

SPACE & MISSILE TIMES

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Kournikova virus backhands Team Vandenberg

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

■ Anna Kournikova served up an ace at Vandenberg this week. No, not the blond teenage tennis star from Russia. This “beauty” was a new Internet worm virus that attacked Vandenberg’s e-mail server.

The virus, disguised as an electronic photo of Kournikova, infected computers throughout much of the world beginning early Monday. The base lost e-mail service for 14 hours while members of the 30th Communications Squadron cleaned up the system to get it back on line.

“This week the communications squadron dealt with more viruses than the medical group ... computer viruses that is,” said Lt. Col. Brad Ashley, 30th Communication Squadron commander. “The defense-in-depth strategy applied by the communications squadron protected base users at the front door to our network.”

Thomas Woodard, chief of the wing information assurance office, said the base had 325,000 occurrences of the virus.

Team Vandenberg was greeted with “Here you have, ;o)” on the subject line of their e-mails and “Hi: Check this!” in the text field. When users opened the attachment, the virus infected computers and sent itself to every name in the users’ address book.

Kournikova didn’t destroy files. “It could have been a lot worse,” Woodard said.

The base was well prepared with a mail block scan in place to stop the virus. However, it only took one person for the virus to infect the system. Woodard said around 6 a.m. Monday, the base first saw the virus trying to get onto the Vandenberg server. Six hours later someone downloaded personal e-mail from a web-based server, such as Hotmail or Yahoo. Subsequently, the virus affected virtually all computers



AIRMAN JESSICA RAMOS

Lee Alipio, network administrator for the Base Network Control Center, works to keep the network running and free of viruses. Vandenberg was hit by the Kournikova virus this week with more than 325,000 virus e-mail hits. E-mail service was shut down for 14 hours.

connected to the server. Within about 30 minutes, the server had to be shut down, Woodard said.

Emphasizing the use of government computer’s for official business only Ashley said, “Remember, personal use of our network is prohibited.”

Compared to last year’s “I love you” virus which sent an e-mail to the first 100 entries in the address book, Kournikova sends out an e-mail to everyone in the user’s default e-mail address book. If a person has the global address book set as their default, it will send

an e-mail to everyone in the address book flooding the server with e-mails.

According to McAfee’s World Virus Map, a web site that tracks infected computers, California was hardest hit by the Kournikova virus. Asia and Africa were only mildly affected.

The Kournikova virus, also known as “VBS,” “SST” or “On the Fly,” was first discovered in August and has been found in more than 50 large U.S. corporations, according to Network Associates, a software company.

Team Vandenberg promotes officers

■ The Calendar Year 00A Lieutenant Colonel Selection Board selected 1,511 majors to lieutenant colonel.

Team Vandenberg had seven majors selected for promotion to lieutenant colonel. The selectee are:

John Cherry, 30th Space Wing
Gary Hanson, 392nd Training Squadron
Stephen Henning, 30th Range Squadron
Laurie Jordan, 14th Air Force



Roger Nelson, 30th Medical Group
Michael Spencer, 534th Training Squadron
James Wager, 14th Air Force

1st Lt. John Wigglesworth, 30th Space Wing, was selected for promotion to captain.

This Week ...

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Correcting or protecting	Idea program at work	Transportation carries load	Airman kicks it



Commander's Action Line

As the wing commander, my primary focus is on the mission and I believe that our mission success will be based on how well we care for our people on and off the job.

The Action Line is your direct link to me. It provides an avenue for you to voice your concerns, share constructive ideas or give your fellow base members a pat on the back. The Action Line is not a replacement for using the chain of command.

When you e-mail or call please leave your name and contact number in case more information is needed.

I want Vandenberg to continue to be the best Air Force base in the world. Working together, it will be.

Col. Steve Lanning
commander,
30th Space Wing

606-7850

e-mail: actionline@vandenberg.af.mil

Handy phone numbers

EMERGENCY.....911	Healthwise line.....888-252-3299
Poison control.....800-876-4766	TRICARE services.....800-242-6788
Clinic appointments.....606-4077	Law enforcement.....606-3300



SENIOR AIRMAN LEE OSBERRY

Stars and stripes

Airman 1st Class Jerelle Faust, 30th Security Forces Squadron, greets Maj. Gen. William Looney, 14th Air Force commander at the Vandenberg Tracking Station. The general toured VTS Wednesday.

TEAM VANDENBERG AIR FORCE SPACE COMMAND 2000 AWARDS

■ During the last few months, many of Team Vandenberg's squadrons, flights and people have been nominated for Air Force Space Command awards.

Several have achieved victory and have had their nominations sent forth for Air Force-level competition.

To date, the 30th Communications Squadron, 30th Mission Support Squadron, 30th Civil Engineer Squadron, 30th Comptroller Squadron, 30th Contracting Squadron and 30th Space Wing Public Affairs have all turned in winning scorecards.

The *Space & Missile Times* is planning a two-page feature that will include all unit and individual command-level awards Team Vandenberg has received for the 2000 awards program.

The deadline for submitting the award information is March 2 for this feature. It is slated for publication March 16. Award winners who don't meet the deadline will be published on a space available basis. For more information, call 606-2040 or e-mail space&missiletimes@vandenberg.af.mil

Action line

Breakers amends take-out meal policy

Q Sir, I am writing to find out about the rule at the new dining facility. I was informed that you couldn't get take-out food there without being in uniform. Sometimes it is more convenient to get take-out and go. Is there any way to modify this rule?

A **Thanks for your question. The Breakers staff has temporarily authorized take-out service to all personnel on a trial basis to evaluate its feasibility. If it's determined that this service is possible and something patrons would like to see implemented steps will be taken to do so. Current policy prohibits take-outs on seconds. The take-out service is primarily designed for on-duty military members who are unable to dine-in due to their military duties. One of the best ways patrons can let the staff know about their opinions or questions is to fill out a Breakers Comment Card or speak with the Food Service Manager at 606-3219 or 606-7540.**



Letter to the editor

Dear Col. Lanning

My name is Staff Sgt. Ruth Lopez and first and foremost I want to thank Team Vandenberg for the tremendous amount of support they provided my family and me while I was deployed to Ecuador over the holidays.



