SPACE & MISSILE TIMES

Friday, March 12, 2004 | Vandenberg AFB, Calif. | Vol. 14, No. 10

Team V family gets fresh look

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

■ Designer and architect Barry Wood of The Learning Channel's home decorating show, Trading Spaces, visited Vandenberg last week on a whirlwind trip to redecorate one NCO's living and dining rooms in Vandenberg's military family housing.

Base officials selected Staff Sgt. Simon Posey, 30th Security Forces Squadron, to participate in the redesign as part of an article in USAA Magazine aimed at giving military families pointers and tips on decorating their transient military homes. USAA provides banking and insurance services to military members and their families along with advice and tips through its monthly magazine.

With only four months on station, Sergeant Posey was also selected for a six-month deployment in Germany. Deploying only five days before his home's transformation was set to take place, Sergeant Posey left the job in the hands of his wife Jennifer, 11-year-old daughter, Natalie, 7-year-old daughter, Courtney and 2-year-old son, Logan. The budget for the project was $1,000 and since Sergeant Posey was gone, his fellow security forces members stepped

See DECORATE Page A2

Photo by Airman 1st Class Kurt Gibbons

Barry Wood of The Learning Channel's home decorating show Trading Spaces shows Jennifer Posey, Team V spouse and her family how to redecorate their home on a $1,000 budget. Members of the 30th Security Forces Squadron turned out to help Ms. Posey and her children, while her husband, Staff Sgt. Simon Posey is deployed.

50 YEARS AIR FORCE Space & Missiles 1954 - 2004

Countdown to ORI

16 days

GET READY!

Base Briefs

AFSPC VISITS TEAM V

The Secretary of the Air Force and Chief of Staff of the Air Force have directed all major commands to conduct an assessment of their sexual assault response program's status. As part of the visit, the Air Force Space Command sexual assault assessment team will hold open conference periods today from 8 to 10 a.m. at Chapel 1.

COMMANDER'S CALL

The 30th Mission Support Group holds two commander's calls Thursday in the base theater at 7 a.m. for the 30th SFS and 30th LRS and 2:30 p.m. for 30th CES, 30th CONS, 30th MSS and 30th SVS. For more information, call 606-8700.

CHANGE OF COMMAND

The 30th Logistics Readiness Squadron will have a change of command ceremony at 3 p.m. Monday at the Pacific Coast Club. Lt. Col. Scott Van Ness will relinquish command to Lt. Col. Jeffrey Kersten. Call 606-9069 for details.

GC KICKOFF

The Guardian Challenge kickoff begins at 3:30 p.m. today at the Pacific Coast Club.

GATE PROCEDURES

Air Force officials have implemented new base gate procedures. The standardized entry control procedures include establishing new baseline force protection, 100 percent identification and verification of all vehicle operators and pedestrians entering the base and daily random vehicle searches above and beyond base entry point check. Although these procedures may cause some delays during implementation they have been established to improve security Air Force-wide.

NO MORE FORMFLOW

Users of the FormFlow program will no longer be able to download forms they frequently use as of April 1. Those users are highly recommended to download the forms they often use and place them on their own personal computers before that date as well as saving the legacy data together as a package to ensure retrieval. For more information regarding this matter, call Charles Whitson at DSN 692-6802 or 692-3157.

Spouses' Club hosts charity auction

By Airman Juanika Glover
30th Space Wing Public Affairs

■ The Vandenberg Spouses' Club is set to host their annual charity auction Saturday to raise money for base scholarships and help support other local organizations.

"The Charity Auction is our way of giving back to the community, said Troi Reppart Vandenberg Spouses Club Welfare Fundraising Chairman. Last year's auction was extremely successful which enabled the Spouses' Club to contribute more than ever to Team Vandenberg and the Lompoc community."

The VSC donates money to support local projects such as G.I. Java, Cookie Express, Cabrillo High School Madrigals, Operation Kid's Christmas, newcomers' orientation's and the youth center's Breakfast with Santa. The group also supports local and national organizations like Vandenberg's Global Hearts, Retiree Appreciation Day, Heart Link, Paralyzed Vets, Air Force Village Foundation, Air Force Enlisted Foundation, Fisher House, Vandenberg Food Pantry, and Domestic Violence Solutions for Santa Barbara County.

In addition to supporting organizations and events, the VSC awarded $15,000 in scholarships to local college-bound students and spouses. The group also awards athletic scholarships for children wishing to participate in Youth Center sports programs, Mrs. Reppart said.

Casey Lepke, a military spouse and Chapman University student who's scheduled to graduate in May, benefited directly from the auction's funds when she was awarded a $1,000 scholarship.

"Because the universities on base are private, they can be rather expensive, and without scholarships, it would be hard to pay for them," Mrs. Lepke said. " I was so happy when I found out that I had won the scholarship. It has really helped me toward completing my degree."

