

Base Briefs

Tigers celebrate 10 years in space

CHANGE OF COMMAND

Lt. Col. Kelly Wing relinquishes command of the 30th Medical Support Squadron to Lt. Col. Steven DeAnda at 11 a.m. Tuesday in the 30th Medical Group auditorium. Call Capt. Teresa Starks at 606-3308 for more information.

ASSUME COMMAND

Lt. Col. Douglas James assumes command of the 30th Contracting Squadron at 11 a.m. July 18 in the WROCC Theater. A reception immediately follows at the 30th Maintenance Group conference room in building 7015. Call 2nd Lt. Jonathan Zentner at 606-9760 for more information.

RETIREMENT

Master Sgt. Denise Young, 30th Contracting Squadron, retires at 1 p.m. July 18 in building 7015, 30th Maintenance Group conference room. A reception immediately follows. Call Master Sgt. Jerome Watkins at 605-2465 to make reservations.

RETIREMENT

Master Sgt. Richard Czap retires at 2 p.m. July 18 in building 7025, WROCC auditorium. Call Master Sgt. Richard Chavez-Hatton at 606-2940.

COUNTY FAIR

Saturday is military appreciation day at the Santa Barbara County Fair. Admission is free for all active-duty military members. The fair is open daily from 11 a.m. to 10 p.m. Call (805) 925-8824 for more information.

COMMITTEE MEMBERS

The Hispanic Heritage Committee is looking for motivated members to help plan and direct activities for September. Meetings start today and take place each Friday at 1 p.m. in the services center, building 10122. Call Capt. Dizzy Murphy at 606-2199.

HONOR GUARD

The Vandenberg Honor Guard is looking for an airman in the rank of staff or technical sergeant to fill a full-time special-duty position. For more information concerning eligibility, call Staff Sgt. Virgil Peacock at 606-3654.

MED GROUP CLOSURE

The 30th Medical Group closes for training the fourth Thursday each month. For emergencies, a threat to life, limb or eyesight, call 911 or go to the nearest emergency room. For urgent care appointments, call 606-CARE (2273).

E-BOOKS

The Vandenberg Technical Library has e-books available, including a dictionary for reading online or downloading at the Web site www.netlibrary.com. The user name and password is fL2827. For more information call the VAFB Technical Library at 606-9745.

COMPILED BY TIMES STAFF
30th Space Wing Public Affairs

July 1 marked the 10th anniversary of 14th Air Force's role as the only numbered Air Force for space operations. Headquartered here, today's 14th AF Flying Tigers deliver a full spectrum of operational effects from space to support joint operations worldwide.

According to the 14th AF History Office, the Flying Tigers have come a long way. Over the years, they've transformed from a small group of airmen defending China in World War II to a team of space warriors operating space capabilities and forces around the globe to defend the nation's interests and enable decisive combat effects on the battlefield.

"This year marks a great moment in our history as we celebrate both 10 years as the space numbered Air Force, and 60 years as the Flying Tigers," said Maj. Gen. Michael Hamel, 14th AF commander.

From its early days conducting fighter and bomber operations to planning and executing space operations today, the 14th AF Flying Tigers have always been at the forefront of innovation and change, according to officials.

Originally activated in March of 1943, 14th AF achieved success against Japanese flyers in WWII. The unit chalked up a record of 286 kills to only eight losses under the leadership of then retired Army Air Corps Capt. Claire Chennault.

Despite meager resources, they fought and eventually grounded the Japanese air force by the end of the war. Chennault developed innovative fighter tactics and a system of warning nets that



CONTRIBUTED PHOTO

provided vital early warning on movements of all aircraft within the borders of unoccupied China.

After WWII and various mission assignments, the 14th AF received its first space calling in 1968, as the 14th Aerospace Force. At that time, it was the first command dedicated to space surveillance and tracking, providing early warning of missile attacks against the United States.

Eight years later, the 14th AF was designated as a reserve component, managing airlift resources for Military Air Command. The unit served in this mission until July 1993 when it returned to operating in the high frontier of space.

Over the past decade, 14th AF has grown to include five space wings and serves as the Air Force's space operational task force and component to United States Strategic Command, responsible for controlling and exploiting space for global and theater operations.



PHOTOS BY SENIOR AIRMAN JONATHAN POMEROY

Above: Capt. John Sherman, 614th Space Operations Squadron, runs through a security alarm checklist with Master Sgt. Noel Sison and Staff Sgt. Samantha Bagdon in the 14th Air Force Air Operations Center here. Left: As a P-40 Mustang flying unit, the Flying Tigers achieved success against Japanese flyers during World War II.

"Space-based capabilities operated by the dedicated warriors of 14th AF gave our joint-service forces the winning edge in precision targeting, navigation and timing, missile warning, intelligence, surveillance, reconnaissance and global communications," Hamel said.

Today, through its Space Air

Operations Center, 14th AF plans, tasks, directs and synchronizes space operations and conducts space control, missile surveillance and warning, satellite and network operations, space launch and range operations through its five space wings.

The 14th AF team is comprised of more than 20,000 military, civilian,

reserve component and contractor men and women at 155 units in 44 locations worldwide. Currently, 500 Flying Tigers are deployed in theater supporting operations.

14th AF continues to transform joint operations today in response to a changing global picture,

See TIGERS Page A4

New program gives CGOs spacelift experience, hands-on training

By 2ND LT. JENNIFER WHITAKER
30th Space Wing Public Affairs

Select company grade officers in the space and missile operations, developmental engineering, and acquisition managing career fields will soon have the chance to work alongside spacelift industry professionals, gaining experience and knowledge to enhance Air Force space operations.

The Education with Industry for Spacelift program is a new initiative by Air Force Space Command to place active-duty officers in a civilian contractor environment for education and hands-on training.

"This is an opportunity for our future leaders to spend dedicated time with our top spacelift industry partners to better understand this industry from 'the other side,'" said Maj. Stephane Hawk, Launch Vehicle Section chief Headquarters AFSPC, Peterson AFB, Colo.

Hawk said the program is Space Command's answer to Air Force Chief of Staff Gen. John Jumper's Force Development construct.

The goal of Force Development is to make

investments in all career fields and ranks to better prepare the Air Force for the future.

"We recognize the need to create a stronger military space culture through focused career development, education and training, within which the space leaders for the future can be developed," Hawk said.

The first-ever AFSPC Spacelift EWI candidates begin the program in August 2004.

Hawk said the Spacelift EWI program lasts four years, with the first year spent at the factory, the second year at the contractor's launch site, and the final two years spent using the newly-acquired spacelift expertise.

She said two industry leaders, Lockheed Martin Astronautics and Boeing, have each agreed to accept two EWI students for the two years the students work as part of their team.

For their factory time, Lockheed Martin students will work at the Waterton facility near Denver, Colo., while Boeing students head to Huntington Beach, Calif. or Decatur, Ala.

Each company will host the students at their Cape Canaveral AFS, Fla., launch sites for the

second year of on-the-job training.

During years three and four, the students return to an Air Force spacelift job to use their education and experience.

Hawk said participants can expect to incur a three-year active-duty service commitment from the program.

"But," she said, "when the four-year spacelift EWI program ends, your ADSC will have been satisfied."

The AFSPC pathfinder program is based on Air Education and Training Command's EWI programs. Capt. Brett Hagen, Chief of Education With Industry programs for the Air Force Institute of Technology, Wright-Patterson AFB, Ohio, said the AETC program allows information sharing at no cost to the host company.

"It's a win-win situation for both the company and the officer. The company gets a worker with at least a bachelor's degree—often a master's—and the officer learns not only how they do business, but also general management practices and problem solving," Hagen said.

See TRAINING Page A4

AEF rotations begin at Tallil, Iraq

By 2ND LT. GERARDO GONZALEZ
407th Air Expeditionary Group Public Affairs

■ TALLIL AB, Iraq — Five airmen stepped off a C-130 Hercules aircraft June 30 to become the first Air and Space Expeditionary Force Blue arrivals here.

The AEF Blue rotation is the first of two 120-day tours designed to replace most people who are still deployed supporting Operation Iraqi Freedom and help normalize the AEF cycle, according to officials.

