



AIRMAN 1ST CLASS STEVE SCHESTER

Maj. Gen William Looney III, 14<sup>th</sup> Air Force commander, speaks to a crowd of more than 200 people who attended the dedication ceremony

for the Curtiss P-40 replica on the east lawn of the 14<sup>th</sup> Air Force headquarters building Tuesday morning.

## Flying Tiger vets attend P-40 dedication

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

■ From 10,000 feet the pilot spots his target and rolls right, diving to attack altitude. Now, at more than 250 mph and skimming the treetops, the “Flying Tiger” banks the plane left, lines up the gun sights and squeezes the trigger.

During World War II the Curtiss P-40 was a major offensive weapon for the American Volunteer Group

defending American and Chinese ground troops during the Salween River Campaign.

Tuesday morning more than 200 people attended the dedication ceremony of the P-40 replica mounted on a pedestal on the east lawn of the 14<sup>th</sup> Air Force headquarters building. The display honors the proud heritage of the Flying Tigers.

During the ceremony, Maj. Gen. William Looney III, 14<sup>th</sup> Air Force commander, spoke about the com-

mitment and honor of the Flying Tigers.

“Lest we forget that America doesn’t win the battles with equipment and technology,” he said. “America wins battles with people. Today we honor some of those people with the P-40 display.”

About 25 Flying Tiger veterans were on hand for the event. One of those veterans was Clifford Long,

**See P-40 Page 4**

**This Week ...**

Commentary.....Page 2  
**Holocaust**  
A nation remembers

News.....Page 4  
**Special Olympics**  
Map and event information

News.....Page 8  
**Earth Day 2001**  
Lompoc to celebrate Saturday

# Event reminds nation of Holocaust

BY JEFFREY GEIGER

30<sup>th</sup> Space Wing chief historian

In October 1980, Congress enacted Public Law 96-388 creating the United States Holocaust Memorial Council and mandated it to lead the nation in an annual commemoration of the victims of the Holocaust.

It's called Days of Remembrance, and this year it's observed April 15 to Sunday.

The Holocaust stands out in the last century as a horrifying example of the extent people will carry their prejudices and hatreds.

The event was the systematic annihilation of more than 6 million Jewish civilians—men, women, and children—by the Nazis and their collaborators. The Jewish populations of the countries conquered by the Nazis were the primary targets of the regime. Also murdered were approximately 2 million other people in groups like gypsies, Jehovah Witnesses, and the handicapped. It was the most extensive, state-engineered genocide in human history, an event of unprecedented horror.

But the Holocaust could not have happened without the consent or, at least, indifference of the local populations. For centuries, anti-Semitism in Europe went through cycles of extreme violence followed by periods of relative calm. But it took a more ominous direction when Adolph Hitler came to power in Germany on Jan. 30, 1933.

Racist doctrine and anti-Semitism were integral parts of Hitler's National Socialist regime. The Third Reich enacted laws barring Jews from the professions and dismissing them from all public offices and the military.

The loss of civil and social rights for the Jews reached a climax in September 1935 with the promulgation of the infamous "Nuremberg Laws." The two basic laws stated that only persons of "pure" German blood, Aryans, could be citizens of the Reich, and that all intimate relations between Jews and Aryans were forbidden. This effectively ended Jewish emancipation and



NATIONAL ARCHIVES

*German soldiers round up Jewish families in the Warsaw Ghetto for deportation the camps, April 1943.*

made them second-class citizens. Numerous other decrees were also imposed, including the wear of the Star of David badge in public.

Kristallnacht—"the Night of Shattered Glass"—on Nov. 9, 1938, was the single worst outbreak of violence against the Jewish community up to that time. Throughout Germany, gangs of Nazi storm troopers smashed the windows of Jewish shops, torched synagogues, and ransacked Jewish homes. The next day, thousands of Jewish men were picked up at gun point and sent to concentration camps.

In 1938, Austria joined the Third Reich, and later that year Germany annexed the Sudetenland. The remainder of Czechoslovakia was seized by Germany in March 1939. For the Jews living in these occupied lands, the brutality metered out by the Nazis was even worse than that received by their brethren in Germany.

The German invasion of Poland on Sept. 1, 1939, marked the start of World War II and signaled the beginning of Hitler's Final Solution. Within a year, the Jews were isolated into crowded ghettos in Nazi-held territory.

The largest of these ghettos was in

Warsaw, Poland.

By 1941, German forces had overrun most of Europe. Millions of Jews in the German-occupied countries were caught by the Nazis and transported to camps. Many were sent directly to the main extermination camps in Poland.

The success in rounding up Jews for deportation varied, and depended upon the willingness or reluctance of local populations to cooperate with the Nazis. The Bulgarians saved most of their Jews, but the shining example of rescuing and helping Jews was shown by the Danes when they whisked almost the entire Jewish population of 7,500 to safety in neutral Sweden.

Jewish armed resistance to impending extermination was weakened by constant beatings, starvation, and an overwhelming sense of terror and anguish. Additionally, the desire to survive at whatever cost often meant ignoring gruesome rumors about the existence of death camps, and accepting Nazi pretenses and deceptions about the catastrophe unfolding. For these reasons and because they were an unarmed civilian population, much apprehension existed about confronting a highly trained military force backed by

the full resources of the regime.

Nevertheless, against overwhelming odds, many Jews struck back at their Nazi oppressors. Individual acts of bravery were accompanied by armed uprisings in the ghettos and camps, the formation of partisan groups, and the joining of resistance movements in occupied Europe.

The most famous of these uprisings began in the Warsaw, Poland, ghetto on April 19, 1943. As Lucy Dawidowicz relays in her book, "*The War Against the Jews, 1933-1945*," for more than 20 days, a group of about 1,000 resistance fighters, untrained and with pitifully few weapons held off a force of German SS troops numbering several times the size of the resisters. The Germans were equipped with tanks, artillery, and flamethrowers. In the end, about 75 fighters survived by escaping through Warsaw's sewers. The others were either killed or surrendered to whatever fate the Nazis had in mind for them.

In his book, "*The Abandonment of the Jews: America and the Holocaust*," historian David Wyman documents that western governments knew of Nazi atrocities before the war, and by mid-1942 they also knew of the existence and location of extermination camps. But they remained complacent to prejudice, indifference to inhumanity, and the many hundreds of thousands of people that could have been rescued perished needlessly.

