young adults can learn how to develop good spending plans, money management, checkbook and credit maintenance.

Lunch will be provided. Call Jimmy Camacho at 606-4491 to register.

28 SAT The United States Air Force world renowned **Tops In Blue** musical showcase takes center stage July 28 at 7:30 p.m. in Cabrillo High School in Vandenberg Village for only one performance. Doors open at 6:45 p.m. Admission is free and open to the public. Call Lynn Warner at 605-8974 for more information.



At the movies

Today
PEARL HARBOR

Starring Ben Affleck and Josh Hartnett
The classic story of the Japanese attack on Pearl Harbor is told through the eyes of two boyhood friends, now serving as officers in the Army Air Corps. Rafe is an energetic young pilot who is selected to fly with the British in Europe while America is still not at war. After Rafe is shot down and presumed killed, however, Danny comforts Rafe's former lover, Evelyn, and the two draw closer. But, when Rafe turns up alive, the two former friends become enemies, and it is through the turmoil of Pearl Harbor that the two may reconcile their differences. Rated PG-13

Saturday
CLOSED

Sunday
PEARL HARBOR

July 20
MOULIN ROUGE

Starring Nicole Kidman and Ewan McGregor.

Christian, a young wannabe Bohemian poet living in 1899 Paris, defies his father by joining the colorfully diverse clique inhabiting the dark, fantastical underworld of Paris' now legendary Moulin Rouge.

In this seedy but glamorous haven of sex, drugs and newly-discovered electricity, the poet-innocent finds himself plunged into a passionate but ultimately tragic love affair with Satine, the club's highest paid star and the city's most famous courtesan.

Their romance is played out against the infamous club - a meeting place of high life and low, where slumming aristocrats and the fashionably rich mingled with workers, artists, Bohemians, actresses and courtesans. Rated PG-13

All movies start at 7:30 p.m. unless otherwise noted.



No One Comes Close
www.af.mil

S 30th Services

Pacific Coast Club

WEDNESDAY NIGHT

MEMBERS SPECIAL!

Look for the Surprise CHEF'S SPECIAL!



Remember, you can also choose from the A La Carte Menu on Wednesday & Thursday Nights!

Monterey Chicken \$9.95
Salmon Teriyaki \$10.95

VANDENBERG YOUTH SUMMER Sports Program

YOUTH BASKETBALL CLINIC

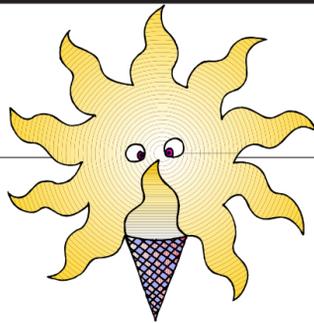
Basketball fundamentals offered for youth 8 to 13 years.
Location: Youth Center gym Clinic Date: Monday to July 0
Registration: Final is today Cost is \$15 per player
for players going into 3rd through 9th grade (\$10 for Youth Center members)

YOUTH SOFTBALL CLINIC

Fundamentals of fast pitch softball for girls 8 to 14 years.
Location: youth softball field # 1 Clinic Date: July 23-27
Registration is Monday through July 22 Cost is \$15 per player
for players 8 to 13 years (\$10 for Youth Center members)

YOUTH BASEBALL CLINIC

Fundamentals of baseball for players 8 to 12 years.
Location: youth baseball fields Clinic Date: July 30-Aug 3
Registration: Now through July 27 Cost is \$15 per player
for players 8 to 12 years (\$10 for Youth Center members)
Registrations will be taken Monday through Friday 7 a.m. to 5 p.m. at the Youth Center. For more, information call 606-2152. Fees are nonrefundable.



NEWS

Vandenberg Information, Tickets & Tours

Universal Studios Trip

JULY 21, 2001

\$35.00 transportation only

Buy your discount ticket at VITT in the Services Center Building: \$28.50 Adults, \$25.50 Children 6-11 years.



For more information or reservations, call VITT at 606-7976.



Located at the Services Center

STYLES of MASSAGE available:

- Swedish Massage
 - Deep Tissue Massage
- by appointment

Gift Certificates are available!

Call Mary 605-4748 or 717-9088

OUTDOOR REC

MOUNTAIN BIKE RIDE - Thursday, 5 p.m. Cost: \$5, register at Outdoor Rec. Bikes are available for rental with prior arrangement. **ATWIND EVENT!**

KERN RIVER RAFTING TRIP - July 21 OR July 22, (one-day trips) Cost: \$55 per person. Register by Wednesday. For more information, call 606-5908.