I especially want to give thanks and recognition to Tech. Sgt. Andrea Spencer at the Family Support Center, Master Sgt. Autumn Jones in the 2nd Space Launch Squadron and Capt. Brenda Morgan at the Family Medicine Team, for supporting me when I was abroad.

The team provided me with medicine, clothes and uniforms because my luggage was lost while I was enroute to my TDY location.

So I just wanted to thank those people and Team Vandenberg for all the support they gave my family and I. Thank you.

Staff Sgt. Ruth Lopez
2nd Space Launch Squadron
NCOIC, Information Management



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SPACE&MISSILETIMES

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Correcting bad behavior deters others

BY COL. MICHAEL ALTOM
30th Space Wing Inspector General

Last week, I explained the “Mother Hen” syndrome and its effect on discipline decisions. This week I will discuss the second school of thought concerning discipline, otherwise known as the build a package and kick them out or the “Paper Mill” syndrome.

The supervisors of this school of thought spend more time worrying about documenting everything that happens so they can get a thick enough package together to boot someone out. Documentation is important, very important. However, the objective should be to correct the egregious behavior not just document it.

If Letters of Reprimand are not being effective, giving someone a handful of them will not do any good. Try something else to motivate the offender back to the correct path. Know your people and know what motivates them. For many, just getting the paperwork will be enough. For others some clearly expressed views concerning their behavior, their lack of contribution to the team, and their potential for the “early return to parents program” or their nomination for “civilian below the zone” can be useful. One word of caution however,

be prepared to follow through with any promise/threat you make during the presentation. If you don’t, you will lose all credibility.

Extra duties can also be effective if administered correctly. Finally, never actually be angry when giving punishment. You can act like you are angry but you must always be in control. If not, you could make a mistake that can cost you a lot. Remember Gen. George Patton slapping the soldier. That momentary loss of control cost him dearly.

Also remember, disciplinary actions have two purposes. First is to correct the individual’s behavior. This is important. Even more important, in my opinion, is the second purpose of disciplinary actions, to deter others from committing the same behavior.

The old axiom is true; an ounce of prevention is worth a pound of cure. For example, one of your master sergeants who really was one of your best workers, gets busted for driving under the influence of alcohol at the front gate. You know he is sorry and that he has learned his lesson and he will never do this again. If you only worry about the first purpose of disciplinary actions, you would give him a slap on the wrist and put him back to work. But what have you told everyone else in the group? You have told

them that the penalty for getting a DUI is not so bad as long as you do a good job at work. So don’t be surprised when your numbers of DUI’s start to rise.

While you must take the whole person’s history into consideration, you must also look at the severity of the crime and what is best for the organization as well.

Remember a DUI is not a mistake, it’s a serious crime. The master sergeant did not accidentally drink those 12 beers before deciding to drive home. It was a choice. Serious crimes deserve serious consequences. You may lose a good supervisor, but you might save someone’s life. If the punishment is significantly severe enough to discourage someone from wanting to experience the same thing, then you are being effective. If you can salvage the master sergeant at the same time, then you are being a leader.

Am I trying to say that you don’t give punishment to those who make mistakes? Of course you do, but you can protect them by making the

punishment for the mistake less severe than the punishment for a crime. Encourage folks to keep their minds on the job and not to make mistakes.

Most accidents can be avoided.

Again, it’s a matter of balance. How-

ever, if someone makes a lot of mistakes, they may not be suited for the technical requirements of today’s Air Force. Perhaps a less restrictive job on the outside would be better for them and that’s where proper documentation comes into the picture.

So, what is the right school of thought? As expected, a proper combination of both schools is necessary for any supervisor to succeed. Knowing when to stand in front of your troops and protect them and knowing when to stand behind them and symbolically kick them in the butt is the mark of a superior leader.

Document your actions. Understand the difference between a mistake and a crime. Then protect those who make a mistake and correct those who commit a crime. Then you will be well on your way to becoming a truly great leader.

“Knowing when to stand in front of your troops and protect them and knowing when to stand behind them and ‘symbolically’ kick them in the butt is the mark of a superior leader.”

Col. Michael Altom
30th Space Wing Inspector General

Senior NCO pockets \$10,000 for great IDEA

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

A 2nd Space Launch Squadron master sergeant is \$10,000 richer than she was a month ago. Not because she had a great day at a casino or hit it big on "The Price is Right." A simple IDEA was all it took.

Short for Innovative Development through Employee Awareness, the IDEA program replaced the Air Force Suggestion program in October 1997.

Accepting the hefty check, Master Sgt. Tier Williams, NCOIC of 2nd SLS Training, had submitted a suggestion to modify the entry control procedures at Space Launch Complex-3 East.

"Master Sgt. Williams is representative of the type of professionals we have in the 30th Operations Group," said Col. Mark Owen, 30th OG commander. "We're constantly striving to maximize mission effectiveness and give the taxpayer the best bang for their buck."

Describing the old entry control process, Williams said "To enter SLC-3 East, all personnel must process through the entry control facility." Vandenberg's 30th Security Forces Squadron members constantly man the ECF, verifying the identity of people

entering the site.

"Less than 15 feet past the ECF, a Teltara security guard takes your safety badge and hangs it on a badge rack," she said. The safety badge system is used to account for people working on the launch pad and required full-time manning in the Teltara contract.

Williams' proposal eliminated the Teltara position, requiring site workers to hang their own badges on the rack prior to entering the launch compound.

She said prior to the deactivation of SLC-3 West, the 2nd SLS used this procedure for years without any problems.

"Her IDEA to reduce the (Teltara) contract saved the Air Force more than \$123,000," said 2nd Lt. Dominic Menza, 30th Space Wing Manpower and Organization office IDEA analyst. "Williams IDEA saved money so she was rewarded in-kind."

"IDEAs don't have to save the Air Force money in order for the submitter to receive a cash award," Menza said.

