



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

This week ...

News.....Pg. 3
Package bomb Blast injures first shirt

Events.....Pg. 5
Community Calendar Meeting, events, movies

Sports.....Pg. 6
Bull's-eye! NCO hits mark every time

Base News Briefs

VANDEMBERG BEACHES NEAR MANDATED CLOSURE

Vandenberg officials report that no violations were issued last weekend. The total violations are 22 at Surf Beach, two at Minuteman Beach and two at Wall Beach for entering closed beach areas. Base officials must close public access to base beaches when citation thresholds are reached. The thresholds are: 25 at Surf Beach, 10 at Wall Beach and five at Minuteman Beach. For information about beach access status, call the base fish and game office at 606-6804.

VAFB TOP THREE HOLDS MONTHLY MEETING THURSDAY

The Vandenberg Top Three will hold its monthly membership meeting at noon Aug. 30 in the services center. All master sergeant selects through chief master sergeants who are permanently assigned here may attend. For more information, call Master Sgt. Ty Foster at 606-3595. The next Top Three Executive Council meeting is scheduled for Sept. 6 at 8 a.m. in the services center.

MEDICAL GROUP CLOSING AUG. 31, SEPT. 3

The 30th Medical Group will be closed Aug. 31 at noon for an official function. The clinic will be open Sept. 1 from 9 a.m. to 1 p.m. for pharmaceutical and previously scheduled appointments. Additionally, the clinic will be closed Sept. 3 for the Labor Day holiday. If a need for urgent or emergency care arises, go to the nearest emergency room and call the toll-free number, (888) 252-3299, on the back of the TRICARE card for assistance.

30TH SFS HOLDS ANNUAL PISTOL MATCH SEPT. 7

The 30th Security Forces Squadron is holding an Excellence in Competition pistol match Sept. 7. The first 100 people to sign up will be guaranteed a slot. The competition is open to all active-duty and reserve Air Force personnel. Shooters must be familiar with the weapon and its operation prior to the match. There will be no instruction given on the operation of the weapon, other than a safety briefing. Call or visit the combat arms range, building 21308, off San Antonio Road West to sign up. Any questions concerning the competition may be directed toward Staff Sgt. Erik Skrudland at 605-5005 or Staff Sgt. Shane Wisener at 605-5007.

DORM COUNCIL HOLDS FREE BARBECUE AT MEETING

The Top Life Dorm Council has scheduled a free barbecue during their next meeting Wednesday at 3 p.m. The barbecue is open to all dorm residents and will be held between Burner and Jupiter dormitories. The free meal is being sponsored by the Vandenberg Enlisted Action Team, Noncommissioned Officer Association, and the first sergeants council. For more information, call Airman 1st Class Chaunte' Shepherd at 606-6526.

LOMPOC COMMUNITY CENTER NEEDS VOLUNTEERS, SUPPLIES

Officials at the Lompoc Valley Community Center are looking for "handy" people to help finish building a youth center. Volunteers with construction experience are needed. The Vandenberg Defense Reutilization and Marketing Office recently gave the center two modular surplus units and a local contractor has donated more than \$300,000 in labor and parts to get the units upgraded for use. The center is located on South K Street just across the street from Lompoc High School.



30th Weather Squadron's weekend forecast
Vandenberg will have mostly cloudy mornings followed by partly sunny afternoons. Fog will roll in early evening.



Low/High
51/68

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.

Roll-over accident at main gate injures one

BY MASTER SGT. LLOYD CONLEY

30th Space Wing Public Affairs

■ A 30th Operations Group master sergeant was injured in a two-car accident at Vandenberg's main gate outbound lane at 4:45 p.m. Monday.

The senior NCO suffered injuries when the vehicle he was driving flipped over during the accident.

Vandenberg's paramedics and fire department quickly responded to the scene to remove the victim from his overturned vehicle. He was transported by ambulance to Marian Medical Center in Santa Maria where he was treated for a broken leg and other minor injuries.

The driver of the second vehicle, a federal civilian employee, was apparently uninjured and declined medical attention, said Senior Airman Jason Bodine, 30th Security Forces

Squadron installation entry controller.

Fortunately for the injured driver, 30th SFS entry controller Senior Airman Christine Perrin was on duty during the accident. She is a licensed vocational nurse.

"I was standing near the rear of the gate house on the opposite side when I heard what sounded like a loud pop," Perrin said.

"When I turned I saw a black car flip over and come to rest upside down in the lane," she said. Perrin went to the driver's aid, calming him and keeping him immobile until the paramedics arrived.

In his first day on the job at the main gate, Perrin's partner, Airman 1st Class Robert Trujillo, secured the accident scene and began redirecting the end-of-the-day rush hour traffic.

The cause of the accident is currently under investigation by security forces.



Vandenberg emergency response crews attend to the operator of an overturned vehicle in the main gate outbound lane Monday afternoon.