FITNESS CENTER

FREE RACQUETBALL TOURNAMENT - Friday, 11 a.m. at the Fitness Center.

FREE SOFTBALL ALL-STAR GAME - Friday, 6 p.m. field #1.

TRIATHLON is COMING!

Start training now for August 11 5K run, 20K bike, 400m swim! Registration deadline, July 23. Call the Fitness Center for more information, 606-3832. **ATWIND EVENT!**

GOLF

FRIDAY - Retired Military Tournament, 12:30 p.m. Open Play Shotgun is at 7:30 a.m.

SATURDAY and SUNDAY - Military CARGO Tournament, Sat, 11 a.m. to 12:30 p.m., Sun, 10:30 a.m. to 12 p.m.

SUNDAY - SCGA 4-Ball Qualifying Tournament, 8 to 9 a.m.

ROD & GUN

HUNTER'S SAFETY CLASS - Thursday and Friday, (Thursday and July 20) 5:30 to 10:30 p.m. Cost: \$10. Course is required by California law before receiving a first-time hunting license. Preregistration required prior to first night of class. Course taught by Sam Cintron, state certified instructor. Call 606-4560 for information.

BOWLING

EVERY FRIDAY - 'Eat and Bowl' special for July, 5 p.m. until closing. Cheeseburger, fries, beverage and three bowling games, including rental shoes for \$7.

SWIMMING POOL

SATURDAY - Family Fun Swimming Night 6:30 to 8:30 p.m. Cost: \$1, age 14 and younger, \$2, age 15 and up or use family swim pass. Call 606-3581 for information.

LIBRARY

BOOK-A-TRIP SUMMER READING PROGRAM For ages 4 to 16. Fun! Adventure! Excitement! Registration ends July 28. Call 606-6414 for information. **This is an ATWIND EVENT!**



Play ATWIND at these activities!

THIS WEEK'S PLACES TO PLAY:

- Friday-Friday** - ATWIND Golf Day, **all day!**
Mutual Funds, Family Support Center, 11 a.m. to 12 p.m.
- Saturday-Saturday-Saturday** - Youth Bowling at the Bowling Center, **all day!**
Youth Golf at Marshallia Ranch, **all day!**
Skills Auto Hobby Shop, **all day!**
- Monday-Monday-Monday** - ATWIND Fitness Day, Fitness Center, **all day!** (minimum 30 min. workout)
Newcomer's Spouse Orientation, Pacific Coast Club, 8 a.m. to 12:15 p.m.
Lunch at the Pacific Coast Club, 11 a.m. to 1 p.m.
- Tuesday-Tuesday-Tuesday-Tuesday** - Lunch at the Bowling Center, 11 a.m. to 1 p.m.
Lunch at Breakers and AETC, 11 a.m. to 1 p.m.
Stress Management Class at the HAWC, 2 to 4 p.m.
Family Night, Pacific Coast Club, 6 to 8 p.m.
Protestant Adult and Youth Bible Study, Bldg. 16113, 7 p.m.
- Wednesday-Wednesday-Wednesday-Wednesday-Wednesday** - ATWIND Library Day, **all day!**
Tickets, VITT, **all day!**
Total Body Conditioning, Services Center, 9 to 10 a.m.
Resume Writing, Family Support Center, 9 to 11:30 a.m.
Water Aerobics, Family Aquatics Center, 11:30 a.m. to 12:15 p.m.
Manage Your Move, Family Support Center, 1:30 to 3:30 p.m.
- Thursday-Thursday-Thursday-Thursday-Thursday-Thursday-Thursday-Thursday-Thursday-Thursday** - Skills - Arts and Crafts, **all day!**
ATWIND Bowling, Bowling Center, **all day!**
Lunch at the Golf Course, 11 a.m. to 2 p.m.
Personality and Temperament in Your Children, Family Support Ctr., 2 to 3:30 p.m.
July 20- July 20- ATWIND Golf Day, **all day!**
5K/10K Fun Run, Fitness Center, 12 p.m.

ONGOING EVENTS

June 1 to August 31

You can get an ATWIND game piece by participating in a number of base activities.

For a detailed list of these events, go to www.30svs.com and click on the **ATWIND ADVERTISEMENT!!**

You could win a NEW CAR, VACATION TRIP, CASH and much more! Vandenberg AFB can also win thousands of dollars when you play

ATWIND!

For more information, contact ATWIND Headquarters, 605-8974 or Services Marketing, 606-0276.

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