"I'm really glad to be here," said Tech. Sgt. Paul Carpenter, an air traffic controller from the 28th Operations Support Squadron at Ellsworth AFB, S.D.

Two base agencies will be the focal point as base officials prepare for the arrival and departure of nearly 3,000 people.

They are the personnel support for contingency operations section, better known as PERSCO, and the 407th Expeditionary Logistics Readiness Squadron.

"Our main role is to maintain accountability of personnel," said Senior Master Sgt. Susan Baker, PERSCO team chief. "We have to see everybody before they leave, and we have to see everybody as they land ... If you don't check out with us, we still think you're sitting here."

See AEF Page A4

Open for business



PHOTOS BY SENIOR AIRMAN JONATHAN POMEROY

Left: Senior Airman Robert Trujillo, 30th Security Forces Squadron, checks an I.D. at the recently reopened Solvang Gate. The gate is the most direct route from North to South Vandenberg. Base officials opened the gate to allow convenient passage.

Above: To preserve the life of the 13th Street bridge, drivers should take care to obey posted speed limits.

In this issue of the



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



Members of Patriot Voices add a personal touch to base ceremonies and local events. See Page A3.



Destinations Central Coast heads to Flag is Up Farms in Solvang to explore the world of horses. See Page B1.

Weekend forecast
Sunny Saturday and Sunday with some patchy morning fog.
Low/High
45/74
For a full Vandenberg weather report, visit
www.vandenberg.af.mil/30sw/organizations/300g/weather/weather

First Shirt gives tips to prevent airmen from becoming...

Civilians before their time

By MASTER SGT. CINDY HASTY
30th Security Forces Squadron
first sergeant

One of the saddest parts of my job as the first sergeant for the 30th Security Forces Squadron is when I have to gather documentation and recommend to my commander he discharge one of our unit members.

Occasionally, we really do have a bad apple that probably wouldn't make it no matter what we did.

More often, though, it is a young airman who could have been saved if certain things would have happened—or not happened. I'm seeing certain negative trends that seem to have an impact on whether a young airman has a productive career or becomes a civilian before their time.

The first trend is feedback, or the lack thereof.

One of the best policies the Air Force initiated is the feedback

system. Back in the day, airmen frequently didn't know they were doing anything less than perfect until they received a performance report. The feedback system requires supervisors to tell an individual up front what is expected of them during the initial feedback.

The midterm feedback explains how they are meeting those expectations, and whether they are falling short. Those supervisors who give inadequate feedback, or no feedback at all, are doing a disservice to their subordinates.

If an airman does not know their supervisor's expectations, then how can we expect the airman to live up to them? All too often, we discharge young airmen who feel that "no one cares anyway." Feedback is more than a requirement. It shows your subordinates you care enough to take the time and effort to let them know where they stand.

The second pitfall is a

supervisor trying to save an airman.

Some supervisors seem to think they are saving their airmen by keeping them out of my office. They don't do paperwork on their subordinates because they don't want to hurt their airman's career.

If a verbal counseling changes your airman's unacceptable behavior, by all means, give them a verbal counseling. However, if it doesn't work, you owe your airmen the opportunity to improve. Letters of Counseling, Admonishment and Reprimand should be considered an opportunity to improve, rather than just a piece of paper.

If you give your airmen the impression you will protect them, they will believe their behavior is acceptable and by the time they get to my office, it'll be too late to make improvements. Give your airmen a chance to improve—give them the paperwork if that's what it takes.

The third negative trend is the

barracks lawyer.

The biggest lie: "If you don't say anything, they can't do anything to you." On the contrary, if you don't say anything, the commander has no option but to base his or her decision on the only information provided—the other side of the story.

We all have the right to consult legal counsel. If you feel that's in your best interest, then consult the Area Defense Counsel and let them help you decide if keeping quiet is your best option.

The barracks lawyers are typically in trouble themselves and don't want to go down alone. Go to, or have your airmen go to, the experts.

Retaining military members is a group effort. Those efforts start at the lowest level of supervision. Contrary to popular belief, first sergeants consider saving an airman a win...not discharge. Discharge is a loss to us all.

Commander's
Action Line

Call 606-7850

or

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



Col. Frank Gallegos
commander

By performing Vandenberg's mission safely and effectively, Team V provides proof of their commitment to do the right thing.

Two-way communication is paramount to continued mission success. The 30th Space Wing Commander's Action Line is your direct link to me.

Through the action line, you can congratulate your teammates on a job well done, affect change and express productive points of view.

I want your input, and I am personally involved in every response.

The action line is always available and it's an excellent tool, but remember to

use your chain of command. Talk to your supervisors, first sergeants, services officials and other base professionals and give them a chance to solve your problem first.

Working together, we will enrich the 30th SW mission performance and the quality of life of our airmen.

When calling the action line, leave your name and phone number in case more information is needed.

Does common courtesy plummet during the heat of summer?

By SENIOR AIRMAN JULIE WECKERLEIN
31st Fighter Wing Public Affairs

I bet it is a scientific fact: When the temperature rises, common courtesy drops. There should be a name for it, like "heat madness."

I recently got a rude awakening about this phenomenon. I was disrespected by someone.

Outwardly, I shrugged off the incident, but inside, I was hurt by it. So, like spilled soda on a hot afternoon, the negativity stuck to me. I found myself focusing on other people's rudeness and became a little cynical myself. I reeled with anger when I heard

someone here call an American Forces Network disc jockey a moron and say, "I hate you. Get off the radio. If I were you, I would stab myself with a fork."

I felt sick to my stomach when I saw a woman belittle a food court worker because the worker mistakenly gave the woman ketchup instead of barbecue sauce.

And what really bothered me was that it seemed people were being most cruel to those they viewed as inferior: faceless lower-ranking airmen, food workers, full-time volunteers and Italian workers.

I wondered, is it the heat? Does excessive sunlight feed people's inner

demons? In the spring, the base newspaper's inbox received about ten compliments a week; now, I was lucky to find two. Was it that nobody was doing anything nice around here, or was it that nobody was noticing?

I pondered this the other day as I walked into my office, barely noticing the cleaning lady walk past me. I see her every day, but I don't know her name. Her English is limited; my Italian is virtually non-existent. She cleans up the bathrooms, mops the floors and empties trash.

Not a fun job, I'm sure. People walk over her freshly mopped floors and leave

pools of water and trash on the bathroom counters every day. But, she does her job thoroughly and with a smile. She has a friendly greeting for everyone. This particular morning was no exception.

"Ciao," she said to me. I returned the greeting. She pointed to my belly and asked, "Bambino?" I realized she was asking about my pregnancy, so I answered (with the little Italian I do know) that things were good. She gave me a knowing smile and nodded her head, and we went our separate ways.

Not surprisingly, though, a smile had made its way on my face, too. And as the

day continued, a weird thing happened. I zeroed in on the "flip" side.

The cleaning lady did more than just say hello to me. Her simple gesture of kindness took my negative attitude and twisted it into the opposite direction to the point that I wanted to be a nicer person too. It wasn't about rank or status, job or environment. It was about one human reaching out and being kind to another.

There are still rude people out there. I still have the feeling that the heat can bring out the worst in people. But I think we can all beat the heat madness one courteous act at a time.

SPACE & MISSILE
TIMES

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The Space & 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.

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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 is 4:30 p.m. every Wednesday, nine days prior to publication.
Send submissions to: 30SW/PA, 747 Nebraska Ave., Room A-105, VAFB, CA 93437; via fax at DSN 276-8303 or commercial (805) 606-8303; or by e-mail to Space&MissileTimes@vandenberg.af.mil

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

Patriot Voices endeavor to keep tradition alive

By Tech. Sgt. Mark McKinney
30th Space Wing Public Affairs

A vocal group that has become a staple of special events on Vandenberg and in the local community may soon be silenced by a lack of members.

Patriot Voices is a group of volunteer airmen who sing patriotic songs at ceremonies such as changes of command, and community events like the Independence Day celebration in Pismo Beach.

"Any military member who is comfortable with singing unaccompanied and can meld together with other voices is welcome to come join us," said Patriot Voices coordinator Capt. Zachary Guza. "We are getting low on numbers and it's getting tough to accommodate all the requests we receive."

