

Base Briefs

Base cracks code on drug use

STITCH IN TIME

Rank, nametapes, and patches are sewn on uniforms free of charge for airmen E-4 and below from 4 to 7 p.m. today at G.I. Java. Volunteer sewers are needed. Call Chaplain (1st Lt.) Mike Martin at 606-5773 for more information.

ROAD CLOSURE

El Rancho Road from 13th Street to Umbra Road is closed through Dec. 3, to accommodate bridge construction across San Antonio Creek.

GATE OPENING

Titan Gate is open until further notice. For more information, call Master Sgt. Michael McKinney at 605-2585.

RESUME RECREATION

Team Vandenberg may resume all outdoor recreational activities. For more information, call the Vandenberg Fish and Wildlife office at 606-6804.

SLOGAN CONTEST

Participants may submit a voting slogan expressing in their own words the importance of voting. Submit slogans by July 11 to the Federal Voting Assistance Program at <http://www.logan.fvap.ncr.gov>.

DORM MANAGER JOBS

There are two immediate job openings in dorm manager positions for senior airmen, staff and technical sergeants. The positions are two-year controlled tours.

Applicants should send a letter of recommendation from their commander and copies of their last three enlisted performance reports to the 30th Mission Support Group deputy commander.

For more information, call Senior Master Sgt. Brian Joseph at 606-2990.

VENDOR DELIVERIES

All commercial and vendor vehicles are required to enter the base through the Lompoc Gate between 9 a.m. and 3 p.m.

Special consideration for delivery vehicles entering the installation at other gates will only be considered on a case-by-case basis. Security forces request all organizations affected by this procedure contact their respective commercial or vendor agents.

For more information, call Master Sgt. Michael McKinney at 605-2585 or 605-0792.

TROOP SUPPORT

The Department of Defense proposes ways for Americans to show support for U.S. service members in Iraq. Post e-mail letters online at <http://anyservicemember.navy.mil/About.html>. Supporters can also visit Veterans Administration hospitals and nursing homes, coach children's sports teams, feed the homeless and request local military members to speak at community events.

By AIRMAN 1ST CLASS BRYAN FRANKS
30th Space Wing Public Affairs

When the wing commander, unit commanders, and first sergeants get together, the last thing they're expected to do is learn to shoot up black tar heroin, but at Vandenberg's Drug Symposium that's exactly what happened here April 3.

The annual seminar was designed to help commanders and first sergeants recognize signs and symptoms of drug use, identify drug paraphernalia and review the statistics for Vandenberg's 2003 drug testing program.

"Drugs are real and unless you see, smell and taste it you won't understand," said Lt. Tom Alipio, East Palo Alto Police Department. Alipio has worked in narcotics for much of his 21 years in law enforcement and was guest speaker at Vandenberg's symposium.

"Everything I know I learned from the street, because when you're undercover you have to do it their way or you're dead," the street-wise veteran said.

Alipio passed around bags of cocaine, marijuana, ecstasy, and heroin for base leaders to see, smell and feel. He also showed the group different paraphernalia used with each drug and explained how they could be hidden.

To show how to hide drugs and paraphernalia, a room was set up with items that can usually be found in any dorm room. Before and after photos were taken. The first set of pictures showed an average room. A second set showed exactly what was hidden in that seemingly normal room.

From pipes to hollow shaving cream containers the pictures proved that commanders and first sergeants must have sharp eyes when conducting dorm inspections, said Christine Knierim, program manager for the



Vandenberg leaders check out drug paraphernalia at the base's annual drug symposium April 3.



Alipio prepares a shot of heroin.



Lt. Tom Alipio, East Palo Alto Police Department demonstrates making rock cocaine.

PHOTOS BY SENIOR AIRMAN JONATHAN POMEROY

Vandenberg Drug Reduction program.

"It was surprising to see how a simple living space can contain various drug paraphernalia so inconspicuously," said Master Sgt. Ron Forsythe, 381st Training Group military training leader. The class was very educational in showing how sophisticated the

drug world has become. It's also interesting to see how ingenious people are when hiding drugs, Forsythe added.

Master Sgt. Ramie Nakashima, 30th Mission Support Squadron first sergeant, said the course has given him new insight in identifying potential drug users during dorm inspections.

"The large display of drug paraphernalia and the hundreds of pictures on display of people on drugs was very helpful for me," the first sergeant said. "Knowing what I'm looking at helps me to identify drug items."

In addition to dorm inspections the Air Force uses random drug screening to detect drugs and drug

use. Air Force policy is to randomly test 65 percent of the active-duty military force each fiscal year. The number tested at Vandenberg is slightly higher due to unit sweeps that are requested by unit commanders, Knierim said.

So far Team Vandenberg has tested 2,007 members since October, and only 1,113 of those were randomly selected. For all of the tests done, three have come back positive for illicit drug use, Knierim said.

Alipio said another way to detect drug use is by physical signs.

"Personal hygiene is one of the first things to go when someone starts using," he said. People using drugs such as methamphetamine and cocaine might have blisters or burns on their lips and fingertips from the hot pipe they use to smoke.

Heroin users may have injection sites on their arms, between their fingers and toes, or any other place they can inject the drug directly into a vein. "The drugs become so important to a person nothing else matters but getting their fix," Alipio said.

The class provided information to help enforce the Air Force's zero-tolerance policy on drug use and did more than teach commanders and first sergeants how to shoot up heroin.

"The seminar provided a new sense of awareness. It's one more tool to help combat drug use in the Air Force," Forsythe said.

"Zero-tolerance is about more than getting rid of drug users," said Col. Robert Worley, 30th Space Wing commander. "It's about instilling confidence in the Air Force team. We have to be able to rely on each other 100 percent. The drug symposium gives Vandenberg leaders the tools they need to identify problems before they result in disaster."

Junior airmen Adopt-a-Village

By AIRMAN JUANIKA GLOVER
30th Space Wing Public Affairs

One airman from the 30th Medical Group began a clothing drive in late January to help needy children in Afghanistan. What initially began with one person collecting donations in the flight medicine clinic, soon turned into a windfall when the First Term Airmen Center pitched in for a worthy cause.

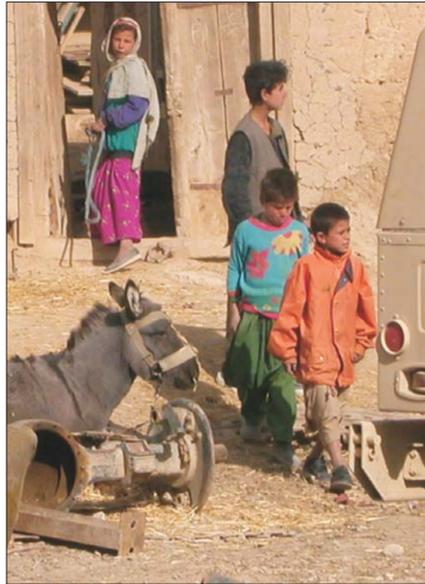
Airman 1st Class Marisol Cortez, 30th MDG medical technician, began gathering contributions after corresponding with Dr. (Capt.) Michelle Moon, 30th MDG flight medicine doctor, who is currently deployed in Afghanistan.

Moon, along with other Team Vandenberg members from the 30th MDG, deployed to Bagram AB, Afghanistan in support of Operation Enduring Freedom in late 2002.

One of the group's missions is to facilitate the delivery of humanitarian supplies to the Afghan people. Moon, is in charge of the Adopt-a-Village program. Coordinating help and care for people in Afghan villages, Cortez said.

Moon requested clothing donations, however, people donated much more, Cortez added.

