

Base Briefs

GATE OPENINGS

The Utah Gate is open from 6:30 a.m. to 10 p.m. daily. The Lompoc Gate is open 24 hours through Sept. 14. The Titan Gate is open from 6 a.m. to 7 p.m. daily.

RUNNERS NEEDED

The Space & Missile Times staff is looking for Team Vandenberg members who are running in the seventh annual Air Force Marathon Sept. 20. Participants are asked to call the SMT sports writer, Tech. Sgt. Mark McKinney, at 606-3595.

IN/OUT PROCESSING

All unaccompanied housing in and out processing appointments are scheduled from 8:30 to 11:30 a.m. Monday through Thursday. Call the appropriate manager to schedule an appointment.

IT/NSS REQUEST

Customers can submit their information technology requirements to the 30th Space Communications Squadron electronically through the project workflow requirements resource instead of filling out an Air Force Form 3215.

Customers can log on to the PWRR Web site at <https://131.15.51.36/tm2k> and provide information on the support they need. Call Tim Barbour at 606-8888 for more information.

PKI BRIEFING

The Public Key Infrastructure Awareness briefing is mandatory for all base personnel who have a requirement to access the military network. The briefing takes place at the Vandenberg Center.

Following is a breakdown of days for each unit to attend the briefing at either 9 or 10:30 a.m. or 1 p.m.: Monday, 30th Space Wing, 30th Medical Group and Air Education and Training Command; Tuesday, 30th Operations Group, 30th Maintenance Group and Detachment 9; Wednesday, 30th Mission Support Group. All other organizations and individuals can attend Thursday. Call Randall Bouza at 606-4019 for more information.

POW/MIA DAY

Vandenberg AFB honors service members held prisoner of war or missing in action and their families at 2 p.m. Sept. 19.

The base's National POW/MIA Day recognition ceremony takes place at the POW/MIA memorial in front of the base library.

GATE CLOSURE

The Solvang Gate is closed through Jan. 19. The gate is closed while civil engineers complete construction on the 13th Street Bridge. Call the 30th Security Forces Squadron at 605-2585 with questions.

OFFICE CLOSURE

The 30th Space Wing

See BRIEFS Page A4



PHOTOS BY STAFF SGT. EDWARD BRALY

Shaken up

Above: Pamela Coffey, 30th Services Squadron, administers bandages and gauze to Airman Jennifer Johnson, 30th Medical Group, following a simulated earthquake during Exercise Foggy Shores 03-08, a mass casualty exercise held here Aug. 28. Left: Airmen from the 30th Medical Group hoist a victim who received a simulated injury during the exercise earthquake last week. During the exercise Hotwash Tuesday, 30th Space Wing inspectors said all their evaluation objectives were met and the wing received an overall excellent rating.

79 Team Vandenberg airmen earn stripes

■ Congratulations to the following Team Vandenberg men and women promoted during September!

Airman

Timothy Ahrendsen, 532nd Training Squadron
Deliezer Arreola, 30th Logistics Readiness Squadron
Jose Arroyo, 532nd TRS
Billy Bassett, 532nd TRS
Edwin Bone, 532nd TRS
Andre Brown, 30th LRS
Jeremy Brunson, 532nd TRS
Joseph Chandler, 532nd TRS
Christopher Daniels, 532nd TRS
Aaron Drain, 532nd TRS
Charity Estrada, 533rd Training Squadron
Robert Farley, 532nd TRS
Peter Garcia, 532nd TRS
Armando Geneyro, 532nd TRS
Mykul Guillory, 533rd TRS
Benjamin Harrison, 532nd TRS
Stewart Harrison, 532nd TRS
Jared Hoapili, 532nd TRS
Philip Johnson, 532nd TRS
Timothy Knobloch, 533rd TRS
Rick Lechner, 532nd TRS
Joseph Lyons, 532nd TRS
Kevin Mackey, 532nd TRS
Charles Martin, 532nd TRS
Cory McBride, 532nd TRS

Titus McMullen, 532nd TRS
Nicholas Pike, 532nd TRS
Zachary Reagan, 533rd TRS
Ian Redding, 532nd TRS
Jason Riggs, 532nd TRS
Nathan Rollins, 532nd TRS
Marshall Simmons, 532nd TRS
Raven Skinner, 532nd TRS
John Steman, 532nd TRS
Arturo Vega, 30th LRS
Bailey Walters, 532nd TRS
Daryl Wiggins, 30th Security Forces Squadron

Airman First Class

Aaron Floyd, 30th Medical Operations Squadron
Sean Johnson, 30th LRS
Jisun Kang, 30th Contracting Squadron
Janice Klebba, 30th Operations Support Squadron
Janina Kowalski, 30th Space Communications Squadron
Justin Lee, 532nd TRS
Christopher McDaniel, 30th LRS
Miranda Murillo, 30th Civil Engineer Squadron
Charles Remele, 532nd TRS
Kevin Strickland, 532nd TRS
Bernice Suarez, 30th SCS
Mechelle Tomasone, 534th Training Squadron
Shane Trout, 532nd TRS
Anamelie Zamudio, 392nd Training Squadron

Senior Airman

Ignacio Contreras, 30th SFS
Ricke Gillison, 30th Mission Support Squadron
Merlin Grandpre Jr., 30th LRS
Jeffrey Ivers, 30th SFS
Tynan Lesser, 30th CES
Guillermo Mier, 30th SFS
Shierra Paraiso, 30th LRS
Castaneda Rodriguez, 30th CES

Jahaz Shine, 30th Aeromedical-Dental Squadron
Sean Suttell, 30th SCS
Marc Williams, 30th CES
Michael Williams, 30th SFS

Staff Sergeant

Matthew Barton, 614th Space Operations Squadron
William Best, 30th SFS
Rickey Cascell, 576th Flight Test Squadron
Roger Dean, 30th LRS
Douglas Donahue, 576th FLTS
Eric Hall, 576th FLTS
Trinell Mcphail, 30th MSS
Christina Pryor, 30th Services Squadron

Julio Reyes, 392nd TRS
Donald Rister, 30th SFS
Arturo Valadez, 533rd TRS

Technical Sergeant

Shawn Bauer, 14th Air Force
Ronald Regelman, 576th FLTS

Master Sergeant

John Cousins, 30th MDSS
Kenneth Legnard, 30th CES

CFC kicks off Charitable contributions keep America strong

By CAPT. GREG COLEMAN
30th Medical Group

■ The annual Combined Federal Campaign begins here Sept. 8 and runs through Oct. 17.

CFC includes more than 1,400 local, national, and international human health and welfare organizations. The campaign provides people the opportunity to choose exactly where their donations go among a wide spectrum of charities. Plus, the CFC is one of only two charities authorized to conduct on-the-job fundraising.

This year's campaign looks to capitalize on the 2002 campaign by not only making 100 percent contact but also attempting to raise \$122,000 at Vandenberg.

"Why should we donate?" some may ask. The answer is simple. Americans are inherently charitable people.

According to statistics, from the nonprofit coalition Independent Sector, 89 percent of American households give in some form or another. The average annual contribution is \$1,620 per year. Additionally, 83.9 million American

adults volunteer, representing the equivalent of 9 million full-time employees at a value of \$239 billion.

