SPACE & MISSILE TIMES

Friday, Feb. 22, 2002 | Vandenberg AFB, Calif. | Vol. 12, No. 7

## Base Briefs

### BASE CELEBRATES BLACK HISTORY

The African American Association holds the Annual African American History Month Banquet. The banquet is Saturday at 6 p.m. in the Pacific Coast Club. Tickets are $16 for members and $19 for non-members. The attire is semi-formal or Afro-centric. For more information and/or tickets contact Master Sgt. Dwight Daniel at 606-4150 or Master Sgt. Quinn Johnson at 606-8296.

### SPEAK TODAY, SHAPE TOMORROW

The Air Force Chief of Staff wants Air Force people's opinions. His survey runs through March 8. Members can take the survey from a government computer at http://csafsurvey.af.mil or from a non-government computer at http://www.csafsurvey.com.

### 30TH MED CLOSES FOR GOAL DAYS

The 30th Medical Group is closed today at noon. The clinic is open Saturday from 9 a.m. to 1 p.m. for pharmaceutical and acute care needs and for previously scheduled appointments. The clinic is also closed Monday and Feb. 22. If a need arises for emergency care, patients should use the nearest emergency room.

### GC '02 KICKS OFF

The 30th Space Wing's Guardian Challenge 2002 Kickoff is Tuesday at 3 p.m. in the Pacific Coast Club. Free pizza and refreshments are provided. The event introduces Vandenberg's GC '02 competitors.

### TOP 3 DEVELOPS SENIOR NCOS

The Vandenberg Top Three holds the 2002 Senior NCO Professional Development Course Tuesday through March 1. The course is for those people who did not attend last year, and is designed to provide information to assist new senior NCOs adapt to their increased responsibilities. For more information, call Master Sgt. Yves Johnson at 606-8206.

### FREE TAX HELP AVAILABLE

The tax office is up and running and available for tax preparation appointments. Trained volunteers from all base organizations are ready to help, just call a unit tax representative at 606-3668 or 606-3650.

### DORM MANAGER POSITION OPENS

The 30th Support Group has an immediate opening for a dorm manager. The position is open only to staff sergeants. Applications will be accepted up to close of business Feb. 22 For more information, call Senior Master Sgt. Brian Joseph at 606-2990.

### MPF CHANGES HOURS

The MPF customer service has changed their customer service hours to 8 a.m. to 4 p.m. Monday, Tuesday, Thursday and Friday and 10 a.m. to 4 p.m. Wednesday. For information call 605-4850.

### BEACH AWARENESS

■ Nesting season runs from March 1 through Sept. 30.

- Snowy Plover nesting season beach restrictions -- No beach fires; no pets; no horses, except those used for enforcement purposes; and no kite flying.
- **Surf Beach** -- One-half mile will be open. After 25 trespassing violations, the beach will close for remainder of the nesting season.
- **Wall Beach --** One-quarter mile will be open. After 10 violations the beach will closed for remainder of the season.
- **Minuteman Beach** -- One-half mile will be open. After five violations the beach will closed for remainer of the season.
- **Ocean Beach** -- Closed to protect the Santa Ynez River mouth estuary.

■ Plover nests increased from 140 in 2000 to 182 in 2001. The estimated adult population also increased from 107 in 2000 to 135 in 2001. Hatch rates increased to a record 59 percent in 2001 for Surf Beach.

# Plover nesting season begins

## *Restrictions help protect threatened species along coast*

By Capt. Tom Knowles
*30th Space Wing Public Affairs*

■ Vandenberg's beach patrons will see their available beach areas shrink in the coming days, marking the beginning of the Western Snowy Plover nesting season.

The seven-month nesting season runs from March 1 to Sept. 30. Because of its status as a federally protected species, the base must close 11 miles of its beaches during the shore bird's nesting season to protect the plover, its critical habitat and assist species' recovery. The U.S. Fish and Wildlife Service listed the plover as a threatened species in 1993.

For people with base access, the base requested and was granted permission by the USFWS and California Coastal Commission to implement a plan, which provides one-quarter mile of recreational access at Wall Beach and one-half mile at Minuteman Beach during the 2002 nesting season. The public has access to one-half mile at Surf Beach. All other beach areas on Vandenberg supporting nesting snowy plovers are closed throughout the season.

"We remain strongly committed to working closely with the USFWS and our local communities to maintain beach access while protecting the plover," said Col. Robert M. Worley II, 30th Space Wing commander.

Continuing last year's tradition, people who trespass in closed beach areas will be cited by Vandenberg officials. In compliance with USFWS requirements, the base must limit the number of beach violations allowed.

Violation thresholds for the 2002 season will be the same as 2001 and are as follows: Surf Beach (25), Minuteman Beach (5), Wall Beach (10). Once a beach's violation threshold is reached, that beach will remain closed through Sept. 30 -- the end of the plover nesting season. In 2001, Surf Beach was closed prior to the end of the nesting season because the number of violations exceeded the threshold.

In the spirit of cooperation and community partnership, the base is partnering with citizens of Lompoc in an effort to reduce the number of violations and potential beach closure.

The Lompoc Docent Program continues their tradition of educating beach goers on the plover's plight and the importance of adhering to beach rules. On the enforcement side, the base is beefing up its contract services and civil service enforcement patrol staff. Additionally, plans are underway to install a chain link fence at Surf Beach to clearly delineate the closed areas and help prevent trespassing.

Pending the hiring of all enforcement personnel and fence installation, Surf, Wall and Minuteman beaches are closed effective March 1 until further notice. The base's goal is to re-open these beaches as soon as possible. The target date is the first weekend in April.

Last year's statistics reinforce the base's excellent record of environmental stewardship. In 2001, the nesting season saw the population increase. This continues the positive trend in recovery since the base began monitoring the plovers in 1993.

"The results from our 2001 data show one of the highest success rates ever for snowy plovers on Vandenberg since nest monitoring began in 1994," said Nancy Francine, Vandenberg's wildlife biologist with the 30th Civil Engineer Squadron.

Nest numbers increased from 140 in 2000 to 182 in 2001. The estimated adult population also increased from 107 in 2000 to 135 in 2001, added Francine.

Base biologists also saw above normal hatch rates for the 2001 nesting season with Surf Beach recording a 59 percent hatch rate, by far the highest hatchling rate ever recorded for this beach. The previous high was 41 percent in 1996. Base wide hatch rates were 53 percent.

# SECAF seeks to build 'optimum' force

By Tech. Sgt. Scott Elliott
*Air Force Print News*

■ **BALTIMORE** — Seeking to attract and retain the "optimum mix" of Americans to keep the Air Force aloft as "the historically finest and dominant military force in the world" is the goal set by Secretary of the Air Force Dr. James G. Roche.

Roche's comments came during a keynote speech Feb. 16 at a breakfast with deans from historically black colleges and universities here. The breakfast was part of the annual Black Engineer of the Year Award event.

"The optimum mix for the Air Force is one which reflects the same society which we serve, at the officer and civilian level as well as at the enlisted level," he said.

Currently, Air Force demographics show that blacks comprise about 7 percent of the officer corps and 18 percent of the enlisted force. Blacks make up about 11 percent of Air Force civilian employees. Overall, about 16 percent of Air Force manpower is represented by blacks — which Roche said is higher than the national average of about 11 percent of blacks employed in the workforce.

"But that is not good enough," Roche said. "There is talent out there that we need."

That optimum mix of talent includes more technically minded, scientific and engineering officers and civilians, he said.

"Each year we welcome about 40,000 new Americans into the Air Force," he said. "More than 18 percent of these are African-American. Every single one of them joins a team that thrives on diversity, and remains proud of our heritage and the legacy we associate with minority contributions to this nation's security — especially the heritage of the Tuskegee Airmen.

"I want more African-Americans in our cockpits, leading our squadrons, groups and wings, or leading our labor and design team," Roche said.