"We accepted everything. Along with the cloths, we obtained food, new and used toys and toiletries. We also received some strollers and school supplies," Cortez said.



Afghani children wear clothes collected and distributed by personnel from the 30th Medical Group and Team V.

CONTRIBUTED PHOTO

"We did not accept T-shirts with certain logos on them, and clothing not suited for

the Afghanistan climate." Toy guns, batteries and military uniforms were also unacceptable, she said.

"Overall we collected more than 25 medium sized boxes of all sorts of things that will certainly be useful to the people of the Afghanistan villages," said Cortez. "It feels good to know our community is willing to help people who aren't as fortunate as we are. It's the type of feeling that you get by helping others. The people (in the villages), who receive these donations, will be the first impacted by the generosity of the donors. I think this will show them that people in America are willing to help in anyway they can," she said.

Cortez added that as a junior airman she hopes her efforts help other airmen realize they can make a difference regardless of their rank.

Staff Sgt. Michael Napolitano, FTAC instructor, got wind of the charity and decided he and the 18 students in his class would help out.

Napolitano said the Adopt-a-Village program made a good community service project for the

See DONATIONS Page A4

30th Space Wing changes leaders in mid-June

By AIRMAN 1ST CLASS BRYAN FRANKS
30th Space Wing Public Affairs

Col. Robert M. Worley II, 30th Space Wing commander, has been selected as director of mission support at Air Force Space Command Headquarters, Peterson AFB, Colo.

Worley has served as wing commander here for two years and was recently selected for promotion to brigadier general.

Col. Frank Gallegos, 90th Operations Group commander at F.E. Warren AFB, Wyo., assumes command of the wing during a formal change-of-command ceremony here in mid-June.

Worley, a 1978 Air Force academy graduate, has held a variety of jobs during his Air Force career.

Before coming to Vandenberg he was chief of the Space Superiority Division, Washington D.C., where he was responsible for programming the Air Force's space budget.

Military, civilian employees have retirement options

AIR FORCE PERSONNEL CENTER - Civilian and military employees can sign up for or change current Thrift Savings Plan accounts during "open season" April 15 - June 30.

"TSP is an easy, long-term retirement savings plan, that everyone should consider," said Maj. Alessandra Stokstad, chief of the contact center here. "Current account holders might be interested, too, in transferring money from one fund to another

— the TSP folks are set up to handle that."

"Either way it's a great supplement to military and civilian retirement plans," said Maj. Stokstad. "It's important to note that TSP is not limited to investing in stocks. People can choose safer government securities as well."

"Employees already contributing to the TSP are encouraged to review their TSP plan and account balances," said Janet Thomas of the center's civilian

benefits and entitlements service team. "as the open-season period is the best time to open an account or make changes to an existing one."

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

"You can take out loans and make withdrawals from your TSP account," Thomas said. "And you can keep your account even if you

leave military or federal service."

Investment money is deposited directly from each paycheck "so you never have to think about it," Stokstad said. "That makes it easy to 'pay yourself first' while only investing what you deem appropriate."

The five TSP funds are: the Government Securities Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index

Investment (S) Fund; and the International Stock Index Investment (I) Fund.

"As with any individual retirement account, the sooner you begin contributing, the better," Stokstad said.

Account changes made on or before May 31 will take effect June 1 for military and civilian personnel. Changes made on or after June 1 will become effective in the

See SAVINGS Page A4

In this issue of the



Also view The Space & Missile Times at www.vandenberg.af.mil and click the Space & Missile Times button.



Local teens check out military jobs during Women's History Month shadow program. See Page A3.



Destinations Central Coast heads for Lake Cachuma and a day of boat riding and fishing. See Page B1.

Weekend forecast Partly cloudy Friday and Saturday with a slight chance of rain on Saturday.

Low/High 41/64

For a full Vandenberg weather report, visit www.vandenberg.af.mil/30sw/organizations/30og/weather/weather

Spouse sounds off with pride

By MOLLY TILLYER
381st Training Group family member

I've tried and I've tried but I can't get it out of my head, "And the rockets red blare All the birds in the air..."

Yes, my friends, I'm talking about our National Anthem as sung by a young American Idol hopeful. For those of you unfamiliar with the hit show, American Idol features amateur singers auditioning for a chance at stardom. And, according to Nielsen, 27 million people watched and listened as that young man sang: "Gave tooth through the plight, that our flag was red still..."

You know, I can admit I'm not all that familiar with the latest legislation passed by Congress, but when, exactly, did we change the lyrics to the National Anthem? I think that's something I would've read about in my latest issue of the Enquirer.

Let's see: Madonna may be pregnant; Bobby Brown's out of jail; and Tom Cruise is definitely not gay.

Nope. No mention of the new National Anthem.

Odd. Could it be...could it

possibly be, that young man went on national television, on American Idol, of all shows, and flubbed the words to the Star Spangled Banner because he didn't know them?

Somebody tell me I'm wrong. Somebody, please, tell me I'm losing my hearing, that I need to adjust my set, something. But, please, don't tell me he didn't know the words. That's unacceptable.

Maybe I'm overreacting. I mean, it's no secret I'm easily irritated.

Flashback with me if you will: 1986. I pick up my brother and sister at their junior high school. I pop the Eagles in the 8-track. I fast forward to my favorite song, "Desperado" and a few seconds later, from the back seat of my '83 Capri, the grating, pre-pubescent voice of my younger brother screeches: "Mashed potato, why don't you come with some gravy? You've been out buyin' ladies for so long now..."

"Russell!" I snap as I hit rewind, "Do you listen to yourself? Does that make any sense to you?"

"Chill," squeeks the reply from

the back seat, "I don't write the songs, Molly, I just sing 'em."

So, yeah, I could be overreacting. I could be harboring some resentment; clinging to the wrongs done over the years to Don, Glen, Bob, and the boys.

However, with that being said, I strongly believe if you're going to take the initiative to go before an audience as large as American Idol's, and you choose, as your audition piece, the quintessential American song, maybe you should run through it a few times before you make an American idiot of yourself.

Every citizen of this country should know the lyrics to the Star Spangled Banner. We should know the words were penned in 1814 by Francis Scott Key; inspired by the defense of Fort McHenry during the War of 1812. We should know it wasn't until more than a century later, in 1931, that Congress enacted the legislation that made his words our National Anthem.

I don't care about your religious affiliations. I don't care what you think about our political leaders, the current state of our

nation, or the role of our military in foreign affairs. I'm talking about respect; pure and simple respect for the millions of men and women who signed on the dotted line and promised to defend. I'm talking about respect for the mother, brother, sister, father, son, daughter, and friend who worry about their loved one putting his or her life on the line so that you and your grandchildren, and your grandchildren's grandchildren, will have a better life.

I don't think it's asking too much that the citizens of this country take the time to learn the first verse of our nation's song. Just the first verse, that's all I'm asking. I don't think it's beyond reason to expect a modicum of physical and verbal restraint during the full ninety seconds it takes to get through the song.

Respect, people, that's what I'm talking about. Respect for your country, respect for our citizens, and respect for yourself.

I don't know. Maybe I am expecting too much. But, hey, I'm old school; I'm from the land of the free not "the home of the wave."

Commander's
Action Line

Call 606-7850

or

E-mail your message to
actionline@
vandenberg.af.mil

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.



Col. Robert M. Worley II
Commander

While the action line is a great way to communicate, don't forget to use your chain of command, first sergeants, base services officials and other base professionals first.

Thank you for helping to make Vandenberg such a great place to work and live. When calling the action line, leave a name and phone number.