Another aspect of giving to charities is that one does not have to be wealthy to contribute. As a percentage of income, people who earn less than \$20,000 per year give more than people who make more than \$20,000 annually.

This leads to another important statistic: 38 percent of Americans say they wish they had given more money to charities.

Some quick tips can make giving easier.

First, plan to give. People can plan their philanthropic activities right into their budget just as they would any other financial obligation.

Second, volunteer. In addition to financial support, people can consider giving of their time and skills.

Finally, be a proactive giver. No one has to wait to be asked.

Selfless contributions make the difference in communities. Remember, people are what make America great.

Airmen get sneak peek at new Air Force uniform

By TECH. SGT. DAVID JABLONSKI
Air Force Print News

■ WASHINGTON – A prototype of the new Air Force utility uniform was unveiled July 9 in various duty sections at Andrews AFB, Md., and Bolling AFB, D.C.

Senior Master Sgt. Jacqueline Dean, from the Air Force uniform board, enlisted the aid of eight airmen to demonstrate both the men's and women's version of the blue, gray and green tiger-stripe camouflage uniform for photographers.

Opinions varied, but were largely positive.

Second Lt. Arcelia Miller, from the Air Force's special security office, tested the uniform in an entry-control-point environment at Andrews.

"I like (the blouse) tucked in," she said. "It looks super."

Miller said she also like the uniform's look and fit.

"The color is different," she said. "I like it; it's comfortable and it's low-maintenance. It has a bunch of Air Force logos, and I like the rigger belt, and I love the black T-shirt – it's very professional looking."

Senior Master Sgt. Vicky Jones, from Bolling AFB's 11th Security Forces Squadron, observed other security forces members in the uniform.

"I like it; the material reminds me of the old fatigues," Jones said. "It's lightweight (and) it looks like it conforms better to the body. And it's Air Force blue, ooh-rah! It's good to be back in the Air Force."

Capt. Rachel Sullivan of the 89th Maintenance



PHOTO BY MASTER SGT. JIM VARHEGYI

Capt. Rachel Sullivan, and Tech. Sgt. Thomas Stone, give the optional henley style t-shirt a try while putting the newly proposed Air Force battle dress uniform through its paces on the flight line at Andrews AFB.

Group at Andrews was surprised.

"They're ... blue!" she exclaimed.

Sullivan and Tech. Sgt. Thomas Stone, also from the 89th MXG, wore the uniform while reviewing maintenance checklists for a C-9 Nightingale.

"The pants seem to fit better and the belt's nice and big," Sullivan said.

Sullivan also noted that, while many maintainers use the lower shirt pockets, the new uniform has only breast pockets on the blouse.

"I don't care for the (Navy) Seabee-style hat or the embroidered T-shirt," Sullivan added, but she said she was otherwise pleased with the women's cut.

Performance-wise, Stone felt that "the cuffs got in the way a bit" while he was going through his maintenance routine. Unlike Sullivan, he did not like the belt.

In another flightline environment, Staff Sgt. Crystal Cardinale tried out the uniform while working on a District of Columbia Air National Guard F-16 Fighting Falcon.

"I like the T-shirt," the 113th Fighter Wing crew chief said. The T-shirt is a black, three-button Henley-style shirt with the Air Force logo on left breast and the wearer's name embroidered on the right.

Inside Bolling's 11th Communications Squadron server room, Senior Airman Brandi Wyatt recognized the new uniform's low-maintenance appeal.

"It's wash and wear, and that's my kind of uniform," Wyatt said.

The wear test period officially begins in January, when 300 uniforms will endure the rigors of Air Force life, indoor and out. Wearers and observers alike will be able to record their comments and observations on an Air Force Web site, noting the good, the bad and the ugly.

Officials say production, if approved, could begin as soon as 2005, with a phase-in date to be determined.

In this issue of the



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



Vandenberg's public tour program resumes Sept. 11 and is open to the general public twice a month. See Page A3.



Destinations Central Coast goes fishing off Goleta Pier about 60 miles south of Vandenberg. See Page B1.

Weekend forecast
Morning and evening low clouds
Saturday and Sunday.
Low/High
56/75
For a full Vandenberg weather report, visit
www.vandenberg.af.mil/30sw/organizations/30og/weather/weather



PHOTO BY STAFF SGT. EDWARD BRALY

Donating to a good cause

Col. Frank Gallegos, 30th Space Wing commander, and Chief Master Sgt. Kevin Ludwig, 30th Space Wing command chief master sergeant, kick off this year's Combined Federal Campaign by signing up to contribute. Capts. John Lofton (left), 576th Flight Test Squadron, and Gregory Coleman, 30th Medical Group, are this year's base CFC representatives. The base goal is to raise \$122,000 this year.

Commander's Action Line

Call 606-7850
or
E-mail your message to
actionline@vandenberg.af.mil

By performing Vandenberg's mission safely and effectively, Team V provides proof of its 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.



Col. Frank Gallegos
commander

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.

Responsibility ensures mission success

By COL. FRANK GALLEGOS
30th Space Wing commander

What a great weekend! I hope you all had a chance to relax and enjoy some down time with your family and friends. I would like to congratulate you all on getting through the 101 Critical Days of Summer successfully.

Granted, there was room for improvement, but we didn't lose a single person. In fact of all the off-duty incidents that resulted in a day or more of quarters, we did 450 percent better this year than we did last year.

In 2002 we had 9 off-duty incidents while in 2003 we only had 2! Granted the numbers are small but the meaning is significant. This success is all because of you.

Each of you had the opportunity to lead and you didn't pass it by. The right decisions are being made and as a result; we are saving people from getting hurt or worse.

Now the challenge is to improve on that success. Our goal should be zero mishaps – and we are going in the right direction.

As we exit the 101 Critical Days, we still have to pay special attention to risk management. The holidays are quickly approaching and with that time comes some special challenges.

Remember that each of you is too valuable to this team and the wing mission to lose by doing something dumb.

Now you may be asking why we went into ALCON Bravo on Tuesday if the weekend went so well.

The reason is simple. While the majority of you behaved responsibly and did the right thing, a couple of people made some bad choices and it had to do with underage drinking.

The legal drinking age in California is 21. If you choose to drink illegally or supply alcohol

to a minor, in general, you choose to have me hold you accountable for your actions. I recommend you avoid the trip to my office.

Our ALCON system is designed to provide awareness about alcohol related incidents with a focus on preventing them in the future. This is the perfect opportunity for supervisors to have eyeball-to-eyeball contact with our airmen about being responsible. In doing so – by approaching the subject proactively – we will unleash the human talent effectively here and as a result ensure mission success.

Being an airman and wearing the Air Force uniform is about service before self.

We have so much going for us as a community of Air Force professionals and ambassadors in blue but it takes effort. So, never walk by an opportunity to lead – take care of each other and do the right thing. Go HAWKS!

30th Space Wing vectors

Unleash Human talent

Airmen

Wing mission

Knowledge to command the future

Safety

GRAPHIC BY SENIOR AIRMAN BRIAN HILL



Check out our on-line news at
www.vandenberg.af.mil/30sw/news

SPACE & MISSILE TIMES

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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.