With the passage of time, there are those today who spread the lie that the Holocaust didn't occur. But our military personnel were among those liberating the camps and bear witness to the truth.

Following his visit to Ohrdruf concentration camp April 15, 1945, General Dwight Eisenhower wrote, "The things I saw beggar description. The visual evidence and the verbal testimony of starvation, cruelty, and bestiality were so overpowering as to leave me a bit sick." As Americans, we have the duty to ensure that the Holocaust is never forgotten and that it never happens again.



Space and Missile Times  
Editorial staff

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

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

**Master Sgt. Ty Foster**  
Chief, Internal Information

**Staff Sgt. Andrew Leonhard**  
Editor

**Tech. Sgt. Lloyd Conley**  
Staff writer

**Airman 1st Class Steve Schester**  
Photographer

The *Space and Missile Times* is published by Lompoc Record Publications, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 30th Space Wing.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the *Space & Missile Times* are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in the

publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Lompoc Record Publications, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and

provided by the Vandenberg AFB Public Affairs Office. All photos, unless otherwise indicated, are Air Force photos.

The Public Affairs Office reserves the right to edit all submissions for style and space. Publication deadline is 4:30 p.m. every Friday. Send submissions to: 30SW/PA, 747 Nebraska Ave., Room A-105, VAFB, CA 93437; via fax at DSN 276-8303 or commercial (805) 606-8303; or by e-mail to [Space&MissileTimes@vandenber.af.mil](mailto:Space&MissileTimes@vandenber.af.mil). Questions regarding the paper can be directed to the *Space & Missile Times* staff at (805) 606-2040.

# First shirts visit Lackland, bust basic training myths

BY MASTER SGT. ROY BLANCO

30<sup>th</sup> Operations Group first sergeant

It's been a few years since many of us went through the enlightening experience known as Basic Military Training. So, with that in mind, several Vandenberg first sergeants and our command chief master sergeant traveled to Lackland AFB, Texas, to see first-hand just what's been going on down there since Duran Duran and Men at Work were popular on the radio and Ronald Reagan was commander-in-chief. Our visit dispelled a few myths that have surfaced over the last few years.

**Myth No. 1: Basic training is not as tough anymore.** Actually, the requirements for basic have become tougher. Not only are the trainees doing calisthenics, but they're also doing more pull-ups, sit-ups, and running two miles vs. one and a half miles.

**Myth No. 2: Basic training has a "time out" policy.** Contrary to popular belief, Air Force Basic Military Training never had such a policy. According to Senior Master Sgt. James Grisham, 321<sup>st</sup> Training Squadron superintendent, the Army tested this concept by issuing time out cards to trainees. The program was eliminated after the test phase.

**Myth No. 3: Troops coming out of basic training are not as committed.** You want commitment and patriotism? Then you need to see



AIR FORCE PHOTO

*Today's basic trainee spends a week living in field conditions. During Warrior Week, the trainees learn self aid buddy care, air base defense and weapons training. Upon graduation, they've earned the right to be called "Airman."*

Warrior Week graduation. During the fourth week of training, trainees are sent to the field where they learn the basics of self-aid and buddy care, air base defense, chemical warfare training and weapons training. The training culminates in a field exercise at a "forward" location where they are charged with protecting their base. Trainees graduate to become airmen on their last day in the field. The graduation ceremony normally has a command chief as guest speaker, distinguished visitors, and the formation of all flights. After a week of field training, the trainees

are presented their airman coin and U.S. insignia. Only then are they allowed to be called "Airman." The ceremony will certainly bring a tear to your eye.

**Myth No. 4: Training instructors are easier on the trainees.** While the stereotypical diatribe of profanity is not business as usual, when a TI yelled out disgust for the lack of bearing of a trainee, I had to fight the impulse to jump and ask, "How high?" Trainees still receive the kind of tender-loving butt chewing that basic is famous for. In that respect, nothing has changed.

For our entourage, a week at basic training reinforced that BMT is still as tough as it used to be and better. More stringent physical training requirements, Warrior Week, administering the oath of enlistment at the graduation parade, and, more importantly, earning the title of "Airman" are but a few of the many improvements made to the Basic Military Training program.

The entire BMT staff left no question of their commitment to producing the highest quality airmen.

We all bear responsibility not to break the warrior spirit these dedicated TIs strive so hard to establish. Rest assured, basic training hasn't gone soft on anything.

The standard is without question higher and we're getting a quality airman.

# Santa Barbara Special Olympics start tomorrow

■ The Northern Santa Barbara County Special Olympics are scheduled for tomorrow at the base track and bowling center.