Mrs.Lepke heard about the scholarship program while she was at a Global Hearts event. She will be getting her degree in social science and hopes to become a teacher one day. Applications for Vandenberg Spouses' Club College Scholarships are being accepted through March 28, Mrs. Reppart said. Graduating seniors in the class of 2004, who are dependents of active-duty, retired or deceased military members are eligible to apply.

California-based home school seniors

See AUCTION page A2

They're here!

Photo by Airman Kyle Fidel

Vandenberg is one of the testing sites for the new Air Force utility uniform. More than 100 Airmen were fit-tested Monday, but only 35 will have the unique opportunity to test the uniform for one year here.

Air Force begins full-scale sexual assault assessment

By Master Sgt. Scott Elliott
Air Force Print News

■ Allegations of sexual misconduct at the Air Force Academy and Sheppard AFB, Texas, have prompted the Air Staff to direct an Air Force-wide review of its policies, procedures and victim programs.

Officials at each Air Force major command have formed sexual-assault integrated-process teams to survey and assess the activities at each of their bases. A Team from Air Force Space Command arrived here Wednesday. Former 30th Space Wing Commander Robert M. Worley II is the AFSPC Team Chief.

"The (officials) put their teams together to go out and assess each of their bases and look at procedures to ensure we have the right mechanisms and policies in place," said Maj. Gen. John Speigel, Director of Personnel Policy at the Pentagon.

Deployed locations will also be surveyed.

"We are concerned about the medical support that's available ... to ensure that victims are taken care of in a timely and caring manner," the general said.

The teams have until April 9 to turn in their findings, General Speigel said. Those results will then be compiled into a "game plan" for presentation to the Air Force's four-star generals at the Corona conference in May.

"Sexual assault is a crime. It also breaks down teamwork, unit cohesion and morale," General Speigel said. "All of that (affects) our readiness, and that's why we find this such a troublesome issue."

The Air Force is not immune to sexual assault because it is reflective of the American society where this too is a problem, the general said.

General Speigel said the 18 to 25 age group is the one most susceptible to sexual assault, but Air Force training helps offset that trend.

"Our Air Force is probably the safest spot (for them)," he said. "We take America's society, and all the diversity it brings, and we mold and shape these new recruits in basic military training.

"The result of that, the standards we want and expect for our Air Force men and women, is one that is higher than what is in the civil sector," General Speigel said. "That standard we shouldn't apologize for. That's why we need to work this problem very diligently."

'This isn't perfect; we recognize that,'" General Speigel said. "At the end of the day, when we really dedicate ourselves to it, like any Air Force problem, we can fix it; we just have to work at it."

Team V Airmen make rank

Airman
Julieanna Armendarez, 30th Security Forces Squadron
Brandon Burks, Detachment 1, 345th Training Squadron
Mario Garcia Infante, Det. 1, 345th TRS
Sean Hughes, 30th SFS
David Janssen, Det. 1, 345th TRS
Alan Jones Det. 1, 345th TRS
Patrick Joyce, 532nd Training Squadron
Dominic Knapp, 532nd TRS
Thomas Lee, 532nd TRS
James Lloyd, 532nd TRS
Michael Messinger, Det. 1, 345th TRS
Colt Miller, Det. 1, 345th TRS
Andrew Mussett, 532nd TRS
Craig Owen, 532nd TRS
Archie Ramirez, 532nd TRS
Joseph Sherman, 532nd TRS
Christopher Southern, Det. 1, 345th TRS
James Stevenson, 30th SFS

Airman 1st Class
Treg Buckner, 532nd TRS
Nicholas Cabreja, 532nd TRS
Jeremiah Camper, Det. 1, 345th TRS
Armando Rivera, 532nd TRS
Arthur Coleman, 533rd Training Squadron
Danilo Dancel, 532nd TRS
Randell Dougherty, 532nd TRS
Mark Dulmaine, Det. 1, 345th TRS
Jeremy Easterwood, Det. 1, 345th TRS
George Febus, Det. 1, 345th TRS
Travis Ferguson, 532nd TRS
Brandon Foster, 532nd TRS
Pito Frazier, 532nd TRS
Scott Freeman, 532nd TRS
Richard Galvis, Det. 1, 345th TRS
John Hagens, 533rd TRS
Lloyd Hardman, Det. 1, 345th TRS
Nathan Harper, Det. 1, 345th TRS
Daniel Holland, 532nd TRS
Cindy Johnson, 533rd TRS
Robert Jovin, 532nd TRS
Geoffrey Kirchner, 532nd TRS
Ryan Kofoed, 532nd TRS
Michael Lamonte, Det. 1, 345th TRS
Thomas Lavarnway, Det. 1, 345th TRS
Sean Lawrence, 532nd TRS
Christopher Logue, Det. 1, 345th TRS
Brittany Lopez,532nd TRS
Matthew Manfredi, Det. 1, 345th TRS
Kevin Marshall Det. 1, 345th TRS
Adam Martin Det. 1, 345th TRS

See PROMOTIONS Page A4

In this issue of the SPACE & MISSILE TIMES

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

The National League defeats the American league in the Vandenberg all-star basketball game March 5.
See Page A7.