Tours restart two years after 9/11

By AIRMAN 1ST CLASS BRIAN FRANKS

30th Space Wing Public Affairs

■ The Vandenberg AFB public tour program resumes Sept. 11, after it was stopped two years ago due to heightened security levels on base.

Col. Franks Gallegos, 30th Space Wing commander, proposed the date to restart the public tours to commemorate the World Trade Center and Pentagon attacks.

The 30th Space Wing Public Affairs office plans to conduct the tours the second and fourth Wednesday of each month, security and mission permitting, said 2nd Lt. Jami Streeter, 30th SW tour coordinator. Tours consist of a bus ride through main base to the Heritage Museum and take about two hours to complete.

During the tour participants learn about the history of Vandenberg all the way back to its beginning in 1941 when it was the U.S. Army's Camp Cooke, Streeter said.

At the Heritage Museum the curator gives a tour of the museum, which has mock-ups of missile silos, an old missile control station and decommissioned rocket engines, Streeter said. The curator also talks about the different systems that were used and are currently in operation at Vandenberg today.

The tour leaves the visitors center parking lot at 10 a.m. and returns around noon. Participants are encouraged to arrive 30 minutes prior to departure time. Reservations are required at least two weeks in advance and tourists need two forms of photo identification. No walk-ons are permitted. As a precaution, visitors' bags will be searched.

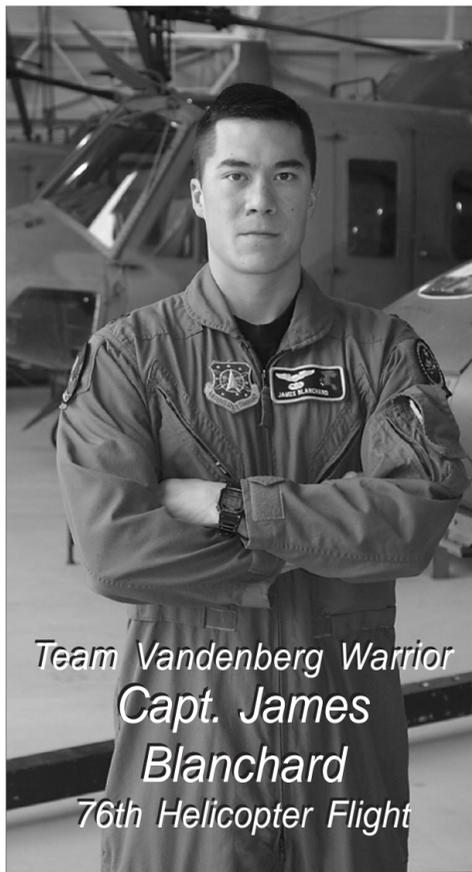
Anyone over age 10 may participate in the tour, but a guardian must accompany all children.

For reservations, call the base public affairs office at 606-3595.



PHOTO BY 30TH SPACE COMMUNICATIONS SQUADRON

Vandenberg AFB reopens its gates Sept. 11 to resume the long awaited public tour program.



Team Vandenberg Warrior
Capt. James
Blanchard
76th Helicopter Flight

PHOTO BY STAFF SGT. EDWARD BRALY

Time in service: 5 years
Time on station: 3 years
Role in mission: chief of standardization and evaluation, instructor and evaluator pilot
How do you contribute to the wing mission? I provide range security and photo/video documentation for 30th Space Wing launch operations as well as other wing directed missions such as fire

fighting, search and rescue, medical evacuation, distinguished visitor support, and counter drug operations.

What do you like best about the Air Force? I like the opportunity for adventure and travel all while serving my country.

If you could change one thing about the Air Force, what would it be? I would implement better pay across the board and tuition assistance for spouses.

How do you fulfill the Air Force core values? I think it's important to set the example of integrity, service, and excellence in every aspect of the aviation business for new pilots.

What's the most exciting experience you've had so far in the Air Force? Spending four days fighting the Sudden Fire in the summer of 2002 was definitely exciting.

How would you improve life at Vandenberg? I'd continue with the base housing construction and make officer housing as nice as enlisted housing.

Who is your role model and why? My mother. After the age of 50 she still had the adventurous spirit to return to school, start a new career, and run her first marathon.

Who is your favorite leader in history and why? Abraham Lincoln.

He was willing to fight for the rights and freedoms of a group of people who were not of his race and social class but for a people that needed the support of a great leader and nation.

Favorite movie: Blackhawk Down. It shows that the heroism and courage of our servicemen today is just as great as those who came before us.

Hobbies: triathlons, marathons, wine

Letters, small packages move quicker than big ones

By K.L. VANTRAN

American Forces Press Service

■ The U.S. Postal Service and the Military Postal Service Agency process about two million pounds of mail a week for troops in Iraq and Afghanistan.

Of those, some items make it to the recipient faster than others, said Navy Lt. Cmdr. Brian Lomax, agency chief of plans and policy.

Depending on where it originates, a letter or package spends "a couple of days" in the civilian system before it reaches either San Francisco or New York City, Lomax said.

Then it travels another 16 to 19 hours by plane before landing in Kuwait or Bahrain. From there, it is picked up and delivered by motor vehicle.

Once in theater, a letter takes seven to 14 days to reach the servicemember, while a package usually takes 14 to 24 days, he said. Packages make up 90 percent of the mail.

"The mail is getting to the troops," he said. "The troops are

happy. Our intent is to continue to make improvements and exceed their expectations."

Using automated mail-scanning equipment and increasing the number of people working at mail facilities are two improvements that have sped up mail delivery, Lomax said.

People who mail letters and packages also can help, he said.

"The size of the package (is) an important (factor)," Lomax said. "Large packages take up a lot more room. If there's a choice between taking one large box or a lot of smaller boxes and letters, the large box will stay (at the mail facility). The ideal size is a shoebox. It's also important to correctly address the package."

Some items cannot be mailed. They include: aerosol cans, alcoholic beverages, ammunition, fireworks, flammable or explosive materials and illegal or infectious substances.

For more information, call 1-800-ASK-USPS or visit the postal service Web site at

www.usps.com.

Though it is not one of the restricted items, Lomax recommended against sending chocolate.

"Chocolate and 140 degrees (make) chocolate paste," he said. Cookies and sunflower seeds seem to travel well, he said, and placing cookies in a coffee can helps to protect them.

Heat also takes a toll on the tape used in packaging, Lomax said. The postal service officials recommend using clear or brown packaging tape, reinforced packing tape or paper tape.

Cord, string and twine should not be used, because they can get caught in the mail-processing equipment.

Servicemembers love to get mail, Lomax said.

"When I was out at sea, it was always a joy to get a letter from home or a copy of a report card," Lomax said. "It's an exhilarating feeling: 'I'm out here doing my job, and they haven't forgotten who I am.'"

ALCON: Normal

A general condition reflecting responsible alcohol use. No alcohol related driving incidents have occurred recently and no additional external factors exist.