Originated by former Airman Leadership School students, Patriot Voices has blossomed from its humble beginnings.

A quartet of airmen from ALS class 99-E decided they wanted to perform the national anthem at their graduation.

Afterwards, they began to receive requests to perform at



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Tech. Sgt. Joseph Fraats, 381st Training Support Squadron, 2nd Lt. Bryan Carlson, 30th Space Communications Squadron and Capt. Zachary Guza, 76th Helicopter Flight sing the national anthem at a recent change of command ceremony here.

different functions on base and in the local community. They soon became the recognized ambassadors of Team V that they are today.

The group demonstrates pride

in country and service through renditions of classic patriotic songs such as America the Beautiful, performed without any accompanying instrumentation.

"We're not experts by any

stretch of the imagination, and we're not looking for experts," Guza said.

But, he added, anyone interested in joining Patriot Voices should enjoy singing, because they perform fairly often.

"The more members we have, the more we can spread things out a little," Guza said.

Guza said there is no formal commitment for the length of time a person must be a member. The group is open to all active-duty officer and enlisted ranks.

Patriot Voices members are all volunteers and commit personal time to practice and performances. To be a patriot, after all, is to be selfless and dedicated to a cause.

2nd Lt. Jennifer Whitaker heard about the group's diminishing numbers and joined immediately.

"I saw there was a need and just wanted to help," she said. "I've had some experience singing and just wanted to do what I could."

That is all that is needed — a few more patriots who simply want to do what they can to help.

Anyone interested should call 606-4725 or just show up at a practice Monday evenings at 4:45 p.m. in the Chapel 1 sanctuary.

Big Sky Ranch gets new 'Ramrod'

By 2nd Lt. Dex Easler
Detachment 1, 22nd Space Operations Squadron

The Detachment 1, 22nd Space Operations Squadron's Big Sky Ranch got a new 'Ramrod' June 19.

What is a Ramrod and where is the Big Sky Ranch? Guests attending the recent change of command ceremony at the Det. 1, 22nd SOPS Vandenberg Tracking Station here found out first hand.

The California sunshine was the setting as Lt. Col. Shawn Rife relinquished command of the station after 20 months of distinguished service. Maj. David Pavilaitis, former 50th Space Wing Chief of Safety, became the site's new commander, known to tracking station staff as the Ramrod of Big Sky Ranch.

Dave Quigley, the station's Facility Manager from 1959 to 1989, and the informal historian, said ranchers in the area surrounding Vandenberg AFB refer to the tracking station as the Big Sky Ranch.

He said this is because actual cattle ranches border the station and because the VTS mission is "herding" satellites through the sky. VTS is one of eight remote tracking stations of the Air Force Satellite Control Network.

Quigley, the Big Sky Ranch's unofficial poet laureate, documented site traditions in cowboy poetry. In his poem "The Ramrod," he says the Ramrod is "a good lead horse to guide us over that skyward road."

As such, 'Ramrod' is the honorary title bestowed on all of the station's commanders.

Quigley said on a ranch, the term Ramrod is used to denote the head cowboy or ranch manger, who steers the course for

"... few units have taken the time to document and honor past commanders like Vandenberg Tracking Station does."

SYD DEARBORN
VANDEMBERG TRACKING STATION ALUMNUS

the ranch and its herd. The Ramrod tradition lives on in another of Quigley's poems, "Saga of the Big Sky Ranch Ramrods."

Traditionally, the current VTS designated poet writes a new stanza of the poem for each commander as they depart the station describing their achievements and tenure. The poem is then read aloud at each change of command ceremony.

Another VTS alumnus, Syd Dearborn, a communications technician from 1978 to 2000, assumed the responsibility of writing the new stanzas and reading the poem and has done so for the last six commanders.

"This tradition has meant a lot to our commanders, but it has meant a lot to visiting commanders too," Dearborn said. "They've said that few units have taken the time to document and honor past commanders like Vandenberg Tracking Station does."



Significant thing about your new unit:

We not only support check-out of vehicles launching from Vandenberg AFB, but we have equipment and personnel doing the same for the East Coast launches from Cape Canaveral AFS, Fla.

Hometown: Leominster, Mass.

Time in Service: 18.5 years

Recent career history:

Arrived from Schriever AFB, Colo., where I was the ops flight commander for the 4th Space Operations Squadron, I had a brief stint as a fill-in Director of Operations for 23rd SOPS, and finished up as the Chief of Safety for the 50th Space Wing

Leadership philosophy: My job is to ensure the folks in our unit have all the resources and training they need to do their job, ensure they have all the support they need in their personal lives to allow them to be ready to perform, and then stand back and let them rip!

Short-term goals: Help the Vandenberg tracking station make a smooth transition during our upcoming antenna replacement

Personal information: I am married to Lisa, and we have three children, Zack, 16, and 11-year-old twins Kelly and Matty.

Hobbies: Boating, baseball, and football



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Meet the New Commander
Maj. David Pavilaitis
Detachment 1, 22nd Space Operations Squadron

How do you fulfill core values?

Make decisions that I would be proud to explain to anyone, anytime, anyplace

What is the most exciting thing that has happened to you during your Air Force career? This assignment.

We have one of the most rewarding missions being executed by a team of professionals that have been tracking satellites for decades in some cases. We also get to work at one of the most beautiful facilities in the Air Force. If you haven't seen the "Big Sky Ranch," call us to arrange a tour. We'd love to show you what we do.

Who is your favorite leader in history and why? Abraham Lincoln, who showed incredible control and

wisdom in the face of severe adversity.

Who is your role model and why? I have several. They are the commanders and supervisors I've worked for who compelled me to excel in a way that was so sincere that I couldn't quite put my finger on what made them so successful. It was a combination of many things they did (both big and little) that drove me to do all I could to not let them down. I have made lists of things I saw them doing and I emulate them by incorporating some of those ideas into my leadership style.

What do you like best about the Air Force? What? New opportunities and adventures always on the horizon.

Crimebeat...

Compiled by Master Sgt. Wesley Asleson
30th Security Forces Squadron

July 3
Suspected driving under the influence — 3 a.m.

The Timber Lane gate sentry suspected a non-base affiliated driver of driving under the influence. A patrolman responded and administered a field sobriety test, which the driver passed. A check of his license revealed it was suspended. He was cited and released.

Vandalism — 10:11 a.m.

A retiree's wife reported severe damage to their private boat and trailer stored in the recreational vehicle lot on Iceland Avenue. Damage included scratches, broken accessories and water damage. The incident occurred sometime after July 2.

July 4
Illegal fireworks — 11:14 p.m.

Patrolmen observed fireworks igniting near the Snark Dormitory. The subject was identified as a military member. He was apprehended for failure to obey an order and transported to the security forces control center. He was released to his first sergeant.

July 5
Verbal dispute — 10:48 p.m.

A military member reported receiving an answering machine message from a crying female. The member did not know the

female, but provided a number she left on his machine. The number was to a military member's quarters on Eversden Drive. The member was called and said he had a dispute with his wife. Patrolmen responded to his quarters to verify everything was in order. The unit first sergeant responded and assumed control.

July 6
Loose pet — 2:42 a.m.

A military member reported he captured a stray dog at his quarters on Entrada Court. Patrolmen took custody of the canine and the military owner claimed it a short time later. The member was issued a failure to control pet memorandum.

Shoplifting — 1:37 p.m.

A retiree's son was detained at the Vandenberg Main Exchange for shoplifting. He departed the store without paying for a video game memory card valued at \$6.75. He was cited for petty theft.

Shoplifting — 6:06 p.m.

A retiree's daughter was detained at the Vandenberg Main Exchange for shoplifting. She departed the store without paying for makeup and jewelry valued at \$49.48. She was cited for petty theft.

Computer theft — 11:02 p.m.

A military member reported the theft of a laptop computer from a locker in his room at the Discovery Dormitory. He said someone cut the lock from his wall locker while he was deployed. The incident is under investigation.

ALCON: Normal

A general condition reflecting responsible alcohol use.