Any Air Force employee, active-duty or civilian, can submit an IDEA, Menza said. The IDEA can apply to Vandenberg alone or have Air Force-wide impact.

Additionally, IDEAs must be the



AIRMAN 1ST CLASS STEVE SCHESTER

Master Sgt. Tier Williams, 2nd Space Launch Squadron NCOIC of training, places her safety badge in the rack prior to entering the pad area at Space Launch Complex-3 East. Williams IDEA eliminated the security guard position at the entry control point, saving the 2nd SLS \$123,000 per year on the Teltara contract.

submitter's own thoughts, be intended to benefit the government and must outline a specific area for improvement.

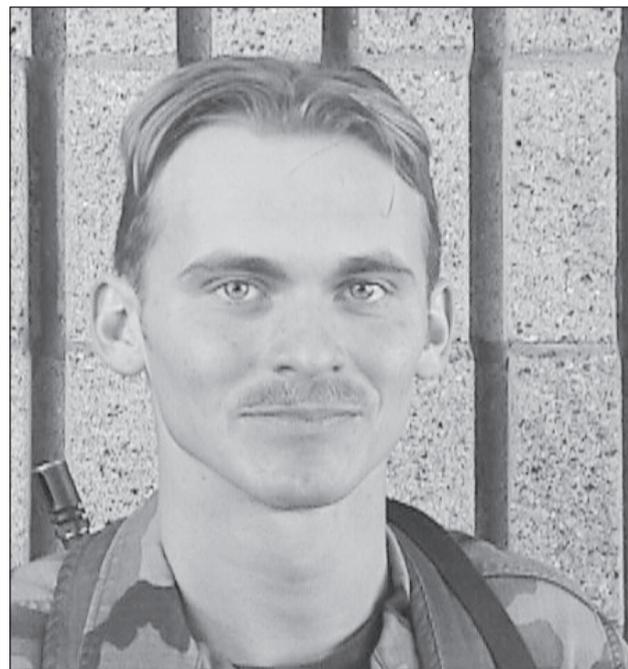
"Even an approved suggestion to install a stop sign at a busy intersection will net \$200 for the submitter," he said. An IDEA with tangible cost savings will net 15 percent of the amount saved. Williams received the program's maximum award.

"Ten thousand dollars is nice, but you will never know how much your idea is worth until you submit it," she said.

■ The IDEA program is designed to have Air Force employees identify problems then develop and implement solutions. These IDEAs can include direct monetary savings for the Air Force, increased employee productivity, or increased morale for Air Force personnel.

To submit an IDEA, log into the Idea Program Data System web site at <https://ideas.satx.disa.mil>

For more information, call Vandenberg's IDEA office at 605-6461.



CONTRIBUTED PHOTO

30th SFS airman sings his way to competition

BY MASTER SGT. JANET NEUBECKER
30th Transportation Squadron

Some sing for their supper, some sing the blues, and some even sing in the rain. Put them all together in a large kettle, stir it up a bit, pour it out, and a star is born.

At Vandenberg, that star is Airman 1st Class Michael Hosmon of the 30th Security Forces Squadron.

In January, Hosmon was selected to compete in the 2001 Worldwide Talent Competition at Lackland AFB, Texas, in the male vocalist category.

For weeks, Hosmon perfected a video audition for submission to the Air Force Entertainment Office. But Hosmon doesn't take the entire credit for his selection. "I couldn't have done it without my friends Ed Warren and Jim Price," he said. "They really helped me a lot with the video production."

Hosmon has always loved to sing. Originally from a small town in Illinois, his singing career began at the age of four alongside his father in church. Later, he joined his high school ensemble and sang for numerous special occasions upon request. The 23-year-old said his showmanship has always been a natural gift.

"It's one of my dreams to be a performer," he said. "But it's out of my hands." What was not out of his hands, was his career choice.

In February 1998, Hosmon enlisted in the Air Force. After completing technical school at Lackland, he came to Vandenberg where he works as a security forces' correctional supervisor in the base correctional facility.

According to Staff Sgt. Lorie Hollis, NCOIC of 30th SFS corrections, Hosmon is a very good worker who knows when to work and when to play. She said, "We're going to have to juggle shifts while he's gone, but we don't mind – we're behind him all the way."

According to Carol Sudy, Air Force Tops In Blues tour coordinator, the talent competition is more than just a contest. "This is how we staff Tops In Blues," she said. A person doesn't have to win this talent show to be selected for the prestigious team.

Hosmon, one step away from endless possibilities, hasn't given much thought to what the future might hold, but he is ready for the 2001 Worldwide Competition which is currently in progress.

"I can't wait to see if they like me," he said.

Airman 1st Class Michael Hosman, 30th Security Forces correctional supervisor, is headed to the Worldwide Talent Competition at Lackland AFB, Texas. For Hosman, this is another step toward making his life-long dream a reality.

NEWS YOU

CAN USE

COMMISSARY STAFF ANNOUNCES PRESIDENTS' DAY HOURS

In observance of Presidents' Day the commissary and mini commissary will be closed Monday. Tuesday the mini commissary will be open 6 a.m. to 9 p.m. and the commissary will be closed.

MEDICAL GROUP TO HOLD BRIEFINGS ABOUT TRICARE CHANGES

Briefings will be conducted for active-duty members and their families; and military retirees, over the age of 65 and their spouses.

People are encourage to attend a briefing outlining some of the biggest changes to the military's healthcare delivery system in a decade.

Briefings will be held during the following times:

Active-Duty--Tuesday, 7 p.m. in the 30th Medical Group auditorium.

Retirees-- Wednesday, 10 a.m., 1 and 3 p.m. at the base theater.

AFPC GENERAL TO ADDRESS PERSONNEL CONCERNS TUESDAY

Major Gen. Richard Brown, Air Force Personnel Center commander, will address the high operations tempo, recruiter selection process, military training instructor program and other issues. The following is the schedule for all briefings:

Senior non-commissioned officers- Tuesday from 7:30 to 9:10 a.m. at the Breakers dining facility.