Days since last DUI: 35
DUI totals for the Year: 12
AADD saves this Year: 225

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



PHOTO BY STAFF SGT. EDWARD BRALY

One giant leap Chief Master Sgt. Steve Crocker, 14th Air Force command chief master sergeant congratulates Master Sgt. Dan Goodwin following his promotion into the Senior NCO tier Aug. 28 through the Stripes for Exceptional Performers program.

CLIP AND SAVE!

DON'T DRINK AND DRIVE

Call Airmen Against Drunk Driving



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

Be Aware! Anti-Terrorism Force Protection is an Individual Responsibility!

Crimebeat...

COMPILED BY MASTER SGT. WESLEY ASLESON
30th Security Forces Squadron

Aug. 28 Improper entry – 3:02 p.m.
The Timber Lane gate sentry reported a Lincoln Navigator failed to stop for an identification check. The driver was identified as a contractor. He was cited and released.

Aug. 29 Phone threats – 10:27 a.m.
An airman reported receiving threatening phone calls from her ex-husband in Arkansas. She stated he violated a restraining order by contacting her. The incident is being

investigated.
Aug. 30 Suspicious person – 9:43 p.m.
An airman's wife reported an unfamiliar vehicle with a male sitting in it parked outside her residence on Hillside Circle. Patrolmen contacted an airman in the vehicle. He stated he was dropping his girlfriend off.

Aug. 31 Loud noise – 12:46 a.m.
An anonymous caller reported loud music from a vehicle parked outside Bomarc Dormitory. The airman responsible stated he would turn the music off.

Domestic disturbance – 1:35 a.m.
An airman reported a fight at a

residence on Stratford Drive. Investigation revealed an airman and his wife had an argument. Everything in the quarters was in order. The airman's first sergeant responded and assumed control.

Minor drinking – 1:57 a.m.
The Main Gate sentry reported a possible drunk driver at the gate. Investigation revealed the airman driving was not drunk, however, an airman riding in the vehicle showed signs of drinking and was under age 21. He was apprehended for underage drinking. His breath alcohol content was .03. He was released to his first sergeant.

Minor drinking – 2:14 a.m.
An airman reported that while he

attempted to detain another airman at the Pacific Coast Club for underage drinking, the airman fled. Patrolmen found the airman adjacent to the billeting office. He was apprehended for underage drinking and released to a unit representative.

Deer strike – 2:58 a.m.
A soldier reported striking a deer with his government vehicle on San Antonio Road West and Casmailia Road. The soldier stated the deer ran in front of his vehicle forcing him to strike it damaging the vehicle's grill.

Sept. 1 Loud noise – 12:10 a.m.
An airman's wife reported a loud party at a quarters on Cameron Drive. An airman at the home stated he

would keep the noise down.
Drunk driving – 3:51 a.m.
An airman reported two people recklessly driving a water truck, backhoe and a steamroller in the Scout Dormitory parking lot. Investigation revealed the subjects entered the Centaur Dormitory prior to patrolmen arriving. Airmen who witnessed the incident identified the room they entered. Patrolmen identified both subjects as airmen. The airmen exhibited obvious signs of intoxication and were under age 21. Both were apprehended for drunk driving and underage drinking. Their breath alcohol content was .14 and .21. They were released to their respective first sergeants.

BRIEFS:**From Page A1**

Legal office is closed Sept. 15-19, for an Air Force Space Command legal conference. Normal legal assistance resumes Sept. 22. Call the on-call attorney at (805) 588-2822 for emergency legal issues.

TRESPASSING

The 30th Security Forces Squadron Combat Arms Range Complex located off San Antonio Road West is off limits to all unauthorized personnel. Danger signs are posted around hazardous areas of the range complex. Entering into the area is illegal and dangerous. Those who need access, should call the combat arms section at 606-5025 for assistance.

TRICARE ONLINE

Tricare Online is available to 30th Medical Group Tricare beneficiaries at www.tricareonline.com. In order to schedule appointments, each person must build a profile and establish a password online.

VOLUNTEERS NEEDED

Officer volunteers are needed for Fresno State Reserve Officer Training Corps Career Day from 3:30 to 6 p.m. Oct. 16 at Fresno State University. Personnel in space and missile operations, security forces and intelligence are needed. Call public affairs at 606-3595 to volunteer.

EQUAL RELEASE

The Enlisted Quarterly assignment listing for April-June 2004 is available on the Air Force Personnel Center Web site. To view the list, visit the assignment management system Web site at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm>.

TRAVEL VOUCHERS

All military members using a government travel card are required to split disburse all charges made

on the card. Travelers are also required to have their supervisor or approving official sign all travel vouchers.

Travel vouchers without split disbursement or supervisor signature will not be accepted. For more information, contact 2nd Lt. JoAnne Finan at 606-4606.

START ESCORTS

The 30th Space Wing Treaties office needs airmen, staff sergeant and above, to act as escorts during START inspections. Training includes one hour in class and one practical demonstration. Volunteers must be available for approximately two days at a time. Call 606-8727 to sign up.

COMMITTEE MEMBERS

The Hispanic Heritage Committee needs volunteers to plan and direct activities for September. Meetings take place each Friday at 1 p.m. in the Services Center, building 10122. Call Capt. Dizzy Murphy at 606-2199.

VIRTUAL MPF

Military members can view their personal information on-line. Available applications include the virtual record of emergency data, verification record, duty history, assignment information, reenlistment information and templates for humanitarian reassignment applications.

The military personnel flight offers training classes for the virtual military personnel system. For more information, send an e-mail to catherine.braxton@vandenbergh.af.mil and sign up for one of three introduction classes.

PARKING LOT CLOSURE

Due to construction, the parking lot behind building 13411 is closed until further notice. Dorm residents should plan accordingly. Call Staff Sgt. Raul Molina at 606-3933 for more information.

Team V teens chop locks for charity

By AIRMAN JUANIKA GLOVER
30th Space Wing Public Affairs

Two Team Vandenberg teens made what may seem to skateboarders across the country, the ultimate sacrifice; cutting off their long hair. But it wasn't because the summer heat was finally getting to them.

Robby Hargreaves and Chris McIntyre, two regulars at Vandenberg's skate park, cut their hair to donate it to cancer patients who have suffered hair loss due to chemotherapy treatment. The hair will go to Locks of Love, a nonprofit organization that provides hairpieces to financially disadvantaged children.

"Sometimes I miss my hair, but then again, it takes a lot less time to wash it, so it's cool," said Robby, a Cabrillo High School sophomore.

He said Chris came to him with the idea of cutting their hair. So he decided it was a cool idea and they made the journey toward shorter hair.

The situation held a great significance to Robby because as a child he had suffered a rare form of cancer.

With tears in her eyes, Robby's mother, Debbie Hargreaves, recalled what the doctor told her and her husband, Master Sgt. Robert Hargreaves, 30th Space Communications Squadron, of Robby's fate.

"They told us that Robby wouldn't live to see his first birthday," Debbie said. "But he made it and from the time he was 12 months old until he was five he was on chemotherapy. This



PHOTO BY STAFF SGT. MOLLY GILLIAM

Robby Hargreaves, Cabrillo High School student, shows off a lock of his blonde hair minutes after getting it cut to donate it to Locks of Love. The hair will go toward creating a hair piece for financially disadvantaged children who have suffered hair loss due to chemotherapy treatment.

really hits close to home.