Airman 1st Class Jonathan Poweroy

Base under attack

Team V hones wartime skills for upcoming ORI

BY STAFF SGT. ANDREW LEONHARD

30th Space Wing Public Affairs

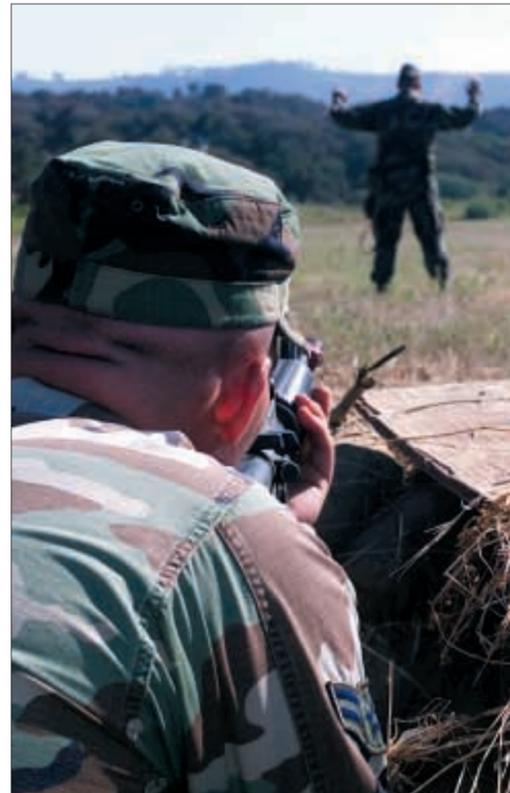
■ With the Operational Readiness Inspection only a couple of months away, Team Vandenberg sharpened their exercise skills one more time this week during Foggy Shores exercise 01-07.

The exercise addressed several different scenarios including bomb threats, deployment processing, HAZMAT spills, and set up of a forward deployed base at the North Star training area on North Vandenberg, said Edward Rambus, 30th Space Wing chief of exercises and evaluations.

Rambus said the objective of many of the scenarios was to help base leadership make the team ready to handle any type of emergency, either natural or man-made.

"Scenarios are driven by the process owner," said Senior Master Sgt. Brian Joseph, 30th Support Group exercise and evaluation team member. "Squadron supervision and E.E.T. members tell us what they need to practice and then (the wing inspections office) consolidates all the inputs into a base exercise."

A byproduct of Foggy Shores exercises is that it helps prepare Team Vandenberg for the next ORI scheduled in October, Rambus said.



Senior Airman Edward Brady

Airman 1st Class James Pryor, 30th Civil Engineer Squadron, challenges a suspicious person during field training Tuesday. During the exercise, he was deployed to Vandenberg's North Star training site.



FILE PHOTO

Atlas launch moves to right

BY STAFF SGT. ANDREW LEONHARD

30th Space Wing Public Affairs

■ Saturday's scheduled launch of an Atlas IIAS rocket from here has been postponed indefinitely.

During an independent inspection review at Lockheed Martin an opportunity arose to improve the chances for mission success with an adjustment to the fuel system, said Lt. Col. Nancy Insprucker, program manager for medium launch vehicles at the Space and Missile Systems Center, Los Angeles.

According to Insprucker, additional fuel will be put on board and the launch window will be reduced to optimize performance.

The rocket was scheduled to lift off from Space Launch Complex 3 on South Vandenberg to place a classified payload in orbit.

Twelve Atlas IIAS's have been launched since 1995. This will be the heaviest load the Atlas IIAS has ever flown.

People wishing to view or find out additional information about the launch may call the launch line at 606-1857 or visit the launch schedule website at www.vandenberg.af.mil for updates.

TIME: A few minutes of mine saved my daughter's life

BY SENIOR MASTER SGT. BRIAN JOSEPH

30th Support Group

Sometimes you have to slow down in life and listen to that little voice in the back of your head that's saying, "Do it now!"

I was just sitting there at the stoplight waiting for it to turn green. My wife Vasana was in the back seat with Gabrielle, our almost-a-year-old daughter.

Gabrielle was telling us her stories and being the doting parents we are, we listened and joined in. We talked about what a beautiful day it was and how we were looking forward to some fine Italian dining at one of our favorite restaurants in Santa Barbara.

My light turned green and after a few seconds I moved out into the intersection.

WHAM! All of the sudden, our plans changed. No Italian food. No beautiful day. No idle chit-chat.

The driver of a 1996 Ford Explorer changed all of that when she ran her red light and broad-sided our



Senior Master Sgt. Brian Joseph, 30th Support Group unaccompanied housing chief, stands beside his wrecked car. A week before the accident, Joseph learned how to properly install his daughter's car seat during a family advocacy sponsored car seat inspection.

Airman 1st Class Jonathan Poweroy

car on the driver's side.

It wasn't too bad for me. My side-impact air bag deployed and cushioned some of the blow. Vasana, well, she was banged up pretty bad between the car seat and the passenger door.

But Gabrielle? The Explorer had smashed into her side. The only thing protecting her was her car seat. Seconds seemed like hours as we skidded to a stop.

Gabrielle was crying, that can be good or bad. There was shattered glass all around her. Later we even found glass in her diaper. By the grace of God, she was fine, save for a little bump on her cheek.

Well, by the grace of God and Valerie Andersen. She's a certified child passenger safety technician who works at the family advocacy office here.

About a month ago, I was reading VAFB News &

DID YOU KNOW?