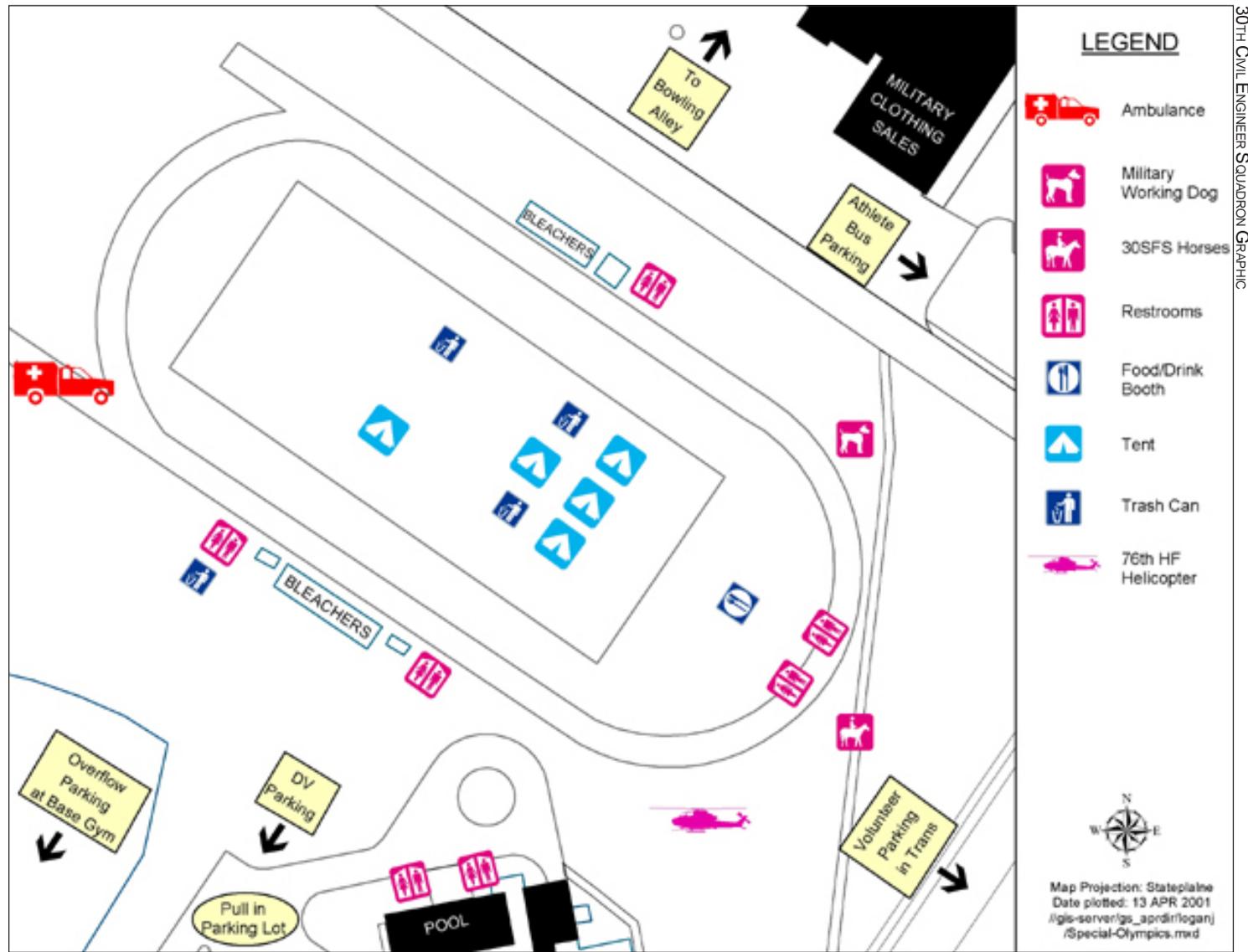
♦ Opening ceremonies start at 9 a.m. with the events beginning at 9:45 a.m.

♦ The 30<sup>th</sup> Security Forces Squadron will hold a horse and military working dog demonstration at noon.

♦ Closing ceremonies will start at 3 p.m.

In the event of rain, the Olympic Village and lunches will be moved to the basketball court in the base gym. The rest of the gym will be open for normal operations.

Community Loop road from the intersection of Alaska Way to California Boulevard will be closed 8 a.m. to 3 p.m. The parking lots of the Vandenberg Federal Credit Union, library, AAFES Four Seasons center, and veterinarian office will be closed. The businesses will have normal operating hours. For information, call 605-0785.



30TH CIVIL ENGINEER SQUADRON GRAPHIC



AIRMAN 1ST CLASS STEVE SCHESTER

Clifford Long, 14<sup>th</sup> Air Force Association president, wanted to be a pilot as a child. He fulfilled that wish during World War II in the P-40.

## P-40 pilots played important role in opening Burma Road

### P-40 from Page 1

14<sup>th</sup> Air Force Association president and a former P-40 pilot.

“I want to give a heart-felt thank you to the 14<sup>th</sup> Air Force,” said Long. “This was the first weapon of the 14<sup>th</sup>, and now it’s here for all to see.”

While the P-40 may have been out-classed and outperformed mechanically, the contributions and sacrifices

of the airmen who worked on and flew it during World War II proved its mission capabilities, Long said.

Long himself proved to be an exceptional pilot. At 17 years old, he joined the Army Air Corps Reserve. A little more than a year later, he was a

second lieutenant with the 25<sup>th</sup> Fighter Squadron flying the P-40 out of Yunnanyi, China.

As a child growing up during the Depression, Long dreamt of being a dive-bomber pilot. “We had a neighbor who would come home and fly low and fast over the town to let his parents know to come out to the airport and pick him up.” Long said. “I always wanted to

do that.”

Long flew 104 combat missions with the 25<sup>th</sup> Fighter Squadron; 101 of them were in the cockpit of a P-40. The P-40 was great for dive-bombing missions and low-level bombing because of its low speed capabilities and dura-

bility, he said. It was so successful that it helped the American Volunteer Group, commanded by Gen. Claire Chennault, achieve a 20-to-1 kill ratio. The group shot down 300 Japanese planes and lost only eight of their own pilots during the war.

During the war, the Burma Road was the only land link to supply China. The P-40 played an important role in opening the Burma Road, Long said.

Long flew a P-40 at the ceremony marking the January 1945 opening of the Burma Road at Wanting, China.

Long said the P-40 was a workhorse that a pilot could depend on.

“The P-40 was a joy to fly,” he said. “The longer you are with the aircraft, the more you become a part of it.”

Now it’s a part of Team Vandenberg.

**“I want to give a heart-felt thank you to the 14<sup>th</sup> Air Force.”**

Clifford Long  
14<sup>th</sup> Air Force Association president

**NEWS YOU****CAN USE****LOS PADRES ELEMENTARY  
HOLDS FAMILY PHOTO NIGHT**

The Los Padres Elementary School Parent Teacher Association has scheduled a family photo night Tuesday at the school's multiple purpose room. Photographers from a photo studio in Santa Maria will be there to take the pictures. The seating fee is \$20 with no obligation to buy a package. For information, call Master Sgt. Mark Howard at 734-9669.

**FAMILY SUPPORT CENTER  
HOLDS VOLUNTEER CEREMONY**

The family support center staff is holding a Volunteer Recognition Ceremony Wednesday at 1 p.m. in the Pacific Coast Club. All Team Vandenberg volunteers are invited to come. The event is free of charge to volunteers. For more information, call Tinisha Agramonte at 605-8557.

**LEGAL OFFICE CLOSSES  
APRIL 27 AT 11 A.M.**

The legal office will close at 11 a.m. April 27 for an official function. For emergencies, page the on-call staff judge advocate at 169-0060. They will resume normal operating hours April 29. For information, call Christine Holly-Vickers at 605-6207.