All Air Force personnel- Tuesday from 10:30 a.m. to 12:20 p.m. and 2:30 to 4:20 p.m. at the base theater.

Group and squadron commanders- Wednesday from 11 a.m. to 1 p.m. at the Pacific Coast Club.

Company grade officers- Wednesday from 7:30 to 8:30 a.m. at the Pacific Coast Club.

HAWKS RALLY SET TO KICKOFF GUARDIAN CHALLENGE 2001 SEASON

The Guardian Challenge 2001 30th Space Wing kick-off is scheduled for Thursday at the Pacific Coast Club beginning at 3 p.m. The Hawkman will be there to stir up team spirit and get Team Vandenberg rolling toward the May competition. All Team Vandenberg members are encouraged to attend the event. Free food and beverages will be provided.

SUPPORT GROUP SEEKS NCOS FOR DORM MANAGER POSITION

The 30th Support Group has an immediate opening for a dorm manager. Only staff sergeants are eligible to apply for the position. Dorm manager duty is a two-year controlled tour that carries the special duty identifier code of 9D000. Applicants must send a letter of recommendation signed by their commander and copies of their last three enlisted performance reports. Send applications via the base distribution system to 30th SPTG/CCH. For more information, call Master Sgt. Brian Joseph at 606-2990.

SPECIAL OLYMPICS COMMITTEE LOOKING FOR VOLUNTEERS

This year marks the 10th anniversary of Vandenberg AFB hosting the Santa Barbara County Special Olympics.

This year's event is scheduled for April 21. The committee is currently looking for volunteers to serve as: team leads, escorts and organizational points of contact. For more information, call Capt. Stacy Huser at 606-1542 extension 3106.

GROUP TO HOLD EXCEPTIONAL FAMILY MEMBER OPEN HOUSE

The 30th Medical Group Family Advocacy section has scheduled an Exceptional Family Member program open house for March 6 from 6 to 8 p.m. in the 30th Medical Group Auditorium.

The program will offer information concerning EFMP enrollment, issues detailing service availability, and a question and answer session. The group will offer free childcare during the briefing. Call Calvin Long or Airman 1st Class Andrea Ulibarri at 606-5338 or 606-8217 for reservations.

ASIAN PACIFIC-AMERICAN GROUP TO HOLD CAR WASH FEB. 24

The Asian Pacific American Committee is sponsoring a car wash on Feb. 24, all day, at Bill's Village 76 gas station on 3705 Constellation Road, Vandenberg Village. For more information, call Staff Sgt. Ruth Lopez or Senior Airman Rhodora Ostil at 606-9724

NEXT SCHOLASTIC APTITUDE TEST SET FOR FEB. 24

The next Scholastic Aptitude Test is scheduled for Feb. 24 at 8 a.m. in building 14002. This test is for military only. For information, call Debbie Johnson at 605-5902.

AFSPC AUTHORIZES TUITION ASSISTANCE TO CIVILIAN EMPLOYEES

Beginning in March, Air Force Space Command appropriated funds civilians will be authorized tuition assistance according to the education services and human resources office. The command created the assistance program in response to a quality of life conference held recently.

The civilian program will mirror the military program with 75 percent of tuition cost and a cap of \$3,500 per year. For information, call Jim Billings at 605-5903.

ASIAN/PACIFIC ISLANDER HERITAGE COMMITTEE LOOKS FOR VOLUNTEERS

The Military Equal Opportunity office is looking for volunteers to help with this year's Asian/Pacific Islander Heritage Month. The event takes place in May. For more information, call Staff Sgt. CeeJay Brown at 605-5069 or e-mail her at carolyn.brown@vandenberg.af.mil

VANDEMBERG HONOR GUARD SEEKS ADDITIONAL MEMBERS

The Vandenberg Honor Guard is looking for volunteers. Buglers are also needed. For more information, about joining the Honor Guard, call Staff Sgt. Dalhia Shelton at 606-3654.



SENIOR AIRMAN LEE OSBERRY

Team Vandenberg Spotlight

Name: Tech. Sgt. Kim Mosley

Assignment: 14th Air Force mission capable supply and single point failure manager for the entire 14th AF operational air component to USCINSPACE.

Hometown: Ozark, Ala.

Time on Vandenberg: 1 year

Time in service: 13 years

“Tech. Sgt. Mosley is the consummate professional who is always searching for better and more efficient ways to do her job,” said Senior Master Sgt. Ray Covington, 14th AF Superintendent of Logistics. “She is the epitome of what an Air Force professional should be. She provides supply support for war fighting readiness and sustainment of 28 weapons systems operated around the world.”



PHOTO COURTESY OF THE LOMPOC RECORD

And a one, and a two ...

The Maestro, also known as Col. Steve Lanning, 30th Space Wing commander, leads The Lompoc Pops Orchestra through a rousing rendition of “The Air Force Song” during a concert Feb. 5. at Trinity Church of the Nazarene in Lompoc. This was Lanning’s first time as a guest director of The Lompoc Pops Orchestra.

30th TRANS flight carries heavy load for command

BY MASTER SGT. JANET NEUBECKER

30th Transportation Squadron

Great things come in small packages. Although it’s the smallest flight in the 30th Transportation Squadron, the Combat Readiness Flight has shined throughout Air Force Space Command.

Under the watchful eye of Staff Sgt. Michael Moore, the flight is the sole approval authority for the operational support airlift program within the command. OSA provides wartime readiness training for aircrews and, according to Moore, continues to be a valuable training tool throughout the Department of Defense.

Moore is one of about 35 primary validators throughout the Air Force. As a validator, his primary responsibility is to maintain the integrity of the program. He does this by making sure airlift requests are fully justified, and helps customers complete the proper forms. “Taking care of people’s airlift needs is what this job is all about,” Moore said.

He manages airlift requests, forwards applications to command, and helps customers with itinerary changes.



U.S. AIR FORCE PHOTO

The C-21A is one of the aircraft used in the operational support airlift program. Gen. Richard Eberhart, commander of Air Force Space Command, uses the OSA program to visit bases within the command and to attend various high-level meetings in Washington. The C-21A provides cargo and passenger airlift and can transport litters during medical evacuations.