- Four out of five car seats are installed improperly.
- Car seats shouldn't be used for more than six years.
- In 1999, there were 550 passenger vehicle occupant fatalities among children under 5 years of age.
- From 1975 through 1999, an estimated 4,500 lives were saved by the use of child restraints.

Information provided by the National Center for Statistics and Analysis.

See DAUGHTER Page 4

Mentors--Grooming today's Air Force for tomorrow's challenges

By COL. CHARLES W. CAMPBELL JR.
30th Medical Group Commander

You may wonder what the difference is between coaching, counseling or mentoring and how they apply in today's Air Force.

According to Florence Stone, author of the book "Coaching, Counseling or Mentoring," coaching helps get your people to do their best work, counseling addresses problem performers, and mentoring is reserved for the most talented employees.

Certainly we are all interested in doing our best every day.

In this age of downsizing, rightsizing and optimization, we have to find ways to enhance our unit's performance—do more with less, as the saying goes.

We also know that the Air Force has fallen short of its recruiting goals in recent years.

To reverse that trend, we must all accept the role of recruiting and retaining the best and the brightest. We must make every effort to identify and nurture the outstanding performers we have to improve their performance and increase their potential for retention.

What is a mentor after all?

The Council of Graduate Schools (1995) cites Morris Zelditch's useful summary of a mentor's multiple roles: "Mentors are advisors, people with career experience willing to share their knowledge. They are supporters, people who give emotional and moral encouragement. They are tutors, people who give specific feedback on one's performance. They are masters, in the sense of employers to whom one is apprenticed. They are sponsors, sources of information about and aid in obtaining opportunities. They are also role models, of identity, of the kind of person one should strive to be."

This is not a new concept. Mentoring dates back to ancient Greek history.

In general, an effective mentoring relationship is characterized by mutual respect, trust, understanding, and empathy.

Good mentors are able to share life experiences and wisdom, as well as technical expertise.

They are good listeners, good observers, and good problem-solvers. They make an effort to know, accept, and respect the goals and interests of a mentee or protege.

I have been fortunate throughout my Air Force career to have several people who were willing to mentor me.

The first person was my uncle, a navigator who retired after 26 years of service. He guided me to the Air Force Health Professions Scholarship Program. Not only was this an excellent way to pay for my medical education, but it also came with the promise of guaranteed employment after graduation.

Another person who had a great deal of influence on me early in my career was the chief of hospital services at David Grant Medical Center at Travis Air Force Base, Calif., my first active-duty assignment.

This colonel took the time to talk to me about what he had done in his career, and what pathway he might take if he could do things differently.

He didn't tell me what I should or should not do, but told me just enough so that I could make a decision on my own.

The last person is a colonel whom I met when she was the chief of clinical medicine at Headquarters U.S. Air Forces in Europe, and I was stationed at Geilenkirchen Air Base, Germany.

The colonel took an interest in me, and played a large part in arranging my next two assignments, first as a flight surgeon at Incirlik Air Base, Turkey, and later to Washington, D.C., to work in the Air Force Surgeon General's Office (I still don't know whether to thank her for that or not).

I am certain that the roles these people played had an influence on my desire to be a mentor myself.

While in the surgeon general's office, I was assigned as a mentor for a second year medical student at the Uniformed Services University of the Health Sciences.

I was fortunate enough to remain in the area long enough to see him graduate and move to further training in radiology. Later, I was assigned to USUHS and mentored two other medical students during that time.

What's in it for me?

I won't profess to speak for everyone, but I feel that being a mentor is very rewarding.

You get an opportunity to see people develop and achieve goals. You also get to discuss with your understudies the special features of your position, the good and the bad.

You can describe what a typical day, week, or weekend is like for you, if there is such a thing.

You could also talk about off-duty activities, family obligations, and how you attempt to balance the professional and personal aspects of your life.

Finally, you have the chance to develop mentors for future generations.

Gen. Colin Powell, the retired chairman of the Joint Chiefs of Staff spoke about mentoring in his Leadership Primer.

In it, he says that one should "learn from the pros, observe them, seek them out as mentors ..."

He also walks the talk and has established America's Promise, an Alliance for Youth. One of his goals is to link community leaders and volunteers with the young people of America to help them achieve their full potential.

The most talented in today's Air Force should rise to General Powell's challenge.



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

Commander's Action Line

Mission success is our top priority, and the talented men and women of Team Vandenberg get it done with excellence. Key to the effectiveness of any great team is good communication. The 30th Space Wing Commander's Action Line is your direct communication link to me. It provides an avenue for you to voice your concerns, share constructive ideas, or give your Vandenberg teammates a pat on the 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.

Call the Commander's Action Line at 606-7850 or actionline@vandenberg.af.mil

EMERGENCY.....	911
Information.....	411
Poison control.....	800-876-4766
Clinic appointments.....	606-2273
After-hours urgent care.....	888-252-3299
TRICARE services.....	800-242-6788
Health Care Information Line.....	800-611-2883
Law enforcement.....	606-3911
Housing maintenance.....	734-5586
Child Development Center.....	606-1555
MPF customer service.....	606-7756
Visitor control center.....	606-7662
Launch line.....	606-1857
Chaplain (after hours).....	606-9961
Red Cross (duty hours).....	606-0372
Red Cross (after hours).....	800-660-4272
EOD (duty hours).....	605-1375
EOD (after hours).....	606-9961
Pest Control.....	606-7361
Base operator.....	606-1110
Public tours.....	606-3595

SPACE & MISSILE
TIMES

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
Airman 1st Class
Jonathan Pomeroy
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. Deadline for article submission is 4:30 p.m. Friday a week prior to publication.