**HOLOCAUST LUNCHEON  
MARKS DAYS OF REMEMBRANCE**

The 30th Space Wing has scheduled a luncheon April 27 at 11 a.m. in the Pacific Coast Club. The guest speaker will be George Wise, a World War II veteran who aided in the liberation of two concentration camps. The cost is \$7 for club members and \$10 for non-members. People can purchase tickets through unit first sergeants or Capt. Rob Schmoldt at 605-8256. There will also be a free showing of the movie "The Last Days" directed by Steven Spielberg at 1 p.m. April 27 in the Minuteman Theater.

**COMMISSARY EXTENDS  
OPERATING HOURS ON SUNDAYS**

The Vandenberg commissary will open Sundays at 10 a.m. and close at 6 p.m. starting April 29. For more information, call 734-3354, extension 225.

**APRIL FOCUSES ATTENTION  
ON CHILD ABUSE**

During April, the 30th Medical Group and family services staff will have child abuse prevention information tables at various locations around base. A Family Fun Day is scheduled for April 28 at 1 p.m. in the youth center. The event will celebrate military families and underscore child abuse and its impact on children, military fami-

lies and the country. For more information, call Greg Barisich at 606-5338, Curtis Dunster at 606-2152, or Linda Bastine at 606-9958.

**ALS CLASS 01-D HOLDS GRADUATION  
MAY 1 AT PACIFIC COAST CLUB**

Airman Leadership School Class 01-D will hold their graduation May 1 at the Pacific Coast Club. Social hour starts at 6 p.m. and dinner begins 7 p.m. The attire for the evening is mess dress or semi-formal. For more information or for reservations call the ALS staff at 606-5595, no later than Thursday.

**COMPETITION ASSOCIATION  
HOLDS GC FUNDRAISERS**

The Vandenberg Competition Association encourages Team Vandenberg members to support this year's Guardian Challenge team. This year's 30th Space Wing bonfire and pie-in-the-face contest is scheduled for May 4. For information, call a VCA representative at 606-7076, 606-7646 or 605-3290.

**SELF-HELP STORE OPEN  
TO HELP CLEAN BASE FOR GC**

The C. Martin Company housing maintenance Self-Help Store staff would like to help get the base in shape for Guardian Challenge. The self-help hours of operation are Monday through Friday from 7:30 a.m. to 4:30 p.m. and every other Saturday through Oct. 6. For more information, call Lisa Scott at 734-2186.

**BASE CLOSURES ALL  
RECREATIONAL AREAS MAY 18, 19**

Outdoor recreational activities will not be permitted on north and south Vandenberg May 18 and 19 due to mission requirements. This includes access to the boathouse, all hunting and fishing areas, and beach activities. For more information, call Airman 1st Class John Smith at 606-6804.

**COMMANDER ANNOUNCES SERVICES  
AVAILABLE TO CONTRACTORS**

Col. Steve Lanning, 30th Space Wing commander, would like to let everyone know the following **services are available to all contractors on Vandenberg**: the bowling center, snack bar, equipment check out and outdoor recreation, FAMCAMP, fitness center, aerobics center, Foggios Pizzeria and Deli, John's Barbershop, base library, billeting, Marshallia Ranch Golf Course, A Natural Knead Massage Therapy, Pacific Coast Club, rod and gun club, child development center, family day care, school programs, youth center, services center and Vandenberg information tickets and tours. Call the 30th Services Squadron at 606-5031 for more information.



**America's Air Force -- No One  
Comes Close** [www.af.mil](http://www.af.mil)



# Vandenberg DUI numbers rise in 2001

BY TECH. SGT. LLOYD CONLEY  
30<sup>th</sup> Space Wing Public Affairs

■ Driving while under the influence of alcohol impairs a person's ability to operate a motor vehicle and places the life of the driver, his passengers, other motorists and his Air Force career in jeopardy.

"While this statement may sound trite, the consequences of driving under the influence of alcohol can have a sobering effect, no pun intended," said Lt. Col. Michael Prucey, 30<sup>th</sup> Security Forces Squadron commander.

However, in spite of the risks associated with DUI, some people still take the chance that they won't be caught and end up in a serious or fatal vehicle accident.

During the first three months of this year, six people assigned to Vandenberg have been apprehended for DUIs, said Lori Line, security assistant with 30<sup>th</sup> SFS Reports and Analysis. In addition to the six Team Vandenberg members, a civilian who was not affiliated with the base was also apprehended for DUI by a 30<sup>th</sup> SFS patrol, said Staff Sgt. Julie Steele, NCOIC of 30<sup>th</sup> SFS Reports and Analysis.

"These figures are a stark contrast to the three people apprehended for DUI in the first quarter of last year," she added.



Tech. Sgt. Paul Perez, 30<sup>th</sup> Security Forces Squadron, demonstrates the horizontal gaze nystagmus portion of the field sobriety test to 2<sup>nd</sup> Lt. Robert Giles, 30<sup>th</sup> Space Wing Public Affairs transition student. The horizontal nystagmus is the most accurate field sobriety test used to determine if a person is operating a motor vehicle under the influence of alcohol.

"What is unfortunate is that all of these incidents could have been avoided by simply calling someone or taking a taxi."

The consequences of a night of drinking and the decision to drive under the influence can have far reaching effects, Steele said.

"We have seen fines off base for individuals arrested for DUI range from \$650

to \$1,300."

A judge can order the drunk driver to pay restitution, do jail time or probation, and attend a six-month alcohol awareness course that costs more than \$350. Also, military members can expect to receive a letter of reprimand with an unfavorable information file.

Steele said that military people who

commit DUIs on base usually face non-judicial punishment.

Civilian offenders must appear before the U.S. Magistrate and face fines similar to those off-base.

Losing the privilege of driving on base is another penalty that military and civilian offenders face, added Steele.

This penalty not only affects the drunk driver, but their family, friends, and co-workers because they're forced to find other ways to get to work and home again, do commissary shopping and get to medical appointments, Steele said.

These punishments are all surmountable but the one thing that is not is death, said Chief Master Sgt. Louis DeMonte, 30<sup>th</sup> SFS security forces manager.

"Don't just think of the punishment you could receive," DeMonte said. "You can overcome punishment. But think if you killed someone. That's something you'd have to live with for the rest of your life. Is that something you could live with?"