Dear Col Worley, On behalf of Den 4 Bears, Pack 102, we'd like to thank you for the actions of your Vandenberg Honor Guard members, 1st Lt. Kenneth Jackson, Staff Sgt. Kanakaokakai Namauu, and Senior Airman Franky Stooksbury.

These airmen came to our den meeting to teach our Cub Scouts the fine art of precision teamwork. The boys learned to

appreciate the focus, concentration and commitment to excellence that it takes to carry out a dignified flag ceremony. Because of their efforts, the Den 4 Bears did an outstanding job presenting the American Flag and the Scout Flag at our Blue and Gold Banquet.

Once again, Team Vandenberg makes a difference!

Sincerely,
Yuen and Steve DeAnda
Den 4 leaders



The 30th Space Wing

Mission:

To provide combat capabilities through launch, range and expeditionary operations.

Vision:

America's finest professionals building the best spaceport and test range in the world.

SPACE & MISSILE
TIMES

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For information about the Space & Missile Times, call the staff at (805) 606-2040.

Airman's initiative feeds local hungry

Hunter teams with local butcher to provide fresh meat at Hope Center

By 2nd Lt. Jennifer Whitaker
30th Space Wing Public Affairs

The Roman comic dramatist Terence once said, "Charity begins at home."

Staff Sgt. Damion McElroy, 30th Security Forces Squadron game warden, knows what it means to give back to the community. He's the pioneer of a program he calls Hunters Against Hunger, a program that gives hunters the opportunity to donate their excess game to feed homeless adults and children in Lompoc.

McElroy, known as "Mac" to all his buddies, said he got the idea when he was attending college in southern Ohio.

"I was living in a poor environment," McElroy said. "Those people didn't have much."

He said he was riding with a friend when the friend's car nicked a deer. The two stopped, and when the game warden showed up, he told the two they could take the deer home if they had a deer tag from a hunting license. Mac had the tag, and the friend's family, which was poor, was thrilled to have the extra food.

"I realized how blessed I was because that one deer made their whole winter," McElroy said.

McElroy began the Hunters Against Hunger program here to allow hunters to donate their extra game to feed homeless people in Lompoc. Mac said people often run out of room in

their freezers or live in the dorms with no place to store their game, so the program gives them an opportunity to continue their hobby while giving back to the community.

As a game warden, one of McElroy's duties is to help control the population of wild pigs on base. He said they become a problem in the dry season, when they enter base housing areas to root in the moist soil on the lawns.

Game wardens set up traps for the pigs and send blood samples to the base clinic to test for diseases, McElroy said.

Before the Hunters Against Hunger program, the pigs were given to various non-profit organizations on base for use at official functions. Now, McElroy skins the pigs and takes them to Bruce's Prime Cuts in Lompoc for butchering.

"I cut, wrap, and freeze the meat, then they (representatives from various Lompoc shelters) come get it to feed the people," said Bruce Nix of Bruce's Prime Cuts. Nix does this for free.

"I believe I should put back into the community what I want to get out of it," Bruce said.

Douglas Lemp, 30th SFS lead wildlife protection technician, said McElroy's program has established a great relationship between the base and surrounding communities.

"I can't think of a better way to dispose of our depredated pigs than to help feed the homeless,"



30TH SPACE COMMUNICATIONS SQUADRON PHOTO

Staff Sgt. Damion McElroy, 30th Security Forces Squadron, traps wild pigs on base and donates them to feed the homeless in Lompoc.

Lemp said. "All of Staff Sergeant McElroy's efforts have reflected positively on the fish and wildlife office and the 30th Security Forces Squadron."

The Hope Center is one of the Lompoc shelters that benefits from McElroy's Hunters Against Hunger program. The center has sent Mac a letter of appreciation, and Lemp said they've invited him to visit the center so they could thank him personally.

David Tapert, Hope Center

director, said Hunters Against Hunger provides the shelter with the food they need to serve two meals per day, rather than just four dinners per week as in the past.

"They (Hope Center clients) live off what they have and what petty cash they can get.

Having the extra food lets them look for jobs and homes instead of having to look for their next meal," Tapert said.

McElroy grew up in urban Ohio, but learned to hunt and fish at a young age.

"I'm from the inner city, but my father would take me out hunting and fishing," he said. He started out with

cottontail rabbits, then, once in college, he began hunting grouse, squirrel, turkey, and whitetail deer.

"I was really excited when I got my first deer," McElroy said. Since he hunts for sport, McElroy likes to give the meat to charitable organizations and said he gave every deer he shot in Ohio to a program similar to Hunters Against Hunger.

"It makes me feel good to know I can help someone," he said.

Crimebeat...

COMPILED BY
STAFF SGT. REBECCA BONILLA
30th Space Wing Public Affairs

**April 4
Three-car accident –
6:45 a.m.**

A minor vehicle accident occurred on Santa Lucia Canyon Road at the Lompoc Gate. Vehicle No. 1 was stopped in the turn lane to enter Lompoc Gate. Vehicle No. 2 was driving south on Santa Lucia Canyon Road when vehicle No. 3 pulled out of the turn lane in front of him. Vehicle No. 2 struck Vehicle No. 3 pushing him into vehicle No. 1. There were no injuries and only minor vehicle damage.

**Suspected break in
5:05 p.m.**

A military member notified the security forces control center of a possible breaking and entering on Catalpa Street. Investigation revealed the member had returned home to find a window open. Further inspection by the member revealed nothing was found missing.

**Medical response –
9:26 p.m.**

Medical and security forces personnel responded to a call for emergency medical aid at the Pacific Coast Club. A civilian was hyperventilating and had passed out in the women's restroom. She was transported to the Lompoc emergency room where she was treated and released.

**Suspected child abuse –
11:10 p.m.**

A military member's wife and her grandmother notified the SFCC that they suspected the wife's ex-husband, a civilian living in Maryland, had abused their daughter. The military member's first sergeant was notified along with the office of special investigations, and family advocacy.

**April 5
Vandalism – 5:08 p.m.**

A military member notified the SFCC that three children were causing damage to a house on Bridgeport Street. The children said they were picking flowers. Damage

was discovered on a rear window of the house. OSI and family advocacy were notified.

**April 6
DUI – 3:30 a.m.**

The sentry at Timber Lane Gate reported the possibility of a civilian driving under the influence of alcohol. When the driver approached the gate, the sentry noticed the driver had slurred speech and the strong odor of an alcoholic beverage. A patrolman administered a field sobriety test, which the civilian failed. He was transported to the SFCC for processing.

**Loud noise complaint –
4:38 p.m.**

A resident in Burner Dormitory notified the SFCC of excessive noise at the dorm. A patrolman instructed the offending resident to lower the volume on his stereo.

**Suspected domestic
incident – 10:22 p.m.**

A military member notified the SFCC of a possible domestic disturbance on Fairlane Drive. Security forces made contact with the residents and found no signs of trouble. No further action was taken.

**April 7
Intoxicated repairman –
10:30 a.m.**

Visitor's center staff notified the SFCC that a person requesting a pass seemed intoxicated. The man said he was coming on base to fix a copier at the base clinic. Patrolmen administered field sobriety tests, which the man failed. There were no witnesses that the man had driven a vehicle. He arranged for a ride home and was released.

Found bike – 9:30 p.m.

A military member notified the SFCC of an unsecured bike at Oregon and Nebraska avenues. Patrolmen secured the bike and turned it over to the SFCC.

**April 8
Jail check – 5 a.m.**

Routine checks with local jails revealed no military members had been arrested in the past 24 hours.

Moving Up!