The optimum mix also includes full representation of minorities and women in senior ranks.

"We're doing pretty good on women, but not so good on African-American males," Roche said. "We've got to build a deeper bench.

"Despite the fact that some of our most influential and decorated leaders have been minorities," historically Roche said. "We have not been as successful at promoting and creating opportunities for minorities in senior management and leadership positions."

To promote and develop the optimum mix, Roche turned to the educators themselves.

"Our educators know the necessity to encourage and prepare young people while they are still in school," the secretary said.

"By the time our youth reach college age, they need to have already completed quality math and science courses," he said.

To that end, Roche said, Depart-

See ROCHE Page 3

# Team Vandenberg salutes new colonels

■ This year's Air Force 01-B colonel central selection board selected 579 lieutenant colonels for promotion to the rank of colonel.

The following four lieutenant colonels were selected for promotion from Vandenberg.

| | |
|---|---|
| **John Amrine** | *30th Operations Group* |
| **David Cannon** | *30th Services Squadron* |
| **Cary Chun** | *614th Space Operations Squadron* |
| **Randy Turner** | *National Reconnaissance Office* |

## *Ready START, go!*

**Col. Richard Strathearn, 30th Space Wing vice commander, greets a member of the inspection team from the Commonwealth of Independent States. The CIS team visited Team V Saturday through Monday to conduct an on-site verification for compliance with the Strategic Arms Reduction Treaty.**

Photo by Senior Airman Ed Braly

# General Lord heads for AFSPC top post

■ **PETERSON AFB, Colo.** - A former director of plans and vice commander of Air Force Space Command could be returning to headquarters for the third time — this time as a four-star commander.

Secretary of Defense Donald Rumsfeld announced Feb. 14 that the president has nominated Lt. Gen. Lance Lord, the assistant vice chief of staff at headquarters U.S. Air Force, for another star and the top post at AFSPC.

Gen. Ed Eberhart, commander AFSPC and commander in chief North American Aerospace Defense Command and U.S. Space Command, will hand over command of the Air Force major command to Lord sometime in April and remain head of NORAD and U.S. Space Command. The organizational change is the result of a recommendation made last year by the Department of Defense's Space Commission.

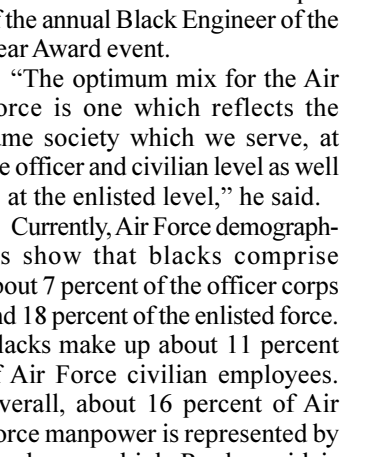
"I am deeply honored to be nominated to serve as commander of Air Force Space Command," Lord said. "Our success in the war on terrorism demonstrates space is critical to national security and all military services — from peace, through crisis, to war. If confirmed for this important job, I look forward to leading the finest space professionals in the world."

Much of Lord's career has been

See LORD Page 3

*This issue of the* SPACE & MISSILE TIMES

Also view The *Space & Missile Times* at http://www.vandenberg.af.mil/30sw/news/space_times/index.html




*Natural does not mean harmless.*
*Energy drinks are a commom sight, but are they safe?*
*See* ***Page 3.***

2001 ANNUAL AWARDS

*Team V's 'Best of the Best.' The "Space & Missile Times" spotlights the 2001 Annual Award winners.*
*See* ***Page 10.***

***Weekend forecast***
*Low clouds in the morning with clearing skies in the afternoon.*

Low/High
36/70

For a full VAFB weather report visit www.vandenberg.af.mil/30sw/organizations/30og/weather/weather/index.html

# Help children cope with war

By Lt. Col. Robert Miller
*30th Medical Operations Squadron*

The terrorist attack on the World Trade Center and the Pentagon affected us all in one manner or another. This effect may be very obvious or subtle, depending on each individual's ability to deal with news that is both frightening and emotionally unsettling. As a developmental pediatrician and parent, it's a concern of mine that children receive ongoing support to help with their emotional development. They are especially vulnerable to the disruptive effects of our present situation.

Make no mistake—all children old enough to watch television or hear parents and friends talk about the events of Sept. 11 are affected in some manner or another.

Children are generally the most vulnerable following a national tragedy because of their limited ability to understand the events and make a realistic assessment of the actual danger affecting them.

I found the following suggestions from Dr. Paul Hauck, child psychologist at Travis AFB, Calif., particularly helpful.

1. All children look to the trusted adults around them for cues as to the importance of events. They model their emotional reaction to that of the adults. If they are in the presence of adults who are serious and concerned but not panicky or terrified, they assume that the event is important but they are personally safe.

Suggestion: Even when we are experiencing strong emotional reactions, children are best supported if we express these feelings in calm, moderate, supportive ways.

2. As adults we have a great deal of control over the information our children are exposed to. What is provided through the network is designed for adult consumption and contains frightening, sometimes gruesome, images inappropriate for children. Young children lack the cognitive ability to appreciate the geographic location of these events.

Suggestion: Do not leave television news programs running for long periods where children are continuously exposed to violent images. When speaking with children about the incidents, emphasize that the events were sad and scary but were far away. Answer children's questions honestly but in a child appropriate way. The child's sense that their personal world is safe is more important than their having an accurate understanding of political events.

3. Children may get inaccurate information or misunderstand events – especially when speaking with friends.

Suggestion: Listen for your children's comments and help correct misunderstandings. Ask, "What did they say at school today?" when discussing the war as a way of checking on your child's understanding of the tragic events.

4. Children are most concerned with the events of their own lives and their personal world. If an event in the adult world has actual impact on the child's day-to-day experience, they should be prepared for this. In the present situation, this might mean that one parent will be deployed or that someone the child knows was a victim or casualty.

Suggestion: Be straightforward with the child about events that have specific, personal meaning for the child. Prepare them for any changes that might occur for them.

5. There may be a small number of children who, because of their particular susceptibility to anxiety, will become excessively worried.

Suggestion: Observe your child for changes in their behavior or habits, or for worries that they may verbalize. Respond to these with clarification and reassurance.

Most children need nothing more than reassuring support from their parents, but it's best to be proactive. The goal is to prevent problems at the earliest point possible. Parents who need additional support or guidance on how to help their child cope with world events should speak directly with their primary care provider or a specialist in Life Skills at the 30th Medical Group. Although we do not have a pediatric psychologist on staff, civilian specialists are available in the local area. For all children, a sense of safety and security is basic to a healthy and happy childhood. A hug and word of reassurance from a parent can go a long way toward healthy emotional development.

## Seatbelts save lives

Photo by Staff Sgt. Jerry Clemens

**Maj. Lee Schick, 30th Mission Support Squadron commander, checks seatbelts at the main gate Feb. 15. Almost a quarter of the airmen killed in car accidents last year were not wearing their seatbelts. There have already been 27 Air Force deaths this year due to private motor vehicle accidents. Team Vandenberg members are reminded to be safe and "buckle up" when driving or riding in an automobile.**

# Crossing into blue

## *Airman reflects on soldier past*

By 2nd Lt. Virgil Magee
*AFSPC Public Affairs*

I've often heard soldiers talk about how the Air Force is the "all-support" service while airmen say that soldiers aren't exactly the brightest people around. Usually people who haven't lived or worked in the other service make those statements.

I've got a unique perspective. I've served in the both the Army and the Air Force.

As a young soldier, I was always in awe of the senior NCOs who supervised me. Their style of leadership was unlike anything I had ever seen.

My supervisor once instructed me to run an extra four miles when everyone else in my platoon ran three. My crime was coming up five points short of the maximum on the Army Physical Fitness Test.