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

Airmen prep for NCO status

■ Twenty-one senior airmen graduated from Airman Leadership School during a ceremony Aug. 9.

During the five-week course, the students learned and practiced leadership, communication and other skills required of Air Force NCOs. The following senior airmen graduated from ALS Class 01-F:

John L. Levitow Award Winner-- James Braley, 30 th Security Forces Squadron	30 th Transportation Squadron
Leadership Award Winner-- Jerry Dixon II, 30 th Transportation Squadron	Johndrea Bishop 30 th Civil Engineer Squadron
Academic Achievement Award Winner-- James Johnson, 30 th Civil Engineer Squadron	Alex Kilpatrick 576 th Flight Test Squadron
Distinguished Graduate-- Justin Frazier, 576 th Flight Test Squadron	Benjamin Wooton 30 th Operations Group
Graduates 30 th Security Forces Squadron	Amy Blount 30 th Comptroller Squadron
Steven Coulter	Jeremy Bush
Christopher Frantz	30 th Communications Squadron
Thomas Lepetri	Michael Flick
Damion McElroy	Donna Vargas
Rogelio Meza, Jr	532 nd Training Squadron
Tony Potter	Jesus Ruiz
Oscar Prieto	30 th Medical Operations Squadron
	Jimmie Morris
	Detachment 1, 345 th Training Squadron
	Kami Demnyan

Taking the Oath



AIRMAN 1st CLASS JONATHAN POMEROY

Senior Airman Trever Scott, 30th Civil Engineer Squadron, takes the re-enlistment oath Tuesday at North Star on North Vandenberg during the Foggy Shores

exercise. The oath was administered by 1st Lt. Keith Klegner, 30th CES. Scott was one of 263 senior airmen at Vandenberg to make staff sergeant July 18.

Pay proposals could put big money in GI's pockets

By STAFF SGT. AMY PARR

Air Force Print News

■ WASHINGTON—Jan. 1 marks the beginning of a new year, as well as the start of the military's latest pay raise.

With recruiting and retention on the front burner, many leaders hope increased pay will entice people to join the military and encourage those already in the service to stay.

But, should raises be equal across the board or should certain ranks be targeted? And, if targeted raises is the correct response, which ranks should be targeted and at what percentage?

Currently, there are three proposals looking for targeting pay: the defense secretary's plan, Program Budget Decision 801; House Resolution 2310; and HR 2494.

President Bush's budget provides funding for a 4.6 percent increase and allows \$1 billion more toward military pay, said Maj. Shannon Averill, chief, Air Force pay and allowances.

In keeping with the president's budget submission, the Department of Defense plan takes the additional money and gives all ranks a flat 5-percent raise.

It then targets particular grades for a total raise of 6 to 10 percent.

The highest raises will go to mid- and senior NCOs and warrant officers, with 6 and 6.5 percent going to O-3s

and O-4s, respectively.

HR 2310, proposed by Rep. John Murtha, provides an overall 7.3-percent raise with certain ranks receiving up to 10.5 percent.

His plan targets enlisted members, depending on pay grade and years of service, with raises up to 10.5 percent.

It also targets O-3s and O-4s with raises of 8.3 and 9 percent, respectively.

Rep. Ike Skelton's plan, HR 2494, calls for a minimum 7.3 percent and maximum 12.3 percent increase.

For enlisted members, Skelton's plan calls for an increase of 8.3 to 12.3 percent. His plan also targets O-3s and O-4s, receiving 8.3 and 8.8 percent, respectively.

Averill said the congressmen's plans would require additional money.

HR 2310 would cost an additional estimated \$600 million for 2002.

HR 2494 is estimated to cost an additional \$1 billion.

Regardless of which plan is selected, Averill said pay raises are needed to keep pace with the private sector.

"Military pay raise shortfalls contributed greatly to retention and hollow-force problems of the '70s," she said. "But, 'catch-up' pay raises in (the 1980s) helped reverse those trends."

Leaders hope pay raises will help once again reverse negative recruiting and retention trends.

Averill said the adequacy of military pay raises is measured against annual average wage increases in the private sector, as measured by the Employment Cost Index.

Currently, military pay is estimated at 10.8 percent behind the private sector.

The Federal Employees Pay Comparability Act of 1990 requires federal employee raises for civilian and military to be 0.5 percent below the ECI.

The Fiscal 2000 National Defense Authorization Act set the military pay raise at 0.5 percent above the ECI for five years to reduce the gap.

"The Air Force agrees that any pay raise that helps reduce the military and private sector wage gap is good, but it doesn't address all of our concerns," Averill said.