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Tech. Sgt. Mike Percy, 76th Helicopter Flight, checks flight operations hours against projected maintenance. Maj. Gen. Michael Hamel, 14th Air Force commander, promoted Percy through the Stripes for Exceptional Performers program.

ALCON: Normal

A general condition reflecting responsible alcohol use.

Days since last DUI: 25

DUI total for the Year: 8

AADD saves this year: 81

30th OG	0	14th AF	0
30th MXG	1	381st TRG	1
30th MSG	3	576th FLTS	1
30th MDG	0	Det. 9	1
30th SW Staff	0	Others	1

For a free and confidential ride home, call Airmen Against Drunk Driving at 698-8823, 698-8822 or 605-AADD (2233).

Five receive Article 15s

COMPILED BY TECH. SGT. YUVONNE PRINCE
30th Space Wing Judge Advocate's office

Five Article-15 actions were administered in March for violations of the Uniform Code of Military Justice. The following punishments were levied against the offenders:

- A 30th Security Forces Squadron airman first class violated Article 128 of the UCMJ, assault and battery. The airman's punishment was reduction in rank to airman, forfeiture of \$250 pay per month for two months and 12 days of extra duty. The airman's forfeiture of pay was suspended through Sept. 12.

When portions of an Article-15 punishment are suspended, they do not go into effect unless the member commits further offenses during the suspension period.

- A 30th SFS airman violated Article 86 of the UCMJ, failure to go. The airman was reduced in rank to airman basic.

- A staff sergeant from the 30th Mission Support Squadron violated Article 111 of

the UCMJ, drunken driving. The NCO was reduced in rank to senior airman. He forfeits \$250 pay for two months and must complete 30 days of extra duty. The rank reduction was suspended through Aug. 27.

- A 576th Flight Test Squadron airman first class violated Article 134 of the UCMJ, failure to pay a debt. The airman was reduced in rank to airman, forfeits \$645 pay per month for two months and must complete 15 days of extra duty. The airman's forfeiture was suspended through Sept. 20.

- A 30th Space Communications Squadron airman first class violated articles 134, 121 and 107 of the UCMJ. Those articles cover the unauthorized wearing of ribbons and other devices, falsely forging documents, larceny of government property, and making a false official statement. The airman was reduced in rank to airman basic and received a letter of reprimand.

Sign me up!



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Senior Airman William Riney, 30th Security Forces Squadron, fits Veronica Guevara, Lompoc High School, with police gear during a Women's History Month shadow program March 26. The shadow program showed young women some of the military opportunities available to them.

Advocates offer tips to ease parenting stress during April, Child Abuse Prevention Month

Ten steps to cool down

- Take a deep breath. And another. Then remember, YOU are the adult.
- Close your eyes and imagine you're hearing what your child is about to hear.
- Press your lips together and count to ten. Or better yet, to 20.
- Exercise to release tension.
- Phone a friend.
- If someone can watch your child, go outside and take a walk.
- Drink a glass of cold water.

Great Moms and Dads ...

- Read to their children
- Keep their promises
- Go for walks together
- Let their children help with household projects
- Spend time one-on-one with each child
- Tell their children about their own childhood
- Go to the museum, zoo, and ball games as a family
- Set a good example
- Use good manners

- Help their children with their homework
- Show their children lots of warmth and affection
- Set clear, consistent limits
- Consider how their decisions will affect their children
- Listen to their children
- Know their children's friends
- Take their children to work
- Open a savings account for college education
- Take their children to their place of worship

Team V holds Vendor Day '03

By JERRY REYES
Small-business specialist

Vandenberg holds its 4th Annual Vendor Day from 8 a.m. to 4 p.m. Thursday at the Pacific Coast Club. It's an opportunity for the Vandenberg community to see what goods and services industry has to offer. Not everything will be for military application; many of the businesses represented sell commercial items.

The event is put on by Vandenberg's office of Small and Disadvantaged Business Utilization as a means of reaching out to small business organizations.

This year businesses from all over the United States have registered to attend. About 60 displays will be on hand at the trades show portion of the event. There

will be displays from companies in various fields including aerospace materials research and development, audio visual systems integration, building automation and temperature control, closed captioning of video and television programming for deaf and hard of hearing audiences, printing, computer hardware, construction, custom-made wool emblems, environmental compliance and remediation, ergonomic furniture, information technology, production hand tools, speech and voice training, software and systems, and a winery.

Other agencies will have counseling stations for those interested in starting a business, marketing an invention, or growing an existing business.

Fresh off the farm!



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Robert Camacho packs bags full of free produce for Vandenberg family members CJ Tannehill (right), Sonya Schnicker (center), and their children, during Operation Salad for Soldiers April 4. The Santa Barbara County Farm Bureau distributed free vegetables to nearly 300 military members and families from the Village Shopping Center in Vandenberg Village.

DONATIONS:

From Page A1

FTAC students.

"I saw the program as a great opportunity to help," he said.

Napolitano made fliers out of a letter from Moon and a photo of the adopted village.

The FTAC instructor took the fliers and eight student volunteers to the commissary and base exchange to collect items to send to Afghanistan including nonperishable food, candy, children's medication, blankets and toys.

"Many people purchased items in the commissary and BX and donated them. Others gave their address for clothes and other items to be picked up at their home. Still others chose to take the items to the flight medicine clinic where Cortez had boxes waiting to be packed. Many of the clothes were donated by the thrift store," Napolitano said.

Meanwhile, 10 other student volunteers helped load approximately 10 huge bags of clothes from the thrift store to bring to the classroom, he said.

Napolitano said the FTAC airmen collected donations for four hours, although they spent more hours working behind the scenes on logistics. In the four hours they spent on the project, Napolitano said the airmen doubled the amount of goods collected.

"Until (the class) got involved, the 30th MDG was the only unit participating in and aware of the charity. The (airmen) spread the word quickly to all units and

retirees," he said.

"The importance of community service is a value that needs to be instilled in our airmen early in their career," said Napolitano. "Until recently, a majority of the military's time was spent as a humanitarian. This is sure to continue in the future."

"I volunteered because I felt that given the current situation of people in Afghanistan, somebody needed to stick a hand out and help them up," said Airman 1st Class Aaron Gray, 30th MDG bioenvironmental engineer technician. Gray was one of the FTAC student volunteers.

"The class seemed to think helping out was a great idea. It got the FTAC class out and showed us how much the Air Force really does care, not only for it's own but others too," Gray said. "(It's) a pretty good feeling to know there are people out there (who) really care. To see the final result, when it all came together was amazing."

So far one shipment of goods has reached Afghanistan and been distributed through the Adopt-a-Village program.

Napolitano said this latest drive resulted in 20 carts of the humanitarian aid reaching Afghanistan.

However, Moon has been unable to retrieve the donations due to current events in Iraq. He said personnel would not be allowed off Bagram AB to get the donations until further notice.

"We are hopeful that notice will come soon so the aid can be retrieved and distributed to those who need it the most," Napolitano said.



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Team Vandenberg Warrior
Airman Rashonda
Osberry
30th Medical Group

Duty: commander's support staff

Hometown: Little Rock, Ark.

Time in service: 3 years

Time at Vandenberg: 2.5 years

Hobbies: reading, social activities,

traveling, spending time with friends

Favorite part of the job: the learning opportunities

Educational goal: to become a pharmacist

SAVINGS:

From Page A4

following pay period for civilians and the following month for military.

Some of the specifics of the program include:
Military – Military members can contribute up to eight percent of their base pay. Airmen also have the ability to invest all or part of their bonuses or special pay. But the total yearly tax-deferred investment cannot exceed \$12,000.

– Those serving in tax-free combat zones are allowed up to \$40,000 in annual contributions.