At first I thought every soldier needed training on how to be polite. But, as time passed and I rose in rank, I began to see the tactical nature of a soldier's job and the necessity of being dictatorial when the situation called for it.

In the Army, everyone is a soldier, first and foremost.

If a unit is deployed, everyone plays their part in defending their site. The finance troop or the cook would be in the foxhole playing a role as big as any infantryman.

From the first day of basic combat training at Fort Jackson, S.C., everyone learns how to work as a team in hostile situations and not to think in terms of job titles.

Now I've crossed into the blue. I'm in the Air Force.

When I got to my first base as a brand-new second lieutenant, it was a sharp contrast to the Army culture. It was a lot more laid back and relaxed. There were no senior NCOs with a "God complex". Starting the duty day didn't include exhausting physical exercise at 5:30 in the morning. No low-crawling or 20-mile road marches.

The Air Force is a well-organized force of professionals. It's slightly more corporate-like than the Army. There are many aspects of good business practices found here.

The overwhelming majority of airmen are wonderfully adept and polite. People are courteous when you go to the military personnel flight or to finance. They're expected to behave as if customer service is their top concern.

The Army -- the Big, Green Machine -- has what we popularly call a "mindset."

It plows through obstacles to accomplish its mission at all cost. That's what it's good at. It may not be pretty, but it gets the job done.

The Air Force also gets the job done, but it makes it look pretty in the process. It cares about the little things.

So when I hear soldiers laugh at airmen or hear airmen poke fun at soldiers, I have to examine my own history.

I'll always cherish the time I spent in the Army and what it instilled in me, but I also enjoy the Air Force for its "people first" attitude.

Different approaches, same objective — defend our nation and fight its battles.

## Commander's Action line

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

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 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 in case more information is needed.

**Action line 606-7850**

or e-mail your message to
**actionline@vandenberg.af.mil**

| | |
|---|---|
| EMERGENCY | 911 |
| Command Post | 606-9961 |
| Poison control | 800-876-4766 |
| Clinic appointments | 606-2273 |
| Information | 411 |
| After-hours urgent care | 888-252-3299 |
| TRICARE services | 800-242-6788 |
| Health Care Information Line | 800-611-2883 |
| Pharmacy Assistance | 606-7440 |
| Pharmacy Refill (recording) | 605-0200 |
| Law enforcement | 606-3911 |
| Housing maintenance | 734-5586 |

***America's Air Force***
***No one comes close!***

SPACE & MISSILE TIMES

**Editorial Staff**

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

**Capt. Tom Knowles**
*Director of Public Affairs*

**2nd Lt. Michelle Mayo**
*Chief of Internal Information*

**Staff Sgt. Andrew Leonhard**
*Editor*

**Senior Airman Anne McCormick**
*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 publication deadline is 4:30 p.m. every Friday.**

Send submissions to: 30SW/PA, 747 Nebraska Ave., Room A-105, VAFB, CA 93437; via fax at DSN 276-8303 or commercial (805) 606-8303; or by e-mail to Space&MissileTimes@vandenberg.af.mil

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

# Next generation Air Force leaders

■ The following are the Feb. 8 Airman Leadership Class 02-B graduates including award winners:

**Senior Airmen --**

**Jason Gill** 576th Flight Test Squadron John L. Levitow Honor Graduate
**Jason Rowe** 30th Security Forces Squadron Distinguished Graduate/Academic Achievement Award Winner
**Jeremy Funk** Det 1, 345 Training Squadron Distinguished Graduate
**Kevin Montez** 61st Mission Support Squadron, Los Angeles AFB, Leadership Award Winner
**Lloyd Allison** 30th Transportation Squadron
**Ryan Barkman** 30th SFS
**Wendy Bowman** 30th SFS
**Patrick Brennan** 30th Weather Squadron
**Nicola Dixon** Det 1, 22 Space Operations Squadron
**Andrew Mathews** 30th SFS
**Matthew McCloskey** 30th Civil Engineers Squadron
**Rubendante Mercado** 14th Air Force
**Jeremy Miller** 30th Operations Support Squadron
**Joann Montoya** 30th Communications Squadron
**Agnes Nunez** 61st Medical Squadron (LAAFB)
**Alexander Rodriguez** 533rd Training Squadron
**Ruben Ulibarri** 30th CES
**Angela Agcaoili** 30th TRNS
**Philip Bokodi** 30th SFS
**Lynnette Bryant** 576th FLTS
**Stephen Deen** 30th CES
**Jennifer Dias** 381th Training Support Squadron
**Shannon Doerr** 30th Operations Support Squadron
**Jason Effron** 30th CES
**ShaRhonda Grandberry** 61st MSS (LAAFB)
**Christopher Hoskins** 30th SFS
**Michael Moore** 30th CS
**Rebecca O'Connor** 30th Space Wing
**Rudy Perez** Space and Misile Sytem Center (LAAFB)
**Michael Robison** 30th Aeromedical-Dental Operations Squadron
**Courtney Sales** 61st MSS (LAAFB)
**Jamie Williston** 30th CS

# Team Vandenberg Spotlight

PHOTO BY SENIOR AIRMAN ANNE MCCORMICK

**Master Sgt. Cheryl Garin (right), 532nd Training Squadron, reviews training records with Staff Sgt. Queiantin Jones.**

**Name:** Master Sgt. Cheryl Garin
**Assignment:** 532nd Training Squadron
**Duty title:** Training Development Specialist and Unit Training Manager
**Hometown:** Lansing, Iowa
**Arrived on Vandenberg:** Sept. 1999
**Time in service:** 14 years
**Why she loves her job:** Working in TDE gives me the opportunity to interact with a number of different courses and keep abreast of new developments in course design. I also enjoy the opportunity it gives me to interact with the young troops in my squadron.
**Supervisor's comments:** "Cheryl is an outstanding asset to the squadron," said Janet Bailey. "Her professionalism and work ethic are second to none. Her non-stop efforts in assuring course materials are current and properly organized are vital to our mission of providing highly trained technicians to the ALCM and ICBM forces."

PHOTO BY SENIOR AIRMAN ANNE MCCORMICK

**Energy drinks may be "hip" but are they safe? Many have ingredients banned by the NCAA.**

# Caution: *Energy drinks, supplements pack knock-out punch*

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

■ More Americans are aware of their health than ever before. Air Force members are no exception.

Today, it's not uncommon to see someone sipping on an energy drink, herbal tea or eating a meal-replacement bar — all in the name of good health.

Just because it's herbal, doesn't mean it's healthy, according to Tyson Grier, Health and Wellness Center exercise physiologist.

Ma huang, or ephedra as it's also known, is an amphetamine-like substance that stimulates the central nervous system. It's an herbal speed, according to Grier.

It's in some body-building supplements and diet aids available at our base exchange and commissary.

"It's banned by the National Collegiate Athletic Association and several states," Grier said. The International Olympic Committee considers the use of ma huang, and other like supplements, "doping" and a violation of the ethics of sports performance.

It can have potent side effects, including death.

Products containing Ma Huang contributed to the hospitalization of five soldiers at Fort Hood, Texas. It's also been blamed for the death of two other soldiers.

According to Grier, ma huang was linked to more than 40 deaths and more than 800 adverse reactions nationally. These reactions included heart attacks, strokes, tremors and insomnia.

Caffeine or aspirin compound the effects of ma huang, he said. People with high blood pressure or heart problems should avoid products containing ephedra.

Guarana, a caffeine-like stimulant, is another herbal extract found in "energy-enhancing" products.

Energy drinks with names like Amp, Red Bull, Adrenaline Rush, Rx Energy, Lizard Fuel Energy and Power contain varying amounts of guarana.

The energy drinks sold at Vandenberg's AAFES locations contain about the same amount of caffeine as a cup of coffee, according to Steve Reisbeck, Vandenberg's AAFES general manager. AAFES has a precautionary notice regarding energy supplements posted in their sales area.