"I think this was a very unselfish thing for the boys to do," she added. "I remember what Robby went through when his hair started to fall out, so I know what those children are going through."

Robbie said their friends were used to seeing Robby's long blond hair and Chris's brunet hair hanging past his shoulders. Needless to say, they were quite surprised when they saw the duo's new hairdos.

"Some of our friends didn't

even recognize us," Robby said.

"They didn't believe I was going to cut it, but when they saw me they said they thought it was cool."

Now Robby and Chris stand out in the crowd of their friends, but they don't seem to mind.

"It made me feel really good to be doing this," Robby said.

Upon news of what Robby and Chris did, Robby's father who's currently deployed, shaved his hair off in support of his son's decision and sent pictures for them to see.

Although there is no cure for the effects of hair loss caused by chemotherapy treatment except time, the hair donated to children can provide a temporary solution, according to the Locks of Love Web site. It can also restore self esteem and confidence lost during a difficult time in a child's life.

Those interested in donating hair, making a financial contribution or nominating a child in need of a hairpiece to Locks of Love, can visit the Web site at www.locksoflove.org.

POW/MIA Day

Remember those held prisoner of war or missing in action at 2 p.m. Sept. 19 in front of the base POW/MIA memorial.



Combat re-enactment by 30th Security Forces Squadron

Team Vandenberg Centennial of Flight Ball

Nov. 1 at the Pacific Coast Club. Stay tuned to Team Vandenberg Network and the Space & Missile Times for more details.

Around the Air Force

Coalition repels enemy attack

■ **BAGRAM, Afghanistan**— Coalition special operations forces and Afghan militia forces repelled an attack Aug. 25, with no coalition casualties and leaving more than 14 enemy dead.

The attack occurred in the vicinity of Tarin Kowt in the Kandahar Province with enemy forces using small arms and rocket-propelled grenades.

Coalition forces responded to the enemy fire with ground and air assets including Air Force A-10 Thunderbolt II aircraft. Coalition aircraft engaged the enemy forces with laser-guided munitions.

(Courtesy of Air Force Print News)

Airman charged with murder

■ **SAN ANTONIO** — An airman from Sheppard AFB, Texas, was charged with murder in connection with the death of another airman.

Military officials preferred charges against Staff Sgt. Jason Arindain Aug. 25 for violating Article 118 of the Uniform Code of Military Justice.

He allegedly strangled Staff Sgt. Shelby Orelup on or about Feb. 28. She was a fuels instructor with the 366th Training Squadron at Sheppard.

Arindain is being held while an Article 32 investigation is conducted.

(Courtesy of Air Force Print News)

DOD students score high on national test

By Army Sgt. 1st Class Doug Sample
American Forces Press Service

■ **WASHINGTON** — Results show Defense Department school system students scored consistently higher than the national average on a standardized test.

Numbers from the 2003 TerraNova 2nd Edition standardized test revealed DoD third- to eleventh-graders scored

higher than the national 50th-percentile average in the United States.

But Joseph Tafoya, director of the Department of Defense Education Activity, is already looking at ways to improve the upcoming school year's curriculum for even better results in the future.

"We're trying to be a leader. We're trying to look at programs and make them better so that our students are more successful," Tafoya said.

"We know that every kid in our system needs to take algebra and geometry, and not only do they need to take it, they need to be successful. So we're putting (in) a lot of time and effort to do that," he said.

The TerraNova test is a nationally standardized achievement test in which students are evaluated in reading, language arts, math, social studies and science.

Test results showed DoD students consistently scored 10 to 20 points higher than the national average in 37 of the 45 subtests, and 21 to 25 points higher in five subtests.

Some of the high school-level curriculum changes will be considered for elementary and middle schools in the future "to ensure that all kids are getting the same curriculum and the same opportunity," Tafoya said.

Another initiative Tafoya said may have helped students score well was the educational activity's focus on getting students to read. Tafoya also said that DoD schools scored high on the National Assessment of Education Progress evaluation test.

As with the TerraNova test, this evaluation assesses students' know-how in various subject areas. He said the gap between minority and other students was the smallest in the nation, and DoD students ranked No. 1 in overall writing skills.

So we have this very high-level degree of success," Tafoya said. "Obviously we're very proud of those scores, but we're not going to sit back and say we're doing

(well). We're continuing use that as an emphasis and help our kids and DoD schools to be among the best," he said.

Tafoya said having outstanding students has been the work of "great administrators and teachers."

But, he said, the keys to the success of the military education program have been the parents and military commands that support DoD schools.

"And so our efforts to improve test scores continue; our efforts to have kids have more access to challenging courses continue.

"They are very interested," he said. "The quality of the education of their students is paramount all the way from the very top at the ... Pentagon down to the local bases and schools. So with that, we believe we have an advantage."

The education activity operates 224 fully accredited public schools in 21 districts in 14 countries, seven states and the U.S. territories of Guam and Puerto Rico. About 106,000 students are enrolled in DoD schools.

(Courtesy of Air Force Print News)

Space launch damage decreases

■ **KIRTLAND AFB, N.M.** — New technology that counteracts vibrations produced during a rocket launch may help limit damage to space-bound payloads, thanks to Air Force Research Laboratory scientists.

Known as active isolation and acoustic mitigation, this new technology uses something like a home stereo speaker to counteract damaging engine vibrations and sound waves, according to Dr. Kyle Henderson, the lab's advanced spacecraft mechanisms program manager.

The technology was successfully tested Aug. 20, when a rocket carrying the Vibro-Acoustic Launch Protection Experiment was launched from Wallops Island Flight Facility off the coast of Virginia.

Aerospace engineers have searched for better ways to protect

Hook me up



PHOTO BY TECH. SGT. JUSTIN D. PYLE

LUNGI, Sierra Leone — Staff Sgt. Michael Griffin observes as Staff Sgt. Joel Ellis attaches a hook to his HH-60G Pave Hawk helicopter during external slingload training. Griffin and Ellis are from Naval AS Keflavik, Iceland, and are currently serving with the 398th Air Expeditionary Group here.

payloads from the violent engine vibrations transmitted through the rocket body during launch since Sputnik first circled the earth nearly half a century ago, Henderson said. In some cases, satellites have actually been shaken apart before reaching orbit.

This is not only costly, but ruined payloads can be potentially disastrous to national defense in wartime when rapid response to orbit has to be done right every time, he said.

"Much of our work in the space vehicles directorate during the past few years has dealt with controlling unwanted launch vibrations that damage sensitive spacecraft components," Henderson said. "In the past, we developed ... (a) passive isolation system for launch vehicles ... which reduced vibration disturbances at a ratio of 5-to-1."

To do this, the hybrid isolation system on the current experiment uses a voice-coil actuator, Henderson said.

Henderson said the new technology uses the same principle to move the payload actively. A similar device, called the adaptive Vibro-Acoustic Device, pushes against the air inside the payload shroud and compensates for harmful oncoming sound waves

created at launch.