– Military members can enroll through the Defense Finance and Accounting Service Web site at www.dfas.mil/emss/. They can also enroll by filling out a form TSP-U-1 at local military personnel flights, finance offices and family support centers.

– Military contribution allocations (how an employee chooses to invest money among the five funds) can be made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP Web site at www.tsp.gov/. For general TSP questions, call

the AFPC Contact Center at DSN 665-5000 or (866) 229-7074.

Civilian – Contribution limits are based on which retirement system an employee has. For the current open season, the following contribution rates apply:

– Federal Employees' Retirement System employees may contribute up to 13 percent of basic pay each pay period. Once eligible, the government provides matching funds of up to four percent as well as an automatic one percent each pay period, making the government's contribution five percent.

– "The percentage FERS and CSRS employees may contribute will increase by one point each year through 2005, when they will be restricted only by the Internal Revenue Code's annual limit, \$12,000 in 2003," Thomas said.

– Specific information is available for civilian employees from the Thrift Savings Web site at www.tsp.gov/ or the BEST homepage at www.afpc.randolph.af.mil/dpc/best/menu.htm and for Air Force military personnel at www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm

– All Air Force-served civilian employees must make their TSP contribution elections or changes through the BEST automated phone system at (800) 997-2378, or commercial 527-2378 in San Antonio.

Hearing impaired employees may contact BEST by calling TDD (800) 382-0893 or commercial 565-2276. Overseas employees can dial a toll-free direct access number for the country they are in.

Direct access numbers and instructions are located at www.att.com/international_business/dialing_guide/country-diallist.cgi. Counselors are available 7 a.m. to 6 p.m. Central Time weekdays. The BEST Employee Benefits Information System Web application is located at www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm.

– Civilian contribution allocations (how an employee chooses to invest their money among the five funds) are made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP web site at www.tsp.gov/.

(Courtesy of Air Force Personnel Center News Service)

Around the Air Force

Airman pulls man from burning building

By MASTER SGT. MICHAEL FARRIS
353rd Special Operations Group
Public Affairs

■ **KADENA AIR BASE, Japan** — When fire roared through an off-base house here April 2, the actions of a 1st Special Operations Squadron pilot saved a 94-year-old man's life.

Capt. Tom Geiser was on a cordless phone late April outside his house about three kilometers from Kadena Air Base.

I saw smoke rising from a house about 50 yards away," he said. "But I figured someone was burning garbage or leaves.

The 32-year-old MC-130H Combat Talon II pilot mentioned to his wife that there was a fire and he was going to investigate. He started walking, barefoot, toward the smoke.

He met his friend, Scott Zimmer, an Army and Air Force Exchange Service employee.

About 20 yards down the road, we realized the smoke was coming from ojisan's house," Geiser said. Ojisan is an endearing term for "old man" in Japanese. The 94-year-old Japanese man is well known and well liked around the neighborhood. "His house was on fire. "We could see smoke billowing from the outline of the doors and windows," Geiser said.

"We could hear ojisan yelling for help." We could hear ojisan's voice getting weaker with each moan," Geiser said.

Geiser took off his shirt and used it to cover his mouth and eyes. He dropped to his knees and tried to follow the moaning voice in the

dark, unfamiliar house.

Almost immediately, I had to close my eyes," he said. "I dropped to my stomach because the air was a little cleaner down there."

"That foray into a burning house with my eyes closed, crawling around on my stomach, was nothing compared to the frustration of not knowing where ojisan was or where the hall turned or where the kitchen table was," he said. The man was sitting on the floor, leaning against the wall and struggling for breath. Geiser took a deep breath, stood up, grabbed ojisan under his arms and started backing out of the house."

Zimmer, who was standing outside the broken utility window, eventually saw the flashlight's beam through the smoke and guided Geiser through the dark room to an exterior door.

"Scott and I took ojisan to a spot on the front lawn where we could stretch him out and assess his injuries."

After the ambulance pulled away, Geiser and his neighbors sat around talking until the last fire investigator left, about 1 a.m. "He was released the next morning.

Geiser received a call as he prepared for work the following day. "My unit called and said I had to go to the Okinawa city police station that afternoon," he said.

The Okinawa police presented Zimmer and Geiser with certificates of appreciation as a dozen neighbors and family members watched.

Chief Hiroshi Fuzato, the head of Okinawa police station, said, "Your courageous act saved a life. We deeply appreciate you." According to a police report, the fire started when ojisan tried to light incense in his bedroom.

Thanks to the quick actions of Geiser, he is alive to plant another day. (Courtesy of AFPN)

Two airmen missing after F-15E goes down in Iraq

■ **OPERATION IRAQI FREEDOM** — Two coalition airmen are missing after their F-15E Strike Eagle went down in Iraq, officials announced April 8.

The aircraft went down on April 7 at approximately 7:30 p.m. EDT, but the announcement was withheld for security reasons, according to U.S. Central Command officials.

The pilot, weapon systems officer and their aircraft were deployed from the 4th Fighter Wing at Seymour Johnson Air Force Base, N.C.

Officials said they will not discuss details of search and rescue operations, but leaders are committed to accounting for all missing coalition people.

The cause of the incident is being investigated. (Courtesy of Air Force Print News)

SGLI provides war-related coverage for servicemembers

By TECH. SGT. MICONNA J. BOALDIN
Air Force Print News

■ **SAN ANTONIO** — Military members covered by the Servicemembers' Group Life Insurance are covered in the event of death in a military conflict.

But surviving family members of those who choose commercial life-insurance policies instead of SGLI coverage may not be so lucky.

Many commercial life-insurance

Making friends



CONTRIBUTED PHOTO

Staff Sgt. Jeremy Nash, 30th Medical Group, is deployed in support of Operation Enduring Freedom. During a trip to a local village for medical purposes, Nash stopped for a picture with an 8-year-old local boy.

policies carry what is called a "war clause" or "military service exclusion," a provision that excludes coverage for death or injury caused by acts of war, according to the National Guard Bureau staff judge advocate. If the policy has a "war clause" or "exclusion," the life insurance company is not required to pay the full face value of the policy to beneficiaries.

SGLI does not have a war clause. Servicemembers maintaining SGLI and their families are covered in these cases.

The NGB noted that some commercial life-insurance companies as a matter of company policy, customer service and public support do not have war clauses in their policies.

The important thing, according to the judge advocate is for military

members active, Guard or Reserve to read their policies carefully and maintain insurance for themselves to ensure coverage and benefits during times of conflict.

Combat search, rescue team saves two soldiers

■ **OPERATION IRAQI FREEDOM** — A U.S. Air Force combat search and rescue team saved the lives of two critically wounded U.S. Army special operations soldiers despite severe weather conditions April 7 about five miles south of Baghdad.

The soldiers were transferred to a hospital in Kuwait, where it was determined that they have a 95 percent chance of survival thanks to the joint efforts of the Air Force, Army and special operations forces.

After contacting the Joint Search and Rescue Center at a desert air base in the Arabian Gulf region, the Special Operations Command Rescue Coordination Center coordinated and executed the emergency evacuation of the special operations ground troops.

They coordinated with a special operations MC-130E Combat Talon I to meet them at An Najaf, 75 miles south of Baghdad, to set up a patient transfer transload from the helicopters to the aircraft.

The MC-130E had a flight surgeon and two medical technicians on board to treat and stabilize the wounded en route to an advanced medical facility.