"The Air Force is concerned with the ever-widening gap between wages of private sector and our enlisted corps for the same education and experience levels, making promotion a more attractive alternative than separation, current pay table compression, and the retention issues of our enlisted and officer corps.

The defense secretary's plan for a targeted pay raise addresses those concerns while the across-the-board pay raise doesn't.

That's why Air Force leadership advocates targeted pay raises for 2002."

With an all-volunteer force, compensation programs must keep pace with the private sector in order to attract and retain quality, high-tech personnel in an environment of economic growth, low unemployment and with a very competitive marketplace, Averill said.



Two more protesters plead guilty in May 19 trespass

By MASTER SGT. TY FOSTER

30th Space Wing Public Affairs

■ In a Los Angeles federal courtroom Aug. 17, two people pleaded guilty to trespassing on Vandenberg during the May 19 protest at the main gate.

This brings the total guilty pleas to 17 out of the 23 protesters who were charged for entering the base without permission.

Six others have pleaded not guilty and their court hearing is set for Sept. 20 in Santa Barbara, Calif.

The 23 trespassers were part of a crowd of more than 225 people of all ages who were gathered to protest the "weaponization of space."

During the planning phase, base officials were led to believe that more than 1,000 people would converge on Vandenberg's south and main gates.

More than 20 civilian agencies partnered with Team Vandenberg to protect base residents and property during the Armed Forces Day protest.

Spouses covered for \$100,000

SGLI From Page 1

the event of a family member's death.

The maximum automatic coverage is \$100,000 for a member's spouse, and any lesser amount must be evenly divisible by \$10,000, Keef said. However, the amount of coverage of a member's spouse cannot exceed the amount of coverage of the insuring member. Premiums for spouse coverage will be charged based upon the spouse's age and will range from 9 cents to 55 cents per \$1,000 of coverage. For example, \$100,000 of coverage could be obtained on a spouse younger than 35 for \$9 per month.

There is also a policy conversion option for the insured spouse after loss of eligibility for SGLI, he said.

Children will be covered automatically for \$10,000 and no premiums will be charged to the member, Keef said.

In the event of a family member's death, any insurance in effect will be paid to the insuring member. If the member passes away before payment can be made, then the amount will go to the people named as the member's beneficiaries.

"The Air Force sees this as a good deal for its members," Keef said. "By allowing members who have elected coverage only under SGLI to opt for family member coverage, we are putting them on equal ground with civilians who might obtain family coverage as a rider to their master civilian life insurance policies," he explained. "This relieves our members from having to seek out more than one provider in order to acquire coverage for the entire family."

Military personnel flights can expect to receive detailed implementing instructions in September.

(Courtesy Air Force Print News)

Inspector's tips prevent injury, death

DAUGHTER from Page 1

Notes and I noticed this bulletin "Car Seat Safety: If you would like to learn how to correctly install child restraint systems in your vehicle ... Individual appointments are available."

Then, I remembered seeing an advertisement saying that four out of five child car seats are installed improperly. Could ours be one of the four?

With Gabrielle's first birthday fast approaching, the question kept nagging me, "Did I really install her seat correctly?"

But I could never find time to get over to have the seat checked. It seemed fine in our car. I'd followed the directions in the owner's manual.

Something kept telling me, "Do it now!"

There's nothing and nobody who's more precious to Vasana and me than Gabrielle, so I put meetings on hold, e-mail can wait and somebody else would have to manage the unending crises.

As I later learned from Valerie, Gabrielle's seat was installed improperly—too much lateral play.

Valerie told me that in a broadside collision Gabrielle could've been seriously injured or even killed.

That was one week before the accident. Now, Gabrielle has a new car seat.

She's alive and telling her stories because Valerie took the time to teach me and, equally important, I took the time to learn.

The lesson to be learned is simple—don't wait, do it now!

Tomorrow could be too late.

Family Advocacy, USAA sponsor free car seat inspection Thursday

■ A free car seat safety inspection will be held Thursday from 10 a.m. to 2 p.m. in the Chapel One parking lot. The family advocacy office and the U.S. Automobile Association are sponsoring the inspection.

The technicians will check:

- **Security of the seat**— It shouldn't have more than one inch of give in any direction.
- **Harness plate**—It should be at armpit level.
- **Protective integrity**—Seats are only good for one collision. Completely destroy seats that have been involved in an accident.
- **Direction**—Seats should face the rear of the vehicle until the child weighs 20 pounds and is 12 months old.

For information or to reserve an appointment call 606-5338.

"Making safety a mindset means using seatbelts and properly installing and using child car seats. Please help us protect our most important resource—our people."

Col. Robert M. Worley II
30th Space Wing commander

Community Calendar

24 FRI PCPA Theaterfest will present the world premiere of Alfred Hitchcock's "Rope" through Sept. 9 at the Festival Theater located at 420 Second Street in Solvang, then in the Marian Theater on the Santa Maria Allan Hancock Campus Sept. 14 to 30. For tickets and show times, call PCPA's Box Office at (805) 922-8313.

PCPA Theaterfest presents the comedy-drama "On Golden Pond" today through Sept. 9 at the Marian Theater located on the Santa Maria Allan Hancock Campus, 800 South College Drive. The play will be in the Solvang Festival Theater from Sept. 13 through Oct. 7. For tickets and show times, call (805) 922-8313.