Days since last DUI: 21

DUI totals for the Year: 11

AADD saves this Year: 168

30th OG	0
30th MXG	1
30th MSG	4
30th MDG	0
30th SW Staff	0
14th AF	0
381st TRG	2
576th FLTS	1
Det. 9	1
Others	2

For a free and confidential ride home, call Airmen Against Drunk Driving at 606 or 605-AADD (2233).

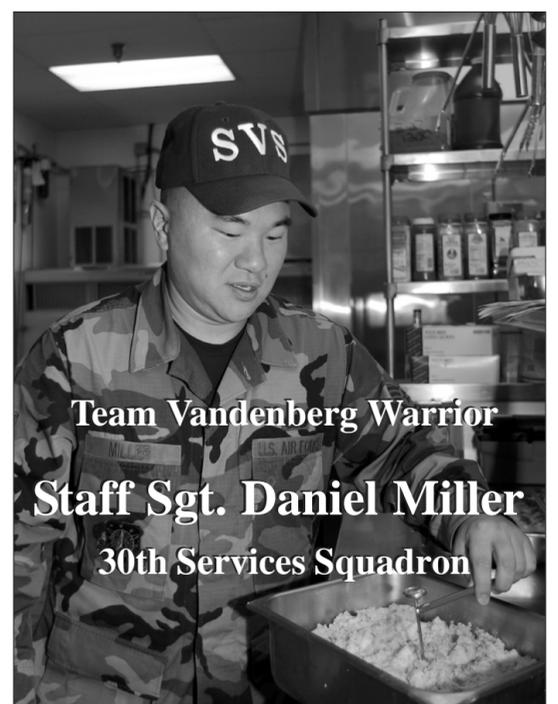


PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Team Vandenberg Warrior
Staff Sgt. Daniel Miller
30th Services Squadron

Hometown: Tucson, Ariz.

Time in Service: 8 years

Time on Station: 2.5 years

Role in mission: Quality Assurance Evaluator for Food Service

How do you contribute to the wing mission? Take care of Air Force patrons comments, new ideas and questions for Food Service, make sure the patrons have a quality meal

What do you like best about the Air Force? Steady pay and travel, meeting good people

If you could change one thing about the Air Force what would it be? Deployment rates

How do you fulfill core values? Put service before self

What's the most exciting experience you've had so far in the Air Force? Being in a Red Horse

exercise firing a Howitzer at Hurlburt Field, Fla.

How would you improve life at Vandenberg AFB? Provide more for the young troops to do in the immediate area

Who is your role model and why? Chief Master Sgt. (ret) Calvin Tucker, he is mentoring me spiritually and as an airman.

He is a model airman to look up to because he practices what he preaches and has been "to the top" in the enlisted ranks.

Who is your favorite leader in history and why? George Patton, he was harsh but got the job done!

Favorite movie/book? Favorite movies are Swordfish, Rush Hour 2 and Training Day

Hobbies: Driving my car, taking trips, movies, baseball and music

Be Aware!

Anti-Terrorism Force Protection is an Individual Responsibility!



The 30th Space Wing Mission:
To provide combat capabilities through launch, range and expeditionary operations.

Soldier celebrates 20 years of freedom from 'killing fields'

By ARMY SPC. MERL MCKERROW
Camp Roberts, Calif.

For many Americans, the term 'killing fields' vaguely reminds them of a movie they may or may not have seen. The movie details the atrocities inflicted by the Khmer Rouge on the subject peoples of Cambodia. But for one D Company, 1st SATCON soldier, the ominous term has no such blurry connotations. Instead it represents the real life nightmare he and his family fled twenty years ago July 20.

The twenty-year anniversary of Staff Sgt. Khemmony Kong and his family's heroic flight from Cambodia will be celebrated in the land that he now calls home: the United States of America.

During the late 1970s and early 1980s, Cambodia, then known as the Khmer Republic, was in a state of political upheaval. In 1975, the Communist army launched an assault resulting in an overhaul of the country's political structure.

The regime controlled every aspect of life and reduced citizens to the level of abject obedience through terror. Solid estimates of the numbers who died between 1975 and 1979 are not available, but it is likely that hundreds of thousands were brutally executed by the regime, giving rise to the term "the killing fields." In 1979,

Vietnamese forces invaded and occupied the country, and it became the People's Republic of Kampuchea.

Kong's father was a member of the anti-Communist Khmer Republican Army, and his family had not seen him since 1975. Even though the country was Republican again in the early 1980's, people couldn't be completely safe from the secret police. Kong's family witnessed close friends being arrested and sent to prison. They knew it was only a matter of time before the secret police were kicking down their own door.

As a child of only seven years, soon after his father's disappearance, Kong was brutally tied up, beaten, and tossed into a small locked room, all for the crime of showing too much emotion. He was observed in public crying about his father. Escape was the daily dream.

The Kong family originally wanted to escape to Thailand, but found that it was really no safer than staying in Cambodia. They then heard of a refugee camp sponsored by the U.N. that could help them. This camp relocated families by sending them to any countries that would accept them. Families had no choice about which country they went to; it was a matter of fate, as if someone were throwing darts at

a map of the world.

When Kong was 14 years old, the dart landed on the United States. A year and a half in Thailand followed before the family's eventual arrival at their final safe haven.

The United Nations High Commission for Refugees, a nonprofit organization, sponsored refugee families by supplying airline tickets and finding them places to live. After a year of living in the new country, the family would begin repaying the money they owed to UNHCR with no interest.

When the Kong family arrived in the United States they settled in Santa Ana, Calif. The adults of the family were required to attend an orientation program designed to equip them with basic skills. They learned English and how to obtain employment through this program, which was equivalent to a junior college.

Kong's mother and two older brothers completed this program while he and his younger sister went to school to continue their education. Kong's grandmother was at retirement age and could not work, so she stayed home.

The family members who were able to get jobs worked for less than minimum wage. Their employers exploited the fact that they had just arrived in the country and were unaware of all

the benefits to which they were entitled.

Kong's mother and two older brothers continued their schooling to enhance their communication and work skills in an effort to take advantage of the opportunities offered in the United States. Kong's sister is currently working toward a master's degree. The rest of his family still lives in Southern California. Kong's father was officially declared dead last year.

Kong considered joining the U.S. Army after high school. The benefits the recruiters offered seemed great, but not exactly what he was looking for at the time. Instead, he decided to continue his education.

In 1994, at the age of 26, Kong decided to give the Army another chance.

"I just wanted to give back to the United States for everything that it has given me – freedom, opportunities, no fear of the knock on the door. The main reason that I joined the Army is that I love this country," Kong said.

He enlisted as a 12B, combat engineer, and was stationed at Fort Bragg, N.C., from 1994 to 1997, during which time he became Airborne qualified. During that time, Kong said, he "got smarter" and was later able to re-class as a 31S, satellite

network controller.

After Advanced Individual Training, Kong was assigned to Fort Buckner, Okinawa Japan, from 1998 to 2002.

On his way to the island station, he stopped in Cambodia and married his long time pen pal girlfriend, Paula Ma. Their romance is almost another story in itself.

Kong had originally met Paula's sister, Lynn Ma, in California, while attending church functions with his family. She asked him if he would like to write Paula in Cambodia. They started writing in 1996 and continued a pen pal friendship that gradually deepened.

In one of Kong's letters, he asked Paula to marry him. That letter took three weeks to get to her and her reply took a month to get back to him. After what must have been a nerve-wracking two months, he received her affirmative reply. But the waiting was still not over.

After they got married, Paula had to stay in Cambodia until she got a visa.

Finally, in 1999, Paula was able to go to Fort Buckner and live with Kong.

Now 35 years old, Kong enjoys being stationed in California, where he's preparing to become a platoon sergeant. "Although unfortunate, dire

circumstances often prepare exceptional individuals more effectively than ordinary conditions. It takes fire to make steel, and Kong has definitely been through the fire," said 1st Sgt. Ottis Pledger, Kong's first sergeant.

The dreams of that one-time frightened refugee turned outstanding American soldier have achieved a richness and variety far beyond that of his stark hopes twenty years ago... but the achieving of the dream of freedom has made all his other hopes and goals possible. Kong plans to complete his tour at D Co. and hopes, afterward, to be selected for drill sergeant duty.