The names of the wounded are not being released at this time pending notification of next of kin. (Courtesy of Air Force Print News)

Team V's youth windup for baseball, softball action

Children learn sportsmanship, teamwork, build confidence

By Tech. Sgt. Mark McKinney

30th Space Wing Command Section

Spring has arrived and that can mean only one thing – let's play ball! The familiar refrain of the umpire has been heard all around the country during the past few weeks. Here at Vandenberg, the 2003 Little League baseball season is well underway and as with any new season, excitement fills the air.

From 5-year-old tee-ballers on up through major league players, ages 11-13, base youth are on the diamond trying their best to emulate their favorite players. Regardless of the league or the age group, the theme is the same, fun, fun, and more fun.

"We are not trying to make great baseball players, we are trying to teach the kids a little about the game and make it fun for them," explained Coach Benjamin Curry of 576th Flight Test Squadron. "These kids are happy to be out here running around."

The rules for these age groups are geared toward total participation. Each player is able to play in the field and they all have a chance to bat.

An uncommon occurrence in major league professional baseball is for a team to "bat around" the order.

Simply put, in a single inning the entire team of nine players goes to bat at least once before making



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY
Tyler Lawrence, 8, pitches the ball as hard as he can during a Vandenberg Youth baseball game against the Rockies Saturday.

three outs. In Vandenberg tee-ball, bat arounds are not only common, but they're part of the rules. The design takes all the pressure off the players and coaches.

"There really aren't too many outs in these games," Curry said. "This is not about earning a playoff spot or anything like that, so when the game is over, we've all had fun and the kids leave feeling pretty good about the experience."

Looking at the dirt on their

uniforms and faces, the average fan would never know that these kids just want to play ball.

"Playing is fun and I like to hit and play first base," said Toni Escandon of the tee-ball Cardinals.

Toni's proud father Marco Escandon, 30th Logistics Readiness Squadron, took in the action during the Cardinals game versus the Athletics.

"Toni is having a good experience and she's enjoying the

games," he said. "She is learning a lot and she has already decided what she likes...and doesn't like. She is not a big fan of practices, but when the games arrive she's ready to go."

Athletics coach Glen Grimsley said the season is already a success.

"The main thing is for the kids to have fun and that's exactly what they're doing," Grimsley said. "Getting all the kids involved helps

all of the kids and it is nice for the parents as well. We want to teach them some very basic baseball, but again, the main thing is for them to have fun."

The Coach Assisted Pitching or CAP league for 6 and 7-year-olds plays for fun just like tee-ball, but the main difference is that a pitching machine sends them the ball to hit and they play the field in a bit more structured way. That said, fun is still the order of the day!

"Katie is really having a good time playing and learning a little about the game," said mom Tera Deal. "My daughter doesn't always want to practice all the time, but she does like the organized practices. Her brother Scott wants to play and practice constantly, but Katie hasn't gotten to that point and that's fine. As long as she is out there having fun it's a good thing and she's still out there."

An interesting contest last Saturday featured the Mudcats against the Rattlers. This wasn't baseball, it was softball and competitive is the word to remember.

Softball is another fun league, but unlike tee-ball and CAP league, they do keep score and there will be a playoff at the end of the regular season.

Like every other Vandenberg youth sport, baseball and softball are family events.

Master Sgt. Stephen Taft, 9th Space Operations Squadron, went out on his lunch break to watch his daughter Chealsee Labine play.

"I try to support my daughter as much as I can and if it means taking my lunch hour to do it, it is well worth it," Taft said. "Our whole family enjoys coming out to the

games and we have some other players as well, so that keeps us a little busy. This is a positive experience and it is something we do together...that's what matters most."

While the two softball teams battled it out, the major league games showcased the talents of 11 through 13-year-olds one field over.

Game one had the Cardinals and Rockies playing a hard fought game, which saw the Rockies rally in the final inning to cap a comeback win, 7-6.

The Rockies are 3-0, but like the rest of Team Vandenberg's youth baseball, the story was the kids' pure joy and great effort. The Cardinals didn't win the game, but their determined effort and positive encouragement from the coaches made everyone a winner. The same could be said of the game between the Athletics and Mariners.

"We come out here to win at this level," admitted Coach Mark Long, 30th Mission Support Squadron. "However, that's not the most important thing. We want to see improvement and along with getting better, we want the kids to always remember that games are about having a good time and enjoying the experience. I can point to any of several kids who have already improved an awesome amount and the season really just started. The parents are great support and these kids are responding to what we are teaching. I really can't ask for a lot more than that."

Spring is in the air and baseball is in full swing. Players, coaches and families are all having fun. Team Vandenberg can't ask for much more than that!



Volunteers are always needed. Call 606-3128 to find out more.

The thrift shop is open Tuesdays, 9:30 a.m. to 2 p.m. and Thursdays, 11 a.m. to 6 p.m. The shop is located next to the skills development center in building 11180.



DON'T DRINK AND DRIVE

For a free ride home, call Airmen Against Drunk Driving at 698-8822, 698-8823 or 605-2233.



Be part of a prestigious team. Join the **Vandenberg Honor Guard.**

Practice is 7 to 9 a.m. Tuesdays in building 1749. Call 606-3654 to sign up or visit any practice to find out more.



30th Space Wing

Vandenberg Air Force Base, Calif.

America's finest professionals building the best spaceport and test range in the world!

Team Vandenberg's next Minuteman launch takes place in June.

For information on Vandenberg launches, check out the launch schedule online at www.vandenberg.af.mil. Exact launch dates are released three to five days in advance.



Don't get stopped when Stop Loss is lifted.

The Vandenberg Family Support Center is continuing mandatory pre-separation briefings and Transition Assistance Program seminars during Stop Loss. By staying up-to-date on these programs, airmen can ensure their plans are not held up once Stop Loss is lifted. For more information, call Larry Davis at 605-0134.

SPACE & MISSILE

FEATURES

Destinations Central Coast @ Cachuma Lake

By JACK HOKANSON

30th Space Wing Public Affairs

It's that time of year once again when beach access is limited. So if you're searching for water, take Highway 246 about 50 minutes to the East – past Solvang, and through Santa Ynez, turning right at Highway 154. There you'll be greeted by a big sign that reads "Welcome to Cachuma Lake Recreation Area."

Cachuma is a Santa Barbara County Park renowned for its natural beauty and variety of fun things to do.

Located in the scenic Santa Ynez Valley, the lake is 650 feet above sea level and holds an average 3,100 surface acre feet of water.

Cachuma is open year round 6 a.m. to 10 p.m. with 24-hour camping available on the lakeshore. Boating is permitted, however there's no water-skiing or body contact with the water. Boat rentals are available at the marina.

There's tent, trailer and RV camping at more than 550 campsites. A well-maintained camping facility, hot showers are available on a first come first served basis.

Ninety of the campsites have full electrical, water and sewer hookups, and 38 have electrical and water hookups and can accommodate any size tent or RV. Each campsite contains a picnic table and barbecue pit, with showers, restrooms and water nearby. An RV dump station is also available.

Cachuma Store has gasoline, groceries, and camping supplies. Bait, tackle, and licenses are available from Cachuma Boat Rentals.

Those in search of placid pursuits can rent a boat and fish on the water. A freshwater fisherman's paradise, Lake Cachuma is abundant with trout, bass and catfish. The lake often produces more than 100-pound, trophy largemouth bass. Call (805) 686-5054 for fishing conditions.

At Lake Cachuma, great care has been



A family whizzes by the pier in their rented boat at Lake Cachuma March 29. Renting a boat is just one of many activities families can enjoy at Lake Cachuma. Other activities available at the lake include camping, fishing, hiking, biking and much more.