Moore said being a validator is more than just an 8-to-5 job – it’s a full-time commitment. “I absolutely love what I do,” he said.

According to Master Sgt. Mark Losoya, 30th TRANS combat readiness flight chief, nearly 3,000 people used this program in 2000, including 40

general officers and civic leaders. To support this demand, 257 aircraft, ranging from McDonnell Douglas C-9 jets, to Fairchild Metroliner C-26 props are assigned for operational support airlift.

While this program is not new to the Air Force, the procedures are.

Moore said that in 1995 Congress examined the program’s effectiveness and agreed all airlift scheduling should be centralized under a single, unified commander. He also said the process encompasses dual scenarios—peace and wartime.

During peacetime, OSA supports missions throughout the Department of Defense, while providing efficient and inexpensive aircrew training. In the event of a war, the mission quickly shifts gears.

“The need to move high priority passengers and cargo in direct support of combat or contingency operations immediately becomes the primary concern,” Moore said.

For more information regarding official airlift requests, call the combat readiness element at 606-5749.

African-American heritage runs deep throughout time

BY TECH. SGT. PHILLIP COPELAND

American Forces Press Service

I've learned as an adult that there is so much more African-American history than was taught to me as a child.

I learned as a child that the first African-Americans were shipped to America as slaves in 1619. Most slaves were taken from the West African countries of Dahomey, Ghana and Nigeria. African-Americans remained in the chains of slavery until the end of the Civil War in 1865 and the ratification of the 13th Amendment abolishing slavery that December.

I was taught about African-Americans such as Frederick Douglass. Born a slave, he escaped and became a leader of African-Americans in the 19th century. He used his powerful voice as a lecturer and newspaper editor to help free the slaves. Douglass ultimately became Abraham Lincoln's adviser and the consul general to Haiti.

I remember school lessons about how Harriet Tubman escaped from slavery, and by way of her "underground railroad" led other slaves north to freedom. Like the biblical Moses, she led her people out of bondage, often using the North Star to guide her.

Civil rights leaders such as Dr. Martin Luther King laid down their lives to pave a path to fair and equal treatment among all our citizens during a pivotal time in American history.

Oh, and you cannot forget the entertainment industry! Louis "Satchmo" Armstrong was a trumpeter and bandleader who became the first jazz soloist to gain fame worldwide.

In the world of sports, the legendary Jackie Robinson may not have been the best African-American baseball player of his time, but he had the strength of character and other intangible qualities needed to build the bridge to cross over into professional sports.

These are all great people in history, but there are so many more not mentioned. There is so much African-American history I did not learn as a child.

I was not taught how the Union would not have won the Civil War without African-American soldiers. In 1863, white Union forces were depleted, and President Lincoln had no choice but to allow more blacks to enlist. He admitted that without them, abandonment of the war was likely in three weeks.

Approximately 179,000 black soldiers served in 166 all-black regiments in the Union Army. One out of every four Union sailors was black. African-Americans did not receive the same pay or equipment as their white counterparts, but they put resentment aside and fought bravely.

I did not learn about African-Americans fighting for the United States in the Spanish-American War in 1898 and World War I in 1917. Segregationists kept trying to bar all non-whites from military service, but black leaders urged their followers to join up nevertheless. This was perhaps the best way for African-Americans to prove their right to equal citizenship.

During World War II, black soldiers fought for the first time in combat units in the Navy, Marines and Army Air Corps. A special flying school was set up at the Tuskegee Institute. The 99th Fighter Squadron, consisting of pilots trained at Tuskegee, performed so well in European combat that they helped bring about the eventual integration of the Air Corps. In 1948, President Truman ordered the racial integration of all the armed forces.

Before I joined the Air Force, I did not know most of what I just discussed. My family did not teach me. Neither did my schools. It was my fellow airmen, soldiers, sailors and Marines, members of the greatest military in the world, who've taught me that an entire culture of people will not be deprived of its place in history.



SENIOR AIRMAN LEE OSBERRY

Honor guard recruiting

(Center) Staff Sgt. Marcia Scantlebury-Hall tells Senior Airman William Ginn, 30th Transportation Squadron, about Vandenberg's Base Honor Guard while Senior Airman Paula Funderburk looks on. For information about the honor guard call 606-3654.

Bank extends clemency offer to delinquent cardholders

■ **WASHINGTON** - In an effort to minimize the consequences facing airmen who have delinquent government travel card accounts, the card's issuer is granting a one-time opportunity for them to avoid the negative effects of credit bureau reporting.

Bank of America's government card program officials notified senior Air Force leadership Jan. 25 of a one-time clemency offer for service members whose travel card account is canceled (more than 126 days past due) but not yet written off as a loss, according to Air Force finance officials.

The contract between the government and Bank of America allows the bank to report all government travelers who used the travel card and did not pay their bill, explained Michael Weber, Air Force travel card program coordinator.

"The contract allows the bank to send this credit information to a credit bureau after the card is 126 days delinquent," he said. "This could cause an Air Force member to be denied future credit for a car loan, utilities, cell phone or other purchases."

Affected cardholders in this category can avoid being reported to credit bureaus provided the following criteria applies:

- ♦ The cardholder's account must be less than 210 days delinquent.
- ♦ The account balance must be paid in full by April 2. Bank of America must receive the payment via normal payment methods by that date.
- ♦ Canceled accounts paid in full between now and April 2 will not be reported to the credit bureaus; however, the card will not be reinstated.

Finance officials encourage commanders, senior enlisted advisors and first sergeants to be involved in their units' travel card program.

"This one-time clemency program is an opportunity to fix a situation that can potentially cause Air Force people grief later," Weber said.

Commanders and senior enlisted advisors can get information on delinquent cardholders in their unit from the organization's activity program coordinator. If the APCs need assistance, they can call the Service Center at (800) 472-1424.