Destinations Central Coast heads to Nojoqui Falls for an outdoor experience.
See Page B1.

Weekend forecast
Partly cloudy Friday, Saturday and Sunday.
Low/High
51/77
For a full Vandenberg weather report, visit
www.vandenberg.af.mil/30sw/organizations/30og/weather/weather_index.html

AF officials crack down on per diem rate rules

By Mr. Mason Rose
30th Comptroller Squadron

■ Audits show that Air Force personnel are not using the proportional per diem rate properly on temporary-duty assignments.

In October 1996, a change in the Joint Federal Travel Regulation and the Joint Travel Regulation introduced the PPD rate to determine meal reimbursement for TDY travelers.

TDY travelers are required to dine at on-base establishments unless the mission dictates otherwise. However, the recent audit states that Air Force officials are not always doing so.After reading the results of the audit, General Lance Lord, Air Force Space Command commander, wrote, "Although we have made great progress in implementing the provisions pertaining to the correct use of per diem rates for temporary duty travel, a recent audit showed we have become lax in applying these rules."

During the audit Air Force officials found that installations reviewed were inconsistently applying the per diem rates. Commanders should direct the use of Air Force dining facilities when active duty personnel are TDY to a military installation and when the mission permits, Gen. Lord said.

There are always a few exceptions to these regulations outlined above and they are to be determined by each organization's orders approving official.

An AO is appointed by each organization's commander to determine which per diem rate applies to the traveler prior to the commencement of travel. If the traveler finds that meal availability has changed, or the mission does not allow consuming meals in the dining hall as directed by the AO, the AO may always make changes to the orders to reimburse the traveler upon return. If circumstances dictate, the AO can increase the per diem to the higher rate, but they cannot decrease it. The AO, prior to approving any TDY orders, should visit the Per Diem Committee's website (http://www.dtic.mil/perdiem) to view the latest information on the availability of facilities at each TDY location.

AUCTION:

From page A1

and spouses of active-duty or retired military members are also eligible. Applications are available through high school counselors, the base thrift shop, the education office and all first sergeants.

"Last year's auction raised approximately $24,000 for the spouses club," Mrs. Reppart said.

"The theme for this year's auction is, Saddle Up for the VSC Annual Charity Auction.

The event is scheduled for 6 p.m. at the Pacific Coast Club and is open to everyone. Reservations are taken through the start of the event. Admission fee is $3, which includes appetizers and a bid paddle with a bid number.

Local auctioneer Clyde George will lead participants through three events – the live, silent and dessert auctions.

Mrs. Reppart said during the live auction, an item is displayed and participants are able to make bids by raising their bid paddles. The bids are called aloud and the decision made by the auctioneer is final.

During the dessert auction the group of individuals at a table may agree to bid on a certain dessert and if they have the highest bid they receive the dessert and can share it at that time, Mrs. Reppart said.

In the silent auction, each item has a sheet of paper on which the participants place their bids by writing their bid number down and the amount they wish to bid. Each time they must out bid the previous bidder by at least one dollar.

The last bidder with the highest dollar amount wins. Silent auction winners are announced at the end of the evening, Mrs. Reppart said.

The Spouses' Club has also added mystery packages to the evening. A dollar amount will be listed on a wrapped package.

The value of the contents will be at least, if not more than, the purchase price. After the package is purchased, then the contents are revealed.

Items up for bid include a limousine wine-tasting excursion, an airplane ride up the Central Coast, a 32 inch RCA television, furniture, bottles of wine, a balloon ride over Napa Valley, entertainment and hotel packages, Reppart said.

Local companies, organizations, service members and their spouses, Air Force groups and squadrons, have been very generous and have donated all of the items auctioned, she added.

The VSC is a non-profit organization. All auction proceeds go into the Scholarship and Welfare Fund.

To make reservations call Danelle Hazelip at 734-2554 or Vicki McAlpin at 734-2502. To apply for a scholarship call Kari Rosson at 734-1028.

To go along with the theme, Mrs. Reppart added that they are encouraging everyone to wear Western attire.

Photo by Airman 1st Class Craig Cisek

Diane Gilmore, Vandenberg Spouse's Club member, makes a basket full of goodies March 1 at the Vandenberg center to be auctioned off at their annual charity auction. The auction is scheduled for Saturday at 6 p.m. in the Pacific Coast Club.

ALCON: *Normal*

A general condition reflecting responsible alcohol use.

AADD saves: **72**
Days since last DUI: **20**
DUI totals for the year: **6**

30th OG	0	30th SW	1	614th SOPG	0
30th MSG	1	14th AF	0	381st TRG	2
30th MDG	1	30th LCG	0	576th FLTS	1

DECORATE:

From page A1

in to complete the work in just a day.

Since military members are often at one location for only two to three years, Mr. Wood was tasked to present the Posey's with a variety of ways they could make their home their own, but easily return it to military standards when they leave.