PHOTOS BY SENIOR AIRMAN JONATHAN POMEROY



Robert Pomeroy, 5, takes a run down the slide on the playground at Lake Cachuma.

taken to make the facilities accessible to everyone. Children's playgrounds, lake cruises, a nature center, fishing piers, and hiking trails abound.

The Family Fun Center includes a swimming pool, video games, miniature golf, bike rentals, and snack bar, and is open daily during the summer.

Cachuma is an ideal location to observe seasonal wildlife. Boat tours are available along with self-guided hiking trails and guided nature walks.

Five trails ranging from a ¼-mile loop to four miles one way can be explored within Cachuma Lake Recreation Area.

Within a 15-minute drive or less, you can access multiple hiking trailheads in the Los Padres National Forest. Pick up a trail guide at Cachuma Lake.

Every Saturday year-round from 10 to

11:30 a.m., a park naturalist leads visitors on a narrated walking tour.

This exploration takes walkers from a bird's- to a bug's-eye view of the oak woodland and lakeside. Visitors can see quail, acorn woodpeckers, wasps in the construction business, and wild cucumbers you'd better never eat.

You can touch plants used in the daily lives of native people, and learn some of the ways plants can help beat the heat.

Reservations are not required. Admission is free with a park entry, day-use fee of \$5 per vehicle. Tours meet at the Cachuma Lake Nature Center.

The Osprey is a 46-passenger boat that takes people on a 2-hour lake tour with a naturalist. From November through February, tours focus on the

Bald Eagles and unusual birds that make Cachuma Lake their winter home.

From March through October, the cruise takes a look at area wildlife, wildflowers, and resident birds along the shore. For reservations, call (805) 686-5050. Tours cost \$12 for adults and \$5 for children 12 and under.

The Cachuma Nature Center features an array of Native American artifacts, plant, wildlife, historical and geological displays, and a gift shop.

The Center is open year-round, Saturdays from 10 a.m. to 4 p.m. and Sundays from 10 a.m. to 2 p.m. Admission is free.

Cachuma is one of the most beautiful lakes in Southern California, an excellent place to cool off in the summer.



Tiffany Lingham gives Hans, a German tourist, the scoop on fishing conditions before he rents a boat at Lake Cachuma March 29.

Community Calendar

11 FRI **Volunteers needed** – to provide security at the Special Olympics Southern California. To sign up now, call Master Sgt. Mike Brown at 605-6281 or email him at michael.brown.t@vandenber.af.mil. Permissive temporary duty is authorized.

Bundles for Babies – 2 to 4 p.m. today, in the Vandenberg Family Support Center. Participants can learn parenting skills, meet other expectant parents and receive a free gift. Call 606-0801.

Marriage enrichment counseling – is offered on a one-on-one basis for married and unmarried couples. Call 606-9958.

Swing dancing – 7 p.m. today, in Chumash Auditorium at California Polytechnic University.

"Measure for Measure" – plays through Sunday in the Severson Theatre. Call (805) 928-7731.

CCAF finishing requirements online – Students pursuing a Community College of the Air Force degree can take advantage of distance learning opportunities provided by participating accredited institutions through the CCAF Web

11 FRI **Yellowstone National Park lodging** – Military members, civil servants and their families visiting Yellowstone National Park can rent six-person trailers at reduced rates. Trailers are available at Flagg Ranch and Lionshead Resort at the park. Phone-in reservations now for May and June bookings, May 1 for July, and June 3 for August and September. Call (208) 828-6333 for reservations.

G.I. Java seeks musicians – G.I. Java is looking for local musicians to play at the coffee house during business hours. Solo performers and bands are welcome. Call Chaplain (1st Lt.) Mike Martin at 606-5778 for an audition.

Gift of Groceries program – The Defense Commissary Agency offers a gift certificate program that allows anyone to purchase commissary gift certificates, which can be donated to military families through charitable organizations

or given directly to military members to use at local commissaries. Gift certificates are available online at www.commissaries.com.

The Vandenberg Airmen's Attic – needs donations of items necessary to set up a household. The program is open to military personnel E-5 and below with an Air Force Form 552 from their first sergeant. Call 606-5484.

Dads-to-New Dads and Moms-to-New Moms programs – These mentorship programs offer support to new moms and dads. Call Nancy Sias at 606-5338.

Free car seats – available for single-income families E-4 and below. Call 606-5338.

Harbor and boat cruises – at Adventure Marina in Morro Bay. Call (805) 772-9463.

Twilight beach horseback rides – at Pacific Dunes Ranch in Oceano. Beginners are welcome. Call (805) 489-8100.

Allan Hancock College pottery sale – noon to 4 p.m. today through Saturday 9 a.m. to 4 p.m. Saturday in the student center conference room on the

13 SUN **10th Annual Al Smith Day** – 10:30 a.m. to 4 p.m. Sunday, at the Swanton Pacific Ranch near Santa Cruz. For more information, call Teresa Hendrix at (805) 756-7266.

Office closure – The family support center is closed for staff training Mondays from 7:30 to 9:30 a.m. Those requiring emergency Air Force Aid will be assisted. Call 606-0801.

TOPS (Take Off Pounds Sensibly) – 7 to 8 p.m. Mondays at the Vandenberg Health and Wellness Center. Call the HAWC at 606-2221.

Relaxation room – 8:30 a.m. to 3:30 p.m. Monday - Friday at the HAWC. Call 606-2221.

Allan Hancock College Spring Art Exhibit – 10 a.m. to 9 p.m. Monday through April 25 at the Santa Maria Town Center. For more information call 922-6966, Ext. 6252.

Preparation briefing – 8 a.m. Tuesdays in the family support center. The briefing is required 90 days prior to leaving the service. Call 606-0801.

Joint Retiree Activities Center –

Open 10 a.m. to 2 p.m. Tuesday-Friday in building 10346 in the Vandenberg Base Exchange shopping center. Call 606-5474.

Financial Basics – Tuesday from 11 a.m. to noon in the family support center. Call 606-4491.

American Institute of Aeronautics and Astronautics luncheon – 11:30 a.m. Wednesday at the Pacific Coast Club. Tickets are \$10. For information, call 2nd Lt. John Morris at 733-1856.

Manage Your Move – 8:45 to 11 a.m. Wednesday at the family support center. Plan to attend 90 to 120 days prior to departure. Call 606-0801.

Asian Cuisine Luncheon – 11 a.m. to 1 p.m. Wednesday in the Bowling Alley parking lot. A \$6 donation is requested. Call Sonya Apilado at 606-1936 or Staff Sgt. Karon Williams at 605-3544.

Beach Cleanup – 8 a.m. to 2 p.m. Thursday. Celebrate Earth Day at Refugio State Beach with the Vandenberg Aqualliers Dive Club. Call Roy Wurzbach 733-5026 or visit the club at <http://members.tripod.com/>

17 THU **Jobs Search 101 for Teens** – 9 to 11:30 a.m. Thursday at the family support center. The workshop targets teens ages 14 to 19 who are beginning a summer job search. Call 605-8557.

Depression management group – 10:30 a.m. to noon Thursdays at the Vandenberg Life Skills Support Center. New groups begin every 68 weeks. The group is open to active-duty members and their dependents. It's appropriate for adults or mature adolescents experiencing depression. Call Capt. Arlin Hatch or the LSSC staff at 606-8217.

"Crazy for You" – Thursday and Friday in the Marian Theatre. Call (805) 928-7731.

Children's Appreciation Day – 3 p.m. to 5 p.m. Friday at the Vandenberg Commissary. Food and games are provided.

Women, Infants and Children – 8 a.m. to 4:30 p.m. the fourth Thursday of each month in the family support center. Call 605-8557 or the Lompoc WIC office at 737-6470 for an appointment.