(Courtesy of Air Force Print News)



SENIOR AIRMAN LEE OSBERRY

Sweetheart run

Chase Christopherson comes in third with a time of twenty minutes and forty-one seconds in the fitness center Valentine Run Feb. 9. First place went to Dennis Eaton with a time of 18:29. In second place was Ray Galik who finished in 18:33. Rachel Kimble finished in 21:30 for first place in the female category. Sherry Hawley came in second with a finishing time of 22:28.

SPORT

SHORTS

OSC, THRIFT SHOP OFFERS SCHOLARSHIPS

The Vandenberg Officers' Spouses' Club and the Thrift Shop are offering \$40 sports scholarships for children participating in youth sports. A family may receive more than one scholarship. Everyone is eligible to apply. Applications can be picked up at the base youth center, the library, the family support center or the food pantry. People with questions can call

Moyra Hower at 734-9844.

YOUTH CENTER HOLDS SOFTBALL SKILLS DAY

Youth Softball Skills Day is Saturday at the youth softball field No.1 near Crestview Elementary School. It's not too late to sign-up girls 8 to 14 years old, Monday through Friday from 7 a.m. to 5 p.m. at the Youth Center. The cost is \$40 or \$35 with youth center membership. All Softball players skills will be evaluated so balanced teams can be formed. Call 606-9374 or 606-2152 for more information.

**COMMUNITY
CALENDAR**
16 **FRI**
Parents or legal guardians who wish to transfer their children to schools

in another residence need to turn their applications in to the school district by March 1 to be included in the 2001-2002 school year lottery.

Transfer students already enrolled do not need to reapply. Applications can be picked up at local schools and at the Lompoc Unified School District Central Attendance office at 1301 North "A" Street. Parents can call 736-2371, extension 301 for more information.

The **Air Force Aid Society** is offering the General Henry H. Arnold Education Grant. The program awards \$1,500 grants to sons and daughters of active-duty, retired, or deceased Air Force members, spouses of active-duty members stationed stateside and widows of deceased members, retired reservists regardless of whether or not they are receiving retired pay, Title 10 AGR/Reservists on extended active duty and Title 32 ANG performing full time active-duty. Call the AFAS at 605-8551 for more information or go to the website at www.afas.org/Afasedu.htm for an application. The deadline for applications is March 16.

The **family support center's Career Focus Program** will provide information on local job employment opportunities and sources for job seekers today at 2 p.m. Participants will find out who's hiring, who's not and learn how to post a resume to the Air Force and local websites. Call Tinisha Agramonte at 605-8557 for information.

22 **THUR**
Learn about breast health and breast cancer by attending the Breast Health

class offered by the Breast Education Center Thursday from 11:30 a.m. to 12:45 p.m. at the Health and Wellness Center. Call the center at 605-2120 for more information.

The **Women's, Infants and Children's office** will be open at the family support center Thursday.

WIC is a nutrition education program that provides supplemental food to promote good health for pregnant, breastfeeding and postpartum women, infants and children up to age five. For more information on appointments or enrollment, call the Lompoc WIC office at 737-6470 or Teresa Orozco at the family support center at 606-4636.


St. Valentine's Day dance

Sheri Spevak dances with her buddy David Vasquez at the Valentine dance in the sevice center Feb. 10.

The **Cal Poly performing arts** theater will feature jazz pianist, George Winston, in his performing arts premiere at the PAC-Cohan center on the Cal Poly campus at 8 p.m. Thursday.

23 **FRI**
The family support center is sponsoring an IRA workshop Friday at 1 p.m. The class

will teach people how to determine the best IRA for them and their family. Learn the differences between Traditional and Roth IRA's. To register, call Jimmy Camacho at 606-4491.

A **Mardi Gras Jazz Festival** will be held at Pismo Beach Friday to Feb. 25. All-event badges are \$50. No one day badges will be available. Call (800) 443-778 for locations and times.

A **central coast antique and auction show** will be at the Paso Robles fair grounds Friday to Feb. 25. The show will feature tractors, farm related crafts, draft horse demonstrations and sales.

24 **SAT**
The Black History Month Banquet sponsored by the 30th Space Wing will be

held Feb. 24 at 6 p.m. in the Pacific Coast Club. The attire is semi-formal or Afro-Centric. The banquet will feature African-American cuisine and displays of African and African-American art and dancing. Entertainment will be provided by a local band and DJ. Tickets are \$16 each and are on sale now through Tuesday. For tickets or more information, call Master Sgt. Dwight Daniel at 606-4150 or Master Sgt. Quinn Johnson at 605-6354.

27 **TUE**
The health and wellness center will present a nicotine dependence seminar,

directed by Dr. Terry Rustin Feb. 27 in the Pacific Coast Club Ballroom from 8 a.m. to 4 p.m. The all-day seminar will focus on the Quit and Stay Quit Program, the prevention of smoking initiation, early intervention for smoking cessation and strategies for treating nicotine dependence. He will include information regarding counseling and pharmacological approaches to smoking cessation treatment. The seminar is open to all Vandenberg active-duty members, civilian employees and Tricare providers. The seminar is free and lunch will be provided. Seating is limited so call 606-2221 for reservations.

28 **WED**
The Officers' Spouses' Club February function

will be held at the 1890's House in Lompoc. Members will be treated to an English High Tea. Treats will include finger sandwiches, fruit scones and tea. The event is Feb. 28 from noon to 2 p.m. The cost is \$12. For reservations by Feb. 21. People whose last name begins with letters A through K should call Linda Tozer at 734-3436 or Beki Melone at 734-2668 for people with last names beginning with letters L through Z.

MARCH
12 **MON**
The United States Air Force Band of the Golden West will hold a in "Pacific

AT THE MOVIES
TODAY

Dracula 2000 (R) Starring Christopher Plummer and Jonny Lee Miller.

Synopsis; The immortal character finds himself in a 21st century of chaos and temptation, of Virgin record stores and nightclubs where he fits right in.

SATURDAY

What Women Want (PG-13) Starring Mel Gibson and Helen Hunt. Synopsis; Nick gains a whole new look on life when a fluke gives him the ability to read women's minds.