Lab officials have spent about \$1 million on the current experiment, an investment they said may help put an end to payload losses by using technology that also reduces the mass and weight of a spacecraft.

Weight-saving is a key contributor to lowering the cost of access to space, especially when it costs about \$10,000 to put one pound of payload into orbit.

I suppose what we are really doing is 'quieting' the air all around our payload," Henderson said. "And it is this protective cushion that has the potential to save our industry millions of dollars every year by getting payloads into orbit safely and cheaply."

(Courtesy of Air Force Print News)

Fitness experts: Start training now

By Staff Sgt. C. Todd Lopez
Air Force Print News

■ WASHINGTON – Air Force fitness experts say airmen must begin preparations now if they want to pass the new fitness evaluations in January.

"They need to start training today for year-round fitness to meet mission readiness. They must include running, push-ups and crunches into their program," said Sylvia Goff, an exercise physiologist at the Bolling AFB, D.C., health and wellness center.

The new Air Force fitness evaluation program, which will replace the cycle ergometry test for most airmen, involves running, push-ups, crunches and a measurement of body composition.

Goff said the new fitness standard may cause concern for airmen who have not been to the gym for some time, or who may have never gone.

"There are several concerns," Goff said. "Some are afraid that they will not be able to meet the ... standard because many don't exercise on a regular basis. Others are concerned about injury they may receive from running."

Tammy DeCoux, the program manager for the Air Force Services Agency's fitness and sports office, said airmen do not need to be concerned about the safety of running – if they do it correctly.

"Running is not an inherently dangerous activity," DeCoux said. "A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild injuries caused by running

are often due to things such as inadequate warm up, cool down or stretching; improper technique; poor running shoes; and over-training."

Shin splints, a common ailment associated with new runners, is an inflammation of the tibia. Symptoms include pain in the front portion of the lower leg. DeCoux said the injury is caused by overuse and the shock from running on hard surfaces.

"The harder the running surface, the greater the shock," she said. Treatment includes rest and ice, if needed, DeCoux said. Prevention involves varying your running surface, proper stretching, proper shoes and conditioning.

Airmen who are completely unfamiliar with physical training and conditioning, or with proper diet and weight-loss techniques, can find help on base. Local health and wellness centers, as well as fitness centers, can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards, DeCoux said.

"It is the role of the (health and wellness centers) to develop fitness programs for both individuals and for units," DeCoux said. "Base fitness centers can provide ... the equipment and guidance needed to carry out those fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one."

Goff said wellness centers also offer programs on nutrition, healthy eating, sensible weight loss, tobacco cessation, remedial strength and aerobic training.

Airmen can make appointments and get a list of available class times at the Vandenberg Health and Wellness Center by calling the staff at 606-2221. The base also offers regular exercise classes at the fitness center and Services Center. For airmen who want to start preparing for

the running portion of the fitness evaluation, Goff recommends combining walking and running.

"Alternate running and walking until you are able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain

the run, you want to increase your speed by no more than 10 percent per week."

People who have been sedentary for an extended period of time or those who have health risk factors should obtain a physician's clearance before beginning an exercise program of any kind, she said.

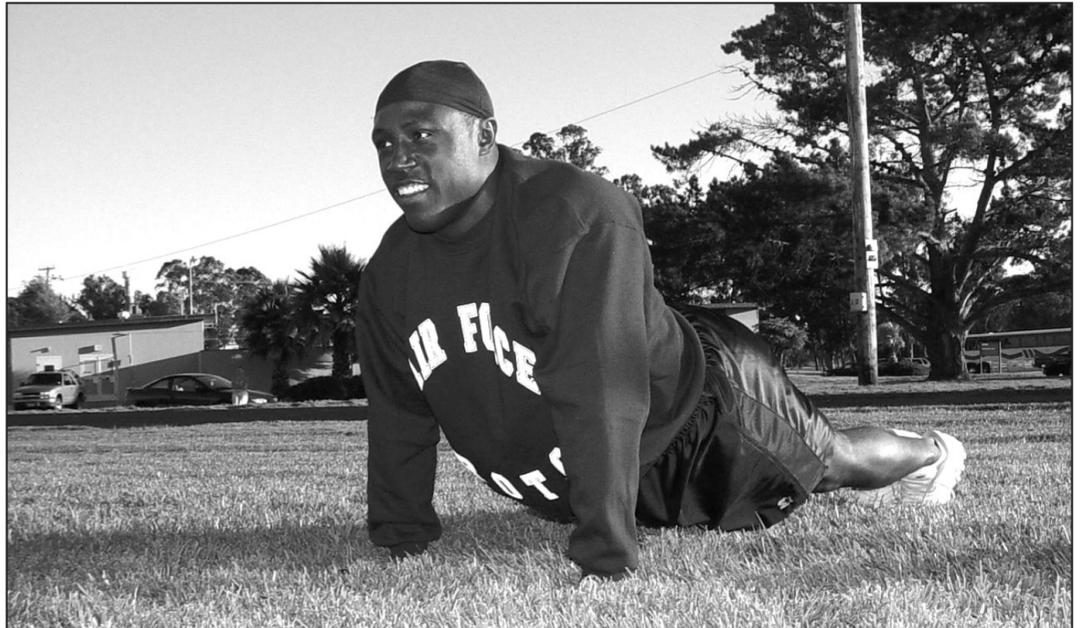


PHOTO BY AIRMAN 1ST CLASS BRYAN FRANKS

2nd Lt. Audric Bills, 30th Space Wing Manpower office, prepares for the new fitness test, which consists of push-ups, sit-ups and a 1.5-mile run.

Fitness news in brief...

The Vandenberg Fitness Center provides a variety of classes. The fitness center's hours of operation are: Monday-Friday from 5 a.m. to 11:30 p.m.; Saturday and Sunday from 8 a.m. to 6 p.m. There are also classes offered at the Services

Center. Call 606-3832 for the date and times of these classes.

The following is a list of classes offered at the Services Center:

TOTAL BODY CONDITIONING

A thorough warm up begins this class. A full body workout includes toning and stretching along with the use of free

weights and the body ball, step and resistance training with dynaband and tubing.

BOX AEROBICS

Aerobics of this type uses kicks and punches borrowed from boxing, martial arts and self defense. It strengthens the abdominal muscles and includes a post workout stretch.

INTERMEDIATE STEP

Participants must be familiar with the 12 basic steps and the patterns of their use. More complex patterns and propulsions are introduced in this 30- to 40-minute class.

INDOOR CYCLING

This 45-minute class challenges the body by simulating a cycling journey

over varied terrain and adding resistance to the body.

YOGA FITNESS

Traditional yoga poses for all fitness levels are done in a flowing format designed to create a workout that properly warms the muscles for flexibility. Breathing techniques are emphasized.



Want to see more sports in your

Tell us what your team's up to!
Submit stories and ideas to:

space&missiletimes@vandenberg.af.mil

Disaster Preparedness Tip of the Week

A general safety rule is to be prepared for the unexpected. Make it a habit to randomly check in with friends and family members when away. Be cognizant of your surroundings and know locations of police departments, government agencies, and the U.S. Embassy when traveling abroad.