"Military families often move into mundane housing, but they can make it theirs without a lot of money and without many skills," Mr. Wood said. "If you don't like what you do here, you can easily paint right over it and start over."

"We've had the same furniture for 10 years," Jennifer said. "When we talked, Barry got a good idea of what I liked and I got the feeling he would give us something that would really reflect who we are."

"I don't do themes," the designer said. What he and Jennifer came up with included mostly taupe-colored walls, one green wall, "for accent," she said, and one white "museum wall, " Wood added.

The "museum wall" was planned to display three large works of art by the Posey children as a way of "making the room feel like theirs," Jennifer said.

But what will Sergeant Posey think of his new home? For now he'll have to appreciate it through digital photos his wife sends him through e-mail. She'll get his true opinion when he comes home in August to see it in person but she's confident in the decisions she made.

"I really learned a lot today about how to decorate and where to find things," Jennifer said, " and I think he's going to love it."

Force Protection Tip: Report suspicious people, vehicles or packages to authorities.

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).

SPACE & MISSILE TIMES

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

COMMANDER ON CONSOLE

Think BLUE to win ORI battle

By Col. Frank Gallegos
30th Space Wing Commander

Time flies when you're launching missiles and having fun.

Since the official notification of our upcoming inspection, this wing has been working non-stop in preparation for the ORI. We are out to prove to the AFSPC Inspector General that we are without a doubt the best at what we do.

The next 16 days are critical as we focus on the battle ahead … make no mistake, we are going to war with the IG!

Here are a few more hints to get you through Apr. 9.

◆ **Have pride in ownership**: Take pride in your uniform, your workspace, and the job you perform on a daily basis knowing that every part of what you do counts. As you review your programs and go through your checklists, don't just check the boxes to get you through the inspection. This wing, this mission is yours. You are a small piece of something much larger than any individual … the US Air Force.

THINK BLUE
Think Blue
Have Pride in Ownership
Inspire Your Airmen
No Repeat Write-Ups
Know Pass/Fail Criteria
Be professional and confident
Lead by Example
Understand the Process
Enthusiasm

◆ **Lead by example:** Leading by example is the only way to lead, period (remember, we all are leaders!). For all of you supervisors, your Airmen see you doing the right thing, even when *you* think no one is looking. When your people or your bosses see you striving to be the best you can be, they will do likewise. Take advantage of the opportunity in the next few weeks to be a great example.

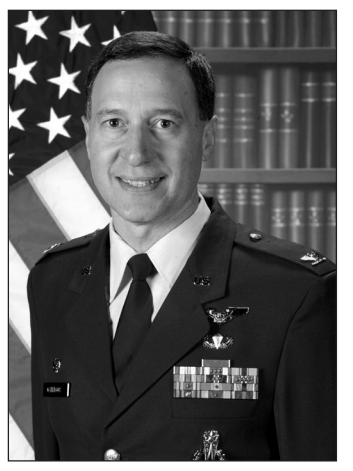
◆ **Inspire your Airmen:** This one's easy. If you are leading by example, then you will naturally inspire any Airmen that come in contact with you. As a leader in this wing we are only as strong as the weakest link. Don't let your teammates down, do the right thing and inspire everyone around you.

I'm proud of every one of you. At the end of the day, I want you all to follow the core values. If you all do this, we will win the war with the IG.

Go HAWKS and Think BLUE!

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 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.

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.

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

Photo by Airman 1st Class Craig Cisek

Significant thing about your unit: The men and women of the 30th Mission Support Group touch every person on Vandenberg where they work, where they live and where they play.

Hometown: raised in the Air Force.
Time in Service: 22 years
Recent career history: Chief of Mission Systems Division, Directorate of Logistics and Communications at Air Force Space Command Headquarters, Peterson AFB, Colo.
Leadership philosophy: Surround yourself with great people and watch them go.
Short-term goals: Help the 30th Space Wing achieve Blue on the upcoming Operational Readiness Inspection.
Personal information: married to retired Army Lt. Col. Ken Briggs for 20 years.
Hobbies: Running, traveling and reading.
Who is your favorite leader in history and why? Abraham Lincoln. He was able to make the right decision for the country during the most critical time in our history – even when the majority did not support him.
What do you like best about the Air Force? Serving the greatest country on the planet alongside our world-class performers!

Our heritage and legacy are all around us

By Lt. Col. Scott Van Ness
30th Logistics Readiness Squadron Commander

Over the years, I have heard many times that the Air Force has no heritage. Major Command restructuring, the new Air Force symbol, the new Air Force recruiting slogan and even uniform changes have been the culprit of the complaints.

The folks I have heard this from usually point to our sister services and their long and storied past. They wish the Air Force had a history or legacy like the Army, Navy or Marines. I have to admit, our sister services have a long and illustrious history that everyone should admire and respect.

Even more impressive is the fact that the newest soldiers, sailors and Marines know the history of their service. I have a son who is serving in the United States Marine Corps. I remember when I got a chance to visit him right before he graduated from Marine Corps Basic Training and he told me about the history of the Marine Corps, what the markings on the uniform meant, the critical battles in Marine history and the names of past heroes. I was really impressed and frankly, envious.