Many energy drinks offer warning labels cautioning, "Not recommended for children, pregnant women or people sensitive to caffeine." Others, like the No. 1-selling Red Bull, offer no such warning.

Since these products are marketed as food items, there are no age restrictions placed upon their sale. Unlike prescription and over-the-counter medications, these supplements are not subject to federal testing or standards for ingredients. Let the buyer beware.

To report an adverse side effect from dietary supplements or herbs, call the Food and Drug Administration MedWatch line at (800) 332-1088 or log on to their Website at www.fda.gov/medwatch.

**SUPPLEMENT TIPS:**

■ In an effort to raise awareness, Grier offers the following tips:

Natural does not mean harmless – Know the effect of herbal supplements on your body. Supplements pose health risks of their own and may counteract or heighten the effects of prescription medications.

Don't play doctor – Always inform your health care provider if you're taking any supplements and stop taking supplements at least two weeks prior to surgery.

Beware of exaggerated claims – There are no "magic" pills to lose weight. A balanced diet and regular exercise are the key to health and fitness.

# Over-the-counter may be over-the-top

BY AIRMAN 1ST CLASS CHRIS POWELL
*341st Space Wing Public Affairs*

■ **MALMSTROM AFB, Mont.** – They're found on almost every grocery store shelf — bee pollen, gingko biloba, ginseng, kava kava, sage leaf, valerian root, St. John's wort — common, seemingly benign, and all claiming to be a path to better health.

That's what many people believe, but it's not an option that servicemembers on the Personnel Reliability Program can explore.

The PRP program, which consists of more than 1,800 people here, is comprised of people who operate, maintain, support or guard the 200 missiles in Montana. Because of their mission, being mentally alert and focused is of the utmost importance.

Supplements may interfere with this by impairing judgment, causing anxiety or restlessness, or insomnia, which may lead to drowsiness.

Air Force policy does not support the use of supplements of any type.

PRP members should make an appointment with their primary care manager for review of any over-the-counter ingredients and for recommendation for approval or disapproval. Even if not seen by their managers, people should always tell their provider they are taking supplements.

The unauthorized use of any over-the-counter supplement can result in permanent decertification for PRP members.

"Generally, we look for anything that will impair judgment or cause drowsiness," said Capt. Kevin McNabb, of the 341st Medical Group. Supplements aren't regulated by the Food and Drug Administration like normal drugs.

"People need to realize that supplements aren't tested," explained Capt. Andrea Gardner, 341st Medical Group. "Some can even cause liver damage. There are a lot of people who come in and say they don't take drugs but they take supplements everyday."

Many supplements interact with prescription medications, including birth control pills. They can affect how much patients bleed during surgery, damage the liver and can even be fatal.

One ingredient in some supplements that can be particularly harmful is Ephedra. It's always disapproved, according to McNabb.

Ephedra contains the same ingredients that are used to make methamphetamine.

"Ephedra has been known to cause servicemembers to test positive on their drug tests," he said.

"The bottom line is, we don't want anyone to take anything that's unsafe." A balanced diet is better than supplements, said McNabb.

For a complete list of PRP-restricted items, contact the base medical facility. *(Courtesy of the Air Force Space Command News Service)*

# ROCHE: American strength comes from diversity of people

**from Page 1**

ment of Defense officials established Junior ROTC.

"This is a high school citizenship program, funded and directed by DOD, that aims to provide educational experiences for inner-city and at-risk youths," he said.

The Air Force currently runs more than 600 JROTC programs throughout the country, with more than 92,000 students enrolled.

"The Air Force goal is to increase our number of programs up to our authorized limit of 945," he said.

"My view is a first-hand view," he said. "A clear perspective that having the best in us, as diverse as we are, means strength and vitality.

"American strength comes from the diversity of our people, united by the common vision we share: Freedom," Roche said.

# LORD: Nominated for fourth star, to head up Space Command

**from Page 1**

spent in the missile field. His first duty assignment was as a Minuteman II combat crewmember with the 321st Strategic Missile Wing, Grand Forks AFB, N.D. He has also had assignments as a Minuteman II evaluation member and missile operations staff officer. His first command was for the 10th Strategic Missile Squadron at Malmstrom AFB, Mont. Other command positions include the 90th Missile Wing, F.E. Warren AFB, Wyo., 30th Space Wing at Vandenberg AFB, Calif., and the 2nd Air Force at Keesler AFB, Miss. He has also served in academic positions as commandant of the Squadron Officer School, Maxwell, AFB, Ala., from 1990 to 1992 and commander of Air University at the same base from 1999 to 2001.

The selection elicited a positive response from the current commander.

"The men and women of Air Force Space Command join me in congratulating Lieutenant General Lance Lord for being nominated by the president to the rank of general and to be the next commander," said Eberhart. "He is a tremendous leader who is exceptionally well-qualified to meet the dynamic challenges of providing warfighters with the world's best space capabilities. We are happy to welcome General Lord and his wife Beccy back to the Air Force Space Command team."

The general has to be confirmed at a hearing of the Senate Armed Services Committee. If approved, the matter goes on to the Senate for a role call vote. *(Courtesy of AFSPC Public Affairs)*

## *Swimming to gold*

**Charlai Kosh, 12, daughter of Staff Sgt. Aaron Kosh, competes in a swim competition in San Luis Obispo Feb. 15 and 16. Kosh placed first in two races and second in five races. Nearly 170 swimmers from five different local swim teams competed in the event.**

**Another Teen V swimmer, Sarah Corwin (not pictured), left the meet with one first place finish, four second places and two third places. Corwin is the daughter of Tech. Sgt. John Corwin.**

PHOTO BY CHRISTINE KOSH

# Around the Air Force

## Missile facilities upgrade telephone lines

■**MALMSTROM AIR FORCE BASE, Mont.** — When Malmstrom missile alert facilities' phone lines were originally installed, John F. Kennedy was president, the Cuban Missile Crisis was on the front pages and John Glenn was the first American to orbit the earth.

All that changed when Malmstrom recently started using the latest communication technology to make life a little easier in the missile field.

Eighteen out of 20 missile alert facilities assigned to the 341st Space Wing are now wired to high-speed Internet connections and multiple telephone lines.

The decision to modernize the MAFs 40-year-old phone systems to state-of-the-art communication equipment started three years ago said Anderson. The decision was made to add voice lines to the existing three voice lines and add better LAN access to complement the number of people working at the MAF sites.

The system upgrade began in August 2001 and is expected to be complete by March when the last two sites are completed. Once finished, all 20 sites will have at least 12 phone lines and a fast LAN connection, said Anderson. Beside streamlining connections with the base network, the LAN will also help people at the MAF sites stay connected to distance learning studies and any Air Force Career Development Courses.

The project minimized construction costs by taking advantage of the existing infrastructure. Using existing copper cable at some sites and only installing microwave technology at sites where it proved most valuable shortened the upgrade timeline, Anderson explained.

The added LAN capability also eliminates complete dependency on hardcopy for all paper work between MAF sites and Malmstrom. More communication and coordination can be done through the LAN, cutting down response and coordination time, Anderson said. *(Courtesy of Air Force Space Command News Service)*

## Medical Team Conducts life-saving mission

BY DEWEY MITCHELL
*Wilford Hall Medical Center Public Affairs*

■**LACKLAND AIR FORCE BASE, Texas** — Members of a highly specialized team from Wilford Hall Medical Center flew to Okinawa, Japan, over the weekend and brought back a 3-day-old boy who likely would not have survived without their help.

The boy, the son of a Marine stationed on Okinawa, was born Friday without a left diaphragm. Without the diaphragm, some of his intestines were putting pressure on his lungs and other chest organs.