The Santa Maria Speedway will hold the Spring car series Saturday. Dwarf cars, late models, and street stocks will be featured. Gates will open at 3 p.m. and racing starts at 7 p.m. Tickets are \$10 for adults, \$7 for seniors and \$3 for children ages 6 to 12. For information, call the Santa Maria Speedway at (805) 922-2233.

The Dune Run is scheduled for 8 p.m. Saturday in Grover Beach. The run starts in Grover Park and ends in Grover Beach. It is a 5K walk/run or a 10K run. Call the Grover Beach Chamber of Commerce at (805) 489-1488 for an application and more information.

25 SAT The 10th annual Woodcarver Show and Sale is scheduled for 10 a.m. to 3 p.m., Saturday and Sunday at the Elverhoj Museum in Solvang. This is a summer fundraiser for the museum. There will be a \$2 admission fee to see artistic woodworking exhibits, some of which are for sale. Woodcarvers will be carving on site during the exhibit all day. For more information, call the Elverhoj Museum at (805) 686-1211.

The Ethnic Street Fair is scheduled for Saturday and Sunday in Grover Beach. The fair will feature multi-ethnic food, dance, music, and activities for all ages. For information, call the Grover Beach Chamber of Commerce at (805) 489-9091.

27 MON A financial basics class is scheduled to be held at 11 a.m. Monday in the family support center. Participants can learn financial management basics such as checkbook maintenance, credit spending, choosing a financial institution, credit pitfalls, decoding financial terminology, and making your paydays count. For registration and information, call Jimmy Camacho at 606-4491.

28 TUE The Single Parents Support Group will meet at 11 a.m. Tuesday in the Pacific Coast Club. During the meeting, participants will discuss issues regarding single parenting and self care. For information, call Linda Bastine at 606-9958.

The Sierra Club offers 90-minute hiking tours at or around Lompoc at 6:25 p.m. Tuesdays. People who want to take the tour should meet at the Lompoc Civic Center to carpool to the hiking location. People should bring a flashlight and wear walking shoes. For more information, call 736-6362.

Back to School



(Above) BreeAnna Pomeroy, 5, is packed up and ready for her first day of kindergarten at Crestview Elementary School here Wednesday. (Above right) Lisa Lambert explains to her new kindergartners what their daily activities will be at Crestview Elementary School. (Right) Diego Velez (left), 11, Joshua Harris (middle), 11, and Brandon Walker, 11, get on the bus headed for their first day as Vandenberg Middle School sixth graders.

PHOTOS BY
AIRMAN 1ST CLASS
JONATHAN POMEROY



29 WED An Interviewing and Dress for Success seminar will be held at 9 a.m.

Wednesday in the family support center. Participants can learn tips for interviewing behavior and career dressing for men and women. Call Malcolm Caldwell at 606-0039 to register.

Free tours of Vandenberg take place every Wednesday from 10 a.m. to 12:30 p.m. The tour includes a visit to the Heritage Center which contains artifacts dating back to the Cold War. Reservations should be made at least three weeks in advance. For more information or to make reservations call the public affairs office at 606-3595.

The health and wellness center offers weekly nutrition classes from 11:30 a.m. to 12:30 p.m. Wednesdays. Topics include heart smart for cholesterol control, meal planning for diabetes, prenatal and child nutrition, and nutrition for health. For more information, call the HAWC at 606-2221.

30 THUR A free car seat inspection will be held from 10 a.m. to 2 p.m. Thursday at the Chapel One parking lot. This car seat inspection is designed to educate parents on the proper installation of child passenger safety seats. For more

information, call Valerie Andersen at 606-5338.

The Hispanic Heritage Month planning committee meets in the services center Thursdays from 11 a.m. to noon. People do not have to be of Hispanic descent to participate. For more information, call Airman 1st Class Mercedes Zamora at 605-2644 or Senior Airman Alexander Rodriguez at 606-1541, Ext. 3718.

An assignment Korea briefing will be held at 1:30 p.m. Thursday in the family support center. The informational session is designed for those who have orders to, or are thinking of volunteering for an assignment to Korea. Participants can learn about the people, culture, and tourist attractions. For information, call 606-0801.

The Titan Toastmasters meet from 4 to 5 p.m. every Thursday in the services center. People can learn how to speak effectively in a no-pressure and supportive environment.

Participants can also learn how to run a meeting. Anyone interested is welcome to attend. For information, call Loretta Williams at 605-3001 or Bruce Henderson at 606-1541, Ext. 3627.

SEPT 10 FRI The 30th Medical Group is sponsoring an operation baby launch at 5 p.m. Sept. 10 in the Vandenberg

Clinic. People can learn information about available resources in local hospitals, TRICARE financial concerns and the Vandenberg family practice clinic services. Spouses and partners are welcome and registration is not necessary.

For more information, call Capt. Jean Eagleton at 605-8254 or Nancy Sias at 606-8217.

20 THUR The third quarter birthday meal will begin at 6 p.m. Sept. 20 at the Breakers

Dining Facility. Team Vandenberg members whose birthday is in July, August or September should contact their first sergeant to sign up. For more information, call Deborah Myjak at 606-1219 or Staff Sgt. Dahlia Shelton at 606-3219 or 606-5496.