Chapel Services & Events

For other denomination worship services and events, call 606-5773.

- ♦ **G.I. Java** – This free coffee house is open 5 to 9 p.m. daily for dorm residents.
- ♦ **Easter Egg Hunt** – 2 to 4 p.m. Sunday at the Religious Education Complex. Call 606-5773.
- ♦ **Passover Seder Service** – 6 p.m. Wednesday in the Pacific Coast Club. Call Anita Friedman by

WORSHIP SERVICE TIMES

Sunday

8:30 a.m. Praise and Worship, Chapel 2
10 a.m. Catholic Mass, Chapel 1
11:30 a.m. Traditional Protestant, Chapel 1
11:30 a.m. Gospel, Chapel 2

Monday - Friday

11:30 a.m. Catholic Mass, Chapel 2

Saturday

5 p.m. Catholic Mass, Chapel 2

- Tuesday at 605-7564 for reservations.
- ♦ **Torah study** – 7 p.m. Sundays in Lompoc. Call 606-7564 for more information. Everyone is welcome.
 - ♦ **Passover Seder** – Thursday at

Temple Beth El. Call 925-0398.

- ♦ **Volunteers needed** – to mow lawn for spouses of deployed members. Call 605-5773 or 606-0039.
- ♦ **Protestant and Catholic Lenten devotions** – 11:30 a.m. in Chapel 1 for Protestants and Chapel 2 for Catholics, Wednesdays during Lent. Both events are followed by soup and bread fellowship at the Pacific Coast Club.

Protestant Notes:

- ♦ **Maundy Thursday service** – 7 p.m. Thursday in Chapel 2.
- ♦ **Ecumenical Good Friday service** – 3:30 p.m. April 18 in Chapel 2.
- ♦ **Easter Sunday sunrise services** – 6:30 a.m. April 20 in Chapel 1.

Catholic Notes:

- ♦ **Sunday mass with children's palm procession** – 10 a.m. Sunday in Chapel 1.
- ♦ **Holy Thursday Last Supper service** – 7 p.m. Thursday in Chapel 1.
- ♦ **Catholic Lenten fellowship** – Each Friday during Lent a soup and bread meal is served at 5 p.m. in the Chapel 1 Annex. The Stations of the Cross follow the meal at 6 p.m. in Chapel 1.
- ♦ **Good Friday liturgy** – 7 p.m. April 18 in Chapel 1.
- ♦ **Easter Vigil** – 7 p.m. April 19 in Chapel 1.
- ♦ **Easter Sunday mass** – 10 a.m. April 20 in Chapel 1.

Did You Know:

■ Air Force instruction restricts the use of Defense Department vehicles, including those rented or leased, to official purposes only. The vehicles are only allowed for use for purposes that further the Air Force mission. Spouses and dependents are allowed to ride in government vehicles under certain conditions such as, temporary duty and shuttle services. Liability is the big issue. For more information, call Tech Sgt. Gregory Pocaigue at 606-5255.

30th Services News

SERVICES CENTER

Chess Tournament

at the Services Center
Today • 4:30 p.m.



\$5 per person

Open to all ages and all skill levels.
Contact Mike Renner at 606-7976 for more information.

SCHOOL-AGE PROGRAM

Summer Camp!

Priority registration

is taken until April 18 for those currently enrolled in the school-age program. Registration for all others starts April 21 and ends May 16. Call the youth center for more information at 606-2152.

Youth center music lessons

Limited spaces are available. The Coelho Academy of Music provides lessons in guitar, flute, keyboard and voice. Group lessons are offered in eight-week sessions, one-hour per week at \$68 plus the cost of the lesson book. Individual lessons are offered on a month-to-month basis, one-half hour per week. Cost is \$18 per lesson. Days and times vary. For more information, call 606-2152.

Coming soon!

April 25, Salute to youth!

Come out for a great, fun-filled day at the Youth Center. Schedule of events to be published soon.

OUTDOOR REC

A day in Santa Barbara

Saturday and April 26 • \$10 per person
Spend a day playing on the beach and shopping on State Street and Stearns Wharf! Depart outdoor rec, building 10250 at 10 a.m. Return at 4 p.m. Bring along a packed lunch.

Call 606-5908 for more information.

Horseback riding on the beach!

April 19, 12:30 p.m. • \$32 per person
Sign up deadline is April 11. Riding time is from 1:30 p.m. to 2:45 p.m. The trip departs outdoor rec promptly at 11:45 a.m. Call 606-5908 for more information.

Rafting guide school

Sign up now for the 2003 season
10 people needed • \$100 per person
May 11 - 17
Training at the Kern River consists of 5-days, 8-hours per day. Participants must be in good physical condition. Sign up by May 2 (with payment). Call Staff Sgt. Jeff Martineau, 605-7615 or Curtis Dunster at 606-5908.

LIBRARY

Dial-A-Story is up and running!

To hear this week's story, 'Five Peas in a Pod' call Dial-a-Story at 606-4300. Stories are available 24 hours a day.

New reading group

Sponsored by the Company Grade Officer's Council, the new group reads and discusses professional reading materials. The first meeting is today at 3 p.m. in the library's conference room. For more information, call Dixie Paronto at 606-6050 or 2nd Lt. Jason Miller at 605-4850.

Vandenberg Youth Center



Annual EASTER EGG HUNT

for ages 2-10
at the youth center



Saturday
Hunt begins at
10 a.m. sharp!

Bring your own basket
and your camera
to get a picture
with the
Easter Bunny!
Don't be late!



Call the Vandenberg Youth Center for more information at 606-2152.

SERVICES ACTIVITIES

Name the Bowling Center

NASCAR • SERVICES • COKE

(No Federal Endorsement Intended)

START YOUR ENGINES!

Stop by the bowling center, Pacific Coast Club, auto hobby shop, rod and gun club, golf course, Breakers and Air Education and Training Command dining facilities and enter for a chance to win tickets to the

Auto Club 500 at the California Speedway
Fontana, CA • April 27

Look for the life size NASCAR Drivers!

Winners are announced at the bowling center base exchange patio area Saturday from noon to 3 p.m.

There will be music prizes and the Coke Girls!

Winners of the 'Name the Bowling Center' contest will also be announced!

Visit us on the web at www.30svs.com

BOWLING CENTER



April is the MONTH of the MILITARY CHILD

Dependent children 17 & under
bowl for 75 cents per game with a parent.
(No open bowl.)

Deployed Spouses Bowling Day Bowl every Tuesday, 9 a.m. to noon for \$1 per game. All preschool children bowl for free with a paying parent.	Airmen's Night every Thursday 6 p.m. \$1 per game Enjoy Thunder Alley from 6 to 9 p.m.
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YOUTH CENTER

Youth Center ☐

KEMPO KARATE!

Kempo Karate has openings in its family class. This class is for children 6 years and older along with their parents. Kempo incorporates traditional Chinese forms along with paint sparring, grappling and self-defense. Call the youth center for more information at 606-2152.



PACIFIC COAST CLUB



April 18 • 9 p.m. to ?
with
Jay Turner
from
Sunny Country 102.5

Contests! • Give-aways!
Prizes! • T-shirts!
Hats! • Promo CDs!

For more information, call the club at 606-3330.
No Federal Endorsement Intended.

SERVICES CENTER

Remember family and friends this Easter with a gift from
A Natural Knead Massage Therapy & Day Spa!



Massage Therapy & Day Spa

'Make-your-own' EASTER GIFT BASKET & 'Special Bunny' GIFT CERTIFICATES

While they last!

Located in the services center • telephone: 605-4748