One of Kong's soldiers talked about his deep respect for his squad leader.

"Staff Sgt. Kong is a leader who is all about his soldiers. He has faced such tragedy in his own life that it has given him an empathy and strength that make him a caring and unique leader," said Sgt. Clint Spencer.

"For me, the Army is Paradise, or at least the next best thing, especially compared to what came before," Kong said. "I have work that I love, and I get paid for it, which enables me to care for my family. Most important of all, my family is safe. We are not frightened of the knock on the door anymore."

TIGERS:

From Page A1

according to officials.

As the military stands down from the cold war and faces greater uncertainty with new terrorist threats, space forces play an ever-increasing role, enabling joint forces to achieve decisive victory while minimizing friendly casualties and collateral damage.

"Desert Storm is recognized as the first true space war, but combat operations in the past 18 months in Afghanistan and Iraq have marked the coming of age of space on the battlefield — space has become a co-equal with land, sea and air warfare," Hamel said.

Hamel said he believes demand for space effects will continue to grow as space is further integrated into joint operations.

"We're witnessing the continuing transformation of the role of space in our military," Hamel said.

"Now more than ever before, swift and decisive victory on the battlefield depends on our space-based capabilities and the men and women on the 14 AF team," he said.

Proud of their past and primed to shape the future, today's 14th AF Flying Tigers are building on their legendary record of success and continue to be a decisive factor in battle, Hamel said.

(14th AF staff contributed to this story)

AEF:

From Page A1

Before airmen can go anywhere, they will need a ride, and that job falls on the shoulders of the 407th.

"We started working redeployment about a month ago," said Capt. Gary Jackson, 407th ELRS commander. "The plan is to have a just-in-time rotation."

Thirteen flights have been contracted to move airmen in and out of Iraq in July, he said. The flights, however, will not fly into Iraq but arrive and depart from another base in Southwest Asia. C-130s will move people to and from the base.

The C-130s will depart Tallil and deliver troops about four to five hours before the contracted flight leaves. On the same trip, it will pick up people who are inbound and bring them back to Tallil.

"This is a unique process," Jackson said. "Normally we have rotators coming into the actual base... The toughest challenge is to be able to accommodate everybody (who) needs to go on the specific date that they request."

As airmen begin to leave within the next few weeks, Jackson said there is one important piece of advice he has to offer. "Flexibility is the key," he said.

(Courtesy of Air Force Print News)

TRAINING:

From Page A1

He said interested officers should contact their assignment manager at Air Force Personnel Center to initiate the selection process.

Applicants fill out an AF Form 3849 and the applications go before a board for selection.

Hawk said the call for applicants occurs in the fall, and the following year's class candidates are announced in February.

For more information on the spacelift EWI program, visit the AFIT EWI website at ci.afit.edu. Interested candidates should submit an application through the AFPC website at www.afpc.randolph.af.mil.

Around the Air Force

Unsafe choice kills two airmen

By ERICH ZIEHMER
Air Forces in Europe Safety Office
■ **RAMSTEIN AB, Germany** — People may think it's not going to happen to me them, but they need to think again. No one is immune; preventable vehicle crashes happen all the time, according to safety officials here.

Automobile crashes do not mean just cuts, bruises and broken bones. They can mean permanent disfigurement or worse. They can mean death, as in the case of two U.S. Air Forces in Europe airmen. A typical night of fun for the victims was to go to a local bar and play pool. After the bar closed, they would go to a nightclub to further socialize until it closed the next morning. Then they would go to breakfast and return home to sleep.

One particular weekend, the driver went out on a Friday night to play pool and socialize. After sleeping a short time Saturday morning, he went back out with friends and repeated these activities.

The driver and his passenger were returning home when the vehicle drifted across the roadway and crashed almost head-on into a tree. Both died.

The driver was found to have a blood alcohol content of .21; the passenger's BAC was .24. Both readings were more than twice the legal limit. This mishap was not only preventable, it was predictable.

Sometimes people forget there are facets of their lives that they have direct control over. Although airmen are on-call 24-hours a day,

they are free to choose, within limits, how they spend off-duty time. A person's choice of lifestyle can influence other facets of their life, such as operating a vehicle. This influence directly affects the likelihood of being involved in a vehicle accident.

For example, when someone decides not to drive while impaired or fatigued, that reduces their mishap potential. When people take unnecessary risks such as drinking and driving, it increases the chances of being involved in a crash and endangering others.

Safety officials suggest the following ways to reduce the chances of being in a vehicle crash:

- ♦ Practice safe behaviors. Do not drink and drive, take a taxi, use a designated driver or use the Airman Against Drunk Driving program.
- ♦ Do not speed. Obey traffic laws. Adjust for road and weather conditions. Allow enough time and leave an appropriate stopping distance between vehicles.
- ♦ Do not drive aggressively. Be courteous to other drivers.
- ♦ Do not drive while tired. When traveling long distances, plan the trip to include rest stops and breaks. Stop when needed and avoid marathon driving.
- ♦ Do not drive distracted. Leave the cell phone and other gadgets alone. Focus on driving.
- ♦ Use personal protective equipment. Buckle up and use proper child safety seats, booster seats or restraints. Always wear motorcycle protective equipment.
- ♦ Drive defensively by watching out for the other guy. If one driver can cause a crash, then one driver

can prevent one.
♦ Practice risk management in planning and executing the trip. If someone thinks it is unsafe, then it probably is unsafe.

Driving requires concentration, perception and judgment. Do not compromise safety for a moment. Before the key goes into the ignition, before the gear goes into drive, make sure all the risks have been weighed.

Tiger Woods e-mails airman

By 2ND LT. ERIN DORRANCE
6th Air Mobility Wing Public Affairs

■ **MACDILL AFB, Fla.** — Finishing first four times this year on the PGA tour while ranking fourth on the money list, people hardly ever see Tiger Woods without a golf club in his hand.

Recently though, Tiger may also have been seen with a laptop, as he participates in the Jocks to GIs Direct program, run by ESPN.com.

Jocks to GIs Direct is a program that matches professional athletes with deployed troops in an e-mail dialogue, posted on ESPN.com. Capt. Eric Demmitt, a logistician from here deployed to Central Command's area of responsibility, linked up with Woods.

"It is really cool having Tiger Woods as a pen pal," said Demmitt. "Coincidentally, Tiger and I both went to college at Stanford during the same time frame. I didn't know him personally, but we had a few mutual friends."

Tiger found out about the program through his relationship with the Walt Disney Company, the parent company of ESPN.

Can you see me now?



PHOTO BY STAFF SGT. JOCELYN RICH

MINOT AFB, N.D. — Senior Airman David Mathieu, a military working dog handler, and his partner, Bak, take part in an air base ground-defense exercise here recently. Mathieu is assigned to the base's 5th Security Forces Squadron.

"I thought it was a great program and it did not take me long to say that I would participate," said Woods.

Receiving e-mails from one of golf's greatest while deployed has helped keep Demmitt's morale above par.

"I have really enjoyed learning about his busy life," said Demmitt. "On the flip side, I have been able to answer some of his questions and educate him on deployed military life."

Woods' e-mails to Demmitt were full of words of encouragement to the troops fighting the war.

"I strongly support all of our troops and my thoughts and prayers have been with them and their family from the outset," said Woods.

"I'm extremely happy to have been able to be a part of this program to help the morale of the troops."

Combat training goes rangeless

By SENIOR AIRMAN RYAN HANSEN
Air Armament Center Public Affairs

■ **EGLIN AFB, Fla.** — The P5 Combat Training System introduced recently promises to revolutionize training by allowing war fighting pilots to test their skills anywhere versus in limited air space, according to Air Armament Center officials here.

The system uses pods that communicate with each other. The pods enable air-to-air and air-to-ground combat training to be achieved and debriefed virtually anywhere, said Bruce Ringstad, the system's program manager.

Previously, aircrews had to deploy to a range so pilots could communicate with a ground tower for combat training, he said.

"This training is much more realistic and timely for the pilots," Ringstad said. "During combat scenarios, the aircraft talk to themselves, and the pilots then fly back to base where the information is downloaded from the pods into a ground debriefing system. Or, we can still do it at a fixed range where the system will interface with ground training infrastructure to provide battle force commanders and pilots real-time information."