Destinations

CENTRAL COAST

SPACE & MISSILE TIMES

Sept. 5, 2003

Goleta Pier provides free fishing fun

By Staff Sgt. Rebecca Danét
30th Space Wing Public Affairs

My husband, Greg, is on the hunt for a shark and last Thursday, his quest took us about 60 miles south of here to the pier at Goleta Beach.

I'm not a big fisherwoman myself but, wanting to be the dutiful wife, I packed up my fishing pole (a birthday present from my loving husband) and settled in for a night of hot cocoa, conversation and a good book.

The drive to Goleta took us south on Highway 101 toward Santa Barbara. We took the Fairview exit and headed out past the airport. The road ends at the entrance to Goleta Beach and the longest wooden pier I've ever seen. There's also a really nice restaurant on the water called the Beachside Grill.

Parking was free and there was plenty of it when we arrived around 9 p.m. Greg's friends were set to meet us there around midnight so we grabbed our chairs and headed off to stake out a good spot.

Ok, so now I'll tell the truth, I really have no idea what I'm doing when it comes to fishing. But Greg knows this. He pulled out his tackle box and graciously started to rig-up my line and get me started.

"Ooo, can I have that pretty pink one?" I asked pointing to a lure that had caught my eye.

"No," he growled back.

I hastily put my nose into the Dale Brown novel I was determined to finish that night.

Before I knew it, Greg had us both baited up and angling for some fish.

But we weren't after our 200-pound quarry just yet. For now we were only looking for some smaller fish to use to



lure the sharks to our hooks a little later.

The minutes ticked by and I was starting to think the conversation portion of our fishing trip would never come as Greg kept saying, "SSShhh," and "Watch your pole!"

But finally I did start watching when suddenly, the tip of my pole took a dive toward the water.

Quick as lightning, Greg snapped up my pole and gave it a sharp yank! He started reeling and wrestling with the thing and before I knew it, I'd caught my first fish!

I was the proud owner of a little tiny mackerel just perfect for throwing back into the sea.

Mine was the catch of the day, but we had a good time nevertheless. In talking to some other anglers on the dock that night, we found out Goleta Pier is a good spot for catching rockfish, ocean whitefish, white seabass, California halibut and several varieties of shark.

As Greg's buddies arrived, I was ready to hit the hay so I said goodnight and left the men to their hunt.

I think my next visit to the pier will include a romantic dinner at the Grill.



PHOTOS BY STAFF SGT. REBECCA DANÉT

Clockwise from left: Tech. Sgt. Greg Danét, 576th Flight Test Squadron, patiently baits his wife's hook so she can fish at Goleta Pier about 60 miles south of Vandenberg. Casting off the pier at Goleta Beach can be tricky but Danét manages to get his line in the water and still avoid the islands of seaweed floating nearby. Danét searches through his collection of hooks for the perfect one to catch a shark.



Community Calendar

5
FRI

Home schooling curriculum – The Lompoc Unified School District offers a new program for 2003 to 2004 to serve grades K-5. Call 736-2371.

Hebrew, Bar Mitzvah – classes are available. Call 734-3311.

Veterans in need – bins are located at the base-exchange entrance for the Los Angeles Veterans hospital. Items needed: socks, underwear.

"Other Faces, Other Worlds – Images of Russia, Nicaragua and Mexico" – 8 a.m. to 8 p.m. Monday through Thursday, 8 a.m. to 3 p.m. Friday, and 9 a.m. to 1 p.m. Saturday in the Learning Resource Center on the Allan Hancock College Santa Maria campus.

Free car seats – to E-4 and below. Call 606-5338.

5
FRI

Got School Supplies – Boxes are located at the Commissary and

5
FRI

Base Exchange to donate school supplies to the Homeless Education Liaison Project in Lompoc.

Space and Sea Girl Scouts – accepts members ages 6 to 18 and needs adult volunteers. Call 606-1119.

CLEP tests – College-Level Examination Program pre-tests are available online at www.peterson.com/airforce/testprep.html. Register using activation code FL4610.

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 the Chapel at 606-5778 for an audition.

5
FRI

Gift of Groceries program – The Defense Commissary Agency offers a gift certificate program that allows anyone to purchase commissary gift certificates to donate to military families through charitable organizations or give directly to military friends and family. Gift certificates are available online at www.commissaries.com.

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.

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

Satellite Amateur Radio Club – 2 p.m. Saturday at Building 23100. Call 733-4416.

8
MON

Office closure – The family support center is closed for staff training

8
MON

from 7:30 to 9:30 a.m. Mondays. Those requiring emergency Air Force Aid will be assisted. Call 606-0801.

AHC Connect – Monday and Tuesday. Call 1-866-DIALAHC for registration.

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 through Friday at the HAWC. Call 606-2221 for an appointment.

Operation Baby Launch – 5 p.m. Monday in the Vandenberg Clinic Auditorium. Call 605-8254.

Air Force Sergeant's Association meeting – 3:30 p.m. Tuesday in the Services Center. Call 606-8700.

Deployed Spouses Support group – 11:30 a.m. to 12:30 p.m. Tuesday in the family support center. Call 606-0039.

3-Day Transition Assistance Program Seminar – 8 a.m. to 4 p.m. Tuesday and

9
TUE

Thursday at the family support center. Call 606-0039.

Vandenberg Retiree Activities Center – Open 10 a.m. to 2 p.m. Tuesday through Friday in building 10346 in the Vandenberg Base Exchange shopping center. Call 606-5474 for more information.

Catholic summer fellowship – noon Wednesdays at Cocheo Park.

Chapel singles group – the second and fourth Thursday of the month at G.I. Java.

Monthly prayer breakfast – 6:30 a.m. Thursday in the Chapel 1 annex.

Risk reduction classes – 2 to 4 p.m. Thursdays at the Vandenberg Health and Wellness Center. Call 606-2221 to sign up.

Investment series – 11 a.m. to noon Sept. 12 at the family support center. Call 606-0039.

Investment series – 11 a.m. to noon Sept. 12 at the family

14
SUN

Sunday school – 10 a.m. Sept. 14 in building 16140. Call Sharon Eagon 606-2523.

Fashion Show – 6:30 p.m. Sept. 16 at the Pacific Coast Club. Call the Vandenberg Spouses Club at 734-0956 or 734-1081 for reservations.

Ethel Pope Auditorium Foundation fundraising event – 5 p.m. Sept. 20 at the Santa Maria Inn.

Kid's Fire Camp – 9 a.m. to 2 p.m. Sept. 20 and 21 at the Vandenberg Fire Department Station 2. Call 606-2152 to sign up.

Frankenstein traveling exhibition – Sept. 27 through Nov. 1 at the Allan Hancock College Santa Maria Library.

Worldwide case lot sale – 9 a.m. to 6 p.m. Sept. 27 and 10 p.m. to 6 p.m. Sept. 28 at the commissary.

San Luis Obispo Plein Air Painting Festival – Sept. 29 through Oct. 5 in San Luis Obispo.