The baby's lungs were slowly failing. According to medical officials, the baby would likely die in less than two days unless he was put on heart-lung bypass, which is called Extracorporeal Membrane Oxygenation or ECMO. The bypass would allow the lungs to heal so the baby could have surgery later to correct the defect. The surgery to repair the diaphragm gives the Marine's son a 60 percent chance of survival with a good quality of life.

There is no ECMO capability on the island of Okinawa. The only long-range transport heart-lung bypass capability in the world is at Wilford Hall Medical Center.

Air Force doctors at the U.S. Naval Hospital at Okinawa asked specialists at Wilford Hall's specialized Neonatal Intensive Care Center for help Friday and within 12 hours a transport team was launched on a series of U.S. Air Force aircraft to Okinawa.

The 16-member Neonatal Critical Care Air Transport Team loaded its equipment on a C-130 and flew out of Kelly Field just before dawn on Saturday. They arrived in Okinawa 25 hours and 7,500 miles later.

Once in Okinawa, the team put the infant on the portable heart-lung bypass system within three hours. The ECMO machine does the work for the infant's heart and lungs.

"What our team did gave the baby a much greater chance of survival," said Dr. (Col.) Howard Heiman, the Army neonatologist who headed up the team. "The baby went from a 5 percent to a 60 percent chance of survival with the help from our team."

The team then transported the infant on a portable ECMO unit by ambulance to a C-141 that flew them back to the United States. They arrived at Lackland Monday at 11:45 a.m., marking the end of the 56-hour rescue mission.

The baby was transported by ambulance to the Neonatal Unit at Wilford Hall, where he continues to recover. Surgeons expect to perform surgery within a week, when the lungs are better able to withstand the challenge of an operation. *(Courtesy of Air Force Print News)*

## President visits airmen in Alaska

■**ELMENDORF AIR FORCE BASE, Ala.** — While stopped here Feb.16,en route to a week-long trip to Asia, President George W. Bush spoke to more than 4,000 military people, their families and Anchorage community leaders about his pride in the country's unified effort to protect its values of freedom and democracy. The president's tour includes South Korea, Japan and China, where he will continue to address America's non-tolerance of terrorism message. *(Courtesy of Air Force Print News)*

## Space Command takes report on the road

BY CAPT. ADRIANE CRAIG
*AFSPC Public Affairs*

■**PETERSON AIR FORCE BASE, Colo.** — Air Force Space Command officials made a stage debut here Feb. 13 that was as dramatic in its scope as anything playing on Broadway.

Although the thought of a two-hour plus performance is likely to make most cringe - the briefing, just beginning a six-week road tour, is sure to make the military space community sit on its collective seat.

The presentation shows where the Air Force is now at putting the findings of last year's Space Commission into reality, the ramifications of that study and how it affects the future of military space.

The team presents here Mar. 6.

"Many people think that the space commission report just meant redrawing organizational line of Space and Missile Systems Center from Air Force Material Command to Air Force Space Command," said Col. James Mueller, chief of Space Commission Division at AFSPC Directorate of Plans and Programs. "That is where we're at, not where we're going."

One of the commission's recommendations was to create a cadre of space professionals from the operations and acquisition fields. Mueller said that many members of the command were concerned about their place in their career fields after the release of the report. In order to address those concerns, he said, AFSPC felt it was necessary to forego e-mails and conference calls to take the word personally to the field. A major portion of the presentation is on Air Force space career management.

This supplemental briefing by the training division of the AFSPC Directorate of Operations focuses on the way ahead for the development of space leaders.

Highlights include the creation of a four-tiered space education curriculum, incorporating space issues into current Professional Military Education programs and the introduction of a new career program pyramid for space professionals.

As an added bonus, people attending the presentation will also receive the latest personnel information from AFSPC Directorate of Personnel.

Col. Jack Anthony, deputy director of personnel for AFSPC, said when the call went out for add-ons to a traveling command briefing team, he felt DP had to be a part of it. Some issues will be tied to the changes facing the command with regard to the space commission recommendations, others are just plain good personnel issues people want or need to know about.

This briefing includes the latest on entitlements, stop-loss, the evolving military and civilian personnel data systems, and assignments. *(Courtesy of Air Force Space Command News Service)*

# Community Calendar

## Riding High

PHOTO BY SENIOR AIRMAN ANNE MCCORMICK

**Cornelius Puiulet, 30th Medical Group, and Christopher Fernengel, 534th Training Squadron, indulge themselves in some primo mountain biking on the trails of Ojai. For information about trails in the Ojai area, visit the web at: http://www.supergo.com/trailguide/trailguide.asp**

## EVENTS

**21** FRI The Women's History Month committee sponsors an **essay and poster contest for students** in the Lompoc School District as well as for base children who are home schooled or enrolled in private schools in grades K through 12. Prizes include savings bonds and scholarships. The slogan this year is "Women sustaining the American Spirit." For further details, call Susan Haury at 605-6237 or visit her in Bldg. 10577 room B-108.

People can visit the **Health and Wellness Center's Relaxation Room** from 8:30 a.m. to 3:30 p.m. Monday through Friday. HAWC guests may enjoy the massage chair, listen to soft music and melt their stress away. Call the HAWC at 606-2221 to reserve a 30-minute session.

The **Lompoc Museum** offers guests a glimpse into local history from 1 to 5 p.m. Tuesdays through Fridays and 1 to 4 p.m. Saturdays and Sundays. Trained docents lead guided tours by appointment only. Admission is $1 for adults and free for children and museum members. For more information, call the museum at 736-3888.

The Dunes Center at the Guadalupe-Nipomo Dunes Preserve offers **guided tours** to visitors. The center also has hands-on, interactive exhibits such as a virtual reality, no-sand-in-your-shoes tour of the preserve and computer exhibits of dune birds, amphibians, reptiles and arthropods for children of all ages. The center is open from noon to 4 p.m. Fridays, Saturdays and Sundays. For tour reservations, call the Dunes Center at (805) 343-2455.

Lompoc Civic Theatre presents **"Mornings at Seven"** today through March 3. Performances of this family comedy by Paul Osborn start at 8 p.m., Fridays and Saturdays and at 2 p.m. Sundays. Tickets are available on base by calling 606-7976.

**22** SAT Visitors can enjoy walking tours of historic downtown Santa Barbara every Saturday from 10 a.m. to noon, weather permitting. Covering four square blocks, the tour takes guests through historic Spanish downtown. For more information, call (805) 965-6407.

**27** WED The **Santa Barbara International Film Festival** runs from Wednesday to March 3. Showtimes and venues vary, so call (805) 963-0023 for more information.. To purchase tickets in person or by phone, contact Arlington Ticket Agency at (805) 963-4408. Tickets cost $8 each.

**MARCH**

**1** FRI There is an Undergrad Nite Dance at the Lompoc Valley Community Center March 1 from 8 to 11 p.m. Cost is $3 at the door. Undergrad Nites are open to Lompoc Unified School District high school students. School identification is required at the door.

Public school students who want to attend a school other than their school of residence must have a parent or guardian apply for a transfer. To be included in the **lottery for the 2002 – 2003** school year, applications must be in by March 4. Students now enrolled with a transfer need not reapply to remain at their present school. Applications are available at all school locations and the Lompoc Unified School District Central Attendance office at 1301 North A St. Call 736-2371 for more information.

**9** SAT The Vandenberg Spouses' Club presents their **annual fundraising auction**, An Evening of Swingin', at the USO. Items to bid on include arts and crafts, silver pieces and desserts. The event is at 7 p.m. March 9 in the Pacific Coast Club. Call Susan Ashley at 734-2036 or Lynn Galik at 734-4088 to make reservations by March 1.

**13** WED The Vandenberg **Commissary's Grand Re-opening** starts at 9 a.m. March 13. There will be free food and prize drawings .

**APRIL**

**20** SAT **Special Olympics** returns to Vandenberg April 20 at the base track. The Vandenberg Special Olympics committee needs several hundred volunteers to be athlete escorts, event workers, set-up/tear-down teams and more. Anyone from Team Vandenberg can volunteer. Call Capt. Trevor Flint at 606-0101 to volunteer.