SUNDAY

All the Pretty Horses (PG-13) Starring Matt Damon, Henry Thomas and Penelope Cruz.

Synopsis; A young Texan finds himself without a home when his mother sells the ranch. Afterward he and his best friend pursue the perceived romantic style of the cowboy life south of the border with the promise of a fresh start.

FEB. 23

Thirteen Days (PG-13) Starring Kevin Costner and Bruce Green Synopsis; Set during the two week Cuban missile crisis in October, 1962 and how President John F. Kennedy and the attorney general, Robert Kennedy, handled the explosive situation.

FEB. 24, 25

Double take (PG-13) Starring Orlando Jones and Eddie Girffin Synopsis; Daryl is framed for laundering money for a Mexican drug cartel. On the run and wanted by the FBI, he switches identities with his friend and petty thief Freddy.

Unless otherwise posted, movies begin at 7:30 p.m.

Commemoration" concert March 12 at 7 p.m. in the Trinity Church of the Nazarene in Lompoc.

Free tickets are available at Vandenberg Federal Credit Union's in Lompoc, Vandenberg Village and Vandenberg AFB branches and at the Vandenberg Main Gate Visitor Center or the Vandenberg AFB Public Affairs Office. Call the 30th Space Wing Public Affairs at 606-3595 for more information.

Anyone for Shotokan?

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

A facility maintenance technician with the 576th Flight Test Squadron was recently chosen to participate in an international martial arts competition tentatively scheduled for the first week of July in Santa Maria.

Senior Airman Sean Gentry will demonstrate his martial arts skills in the Shotokan karate fighting style against international competitors from Romania, Germany and Russia.

"I started practicing the martial arts when I was assigned to the Missile Maintenance Technical school here in the spring and summer in 1994," Gentry said. He continued his study of the martial arts during his next assignment at Grand Forks AFB, N.D.

Gentry, who arrived at Vandenberg last October, has only been practicing Shotokan for two months. He has also studied other forms of martial arts like Tae Kwon Do and Tai Chi.

Shotokan is identifiable by its linear, direct punching, blocking, and kicking from low stances. The style emphasizes correct posture, joint alignment and formality of basic technique above all else.

Gentry said that, "Once you've studied other martial art forms you can pick up the moves of another pretty quickly."

By the time the competition starts this summer, he should be a Green Belt in Shotokan. Provided everything goes well, he added.

Gentry said that he was inspired to learn shotokan



Christine Averhart and Reuben Aquino display various maneuvers during their Shotokan Karate class Monday evening at the services center.

karate by his father and younger brother who are both high belts in the art. His father is a retired security forces senior master sergeant, he added.

To stay in his fighting form, Gentry lifts weights at the fitness center during two workout sessions a day and he practices his Shotokan twice a week.

His training has become something of a family affair. His wife, Mary Beth, joins him for the workout sessions. His two sons, Josh, 12, and Kaleb, 9, practice Shotokan with him.

Gentry seems to transfer the same amount of

energy to his Air Force specialty as well, said Staff Sgt. Jackie Holt, 576th FLTS Peacekeeper team chief trainer and Gentry's supervisor.

Holt said he's an enthusiastic worker who shows initiative to learn every aspect of his job.

Gentry's goal is to go as far as his abilities can take him in whatever he involves himself in. Shotokan will help him accomplish this through the discipline it instills. He feels the competition will really help him develop, he concluded.

Increased muscle boosts metabolism

BY TYSON GRIER
Exercise Physiologist

Have you ever wondered whether or not it was possible to increase your metabolic rate? What exactly is metabolic rate?

Metabolic rate is the sum of heat produced by all the chemical and mechanical work of the body or in other terms it is the body's energy expenditure or energy use per time, usually per hour.

People with a low metabolic rate will have a harder time losing weight or may gain weight easier than others with a high metabolic rate. If you are suffering from a low metabolic rate, it is most likely that your metabolism isn't naturally slow. Rather, you probably have a low level of muscle mass. The higher the ratio of muscle tissue to fat, the quicker the metabolic rate.

As life goes on, people tend to be-

come more sedentary. This results in a decrease of muscle mass.

From adulthood age 20, to middle-age age 65, people can lose approximately six and a half pounds of muscle mass per decade and replace it with six and a half pounds, or more, of fat each decade!

The bad thing about this is that fat only requires two calories a day to maintain itself where as a pound of muscle mass needs 35 calories a day to maintain itself. With as little as a twice-a-week strength training program, it is possible to gain muscle mass or maintain current muscle mass.

The goal would be to either maintain

your current muscle mass or regain the muscle mass lost over the years. Then if a person desires, he could add muscle

mass to his body.

Tips on how to boost metabolism include, but are not limited to:

Aerobic Exercise: Metabolic rate can be elevated up to 25 percent after vigorous exercise for 12 to 15 hours or more.

No Strenuous Diets: Starvation diets will decrease your metabolic rate by up to 30 percent because your brain believes the body is starving. One to two pounds a week weight loss along with cardiovascular exercise three times a week for at least 30 minutes should

"With as little as a twice-a-week strength training program, it is possible to gain muscle mass or maintain current muscle mass."

Tyson Grier
Exercise Physiologist

keep a person's metabolism in good shape.

Eat Slower: The faster you eat, the more calories you are likely to consume thereby releasing more insulin which promotes fat storage.

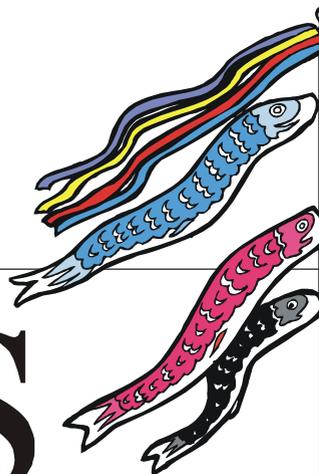
Eat Breakfast: People who skip breakfast have been shown to have slower metabolic rates than those who eat breakfast.

Keep Busy: The more active people are the less likely they are to sit around and snack.