22 SAT The Space and Sea Girl Scout troop will hold an ice cream social Sept. 22 from 1 to 3 p.m. on the lawn in front of the base bowling alley.

The event is open to all new or returning girl scouts grades Kindergarten through 12, family members and adults who are interested in becoming leaders. For more information, call the Scout Hut at 605-2217 or the Santa Maria office at (805) 928-2008.

AT THE MOVIES

Today
POOTIE TANG
Starring Lance Crouther and Jennifer Coolidge.
Pootie Tang is a crime fighter and recording artist who speaks in an indecipherable language but is a hero and role model to all children. He must battle the evil Dick Lecter, CEO of a huge corporation who tries to get kids to smoke, drink, and eat fast food. Rated PG-13 for sex-related material, language and drug content.

Saturday, 3 p.m.
CATS AND DOGS
Starring Jeff Goldblum and Elizabeth Perkins.

There's a secret war being waged in the homes and neighborhoods of Earth that the humans don't even know about. It's the eternal struggle between two great armies: the cats and the dogs. The film follows a cat's plan to destroy a new vaccine that, if developed, would destroy all human allergies to dogs, and the dog's efforts to stop the cats. Specifically, it's the story of a young pup whose job it is to guard the vaccine. Other dogs include a wise older dog who watches out for him, a large friendly dog and a small dog who serves as an electronics expert. Jeff Goldblum is the human scientist who invented the vaccine. Rated PG for animal action and humor.

KISS OF THE DRAGON
Starring Jet Li and Bridget Fonda.

The film revolves around a Chinese intelligence officer who goes to Paris on assignment, only to become embroiled in a deadly conspiracy when the person he came to help betrays him. Rated R for strong violence, language, some sexuality and drug content.

Sunday
KISS OF THE DRAGON

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



Customs and courtesies tip

When a senior ranking person enters your office, stand to greet him. When speaking to a senior ranking person, stand unless you are given permission to sit.

Sponsored In Part By

US Airlines • Sprint • Sprint PCS • Coca Cola • EarthLink

Ford Motor Company • Tyson • Compaq • US Airways

No Federal Endorsement of Sponsors Intended.

Play ATWIND by logging onto atwind.com or call 1-888-597-9960.

Bull's-eye: NCO hits mark with world title

By STAFF SGT. ANDREW LEONHARD

30th Space Wing Public Affairs



ne of Vandenberg's missions is to launch missiles at a target 4,800 miles away. An NCO here hit a bull's-eye more than 10,000 miles away armed only with a bow and arrow.

Tech. Sgt. Steve Carmean, 532nd Training Support Squadron technical engineer instructor, represented the United States in Thabazimbi, Africa for the 2000 World Field Archery Championships.

He's been around archery all his life. At the age of 5, his father built him a bow out of cherry wood.

"I shot that bow until I was 10," Carmean said. Around the time Carmean received his second bow, he became involved with the Junior Olympic Archery Development.

"I was so close to making the Olympic team," he said. "I was just a couple points away."

Carmean may not have made the 1984 Olympic team, but he was a five-time Florida State high school archery champion.

While stationed at Malmstrom AFB, Montana, he was crowned the Montana State champion 14 times.

More recently, the champion looked to achieve another championship title.

After traveling more than 10,000 miles around the world, Carmean pit his abilities as an archer against the world's best adult male freestyle unlimited archery field.

"Making the team was one goal accomplished in my life," said Carmean. "The next was to win."

After making the team, Carmean began practicing intensely. He practiced religiously every day out in the cold and snow while stationed at Malmstrom.

"I didn't practice like people thought I would," said the 33-year-old champ. "There is such a thing as over practicing. I wasn't going to change what I was doing."

Carmean aimed to make every practice session a high-quality practice. Each arrow he shot was going to be the best shot he could make each and every time. He said he practiced like that for about 30 minutes each day.

"After awhile, I had that perfect shot sequence embedded into my mind," he said. "I could repeat it without thinking about it."

According to Carmean, it helped in Africa because of the nine-hour time difference, along with intense world competition and many additional stresses.

His perfect practice paid off.

He left Africa as a member of the U.S. Field Archery gold medal team and the overall adult male freestyle unlimited champion.

The tournament was quite the pleasure, said the archer about winning. "The competition kept me on my toes, but they were very friendly."

Despite the intense competition, Carmean's smaller actions personified the Air Force core values.

He said the African sun caught some of his competition unprepared. Many didn't have anything to shade their eyes during the tournament.

So, Carmean shaded a competitor's eyes from the sun by using his hat.

"I wanted them to make the best shot they could," he said. "I didn't want to win the tournament because the sun got into their eyes while I had the advantage of having a hat."

This simple act of kindness caught his competition by surprise, he said.

"They said they had never seen politeness like that before," he said. "It helped ease the shooting tension a little and you could kind of relax around each other."

With sportsmanship, skill and good preparation, Carmean won more than gold - he won friendships and opportunity. "I keep in touch with some of the competitors and have been invited to visit their countries," he said. "I have also been approached to do a video for a safari outfit in Africa."