The key to PFC Van Ness knowing the Marine Corps legacy was someone passed it on to him. Yes, I am sure he had a lot of help remembering those facts from understanding and sensitive Marine drill instructors, but still someone passed on that heritage.

This made me think about my time in the Air Force. As a second lieutenant aircraft maintenance officer, outstanding senior NCOs and civilians, who had many years in the Air Force, trained me on the ways of the Air Force. Those Airmen showed me the ropes and taught me about leadership. They were proud of their heritage and being "brown shoe." Thinking back to 1985, some of these folks had served for thirty years – wow, that takes them back to the mid-1950s! And who trained those folks?

World War II vets. Their mentors were Airmen who were in the Army Air Corps when the Air Force became a separate service. When you really look at it, that's only a couple of generations of Airmen. That's a lot less of a heritage and legacy to pass on then PFC Van Ness had to learn.

Since we are a younger service, we are going to have to work at this a little harder than the Army, Navy or Marines. A great place to start is our core values. The core values were not invented. They came from looking at our heritage and legacy. When the authors came up with the words we now hold so dear, they looked at our past.

The Air Force's greatest moments came when our Airmen demonstrated integrity first, service before self and excellence in all they did under extreme conditions.

Our heritage and legacy laid the groundwork for the words that make up the core values and our performance today carries those core values forward for the next generation.

My message for the senior junior Airmen at Vandenberg is pass on that heritage. It may seem like you haven't served that long, but to a junior Airman, that is a lifetime.

For our newer Airmen, take a look around at the grizzled and gray veterans in your organizations. Many served through the Gulf War and some of our more senior civilian Airmen served in the Vietnam era. Think of all that legacy and heritage right in your shop or office – take advantage of it!

HAWKS' Point of View

"Any words of appreciation for our 30th Security Forces Squadron Airmen manning the gates?"

"As our front line security, they're doing a great job!" **– Gloria Hatmaker and Frank Polton, Indyne empolyees**

"Thanks for serving!" **Senior Airman Jon Burnham, 30th Launch Readiness Squadron**

*"I have great appreciation for them. They're courteous, friendly and especially good at their jobs."***– Retired Air Force Maj. Arlene Lepper**

"They are very polite. It's a tough job and they're always very courteous; I like that. I have a lot of respect for them." **– Retired Air Force Lt. Col. Rudy Federman**

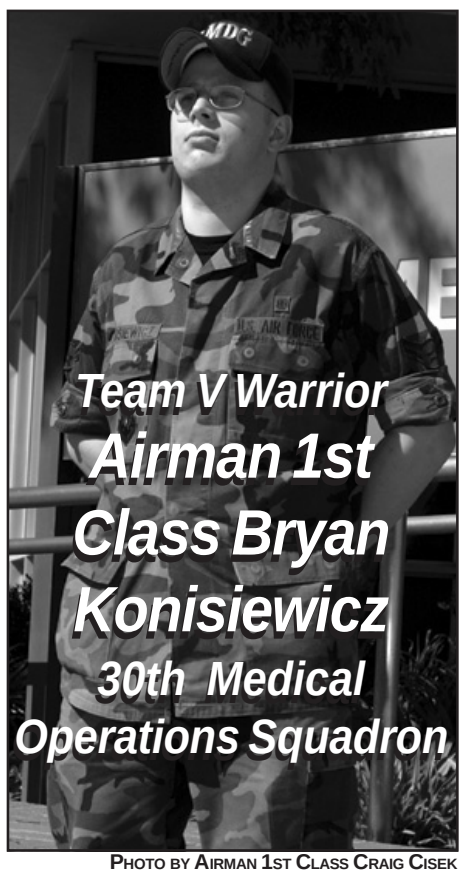


Photo by Airman 1st Class Craig Cisek

Hometown: Annapolis, Maryland
Time in service: 2 years, 2 months
Time on station: 1 year, 6 months
Role in Mission: Medical Technician, Family Practice. I check in patients, assist the doctors, and perform administrative clearances and Preventive Health Assessments.
How do you contribute to the wing mission? I contribute to the wing mission by helping keep our active duty force healthy, worldwide qualified, and ready to deploy.
What do you like best about the Air Force? I like the benefits the Air Force has and how it takes care of it's Airmen by having better dorms and dining facilities than the other services.
If you could change one thing about the Air Force what would it be? If I could change one thing about the Air Force, I would want all the bases to have full hospitals and for active duty to run the ambulance services on base.
How do you fulfill the Air Force core values? I fulfill the Air Force core values by always working hard, being honest, always willing to help out my coworkers, and always putting forth one hundred percent.
What's the most exciting experience you've had so far in the Air Force? The most exciting experience I have had in the Air Force was working at Wilford Hall Medical Center at Lackland AFB for my clinical training.
How would you improve life at Vandenberg? I would improve life at Vandenberg by modernizing and/or replacing the gas station on base.
Who is your role model and why? My role model is my mother because no matter what was going on in my life, she was always there for me.
Who is your favorite leader in history and why? My favorite leader in history was President Franklin D. Roosevelt because he led the country out of a huge depression and led the United States to a victory in World War II.
Favorite Movie: The Rock
Hobbies: Street hockey, listening to rock music, hanging out with friends, and seeing movies.