"It's been a true team effort," said Nick Mirales, Navy tactical combat training system program manager.

"Eventually this system will go worldwide," Ringstad said. "It's going to have a lot of capabilities, enabling us and our allies to train like we fight."

Ringstad said the system will be fielded within 18 months with the first operational units located here.



**VANDENBERG
CHAPEL
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




**Air Force
Parent Pin
Program**

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Around the Air Force

Kadena athlete trains for Ironman

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

■ **KADENAAB, Japan** — Stealing a page out of contemporary military doctrine, Shawn Hnatko trains like he will fight. His war will be Oct. 18 on Hawaii's Big Island and will last more than 10 hours. His enemy is also his only ally — himself.

"Ten hours is a long time to battle the demons," he said of his date with the Ironman Triathlon World Championships. "But it's a tiny fraction of the time I've spent preparing for this endeavor." Hnatko, an Air Force family member, will swim 2.4 miles, bike 112 miles and run a 26.2-mile marathon

during the triathlon.

A 31-year-old physical therapist and licensed triathlon coach from Minnesota, Hnatko trains full-time.

His wife, Crystal, a captain and family-practice doctor at Kadena's clinic, is his medical adviser and biggest fan.

Despite hours of roadwork almost, every day rain-or-shine, Hnatko said it is easy to maintain focus.

"I train like I'll race. You don't want to do something new on race day because you don't know how your body will react, but you have to be prepared mentally for the unexpected," he said.

The Super Bowl of triathlons has been a dream ever since Hnatko started racing competitively.

After passing on the Japan Ironman in Nagasaki in May to rest, Hnatko began his 20-week run-up to Hawaii.

"I typically train two, and sometimes all three, disciplines ... six days a week, plus weight training and core exercises," he said.

Between all the bases on the island, Hnatko said he is able to find open pools and good places to run.

"For conditioning, the class is awesome, but I don't get traffic, wind, gravel, rain and flat tires and other real experiences of being on the road," he said.

At 5 feet, 8 inches tall and 157 pounds, Hnatko will drop about 10 pounds by race day.

His pre-race breakfast consists of an English muffin with peanut butter and honey, an energy bar, a banana and Gatorade. He eats energy bars and gels, peanut butter and honey sandwiches, and Fig Newtons, along with a liquid carbohydrate and electrolyte replacement drink during the race.

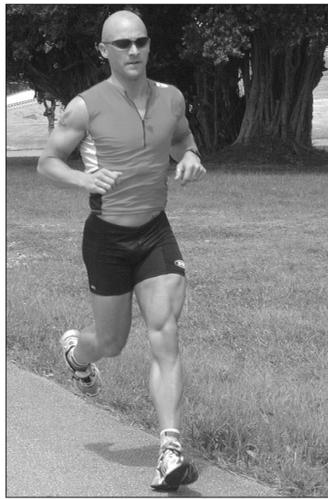


PHOTO BY MASTER SGT. MICHAEL FARRIS

Shawn Hnatko trains for the Ironman Triathlon World Championships in Hawaii.

"What I eat during the bike (portion) is what gets me through the run," he said.

During the run he eats more gels, carbohydrate and drinks electrolyte replacement drinks, and flat cola.

When it comes to shoes, Hnatko makes Imelda Marcos look downright tightfisted. He replaces his treads every 300 to 400 miles and rotates two to three pairs.

"Worn out equipment leads to injuries, and that's not a chance I'm going to take," he said. "I'll race in a pair that has about 20 to 30 miles on it."

His bicycle is an American-made triathlon-specific design crafted from lightweight aluminum and carbon fiber. The wheels are ultra-light carbon, and the tires are reinforced tubes with a tread glued on the outside.

During race day, he carries a flat-change kit that includes a carbon-dioxide cartridge, a tire and

a wrench. He can change a tire in less than two minutes and regularly practices the quick-change pit stop when he trains.

The Hawaii Ironman attracts 1,500 athletes from around the globe, but Hnatko says only about five or 10 males and females are there to win the overall titles. The rest are after personal-best times and to compete for top age-group honors.

"The winners will cross the finish line after about eight hours, which is incredible. My first goal is to finish," he said.

"I'll be happy if I come in under 10:30," he said. Hnatko will race in the 30 to 34-year age group.

"It's the personal challenge and pushing limits that (appeal) to me. It's a learning experience, trying to put the entire package together and have it play out according to plan on race day," he said.

"The Air Force has allowed my wife and (me) fantastic flexibility. I love to train. It's my job right now, and I'm very passionate about it. To be competitive at this level, you

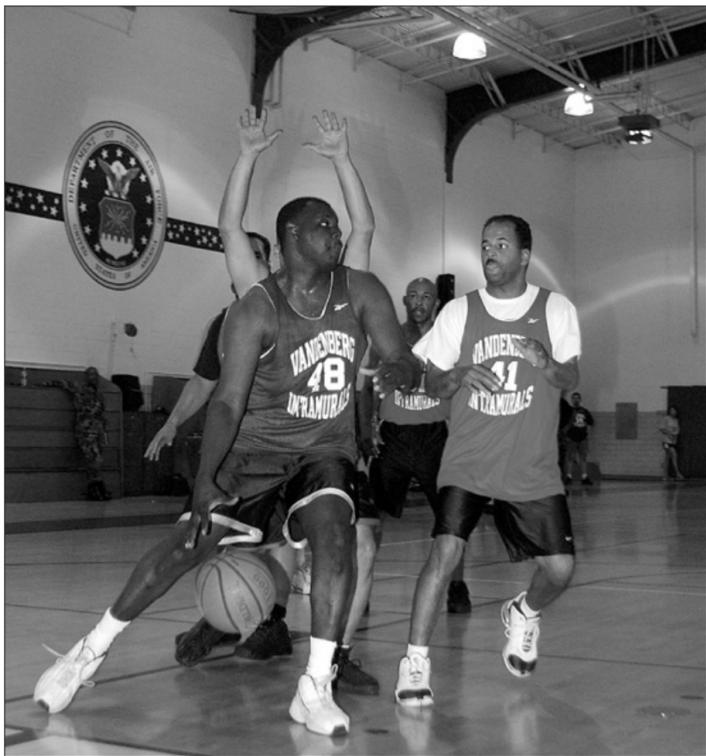


PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Albert Williams, 576th Flight Test Squadron, tries to maneuver around Andre Dean, 30th Logistics Readiness Squadron, to score a bucket during an over-30 basketball game.

576th guns down 30th LRS in championship

By Tech. Sgt. Mark McKinney

30th Space Wing Public Affairs

■ At the beginning of any sporting season, the primary goal of most teams is to make it to the postseason playoffs with a chance of winning the championship.

The 576th Flight Test Squadron and 30th Logistics Readiness Squadron's over-30 basketball met their goals July 2 when they competed in the over-30 basketball playoff game here.

The game got off to a slow start with neither team able to establish any rhythm to their play.

At the 11.5-minute mark of the first half, the 576th held a 5-4 advantage. Both teams appeared to be searching for a go-to player on the offensive end.

"We couldn't get anything going today," 30th LRS coach Brian Riffey said. "We are a team that lives by the outside shot and if we don't hit them ... well, you see what can happen. We kept putting up the shots, but were just off the mark."

The 576th had a bit of a different outlook on their first-half performance.

"We always start off games really slow

"They are about as big as we have in our league and once they start pounding the ball down low it is very hard to stop them"

BRIAN RIFFEY

30TH LOGISTICS READINESS SQUADRON

in the first half. We've done that all year long," 576th coach Rofelio Grinston said.

"We always know that when the second half starts off, we're going to come out pounding the ball inside and score or get fouled," Grinston said. "Either way, we plan to get points. Our defensive intensity is raised a notch as well and with our size, we should be able to wear our opponents down."

As the first half progressed, the 576th

appeared to take control and went on a 10-point spurt to take a 13-4 lead. But, before the horn signaling halftime could sound, LRS crept back in the game to close the gap to 15-12 at the break.