Tech. Sgt. Steve Carmean, 532nd Training Support Squadron, draws back and takes aim. Carmean is the adult male freestyle unlimited world champion archer.

UPCOMING FITNESS CENTER EVENTS

- ◆ Dodgeball tournament Sept. 7
- ◆ 5 and 10k fun run Sept. 14
- ◆ Bench press competition Sept. 21
- ◆ 5-on-5 soccer tournament Sept. 22
- ◆ Racquetball tournament to be announced
- ◆ Survivor competition TBA
- ◆ Wally ball TBA

Fitness center fights for fitter force, pumps up V team

By MASTER SGT. LLOYD CONLEY

30th Space Wing Public Affairs

Team Vandenberg's fitness center is going through some changes and they start from the top down.

The center's new director, Melinda Reed, brings seven years of group fitness experience to bear in her new position.

"Vandenberg's physical fitness programs are very good," Reed said. "The challenge will be to improve on them."

Reed, who was an aerobics instructor here from 1993 to 1997,

said any changes she and her staff make will be done right and that takes time.

One of the programs Reed and here staff plans to start in the near future is one designed to make military member's physical fitness regimen more versatile.

"We have two qualified fitness instructors staff that can help achieve this versatility for group and squadron P.T. programs," she said. Some of the variations include yoga, kickboxing and cycling.

The racquetball ladder will

also be updated. Reed explained that the ladder is a player rating system where people of comparable skill level can call each other to setup matches.

A series of free-weight training classes is also in the works for people who want to learn the how-tos of strength training. The program will include training classes two days a week.

Reed even has something to offer people who want a more personalized weight loss, weight gain, cardio program or weight training regimen.

She's a registered dietician and a certified personal trainer who can design a personalized workout.

"Whatever they want, I can design the program for them and it's free," she said. "I can't be with them like a personal trainer but I do provide the follow-up."

In an effort to meet the growing aerobic training needs here, Reed said she plans to add more treadmills and stationary cycles to the cardio room. Also planned is a walk-around-the-room program. Participants will keep a

record of the distance they walk around the cardiopulmonary room.

The new director stressed that while she and the staff will try to start some innovative fitness programs, the fitness center will continue to sponsor and support year round and annual programs like intramural sports, special events and the varsity teams.

Reed said she and her staff welcome new ideas and suggestions. For more information about the fitness center's plans, programs and schedule, call 606-3832.

Sports Calendar

Tryouts for varsity flag football will be held at 6 p.m. Monday through Aug. 31 at the football field. Golfers are needed for the Hi Neighbor golf tournament 11 a.m. Thursday at Marshallia Ranch Golf Course. The cost is \$60 for Vandenberg players. The cost

covers the host and the Santa Maria player and includes a round of golf, cart, lunch and an invitation to be a Santa Maria player's guest next year. To sign up, call public affairs at 606-3595.

Registrations for the CGOC Annual Golf Tournament end today. The event is scheduled for a shotgun start at 1 p.m. Aug. 31 at

Marshallia Ranch Golf Course. Many prizes will be given away. The cost is \$10 entry plus green fees. Cart rental is optional. Mulligans and string will be sold at the check-in table. E-mail Capt Chris Alexander to register.

The annual Operation Kids' Christmas Golf Tournament is scheduled for Sept. 7 at Marshallia

Ranch Golf Course. Proceeds will go to OKC 2001 benefiting underprivileged children of the surrounding communities. The four-man, best-ball scramble tournament costs \$100 for each team. The cost includes one mulligan per team member and 3 feet of string. Green fees and cart are not included. Teams that register by

Aug. 29 will receive a free mulligan per person. All Team Vandenberg members and guests are welcome to play. For an entry form, call Capt. Brian Holbein at 606-1542, Ext. 3219, or Master Sgt. Kenneth Lucia at 606-3663.

Tryouts for the women's varsity basketball team will be held at 6 p.m. Sept. 4 in the base gym.

S 30th Services



NEWS



VISIT the PACIFIC COAST CLUB and WIN!

Giants vs. Cowboys in Dallas & Destination Arlington
Super Bowl in New Orleans
Pro Bowl in Honolulu
Disneyland in California
Disney World in Florida

Prizes include airfare, hotel and transportation!

*Attend any Frenzy Event at your Club for a chance to win a trip!

Information Tickets & Travel

Call the Pacific Coast Club at 606-3330 for more information.

Plan your own Frenzy getaway by visiting your ITT office or atravelonline.com



PLAY ATWIND

Come join us for an

ICE CREAM SOCIAL!



Today, 10 a.m. to 3 p.m.

ATWIND Headquarters in the Services Center.

Get an ATWIND game piece and enjoy ice cream and toppings!

Pacific Coast Club

Current Members are Already Entered To Win!



WIN CHOICE WHEELS!

10 winners get their choice of a Ford Ranger, Chevy Cavalier, Dodge Neon or cash!



Sign up between now and Nov. 18 to be eligible for the random drawing.

Sponsored in part by: First USA • Air Force Clubs • American Airlines • Advantage Rent-A-Car



Call 606-3330 or visit the club to become a member soon!