27
SAT

29
MON

Movie Corner

Hi-Way Drive-in
Santa Maria Ph. 937-3515
GEN. ADM. \$5 KIDS 4-11 \$1

OPEN RANGE R 7:45 p.m.
SEABISCUIT PG-13

Parks Plaza Buellton
Buellton Ph. 688-7434

OPEN RANGE R
DAILY 4:00-7:00 FRI. 9:30 SAT-SUN 1:00-9:30

WHALE RIDER PG-13
DAILY 2:00-4:30-7:00 FRI 9:30 SAT-SUN 11:30-9:30

SPELLBOUND G
DAILY 2:15-4:45-7:15 FRI 9:30 SAT-SUN 11:45-9:30

LE DIVORCE PG-13
DAILY 2:00-4:30-7:00 FRI 9:30 SAT-SUN 11:30-9:30

SEABISCUIT PG-13
DAILY 4:00-7:00 FRI 9:30 SAT-SUN 1:00-9:30

Call Edwards Santa Maria 10 for movie listings (800) 326-3264

Movies Gemini
Lompoc Ph. 736-1306

MY BOSS'S DAUGHTER PG-13
DAILY 4:30-7:00-9:00 SAT-SUN 11:30-2:00
FREAKY FRIDAY PG-13
DAILY 4:30-7:00-9:00 SAT-SUN 11:30-2:00

Movies Lompoc
Lompoc Ph. 736-1558

SEABISCUIT PG-13
DAILY 4:00-7:15-9:30 SAT-SUN 11:45-2:15

UPTOWN GIRLS PG-13
DAILY 4:45-7:15-9:30 SAT-SUN 11:45-2:15

JEEPERS CREEPERS 2 R
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:00

OPEN RANGE R
DAILY 4:00-7:00-9:35 SAT-SUN 1:00

General Admission \$7 kids and seniors
\$5 All Shows Before 5:30 p.m. \$5. Movies and Times Subject to Change

Vandenberg Thrift Shop

The Vandenberg Thrift Shop is open Tuesdays, 9:30 a.m. to 2 p.m. and Thursday, 11 a.m. to 6 p.m. Call 606-3128 to find out more.

The shop is located next to the skills development center in Bldg. 11180. They always need volunteers.

The Vandenberg Food Pantry

Needs food donations

Items needed are:

sugar, Bisquick, pasta sauce, pancake mix, Hamburger Helper, evaporated milk, wiper, crackers, meals, macaroni & canned vegetables, mixed nuts, tuna, sizes 3, 4, 5, juice

Chicken Helper, baby soups, complete cheese, brown sugar, rice, flour, pasta, peanuts, peanut butter, jelly, diapers; boxes, cake mixes, frosting, canned fruit and vegetables

The food pantry is located behind the family support center. For more information on hours of operation, call 606-2960.

30th Services News

SERVICES CENTER



Massage Therapy & Day Spa
has a
NEW EMPLOYEE!

We now have more appointments available for your convenience. Come by to meet Chris... specializing in Shiatsu, Reflexology and Deep Tissue work. (Prices remain the same.) Call 605-4748 to make an appointment. We are located in the Services Center.

Vandenberg Flyers



Registration is ongoing. This cheer/dance program teaches stunts, tumbling, dance, jumps, motions, cheers and chants for performance routines. The Flyers are also involved in competitions and public performances. For more information, including prices and registration, call the youth center at 606-2152.

LIBRARY



Teen Mystery Month
at the Library
starts September 29
with a pizza party!

Dial-A-Story

This week's story is "Thick-Headed Jack" This no-cost service is for children of all ages and is available 24 hours. Call 606-4300 to hear Dial-a-Story!

FITNESS CENTER

The fitness center staff is looking to establish a customer focus group in order to gain customer feedback.

We are looking for enlisted, officers, dependents, retirees and civilians who are interested in providing feedback pertaining to the fitness center such as equipment, intramural and varsity sports, fitness and facility issues.

We plan to establish a town hall-type meeting at least quarterly.

If you are interested in being part of this group, call Pam Coffey at 606-3832.

NOTICE: Because the 2003 Armed Forces Men's Soccer Team did not qualify for the 2003 Military World Games, the 2003 Men's Soccer Championship dates are moved back to Nov. 1 through 9. The Air Force has moved its All Air Force Trial Camp Dates to Oct. 14-31, with 303s now due to the Services Agency by Sept. 2.

PACIFIC COAST CLUB

Book your holiday parties now!

The club has dates available for your holiday parties. Plan your unit holiday extravaganza for one of the PCCs open dates, AND deduct \$2.00 per club member PLUS another \$2.00 if you schedule your party Sunday through Thursday. Don't miss out on this holiday special... the dates won't last long!

Call the Pacific Coast Club for more information at 734-4375 or 606-6330.

PACIFIC COAST CLUB

Travel The World On Us.

Sign up for Air Force Club Membership & win the vacation destination of your dreams.
More than 140 Vacations Awarded. Choose your destination: Paris, London, Rome, Cancun, Hawaii, The World Series, Broadway Shows ...

It's the card everyone wants but only you can have. The Air Force Club Membership Card is your passport to fun on land and sea. From roller coasters to romantic cruises, Club Membership makes you eligible to win vacations to the world's most popular destinations. Club Membership also means savings on food and fun. Plus your membership is honored at military installations worldwide, so your benefits travel with you. Sign up today and you could win your dream vacation. Existing members are already entered to win. For more information, visit <http://www-p.afsv.af.mil>

USA F Information Tickets & Travel Members First USAF SERVICES CLUBS

KICK OFF SUNDAY!

Are you into fine art?

Each visit to your club is your chance to win a pro game trip!
Houston at Tampa Bay ■ Super Bowl ■ Pro Bowl

Fo tball Frenzy

Live Responsibly AA DOUBLE TREE HOTEL

Sponsor products available in Services and AAFES facilities. No Federal endorsement of sponsors intended. Offer good at participating locations. No purchase necessary.

FITNESS CENTER

TRIATHLON



**SATURDAY
9 a.m.**

Begins at the swimming pool and ends at the fitness center.

For more information, call the fitness center at 606-3832.

Did you know..

Group fitness classes are held at the Services Center Monday through Saturday? They offer indoor cycling, box aerobics, intermediate step, total body conditioning and more. Stop by the fitness center or the Services Center for a full schedule of classes.

GOLF COURSE

Hall wins Base/Club Championship

Howard Hall won the club and base championship at Marshallia Ranch Golf Course Aug. 17. The tournament was a 54-hole tournament from the championship tees. Howard shot a three-day total of 235 to win by three shots over Mike Martin who was the runner up in the club and base championship, with a three-day total of 238. The base championship is open only to active-duty military assigned to the base, and the club championship is open to all eligible golfers. Scott Gregory took net honors in the championship flight. In the first flight, Larry Shafer took top honors in the gross division, while Bill Herron won the net division. Closest to pin winners were: No. 3 - Bill Herron; No. 7 - Dave Parsley; No. 13 - Ron Sherrill and No. 17 - Dave Parsley.



Saturday

Highway Patrol
Shotgun Tournament, 12:30 p.m.
Open play shotgun, 7:30 a.m.

Wednesday

Ladies Priority, 8:32 to 9 a.m.
For more information, call the golf course at 734-4376 or 606-6262.