When the two teams took the court for the second half, coach Grinston's charges surged to a 25-15 lead within the first five minutes.

By the 13.5-minute mark, the score had ballooned to 32-17, with the 576th pushing on the gas full throttle.

"They are about as big as we have in our league and once they start pounding the ball down low it is very hard to stop them," coach Riffey lamented. "They dropped a couple outside shots and we had to respect that, so the middle opened up for them a little."

Before all was said and done, the 576th players were raining down points on a game-but-outgunned LRS squad. The final score: 54-28 for 576th.

The leading scorers for the contest were Jason Ellis with 13 points and Albert Williams with 10 points for the 576th, and Arthur Thornton with eight points for LRS.

SPACE & MISSILE

FEATURES

Destinations Central Coast @ Flag is up Farms

By STAFF SGT. REBECCA BONILLA
30th Space Wing Public Affairs

We're having the most beautiful summer this year. It's been hot. The fog is burning off early and rolling in later than usual. It's a great time to get out and enjoy our beautiful Central Coast communities.

Just outside Solvang on Highway 246, there's a beautiful tree-lined row of privately owned horse ranches. With their lush green fields and gated driveways, it's easy to assume they're off-limits to the average family looking for a place to explore. But the gates are open at Flag is Up Farms, a ranch that offers the perfect setting for sightseeing, discovering nature and soaking in the sunshine.

I went there last week with my family. The gates were closed, but one touch of a button sent them swinging open and welcomed us to hours of good clean fun in the dirt.

We drove up a shaded driveway, lined by fences crawling with miniature pink roses, and followed the signs to the visitor's center. From there, we were free to roam the grounds.

Flag is Up Farms is owned by Monty and Pat Roberts. Monty is the original "horse whisperer" and Flag is Up Farms is his training center. There, Roberts and his staff teach his method of training young horses using their own silent language, which Roberts calls Equus.

As visitors, we were able to climb to the top of a large, round, covered pen and watch a demonstration of Roberts' "Join-Up" method. We watched silently as instructor Jodine Caruthers trained 2-year-old colt, Jeepster. It was only his third



PHOTO BY STAFF SGT. REBECCA BONILLA

Jodine Caruthers checks the bridle on 2-year-old colt Jeepster during a Join-Up demonstration.



PHOTO BY STAFF SGT. REBECCA BONILLA

Rachel Ott, 2, checks out the foals at Flag is up Farms in Solvang, Calif.

time being bridled, saddled and ridden. We were lucky that day to find Roberts at home and he acted as commentator for Caruthers' demonstration.

In the ring, Jeepster accepted his bridle and saddle with calm. But when the stirrups came down, he ran around the pen like mad. He hit the walls with his sides as though trying to figure out how to get rid of the strange new devices hanging at his sides.

In a few moments he calmed down and accepted his new



PHOTO BY STAFF SGT. JEANETTE COPELAND

A friendly horse at Flag is up Farms in Solvang, Calif., greets Cody Danet (left) and Noah Caro. The farm is open to the public Monday through Saturday from 9 a.m. to 5 p.m. A self-guided tour is available at the visitor's center.

outfit. After that, Jeepster accepted his rider with calm, took a few more turns around the pen and called it a day. Afterward, Roberts answered questions from the audience.

"Show me a traditionally trained horse that you can do this with on the third day of training and I'll give you the gold medal," Roberts said. "This horse has no fear, a total lack of adrenaline and no trauma."

And his methods seem to work for people too. The Roberts open their home and grounds to the public for group events. A Join-Up demonstration opens the door for discussions of trust-

based interaction in the workplace and at home. As parents, Monty and Pat have raised 47 foster children at their home outside Solvang.

After the demonstration, we decided to take a look around the rest of the farm.

There are approximately 100 horses on the ranch, including thoroughbreds, quarter horses, Mustangs, Friesians and Paints. As we walked the grounds, the friendly animals came up to their fences and gently sniffed the children's outstretched hands.

In addition to the horses being trained, there's also a large breeding barn. In the nearby

pastures, new mommy horses run and play with their babies. The Roberts believe it's important to let babies be babies so they keep their youngest charges with their moms until they're at least eight months old. Then they're transferred to pastures where they live with other young horses until they're two and can begin training.

Along with the horses, the Roberts have a few other animals on the farm. Two zebras live in a pasture near the breeding barn. One horse has his own goat, which goes everywhere with him. There's even a pen full of bulls and cows.



PHOTO BY STAFF SGT. QUINTON RUSS

Greg Danet visits with one of about 100 horses at Flag is up Farms. Visitors to the ranch are welcome to get up close with the animals but are asked not to feed them.

Whether you're an equestrian veteran or simply looking for some room to ramble in a kid-friendly environment, Flag is Up Farms has something for everyone.

Visitors are welcome to roam the farm's 110 acres Monday through Saturday from 9 a.m. to 5 p.m. A self-guided tour program is available at the visitor's center. There's also a Join-Up demonstration planned at Earl Warren Showgrounds in Santa Barbara July 19. Visitors will have the opportunity to watch the real "horse whisperer" in action. For more information on Join-Up classes, demonstrations and tours, visit the Monty Robert's Web site at www.montyroberts.com.

SPACE & MISSILE TIMES
WANTS YOUR

Destinations
Central Coast

Have you visited a Central Coast destination lately? Share it with the rest of Team V! Send in a 400 - 600 word rough draft about your adventure! Send submissions to: space&missiletimes@vandenberg.af.mil

Community Calendar

11 FRI

Investment series – 11 a.m. to noon today at the family support center. Call 606-4491.

"Kids on the Move" workshop – 3 to 4:15 p.m. today at the family support center, for children ages 6 to 11 just arriving or departing Vandenberg. Call 606-0801.

Community assessment – Military members and spouses receiving the Air Force Community Assessment Survey by mail or e-mail, are encouraged to fill it out and submit it. Call 606-0039 to request the Web site and access code.

Boy Scout Camp – July 28 through August 1. Call (805) 925-1955 to register.

Family readiness reunion briefing – for servicemembers and their families who have questions or concerns about planning the homecoming, reuniting and relationship building. Call 606-1607 for an appointment.

Allan Hancock College registration – now underway for the fall session. Schedules are online at www.hancockcollege.edu. Fall mail-in registration continues through July 22. Walk-through starts August 11. Call 605-5915.

11 FRI

CLEP tests – College-Level Examination Program

11 FRI

pre-tests are now available online. Go to www.petersons.com/airforce/testprep.html then register using the activation code FL5518.

Educational scholarships – available from the Vandenberg Top-3. All enlisted members, regardless of rank, are eligible for one of three \$200 scholarships. They'll be awarded at the August general membership meeting. Call Senior Master Sgt. Paul McGinnis at 606-6571 or 606-3459 for more information and details.

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.

G.I. Java seeks musicians – G.I. Java is looking for local musicians to play at the coffeehouse 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. They can

11 FRI

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

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.

12 SAT

Craft show fund raiser – 9 a.m. to 3 p.m. Saturday. Proceeds benefit the Vandenberg Flyers Cheer and Dance Team. Call 734-5621.

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

14 MON

Art Show – 8 a.m. to 3 p.m. and 5 to 8 p.m. Mondays – Thursdays through July 31 at the Allan Hancock College art gallery in the Santa Maria campus Learning Resources Center. Call (805) 922-6966, ext. 3550.

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.

14 MON

Take Off Pounds Sensibly – 7 to 8 p.m. Mondays at the Vandenberg Health and Wellness Center.

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

Yoga class – 6 to 7 p.m. Tuesdays and Thursdays at the Services Center.

Indoor cycling – 4 to 4:45 p.m. Tuesdays and Thursdays at the Services Center.

Pre-separation briefing – 8 to 9 a.m. Tuesday at the family support center. Call 605-0134.

Financial basics – 11 a.m. to noon Tuesday at the family support center. Call 606-0801.

Vandenberg 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 for more information.

Manage your move – 8:45 to 11 a.m. Wednesdays at the family support center. Call 606-0801.

Top 3 barbecue – noon Wednesday at Cocheo Park. Lunch is free for new master sergeant selects. Call 606-1221.