**27** SAT The **Central Coast Home and Rec Show** comes to the Mid-State Fairgrounds April 27 and 28. The event is the largest home and rec show on the Central Coast with more than 120 vendors. For more information, call (805) 781-2750.

## CLASSES

**21** FRI The Health and Wellness Center offers **T.G.I.F. Lunchtime Relaxation** every Friday at 12:30 p.m. in the HAWC. Linda Bastine guides participants through various exercises for mind relaxation. By relaxing the mind, the body also benefits. This is one of many ways to manage stress. No registration is required. For more information, call Linda Bastine at 606-9958.

**22** SAT **Hula and social dances for kids** meet every Saturday from 10 to 11 a.m. at Everybody Can Dance, 135 E. Clark in Orcutt. Classes are for ages 4 and older. Cost is $25 per month. For more information, call (805) 348- 3314.

The Lompoc Parks and Recreation Department offers a **Novice Dog Obedience clas**s, Saturday through March 23. The class is from 11 a.m. to noon at Ryon Park and costs $78. Dogs are taught to walk quietly on a leash, to come and stay on command and other basic skills. Dogs must be at least four months old and proof of current vaccinations is required. An **Advanced Novice Dog Obedience class** is also available from 12:30 to 1:30 p.m. for $90. Call 736-6565 to register for either class.

**Step-parenting education and counseling** is available to couples experiencing the unique challenges of step parenting. Linda Bastine is available for one-on-one assistance regarding parenting, marriage enrichment and stress management. Call 606-9958 to schedule an appointment.

**26** TUE The Kings of Swing offer **Latin, ballroom and swing dance classes** at the Santa Maria YMCA, 3400 Skyway Drive. Partners are encouraged but not necessary. Four-week classes are $25 and six-week classes are $35. For more information, call David or Maria at (805) 928-7015. Beginning ballroom classes start at 7 p.m. and Latin dance classes begin at 7:45 p.m. on Tuesdays. Swing classes are on Monday at 7 p.m.

The Santa Maria Veteran's Memorial Cultural Center presents **salsa dance classes every** Tuesday and swing dance classes on Wednesday from 7 to 9 p.m. The cost is $25 per month. For more information, call (805) 937-1574 or visit the center at 313 W. Tunnell.

## MEETINGS

**26** TUE The **Vandenberg Spouses' Club** meets Tuesday at the Pacific Coast Club for Bunko and pizza. A social time begins at 6:30 p.m. followed by dinner at 7 p.m. No Bunko experience is necessary. New members and guests are welcome. Sign up with Dawn Orban at 734-2218.

Vandenberg's **Single Parents' Support Group** meets for lunch every second and fourth Tuesday at 11 a.m. in the Pacific Coast Club. The group is for Vandenberg's military and civilian single parents. The next meeting is Tuesday.

**MARCH**

**12** TUE The **Trenchard Society** holds its first brown-bag lunch meeting March 12 from 11 a.m. to 12 p.m. at the base library. They will be discussing "Heart of the Storm". The Trenchard Society is a round-table discussion group encouraging officer participation in the Chief's reading program. It also promotes professional development and an understanding of the issues and ideas found in the literature. For more information, contact the base library at 606-6414 or Lt. Henry Heren at 605-1338.

## SPORTS

Outdoor Recreation needs four more **Vandenberg Whitewater Rafting Team guide volunteers**. Team guides must be adventurous, fun-loving, hardworking and outdoors oriented. They're responsible for planning, logistics, guiding and client safety during trips to the Kern River in the southern Sierra Mountains. Guide positions are limited and no experience is necessary. Volunteers must pass a moderate physical fitness test, which includes a one-mile run, 200-meter swim, 20 push-ups, 30 sit-ups and two pull-ups. New guides receive all required training. Volunteers must be over the age of 21 and be active-duty, Guard, Reserve, DoD civilian or a dependent. The team's first meeting will be in early February at a date to be determined. Those interested should call Staff Sgt. Jeff Martineau at 605-7617.

The **Vandenberg Women's Soccer Team** needs players. The team plays with the Central Coast Women's Soccer Association League and is open to all women over the age of 18 years. Interested players should call Capt. Ann Curtis at 606-2382 for further details.

The **Diana Youth Softball Booster Club** needs board members. Those interested should call the Youth Center at 606-9374 or Kari Rosson at 734-1028.

The **Vandenberg Youth Center's youth baseball** season is right around the corner. Any player with base access who is between 5 and 13 years old is eligible to play. Players receive a new uniform, a picture packet and a trophy for participating. Registration is $45 for Youth Center members and $50 for non-members. Teams play all games on base. Volunteer coaches are also needed. There are no fundraisers this season. The youth sports office is open Monday through Friday from 7 a.m. to 5 p.m. Visit the Youth Center to sign up or call 606-2152 for more information.

**23** SAT There is a **Vandenberg Youth Softball league** for children ages 8 to 13 years. A skills day is set for Saturday and registration is at the Youth Center. Call 606-2152 to volunteer or for information.

## THE MOVIES

**Today**
**Kate and Leopold**

Starring Meg Ryan and Hugh Jackman.

Kate McKay is a modern-day executive, a 21st century woman, driven to succeed in the corporate world. Leopold, the third Duke of Albany, is a charming 19th century bachelor. Each has grown weary of waiting for love. When a twist of fate lands Leopold in present-day New York, they must confront the prospect of a love affair 100 years in the making. Rated PG-13.

**Saturday**
**3 p.m.**
**Jimmy Neutron**

Animated

Jimmy and his friends await the opening night of the Retroland Amusement Park. When his parents forbid him to go, he and his friends sneak out. While having the time of his life, Jimmy wishes that his parents would vanish. Meanwhile, all the parents are kidnapped by aliens! Celebrating the absence of his parents, Jimmy and his classmates quickly discover that they have no one to turn to when things go wrong. They not only need but want their parents back. Rated G.

**Saturday**
**7:30 p.m.**
**Ali**

Starring Will Smith and Jamie Foxx.

With wit and athletic genius, Muhammad Ali forever changed the American landscape. Ali took on the law, the status quo, the war and the fists in front of him. Ali both ignited and mirrored the conflicts of his time and ours to become one of the most admired fighters in the world. Rated R.

**Sunday**
**Imposter**

Starring Gary Sinise and Madeline Stowe

Spencer Olham, a weapons expert in 2079, awakens of morning to find himself accused of being an alien. On the run and being hunted down by Major Hataway, he recieves help from an underground leader. Upon returning to the city, he must convince his wife and his best friend that he is indeed her husband and not some kind of robot monster with a bomb in his chest. Rated PG-13.

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

## CHAPEL NOTES

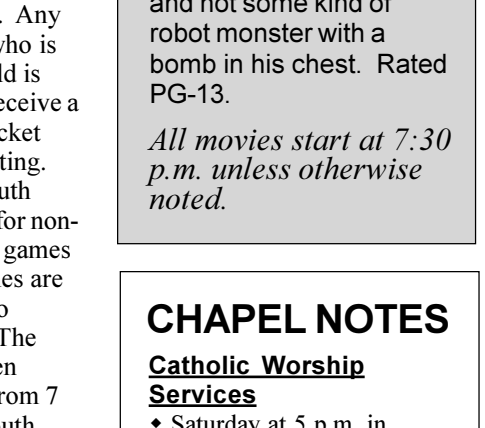
**Catholic Worship Services**

- Saturday at 5 p.m. in Chapel 2.
- Sunday at 9:45 a.m. in Chapel 1.
- Daily Mass is Monday through Friday at 11:30 a.m. in Chapel 2.