"A DUI is easily prevented by using the base sponsored designated driver program," said Master Sgt. Brian Roberts, 30<sup>th</sup> Mission Support Squadron first sergeant.

To volunteer or obtain a list of designated drivers contact the Pacific Coast Club manager at 606-3330 or a unit first sergeant.

## Military court sentences airman for indecent assault

BY 2<sup>ND</sup> LT. SCOTT FLEMING

30<sup>th</sup> Space Wing Legal Office transition student

■ An airman from the 30<sup>th</sup> Security Forces Squadron was found guilty during court-martial proceedings here April 9 on three counts of indecent assault against two airmen and one Navy petty officer.

Senior Airman Christopher Sentance was sentenced to 15 months of confinement, forfeiture of all pay and allowances, a reduction in rank to airman basic, and a bad conduct discharge.

Opening the high-profile case, Capt. Michael Christy, trial counsel for the United States, said, "No means no."

Sentance was charged with these violations of the Uniform Code of Military Justice: Article 120 for rape, Article 125 for sodomy, Article 134 for indecent assault, and Article 128 for simple assault. His co-defense counsels, Capt. Antony Kolenc and Teresa Klein, questioned evidence, testimony, and witness credibility during the

**"Violators will be held accountable because in the past, present or future, no still means no!"**

Maj. Jeff Palmer

30th Space Wing deputy staff judge advocate

eight-day trial.

Their presentation convinced the five court members to find Sentance not guilty on the rape and sodomy charges. Each of the three indecent assault guilty findings represented a victim who was assaulted during Sentance's assignment at Keflavic Naval Air Station and Vandenberg from Dec. 1, 1998, to May 10, 2000.

Although the details of each indecent assault differed, the general environment that led to them was similar. As

testimony brought forth, Sentance found himself in numerous scenarios where he engaged in consensual physical contact with the active-duty women.

In each case, however, despite resistance and an expressed desire to stop by the victims, Sentance persisted, according to trail testimonies.

Maj. Jeff Palmer, 30<sup>th</sup> Space Wing deputy staff judge advocate, stresses that there's a misconception that the Air Force is not aggressively pursuing sexual misconduct. He said those who hold that belief may want to rethink their philosophy in light of the evidence presented during this court-martial.

"Air Force members have an absolute right to be free from unwelcome sexual advances and have a corresponding responsibility to report violations of their personal rights," Palmer said. "Violators will be held accountable because in the past, present or future, no still means no!"

AIRMAN 1ST CLASS STEVE SCHESTER

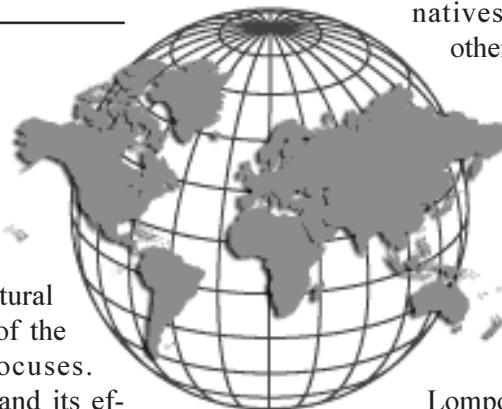
# Energy conservation tops list for Earth Day

By KIM TURNER  
Tetra Tech, Inc.

■ Sunday is the first Earth Day of the new millennium. Like many Earth Days in the past, conserving our natural resources is one of the event's main focuses. High-energy use and its effects on the environment is one of this year's themes. This is especially appropriate in view of California's energy crisis.

"One of the best ways to protect the planet on Earth Day is to use energy more efficiently," according to David Newton, president of the Alliance to Save Energy. "Using energy efficiently doesn't mean doing without; it doesn't mean ... being cold or sitting in the dark—it means using what you have efficiently."

Across the nation, cities in every state will host Earth Day events focusing on energy efficiency, cleaner energy alter-



natives and a variety of other activities.

Lompoc Earth Day 2001 Downtown Revitalization will be Saturday from 9 a.m. to 1 p.m. Volunteers will transform a vacant lot in the heart of

Lompoc at the corner of H

Street and Ocean Avenue into an

oasis of flower displays. For more information on this event, visit the City of Lompoc website at

[www.ci.lompoc.ca.us.com](http://www.ci.lompoc.ca.us.com). The event is an opportunity for everyone to show respect for our planet by exploring opportunities to better use its natural resources. Getting involved in local Earth Day events can help you learn to develop better energy consumption habits or contribute to local area Earth Day projects.

How can we be more energy efficient? In buildings, energy efficiency means using less energy for heating,

cooling, and lighting. It also means buying energy-saving appliances and equipment. This is especially important for heating and cooling systems, as they typically use the most energy. According to the Department of Energy, air conditioners are the single largest contributor to peak electricity demand.

The envelope of a structure is everything that separates its interior from the outdoors. It's what keeps the interior warm in the winter and cool in the summer. As components of the envelope, the doors, windows, walls, foundation, roof, and insulation present opportunities for improving energy efficiency.

For example, energy-efficient storm windows and doors can reduce heat loss when temperatures drop. In warmer weather, windows with special glazing can let in daylight without heat gain. Even simple weatherization techniques, such as weather stripping doors and windows, can significantly improve a building's energy efficiency.

For more information on nationwide Earth Day events, visit the Earth Day website at [www.earthday.net](http://www.earthday.net)

## Energy saving tips

- ◆ **Keep your cool and lower your costs.** Ceiling fans, floor fans and window fans provide additional cooling and better circulation, enabling you to raise the thermostat and cut down on air conditioning costs.

- ◆ **Size matters.** Poorly sized air conditioning units can inflate your energy costs and contribute to poor indoor air quality.

- ◆ **Your home could be leaking energy dollars.** Make sure your attic and ceilings are well insulated.

- ◆ **Plug surprising "leaks" from standby power.** Many common household items continue to consume energy when switched off. It costs consumers \$3 billion annually to keep their display clocks and remote controls working.