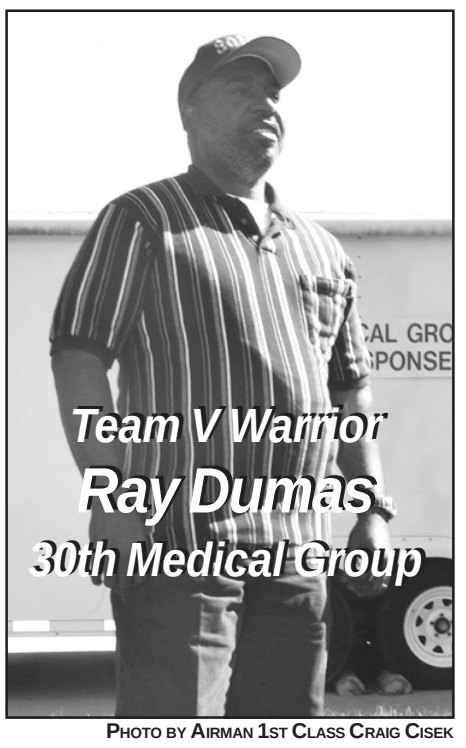


Photo by Airman 1st Class Craig Cisek

Hometown: Stamford, Connecticut
Time in service: 9 months in present position. 27 years active duty
Time on station: 9 months in present position.
Role in mission: Manager Medical Readiness
How do you contribute to the wing mission? I ensure 30th MDG UTC are trained/equipped and ready to deploy to support any operation in the world. Provide training and integrate with other agencies to react to and support contingencies and disasters and ensure the MDG can fully support the wing's mobility machine at a moments notice!
What do you like best about the Air Force? Camaraderie, commitment and sense of accomplishment
If you could change one thing about the Air Force what would it be? Remove all non-value added work on organizations and sections to do what is needed to get the mission done!
How do you fulfill the Air Force core values? Doing the right thing at the right time for the right reason, regardless if someone is watching or not! Take care of people who work for and with you...if you do that the mission will take care of itself.
What's the most exciting experience you've had so far in the Air Force? F-16 incentive flight
How would you improve life at Vandenberg? Make the PCC one of the center hubs for enlisted/officers/civilians to come together and enjoy the fruits of their labor.
Who is your role model and favorite leader why? Martin Luther King. He was able to bring people together from different backgrounds to fight for justice, equality and simple humanness without violence.
Favorite movie or book: Art of War
Hobbies: Dominoes, basketball/softball/bowling

New quota system set-up for Team V honor guard

By Staff Sgt. James Franciere
533rd Training Squadron

■ Team Vandenberg's Honor Guard has implemented a new quota system to alleviate the team's manning shortages.

The new system increases the current size of the team by 100 percent by tasking members from the 30th Space Wing and 576th Flight Test Squadron.

"This way, additional details that we can't do at our current manning numbers can get done," said Tech. Sgt. Jeffrey Soong, Vandenberg honor guard manager. "We won't be stretched so thin any longer."

With a larger team, Vandenberg's honor guard will be able to participate in more community events, such as parades and athletic events throughout the Central Coast.

"This gives us the opportunity to be a lot more visible in the community," Sergeant Soong said.

While understanding that many individual wing units are already tasked with many deployments, the team decided the best method of tasking from the wing is to go straight to the groups.

"Tasking individual units for members would place too great of a burden on squadrons like the 30th Security Forces Squadron and the 30th Civil Engineer Squadron – two of the larger squadrons on Vandenberg, but also the most deployed," said Capt. Kenneth Jackson, honor guard commander.

The only individual unit being tasked is the 576th, who has agreed to participate even though they are not part of the wing, Capt. Jackson added.

According to Sergeant Soong, once tasked, members will be assigned to one of six elements. Each element will be on standby for two weeks at a time. Once their two-week shift is complete, members will not be required to attend any practices or perform details for the next four weeks. Then the cycle begins all over again.

Members may still perform details and attend practice on a volunteer basis outside their assigned shift, but the honor guard will not call upon them unless it is absolutely necessary.

During their standby period, members will practice from 7-11 a.m. Tuesdays and Fridays. In addition, they are responsible for performing all details during this period. Tenant unit members, other than 576th Airmen, will be required to attend practice each Tuesday from 7-9 a.m. to maintain proficiency. These members will perform details based upon their availability.

According to Staff Sgt. Michele Higdon, a senior honor guard member, the current 20-member team eagerly awaits the influx of new Airmen to train.