***For questions regarding other faith services, call the chapel at 606-7773.***

### African American Heritage Month crossword answers

**The winner of the African American Hertiage month contest will be announced at the heritage banquet Saturday.**



# 30th Services NEWS

## Spring is here... It's time to GOLF!

## GOLF FOR LESS at Marshallia Ranch Golf Course!

**Compare our fees and charges to other local area golf courses! Marshallia Ranch charges less for golf cart rentals and green fees as compared to six other area courses. Play our outstanding course and save money!**

Marshallia Ranch has a fully stocked pro shop, snack bar, large dining room and patio area, men's and ladies' locker rooms. The course has a 24-acre driving range, two putting and chipping areas, and a golf professional for lessons. Powercarts, handcarts and golf clubs are available for rent.

**For more information, call the Pro Shop at 734-1333.**

***Join us for...***

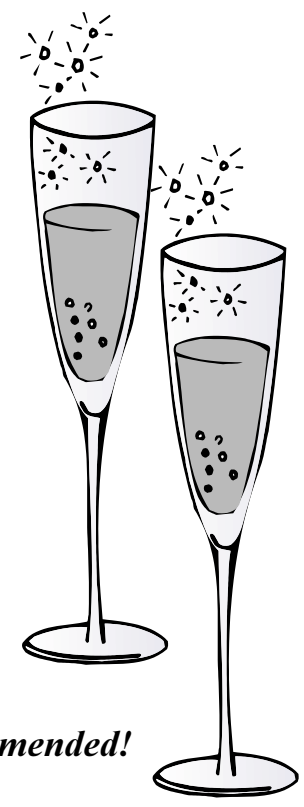
## Sunday Brunch

*at the*
**PACIFIC COAST CLUB**

**Sunday**
**10 a.m. to 2 p.m.**

$13.95 Adults
(Club Members $11.95)

Children age 4-12
75¢ per year.
Children under
4 years FREE!

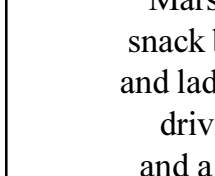


***Reservations not required, but highly recommended!***
For more information, call 606-3330.

## V.I.T.T.

Vandenberg Leisure Tours

### LAS VEGAS Turnaround



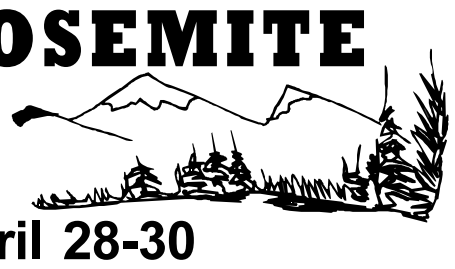
**MARCH 2-3**
**$40**

*(with $25 returned, see below)*

Transportation by large, restroom-equipped motorcoach. Leave base 6 a.m., arrive California Hotel & Casino, downtown Las Vegas approximately 3 p.m. Twelve hours to spend as you wish - NO monitoring. $25 back in cash, play and food coupons. Leave Las Vegas, 3 a.m., arrive back at base approximately noon, Sunday. Call 606-7976 for more information.

***Experience the splendor of...***

### YOSEMITE



**April 28-30**

**including a special side trip to the spectacular Mariposa Redwood Grove.**
**$225 per person sharing,**
**single, add $175**

Includes two nights, superior room, Yosemite Lodge and transportation. Call 606-7976 for more information.

## *Want to be a Family Care Provider?*

If you are caring, have patience with children, would like to have your own business, stay at home with your own children and earn an income to help with expenses, *then Family Child Care may be the prefect job for you!*

Providers are also needed to provide care for children with special needs, to do hourly care and shift work.

**For more information on becoming a FCC provider, contact Gwendolyn Jones, Family Child Care Coordinator at 606-4639/3255.**

## BOWLING

**THUNDER ALLEY with ROCK 300**
Thursday through Saturday nights. Thursdays, families can bowl from 6 to 9 p.m. Friday hours are 10 p.m. to 1 a.m. and Saturday 9 p.m. to 12 a.m. Cost: Thursday, $6 for all bowlers; Friday and Saturday, $8 for adults and $6 for youth (with Youth Center ID) and includes all equipment. Music on request Friday and Saturday. Come on out for the best 'glow and bowl' program around!

## GOLF

**WEDNESDAY -**
Ladies Priority, 8:32 to 9:04 a.m.

## FITNESS

**SATURDAY -**
Indoor Cycling, 8 to 8:45 a.m., Services Center

**MONDAY -**
AM Abs, 7:05 to 7:20 a.m., Fitnes Center Basketball Court

**TUESDAY -**
Yoga Fitness, 6 to 7 p.m.

**FIND A FITNESS BUDDY -** Sign up at the Fitness Center to find a buddy with similar goals. The Fitness Center will try to match people up. For more information, call 606-3834.

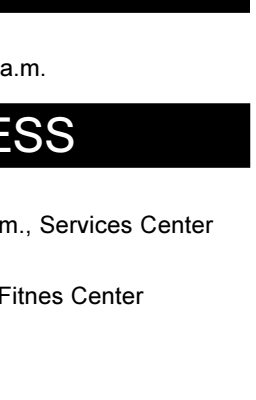
## YOUTH SPORTS SIGN-UPS

***TODAY IS THE FINAL DAY TO REGISTER!***

**BASEBALL - BOYS and GIRLS, ages 5 through 13**
7 a.m. to 5 p.m. at the Youth Center. Cost: $50 ($45 with Y/C membership) Skills Day: Baseball, Saturday

**SOFTBALL - GIRLS, ages 8 through 16**
7 a.m. to 5 p.m. at the Youth Center. Cost: $50 ($45 with Y/C membership) Skills Day: Softball, Saturday

*Players ages 14 through 16: a sign-up list will be taken to see if there is enough interest to form this division.

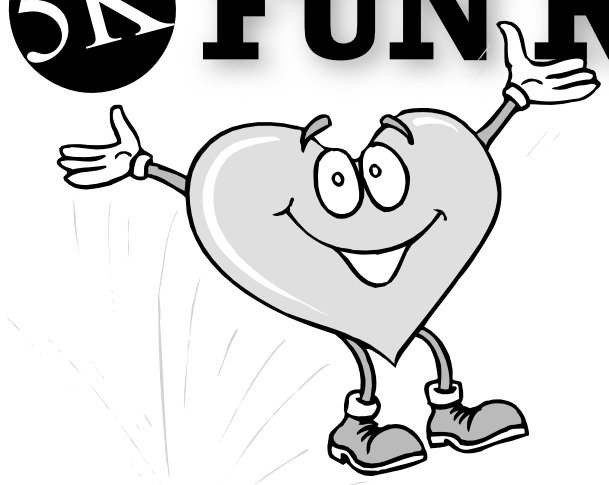


Volunteers are needed for both sports: league president, vice president, field commissioners, uniform/equipment commissioner, secretary, coaches, and umpires. For more information, call the Youth Center at 606-2152.

**Keep a lookout for future 4-H events at the Youth Center!**
Call the Youth Center for more information on the 4-H rabbit group at 606-2152.

**VANDENBERG AFB FITNESS CENTER**

## Healthy Heart 5K FUN RUN



**Today at Noon**
Fitness Center

Call Brian Owen
at 606-3834 for details.

## BASKETBALL GAME!
**Ft. Irwin at Vandenberg**
Today at 7 p.m. - Fitness Center

VANDENBERG
## Leisure Travel

**We're giving away a seven-day luxury cruise for two aboard Holland American Cruise Lines!**

SAIL ebration!

USAF Information, Tickets and Travel is running their annual sweepstakes joint promotion with Holland America Cruise Lines. Come in and register to win a seven-day luxury Caribbean cruise for two! No purchase necessary.

Visit your local Vandenberg Leisure Travel office located in the Service Center, and check out all the special discounts available on cruising.