- ◆ **Cut your utility bills by 30 percent.** The Energy Star label is the symbol for energy efficiency when shopping for room air conditioners, major appliances, lighting, and home electronics. Find retailers near you at [www.energystar.gov](http://www.energystar.gov)



STAFF SGT. MARTIZA FERNANDEZ

## Team Vandenberg Spotlight

**Name:** Staff Sgt. Jessyca Castillo

**Assignment:** 30<sup>th</sup> Services Squadron, NCOIC of Mortuary Affairs and Vandenberg Honor Guard

**Hometown:** Hoyt Lakes, Minn.

**Time on Vandenberg:** 4 years

**Time in Service:** 6 years, 9 months

"Staff Sgt. Castillo is a multi-faceted and talented individual," said 1st Lt. Arden Ikehara 30<sup>th</sup> SVS combat support flight chief. "She consistently displays her outstanding professionalism and customer service skills. She always goes the extra mile to help others and has received numerous accolades from base agencies for her outstanding attributes," Ikehara said.

## AAFES implements new policy to eliminate SSNs on checks

■ In today's financial climate, where the issue of personal privacy is of the utmost importance, the use of social security numbers on checks is fast becoming a major concern among shoppers everywhere.

The Army and Air Force Exchange Service shares in this concern with its customers and is now changing its procedure for check acceptance at all AAFES direct-operated facilities worldwide.

In February, AAFES announced it was setting up a three-phase process to eliminate the need for social security numbers on checks. Beginning this month, AAFES begins rolling out its new check acceptance program.

The program will use a Magnetic Ink Character Recognition reader, or MICR, to eliminate the need for social security numbers to be written on checks. The system eliminates the need for cashiers to enter the social security number of the sponsor of the check. Instead, the social security number of the person presenting the check is keyed into the system as a one-time requirement. Patrons will no longer have to write the social security number on the check.

The check is scanned using the MICR reader, which reads the routing number, account number and check number. Other basic data, such as the presenter's

name, address and military unit for active duty personnel must still be printed or entered on the check.

It's important for customers to note that this policy will be implemented at their exchange after the MICR equipment is installed in every AAFES facility there.

The systems will be introduced first in East Coast exchanges beginning in April. Bases across the country can expect the new system to be operating by the end of May. The entire program should be completed when the European and Pacific systems are installed in July and August.

Until the system is functioning, the stores will continue to record social security numbers on checks. The social security number is an important element in the authorization of checks, as well as verification of authorized exchange customers.

"It is AAFES' policy to take every practical step to ensure the privacy of the service members, retirees and the family members we serve," said Tim Bailey, Chief of AAFES' management information systems fiscal support branch. "AAFES has made this commitment as a part of our mission to better serve our customers throughout the world." (Courtesy Army and Air Force Exchange Service)

## COMMUNITY

## CALENDAR

**20 FRI** **Vandenberg Middle School** needs volunteers to tutor sixth to eighth grade students in math, english and science. Volunteers are encouraged to bring a calculator. The 40-minute sessions are Tuesday, Wednesday or Thursday from 3:20 to 4 p.m. in the school library. For more information about volunteering, call the Vandenberg Middle School activities director at 734-2324 before 10:15 a.m. or 734-4391, extension 245, between 11 a.m. and 4 p.m.

**23 MON** A **marriage enrichment** class for couples, married or unmarried, will be held at the family support center Monday to May 16 on Mondays and Wednesdays from 4 to 5:30 p.m. The course covers effective communication, problem solving, conflict management, and personality and temperament styles. To register call Linda Bastine or Chaplain (Maj.) Willie Toguchi at 606-5773.

A **sponsorship training** class will be held Monday at 3 p.m. in the family support center. Participants can learn sponsorship responsibilities, relocation resources and tips to assist newcomers to Vandenberg. Call relocation assistance at 606-0801 to register.

**24 TUE** A **U.S. citizenship exam preparation** class will be held Tuesday at 1:30 p.m. in the family support center. The workshop is geared toward non-U.S. citizens who wish to take the citizenship examinations.

People can learn the application process and study sample questions. Call Sunny Park at 605-0134 to register.

**25 WED** The **career focus program** will provide information on local job employment opportunities and sources for job seekers in the family support center Wednesday at 10 a.m.

People can find out who's hiring and who's not and how to post a resume to the Air Force and local websites.

Call Tinisha Agramonte at 605-8557 for details and information.



AIRMAN 1ST CLASS STEVE SCHESTER

### Cost cutting measures

*Airman 1st Class Brian Barry with 30<sup>th</sup> Civil Engineer Squadron prepares to change a light bulb in Chapel 1. Replacement of the 72 incandescent bulbs with energy efficient flourescent bulbs represents a 64 percent energy savings to the facility.*

**27 FRI** An **individual retirement account seminar** will be held April 27 at 1 p.m. in the family support center. Participants can determine the best IRA choice for themselves and their family. They can also learn the difference between traditional and Roth IRA's. Call Jimmy Camacho at 606-4491 to register.

The **Santa Maria Strawberry Festival** is April 27 to 29 at the Santa Maria Fairpark, 937 South Thornburg, from 11 a.m. to 10 p.m. daily. The festival will feature musical entertainment, carnival rides, a variety of crafts, games and consumer products. General admission is \$5 for adults and \$3 for seniors and children ages 6 to

11. Children under 5 will be admitted free. Carnival wristbands are \$15 and parking is \$3. Call Teri Lee Martinez at (805) 925-8824 for more information.

**MAY 3 THUR** The **Officer's Spouse's Club** next function is scheduled for May 3 in the Pacific Coast Club at 6:30 p.m. The cost is \$8. The agenda will include installation of OSC officers and thrift shop volunteers, and recognition of scholarship recipients. Make reservations by Thursday. Members whose last names begin with A through K can call Stacy Henson at 734-7344. Members whose last names begin with L through Z can call Beki Melone at 734-2668.

5

SAT

The Santa Barbara Region Chamber of Commerce Hispanic Business Council is sponsoring its 10th annual **Cinco de Mayo Festival**, job fair and trade show May 5 and 6 in the De la Guerra Plaza downtown from 11 a.m. to 9:30 p.m. For more information, call Marti Correa Garcia at (805) 965-8561 or Patricia Fabing at (805) 730-1080.

16

WED

The family support center is sponsoring a **job fair** in the Pacific Coast Club May 16 from 10 a.m. to 2 p.m. A variety of employers and agencies will be at the event. It's open to all active-duty military, Department of Defense civilians, contractors, retirees, reservists, National Guard and family members. Call Sunny Park at 605-0134 for information.