"We're preparing to help polish these new Airmen into the sharpest image the Air Force has to offer," Sergeant Higdon said. "Please send us your best – we'll make them better."

Photo by Staff Sgt. Molly Gilliam

(Left to Right) Staff Sgt. Michael Raykowski, Staff Sgt. Demarco Poole, Staff Sgt. Alex Rodriguez, Senior Master Sgt. Gerald Young, Staff Sgt. Evan Simpson, Senior Airman Marques Granderson practice burial duty at Chapel 1 here.

Opening night

Photo by Senior Airman Brian Hill

Team Vandenberg members flock to the reopening of the base theater. The theater sold out their first night with "Lord of the Rings: Return of the King." It will sponsor a free showing of the movie "Taking Lives" 7 p.m. Saturday.

Former AFSPC vice commander returns for 14th Air Force Ball

By Airman 1st Class Bryan Franks
30th Space Wing Public Affairs

Air Force Space Command's first vice commander returns to Vandenberg to speak during the 14th Air Force Ball at the Pacific Coast Club March 20.

Retired Lt. General Bruce Brown is the guest speaker for the event, which celebrates "Spanning the Generations" as a theme.

General Brown retired from the military in 1985 after 33 years of service. He began his career as an officer in the Air Force after graduating from the U.S. Naval Academy, Annapolis, Md. in 1952.

He entered the academy originally, so he could eventually serve on a submarine but had a change of heart after an airplane ride.

"I got the opportunity to fly in a wood and fabric bi-plane with an open cockpit," General Brown said. "After that I never thought about submarines again."

General Brown earned his pilot wings in 1953. He said that much has changed in the Air Force from the time he joined until now. Most notable is the technical expertise in the Air Force.

"The Air Force was in its infancy when I joined," General Brown said. "In those days, you didn't need a degree to earn your pilot wings. But the Air Force is what it is today because of those people."

"There's a great deal of professionalism in the Air Force today," General Brown added. He also likes to shares his own philosophy on leadership.

"The only thing that leadership can do is create an environment where smart people can be successful," General Brown said. "Everything else is a byproduct of that."

He said that he enjoys times when he's able to get out and meet the new generation of Airmen, but warns people about joining for the wrong reasons.

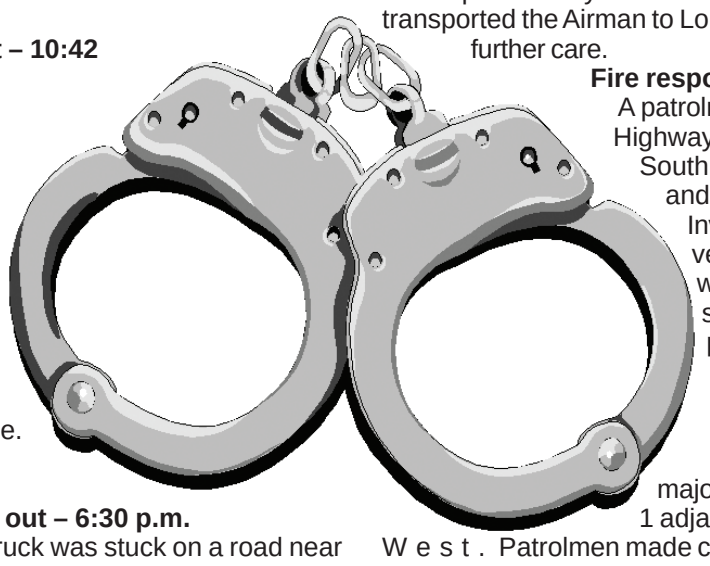
"If you join the military for any reason other than to protect this great country, you joined for the wrong reason," he added.

The former AFSPC vice commander said that he is looking forward to visiting Vandenberg and giving his opinion on the most profound thing in defense since the National Security Act of 1947.

"You've got to come to the ball to find out what it is," General Brown said.

Crimebeat ...

Compiled by Airman 1st Class Edward Panas
30th Security Forces Squadron



Feb. 27

Minor Vehicle Accident – 10:42 a.m.

An Airman reported his vehicle had been involved in an accident at the Pacific Coast Club. The Airman stated a woman approached him and stated she had hit his vehicle while trying to parallel-park. The Airman's vehicle had a 9-inch dent in the bumper. The woman's vehicle sustained no damage.

Feb. 28

I'm stuck and can't get out – 6:30 p.m.

An Airman reported his truck was stuck on a road near Wall Beach. Further investigation revealed the vehicle was stuck on a closed access road. A tow truck was called and the Airman was told not to drive on closed roads any longer.

Dumb, Dumber and Dumberer – 11:10 p.m.

Patrolmen reported stopping a vehicle for traveling more than 90 mph on Highway 1. An aroma of alcohol was emitting heavily from the vehicle. The driver identified as an Airman was administered a field sobriety test which he passed. Two of the passengers in the rear of the vehicle began to heckle the patrolmen and tell them they did not know what they were doing. Patrolmen determined that they were less than 21 years of age and under the influence of alcohol. Both individuals, identified as Airmen, were administered breath alcohol tests. The test confirmed both Airmen had alcohol in their system.