***Make Vandenberg Leisure Travel your one stop for all your travel needs!***

For more information, call Edwina at 606-1675, Monday through Friday, 8 a.m. to 4:30 p.m.

# Team V's 'Best of the Best'

Team Vandenberg recognized their best of the best during the annual awards banquet Feb. 12 at the Pacific Coast Club.

More than 400 people were on hand to congratulate winners from the 30th Space Wing and associate units.

In early February, selection boards met to evaluate nomination packages for the airman, NCO, senior NCO, first sergeant, company grade officer, civilian, Honor Guard and volunteer of the year categories. The board members selected the top nominees from the 30th SW and associate units. From those two categories, the boards selected the Team Vandenberg winner.

Nominees were not interviewed by a selection board this year due to the high number of people TDY. The selection was based on nomination packages only. Honor Guard nominees are constantly evaluated for dress and appearance, the number of details attended and performance during weekly practice sessions.

The 30th SW and associate unit winners are:

***Airman of the Year***
Associate Unit Winner
**Senior Airman Desmond Savage** 614th Space Operations Squadron

30th Space Wing and Team Vandenberg Airman of the Year
**Airman 1st Class Carl Robinson** 30th Range Squadron

***NCO of the Year***
Associate Unit Winner
**Staff Sgt. Hollie Livesay** 534th Training Squadron

30th Space Wing and Team Vandenberg NCO of the Year
**Master Sgt. John Corwin** 30th Range Squadron

***Senior NCO of the Year***
Associate Unit and Team Vandenberg Winner
**Master Sgt. Benjamin Caro, Jr.** 533rd Training Squadron

30th Space Wing Winner
**Master Sgt. David Steele** 30th Communications Squadron

***First Sergeant of the Year***
Associate Unit Winner
**Master Sgt. Cindy Hasty** 614th SOPS

30th Space Wing and Team Vandenberg Winner
**Master Sgt. June Phillips** 30th CS

***Company Grade Officer of the Year***
Associate Unit Winner
**Capt. Samantha Ray** 614th SOPS

30th Space Wing and Team Vandenberg Winner
**Capt. Michelle Holland** 2nd Space Launch Squadron

***Honor Guard***
Airman of the Year
**Staff Sgt. Paula Funderbrook** 30th Comptroller Squadron

NCO of the Year
**Tech. Sgt. Marcia Scantlebury-Hall** 30th Medical Group

***Category One Civilians of the Year***
(There was a tie in this category.)
**Tom Gooch** 30th Civil Engineer Squadron
**Toshiaki Yamamoto** 30th Transportation Squadron

***Category Two Civilian of the Year***
**James Jones** 30th CS

***Active-Duty/DoD Civilian Volunteer of the Year***
**Tech. Sgt. Kevin Schnicker** 2nd Space Launch Squadron

***Civilian/Family Member Volunteer of the Year***
**Adele Willims** 381st Training Group

***Editor's Note:*** *Photos of James Jones, 30th Communications Squadron; Tech. Sgt. Kevin Schnicker, 2nd Space Launch Squadron; Tech. Sgt Marcia Scantlebury-Hall, 30th Medical Group; and Staff Sgt. Paula Funderbrook, 30th Comptroller Squadron were not available at press time. They will be featured in upcoming issues of the "Space & Missile Times."*

PHOTO BY STAFF SGT. PAMELA TAUBMAN

**Master Sgt. Benjamin Caro Jr. is Team Vandenberg's Senior NCO of the Year. Caro is the Operations Superintendent for the 533rd Training Squadron.**

PHOTO BY STAFF SGT. PAMELA TAUBMAN

**Master Sgt. June Phillips is Team Vandenberg's First Sergeant of the Year. Phillips supports the men and women of the 30th Communications Squadron.**

PHOTO BY SENIOR AIRMAN ANNE MCCORMICK

**Toshiaki Yamamoto is the Category One Civilian of the Year. He is a motor vehicle operator for the 30th Transportation Squadron.**

PHOTOS BY AIRMAN 1ST CLASS JONATHAN POMEROY

**Adele Williams is Vandenberg's Civilian/Family Member Volunteer of the Year. Williams works full-time at Vandenberg Federal Credit Union.**

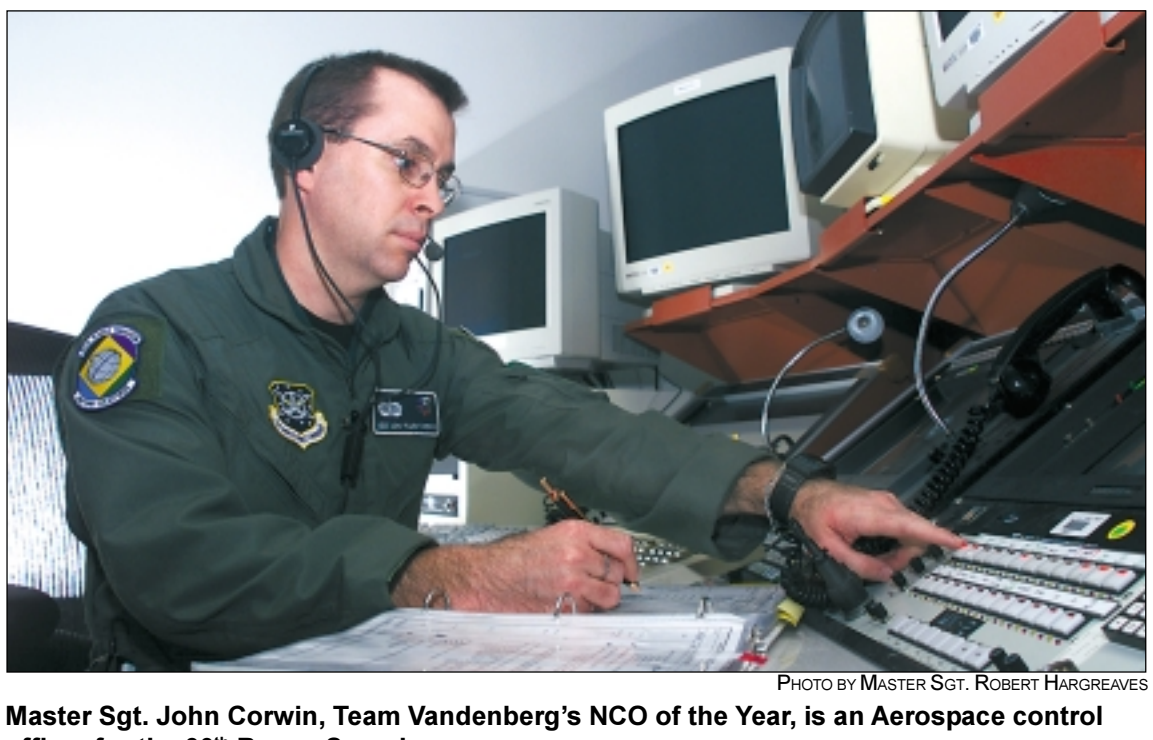


PHOTO BY MASTER SGT. ROBERT HARGREAVES

**Master Sgt. John Corwin, Team Vandenberg's NCO of the Year, is an Aerospace control officer for the 30th Range Squadron.**

PHOTO BY SENIOR AIRMAN APRIL MUNIZ

**Capt. Michelle Holland (left) is Team Vandenberg's Company Grade Officer of the Year. She is a mission support flight commander at the 2nd Space Launch Squadron.**

PHOTO BY STAFF SGT. PAMELA TAUBMAN

**Airman 1st Class Carl Robinson is Team Vandenberg's Airman of the Year. Robinson is an aeronautical operations control officer for the 30th Range Squadron.**

PHOTO BY STAFF SGT. PAMELA TAUBMAN

**Tom Gooch, 30th Civil Engineer Squadron, is the Category One Civilian of the Year. Gooch is a lead firefigther for the Vandenberg Fire Department.**

**Congratulations Team Vandenberg!**