### AT THE MOVIES

#### TODAY

##### See Spot Run

Starring David Arquette and Leslie Bibb.

Gordon is a mailman who has never met a dog he couldn't handle. Until one day when he offers to baby-sit the son of his beautiful neighbor and soon finds himself with a new animal in his life.

Rated PG, for crude humor, language and comic violence.

#### SATURDAY

##### Traffic

Starring Michael Douglas and Don Cheadle.

Mexican policeman Javier works on and around the border with his close friend and fellow policeman Manlo, under General Salazar.

Rated (R) for pervasive drug content, strong language, violence and sensuality.

#### SUNDAY

##### 15 Minutes

Starring Robert De Niro and Edward Burns.

So just how far will society's most desperate people go in order to get their "fifteen minutes"? And just how willing is the public to watch?

Rated (R) for violence language and some sexuality.

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

# True or false: you can pass this quiz?

BY BEVERERLY CALDERON

*Health and Wellness Center registered nurse*

■ You are what you eat, but do you know how to eat healthy meals and snacks to be at your best?

Take our quiz and find out.

1. True or False: Snacking may keep you from becoming overly hungry and over eating.

**True.** *Snacking can help curb hunger and over eating. Of course this means snacking on healthy items.*

2. True or False: Vitamins are a good source of energy.

**False.** *Vitamins have no calories. Vitamins and minerals are essential in small amounts for the metabolic reactions in the body.*

3. True or False: The calcium content of fat-free milk is the same as whole milk.

**True.** *The calcium content of fat-free is the same as whole milk. Fat-free milk provides a calorie savings.*

4. True or False: Substituting margarine for an equal amount of butter will reduce the fat.

**False.** *The calories are the same in butter and margarine, unless the margarine is reduced fat.*

5. True or False: Two-percent milk is a good low-fat choice.

**False.** *The two-percent on the label refers to weight of the product, not the calorie content. Two-percent milk provides 37 percent of its calories from fat. It is not a low-fat item.*

6. True or False: The fat in an egg is found in the yolk.

**True.** *The yolk is rich in fat and cholesterol. Egg whites are a good no-fat protein source.*

7. True or False: Some fruits contain fat.

**True.** *The avocado is considered a fruit. It is rich in mono-unsaturated fat and can be a good health choice in moderation.*

8. True or False: A fish filet sandwich is usually a better choice at a fast-food restaurant than a quarter-pound hamburger.

**False.** *The fish filet is deep-fried and has 30 grams or more of fat. A quarter-pound hamburger has 21 grams of fat. A better choice yet, may be a grilled chicken with no mayonnaise and only five grams of fat.*

9. True or False: Mozzarella cheese (made with skim milk) has less fat than cheddar cheese.

**True.** *Mozzarella (from skim milk) has five grams of fat per ounce and cheddar has 10 grams per ounce.*

10. True or False: Meeting the five-a-day fruit and vegetable servings will add a lot of extra food to your day.

**False.** *The portion sizes are often small. A box of raisins, 1/2 cup cranberry juice or 1/2 cup of cooked vegetables all equal one serving. Adding five-a-day will only add 125-300 calories to your day.*

11. True or False: An eight-ounce glass of orange juice is equal to one fruit serving.

**False.** *A serving of orange juice is 3/4 cup with 80 calories.*

12. True or False: Your body cannot use protein as a blood glucose source.

**False.** *When the body does not receive enough carbohydrates for fuel, it will use its lean muscle (protein) stores to produce blood glucose.*

13. True or False: The American Dietetic Association recommended daily fiber intake is 20-35 grams.

**True.** *An intake of 20-35 grams of fiber per day is associated with numerous health benefits, such as weight control and cancer prevention.*

14. True or False: The average daily intake of fiber in the United States is 10 grams.

**True.** *The average person is not even receiving half of the recommended amount of fiber.*

15. True of False: In most exercise activities, heart rate has a linear relationship with Age.

**False.** *Oxygen consumption up to 85% of VO<sub>2</sub> max.*

# NEWS

# S<sub>30th</sub> Services

PACIFIC COAST CLUB

Saturday

# A-L-L-NIGHTER!

in the  
**HAWK'S NEST**  
9 p.m. to 4 a.m.  
with  
**DJ Guy**

Lounge opens at 8 p.m.

Tuesday

at the  
**PACIFIC COAST CLUB**  
served from  
6 to 8 p.m.



- Monterey Chicken - \$9.95
- Blackened Salmon - \$11.95
- New York Steak - \$13.95

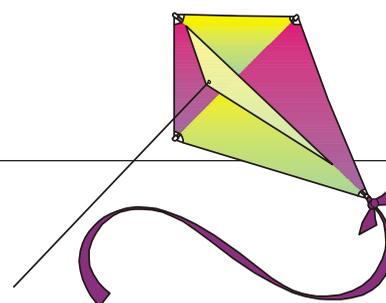
## Reminders....

# Foggio's April Special

Give us a call!  
605-7800



- SUNDAYS ONLY -  
Purchase a large 2-topping pizza and get a family order of salad and bread sticks  
**FREE!**



## OUTDOOR REC

**DEEP SEA FISHING** - April 28, Patriot Sport Fishing, Avila Beach. Salmon only. \$50 per person, \$7.30 for fishing license, \$20 rod & tackle (at the site). Call 606-5908 to register and for more information.

**NATURE/WILDLIFE APPRECIATION TOUR** - April 29, 10 a.m. Sign-up by Friday. \$5 per person.

## GOLF

**TOURNAMENTS:**  
Saturday - MENS CLUB

Sunday - SCOTCH FOURSOME  
April 27, 1 p.m. - 14AF SHOTGUN START  
Open play Shotgun start 7:30 a.m.

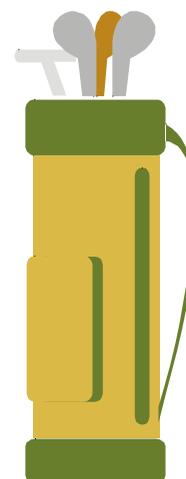
April 28, 1 p.m. - AMERICAN LEGION SHOTGUN START  
Open play Shotgun start 7:30 a.m.

**INTRAMURAL GOLF LEAGUE starts May 1**  
You may prepare every Thursday with lessons provided by a golf instructor for \$10 per person (inc. range balls) from 5:30 -6:30 p.m. Sign-up in the pro shop. Limited to first 12 sign-ups. (If an additional 12 golfers sign up, a second class will be offered.)