16 WED

Summer reading program – 3 to 4 p.m. Wednesdays through July 23 at the Lompoc Public Library. Call 736-3477, ext. 12.

17 THU

Risk Reduction classes – 2 to 4 p.m. Thursdays at the HAWC. Call 606-2221 to sign up.

Depression management group – 10:30 a.m. to noon Thursdays at the Vandenberg Life Skills Support Center. New groups begin every 6 to 8 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.

18 FRI

Airmen appreciation free barbecue – 10 a.m. to 3 p.m. July 18 at Cocheo Park for E-5 and below. Food, beverages, musical entertainment and activities for children are provided. Call Jack

19 SAT

Hokanson at 606-5814.
Mz. Fix-it workshop – 11 a.m. to 12:30 p.m. July 19 at the Services Center. The hands-on workshop introduces women of all ages to a variety of power tools for home repairs. Call 606-1607 or 606-0039 to register.

26 SAT

"The Town Meeting" – 8 p.m. July 26 and 2:30 p.m. July 27 at the Lompoc Civic Theatre. Call 735-2381.

31 THU

Heart Link – 8:30 a.m. to 2 p.m. July 31 at the family support center. Reservations are required by July 25. Call 606-0801.

AUG 1 FRI

School, sports physicals – 4 to 6 p.m. August 1 at the Vandenberg Family Practice Clinic, by appointment only. Call 606-7707.

Did you know?

You may not wear a military uniform if the uniform items do not meet Air Force specification; when participating in public speeches, interview, picket lines, marches or in any public demonstration that may infer that the Air Force sanctions the event or discredit the armed forces; when using the uniform to further political, private or commercial interests; or when working in an off-duty civilian capacity and in civilian attire such as distinctive buttons, cap devices and badges or insignias.

Vandenberg Thrift Shop

Open Tuesdays only from 9:30 a.m. to 2 p.m. and 4 p.m. to 6 p.m.

The shop is located next to the skills development center in Building 11180.

30th Services News

30TH SERVICES SQUADRON



Play **ATWIND**
Around The World In Ninety Days

AQUATIC CENTER

Family Fun SWIMMING NIGHT & BARBECUE

Saturday • 6:30 to 8:30 p.m.

A family evening of swimming and fun! Participants may bring a picnic dinner to the pool and have access to three barbecue pits located on the grounds. Open to regular daily admission or a family pool pass. An adult must accompany all children.

GOLF COURSE

Summer Open

July 26 & 27
20 per entry.
Entry deadline:
July 24, 3 p.m.
Full handicap by flight.



Don't forget... the third Thursday of the month is barbecue lunch day at Marshallia Ranch Golf Course from 11 a.m. to 1:39 p.m. The menu consists of a barbecue sandwich with beans, chips and beverage all for \$5. Call 734-1333 for more information.

LIBRARY

Dial-A-Story

This week's story is "Henny Penny." Dial-A-Story changes every Friday afternoon. Listen to a new story every week by calling 606-4300.

"Take Flight and READ!"

Celebrating 100 years of flight, the new summer reading program is off to a great start. The program is for children ages 3 to 13; they may register until July 26 at the base library, and pick up their packets to "Take Flight and READ."

This is an ATWIND event!

ROD & GUN CLUB

SPORTING CLAYS

Sunday and July 27, 9 a.m.
Cost: \$22.50 for club members
\$27.50 for nonmembers

This event is hosted the second and fourth Sunday of every month. Sign ups begin at 8 a.m., shooting at 9 a.m. Hope to see you there! For more information, call Cheryl at the Rod & Gun club at 606-4560.

OUTDOOR REC

WHITEWATER RAFTING

on the Kern River July 19 and 26

\$65 per person

All trips are one-day and include:

- Full day of rafting up to Class IV whitewater
- Transportation to and from Vandenberg AFB
- Gourmet, deli-style lunch
- Depart from Outdoor Rec, Bldg. 10250 at 6 a.m., return at 9 p.m.

Call 606-5908 for more information or to sign up for this adventure!

The July 19 trip is an ATWIND event!

YOUTH SPORTS

VAFB Youth Soccer Registration

Starts July 21 for children ages 5 to 12. (Must be 5 years old by Dec. 31, 2003.) \$55 registration fee, (youth center members, \$50). Register at the youth center July 21 to August 29, Mon.-Fri.

Volunteers are needed! If you are interested in being a coach or field manager, please call the youth center at 606-2152 for more information.

Week #7 places to play...

Today
Golf - all day
Library - all day
Family Support Center - Financial Planning & Investments, 11 a.m. to 12 p.m..
Lunch & Learn, "Calendars & Meeting Planning" 11:30 a.m. to 12:30 p.m.
Pacific Coast Club - Social Hour, 5 to 6 p.m.

Saturday
Surf Lanes - youth bowl, all day
Golf - youth, all day
Auto Skills - all day
Aquatic Center - family fun night & barbecue, 6:30 to 8:30 p.m.

Sunday
Aquatic Center - family swim, all day

Monday
Fitness Center - all day
Surf Lanes - lunch
Aquatic Center - water aerobics, 11:30 a.m. to 12:15 p.m.
Lunch & Learn, "Word - Forms & Tables" 11:30 a.m. to 12:30 p.m.

Tuesday
Services Center - all day
Surf Lanes - bowl all day
Family Support Center - Pre-separation Briefing, 8 to 9 a.m.
Family Support Center - Financial Basics, 11 a.m. to 12 p.m.
Pacific Coast Club - Lunch
AETC (Launch Pad) - lunch

Wednesday
Rod & Gun - all day
Outdoor Rec - all day
Foggio's - lunch
Golf Course - lunch
Family Support Center - Manage Your Move, 8:30 to 11:30 a.m.
Lunch & Learn, "Excel - Conditional Formatting" 11:30 a.m. to 12:30 p.m.
CDC - Red, White & Blue Day, 2 p.m.
Fitness Center - Total Body Conditioning, 5:30 to 6:25 p.m.

Thursday
FAMCAMP - all day
Skills Arts & Crafts - all day
Library - Storytime, 10 a.m.
Breakers - lunch
Pacific Coast Club - family dinner, 5 to 8 p.m.

YOU CAN WIN...

BIG CASH, Plus Great Vacation Trips!

CASH PRIZES US Airways Tickets & More!

5 Different Grand Prize Drawings!

Guaranteed weekly \$100 & monthly \$1,000 winners for Vandenberg!

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

Sponsored in part by
• Sprint • Rocky Mountain Blue at Keystone
• US Airways • Tyson • Coca-Cola
• Aspen Marketing Services
No Federal Endorsement Intended.

YOUTH CENTER

The Youth Center presents...

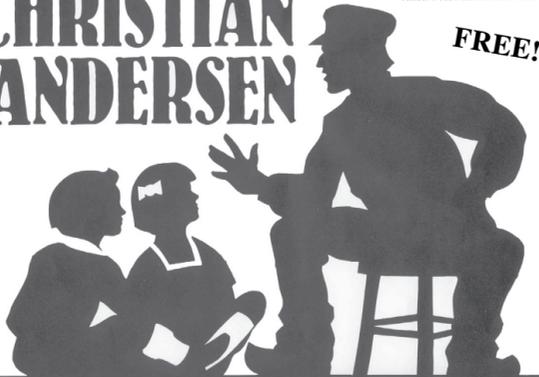
MISSOULA CHILDREN'S THEATRE

production of

Tales of HANS CHRISTIAN ANDERSEN



FREE!



AUDITIONS:

Monday, 10 a.m., Youth Center Gym

REHEARSALS:

Monday afternoon, Tuesday & Wednesday, 10 a.m., Youth Center Gym

Thursday and July 18, 10 a.m., Vandenberg Center

PERFORMANCE:

July 19, 2 p.m., Vandenberg Center

For more information, call the Youth Center at 606-2152.

PACIFIC COAST CLUB

Tonight!
in the E-Lounge • 9 p.m. to 2 a.m.



with Jay Turner
from Sunny Country 102.5

- Line Dancing
- Texas 2-Step
- Country Swing

Come on out for a great night of country music and dancing!

Call the PCC at 606-3330 for more information.
No Federal Endorsement Intended.