Fidgeting: Research has shown that people who fidget use more calories a day than those who are not in a consistent state of shaking, tapping, kicking, etc.

If you would like more information on how to boost your metabolic rate, or would like an exercise program or nutrition counseling, call the health and wellness center at 606-2221.

S 30th Services



NEWS

Coming in March...

NEW SUNDAY HOURS: 3 to 8 p.m.



NEW PIZZA SIZE! 'Small' Cheese starting at \$5.25 Just right for an individual Meal!

Foggio's will be OPEN Sundays in March and serving PIZZAS of ALL SIZES, Dinner Salads, Grinders and Bread Sticks. Two new toppings will be available... Sun Dried Tomatoes and Shrimp!

- MARCH OPENING SPECIAL -
Purchase any large two-topping pizza and get a FREE family order of salad and bread sticks.
(No coupons with March Special, please.)

BOWLING CENTER

SWEETHEART DOUBLES TOURNAMENT - Saturday. \$12 per entry. Check in at 5:30 p.m. and bowl at 6:00 p.m.

PRESIDENTS DAY - Monday, holiday hours: noon to 7 p.m. All bowling is \$1.25 per game.

OUTDOOR REC

KAYAKING - Saturday, \$15 per person. Pre-register at building 11238. Meet at Pine Canyon Lake #1 at 11 a.m. Kayaks will be sit-on style. PFDs will be furnished.



VOLUNTEER SEARCH - Outdoor rec is looking for volunteers to head a planning committee for an Eco-Challenge at Vandenberg. If interested, call Michael Renner at 606-5908.

POOL PARTY - Feb. 24, noon to 3 p.m. at the base aquatic Center. \$5 per person, lunch provided. Sign-up at Outdoor Rec, 606-5908.

Getty Museum TRIP

March 24

\$35 per person

Leave Services Center at 7:30 a.m., return 8 to 9 p.m.
Call 606-7976 for more information.

FITNESS CENTER

BIATHLON - 5K Run/15K Bike
Mar. 24, 9 a.m. Call Senior Airman Ryan Masters at 606-3832 for information.

GOLF

FLORIDA FOUR BALL TOURNAMENT - Saturday is the entry deadline. Tee times start at 6:45 a.m. \$10 per player.

COURSE OPEN MONDAY - Holiday hours, 6 a.m. to sundown. Closed Tuesday.

REMINDERS...

BBQ Pork Ribs & Chicken Buffet



Tuesday-All youCare to eat!
\$8.95

6 to 8 p.m. at the Pacific Coast Club

NOW PROGRESSIVE!
CLUB CARD
DRAWING!

\$300 every Friday between 5 and 8 p.m. (Must be present to win)

If no one wins, we add \$25 to the pot each week!

Now Open!



Visit the ALL NEW...

FACILITY

HOURS of OPERATION
Breakfast..... 5 to 8 a.m.
Lunch 11 a.m. to 1:30 p.m.
Dinner 4:30 to 7 p.m.

Midnight.....11 p.m. to 1 a.m.

WEEKENDS & HOLIDAYS
Brunch.....6 a.m. to 1p.m.
Supper.....4 to 6 p.m.

30th Services

NEWS



CHILD CARE

YOUTH SPORTS

Did You Know?

Anyone caring for a person's children a total of more than ten hours a week on a regular basis must be licensed to provide care in on-base quarters.

This does not include:

- People who "occasionally" provide care for a friend or neighbor.
- People providing baby-sitting on an occasional basis for other families.
- Teenagers doing evening or weekend baby-sitting for families
- Child care provided in the parents' own home.
- Parent cooperatives where one of the parents provides supervision for other parents' children on an exchange basis and no fees are involved.
- Temporary full-time care of a child during a parent's absence, for temporary duty or deployment, by the person listed on the AF Form 357, Family Care Plan.

Compute the requirement to be licensed by multiplying the number of hours the provider offers care on a regular basis by the number of children in care.

Be A Family Child Care Provider

For example, if an individual provides care one afternoon a week for 4 children for 3 hours, they must be licensed. **FAMILY CHILD CARE PROVIDER, BEING AT HOME WITH YOUR OWN CHILDREN, WHILE OPERATING A REWARDING BUSINESS; EXTRA INCOME; FLEXIBILITY IN THE STYLE OF CHILD CARE YOU CHOOSE TO OFFER; FULL-TIME, PART-TIME, DROP-IN OR BEFORE & AFTER SCHOOL CARE; YOU DECIDE WORKING WITH CHILDREN OF MANY AGE GROUPS OR FOCUSING ON A SPECIAL GROUP OF CHILDREN; BEING PART OF AN FCC NETWORK; AND SO ON.**

THE FAMILY CHILD CARE PROGRAM ACCEPTS CHILDREN FOR CARE, AND PROVIDERS WITH CHRONIC HEALTH PROBLEMS, INCLUDING HIV INTO THE PROGRAM.

VAFB YOUTH BASEBALL LEAGUE

Ages 5 to 13

Registration is at the Youth Center now through March 2 or until teams are full.

Cost is \$40 or

\$35 for Youth Center Members.

For more information, call the Youth Center at 606-2152, or the Youth Sports Office at 606-9374.



The New Diana YOUTH SOFTBALL LEAGUE

Ages 6 to 14

Registration is at the Youth Center now through Friday or until teams are full.

Cost is \$40 or

\$35 for Youth Center Members.

For more information, contact the Youth Center at 606-2152, or the Youth Sports Office at 606-9374.



Attention Parents....



**Air Force Aid Society
'GIVE PARENTS A BREAK'
Program**



The CDC and Youth Center are open the second Friday of the month from 6 to 10 p.m. at no charge for qualifying parents in need of support

Please call for specific requirements:

CDC 606-1555, Youth Center 606-2152 or see unit first sergeants.



New Preschool...

at the VANDENBERG YOUTH CENTER

Preschool has Arrived!

Registration begins

March 1, 2001 at 9:30 a.m.

Classes begin April 23, 2001

Contact 606-2152 for more information.