## JUNIOR GOLF LESSONS

at Marshallia Ranch Golf Course are available at 1:30 p.m. every Saturday. Cost: \$5 per child, age limit seven years. No sign-up necessary.

Call 606-6262 for information.



## What's happening at the LIBRARY?

**THE INTERNET IS COMING FRIDAY!!!**  
Sign up for your internet card.

**ALL LIBRARY USERS:**  
Sign-up for the new library cards continues.

**NEW READING GROUP** for women's interest meets Thursday at noon in the Library's Conference Room (brown bag lunch). First book to be discussed is "The Barbie Chronicles" by Yona Zeldis McDonough. For more information, call the library, 606-6414.

## V.I.T.T.

**VITT NOW HAS...** Advanced tickets for 'all-day-ride wristbands' for the Lompoc Annual Spring Arts Festival, April 27, 28 and 29. Tickets for these wristbands available only until April 26. Cost: \$15 in advance... \$18 at the Festival.

## BOWLING

**April is** - "Month of the Military Child." Many bowling specials give youth at Vandenberg a price break for the entire month.

**SATURDAY - Adult-Junior "Moonlight No-Tap" Doubles Tournament with divisions**  
Check-in 5:30 p.m., bowl at 6 p.m. Cost: \$10 per doubles entry.

## FITNESS

**NOTICE-** We are requiring a Military, Dependent or DOD Contract ID for all equipment checkout, i.e. towels, basketballs, etc.

## ROD & GUN

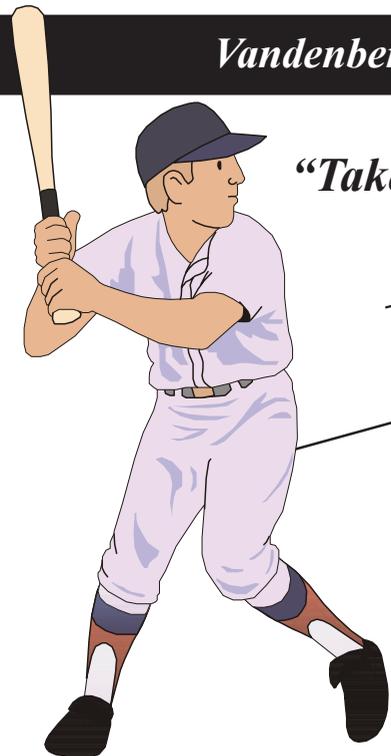
**NSSA and CSSA SKEET** - Saturday & Sunday, 8 a.m.  
**ARCHERY 3-D SHOOT** - Saturday  
**ARCHERY SAFETY TRAINING CLASS** - May 12 and 13  
Call 606-4560 for more information.

# 30th Services



# NEWS

## Vandenberg Information, Tickets & Tours



Vandenberg Leisure Tours  
 "Take Me Out to the Ballgame"

# Dodgers vs Padres

Friday, June 22  
 \$45

transportation  
 & reserved seating /  
 loge seats (2<sup>nd</sup> level) / left field  
 Leave base 2 p.m., return approximately 1 a.m.  
 For more information, call 606-7976.

## Youth Center

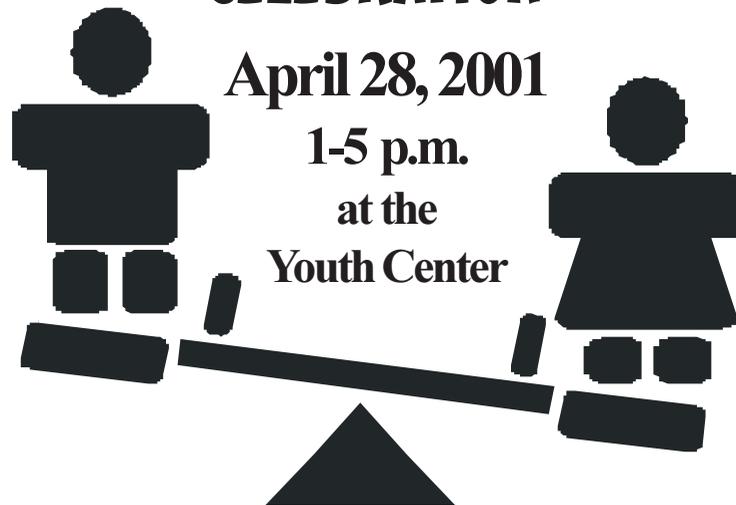
The Youth Center, 30th Medical Group,  
 Family Advocacy, Security Forces  
 and Family Support  
 is co-sponsoring...

# Salute to Youth MONTH of the MILITARY CHILD CELEBRATION

April 28, 2001

1-5 p.m.

at the  
 Youth Center



Many displays, booths and events will take place for the  
 whole family. A TEEN DANCE will follow the day's  
 activities at the Youth Center, 6-9 p.m.

Call Wendy Elzy at 606-2152 for more information.

## LAS VEGAS Turnaround

2 - 3  
 JUNE

\$40

(with \$25 returned -  
 see below)



Transportation by large, restroom-equipped motorcoach

Leave base 6 a.m., arrive California Hotel & Casino, downtown Las Vegas approximately 3 p.m.  
 Twelve hours to spend as you wish - NO monitoring. \$25 back in cash, play & food coupons.  
 Leave Las Vegas, 3 a.m., arrive back at base approximately noon, Sunday.  
 For more information, call 606-7976.

## Family Child Care...

# N.O.T.I.C.E

Family Child Care Office has Relocated.

The office now located on California and Tenth St.

Building #7204-A, directly across from

Western Range Operation Control.

For more information please contact

Evelyn Holmes or Gwen Jones.

606-3255 • 606-4639

Thank you, Family Child Care Staff

## Why Be A Family Child Care Provider?

- A good way to provide playmates and companionship for your own children
- A way to add to the family's income without having to work outside the home
- You provide care for military/ DOD families
- You have the satisfaction of self-employment in your own home
- Because you enjoy children and having them in your home

For more information on becoming a licensed Family Child Care provider  
 please contact Evelyn Holmes or Gwen Jones at 606-3255/606-4639

*A Profession Where One Person Makes A Difference!*