Feb. 29

Assistance Rendered – 12:57 a.m.

Security Forces were informed via 911 that there was an Airman at the Pacific Coast Club passed out and would not respond to anyone. An ambulance was contacted and transported the Airman to Lompoc Emergency room for further care.

Fire response – 10:09 a.m.

A patrolman reported a vehicle fire on Highway 1 adjacent to Mountain View South. Fire dispatch was contacted and sent fire crews to the scene. Investigation revealed the vehicle's rear tire came off, which caused the vehicle to spark and ignite. None of the passengers were injured and the vehicle was later towed.

Major Vehicle Accident – 5:32 p.m.

Fire dispatch reported a major vehicle accident on Highway 1 adjacent to San Antonio Rd. West. Patrolmen made contact with the non-base affiliated driver, who stated that she hit the guardrail, which caused her vehicle to flip into the air. California Highway Patrol Officers arrived and assumed control of the situation.

March 1

Stray Animal Impoundment – 1:58 p.m.

A patrolman reported capturing a stray canine while on Magnolia St. The dog was transported to the Lompoc Stray Animal Facility.

March 2

Traffic Stop – 9:58 a.m.

Patrolman reported stopping a vehicle on Lompoc Casmalia Rd. and Utah Ave. The vehicle was stopped because the driver was on the Driver Revocation list. The driver was cited and her vehicle was towed.

This week in history...

Compiled by Airman 1st Class Juanika Glover
30th Space Wing Public Affairs

March 7

1942 – The first class of Tuskegee Airmen graduates from the Army Air Force Tuskegee Army Air Field.

1961 – The GAM-72 Quail diversionary missile is declared operational.

March 8

1957 – Following Israel's withdrawal from occupied Egyptian territory, the Suez Canal is reopened to international traffic. However, the canal was so littered with wreckage from the Suez Crisis that it took weeks of cleanup by Egyptian and United Nations workers before larger ships could navigate the waterway.

March 9

1841 – At the end of a historic case, the U.S. Supreme Court rules, with only one dissent, that the African slaves who seized control of the Amistad slave ship had been illegally forced into slavery, and thus are free under American law.

March 10

1876 – On this day, the first discernible speech is transmitted over a telephone system when inventor Alexander Graham Bell summons his assistant in another room by saying, "Mr. Watson, come here; I want you." Bell had received a comprehensive telephone patent just three days before.

1943 – The 14th Air Force is activated under the command of Maj. Gen. Claire L. Chennault.

March 11

1941 – President Franklin Roosevelt's Lend-Lease program, which provides money and materials for allies in the war, goes into effect.

March 12

1933 – Eight days after his inauguration, President Franklin D. Roosevelt gives his first "fireside chat," or national radio address. The subject of the broadcast was the reopening of the banks, closed by presidential order the week before to stop a recent surge in mass withdrawal of U.S. savings.

PROMOTIONS

From Page A1

Andrew Mejia, 532nd TRS
Priscilla Nalley, 533rd TRS
Joshua Paden, Det. 1, 345th TRS
Sarah Parsley, Det. 1, 345th TRS
Justin Pemberton, 532nd TRS
Jarret Pendl, 532nd TRS
Michael Ploesser, Det. 1, 345th TRS
Steven Randall, Det. 1, 345th TRS
Demichah Rumph, 532nd TRS
David Salgado, Det. 1, 345th TRS
Cherish Shatswell, 533rd TRS
Robert Smith,30th SFS
Dan Sutton, 532nd TRS
Ashley Trischler, Det. 1, 345th TRS
Edward Watkins, Det. 1, 345th TRS
Nickie Watson, 532nd TRS
Robert Waziak, 532nd TRS
Timothy Wells, 532nd TRS
Ryan Bayliss, Det. 1, 345th TRS
Lindsey Bodwell, 532nd TRS
Donald Hodges, 30th Space Communications Squadron
Joshua Krautner, Det. 1, 345th TRS
Victor Lopez, 30th Logistics Readines Squadron
Tyyrone Mcneace, 30th Medical Operations Squadron
Preston Mccracken, 30th Civil Engineer Squadron
Melissa Montana, 576th Flight Test Squadron
Lawrence Robinson, 532nd TRS
Valente Thompson, 30th MDOS

Senior Airmen

Mark Braun, 30th SFS
Claudia Brown, 30th Space Wing
Quincy Cameron, 30th CES
Mindy Davis, 30th SCS
Jesse Escobar, 30th SFS
Angelica Ryan, Det. 1, 345th TRS
Gregory Tompkins, 30th CES
Luevenia Utley Morris, 533rd TRS
Jeffrey Vega, 30th CES
Danny Watson, 30th LRS
Rochelle Winston, 30th Medical Support Squadron

Staff Sergeant

Suan Alegria, Detachment 3, 17th Test Squadron
Noah Bliss, 595th Space Group
Roseanne Bugay, 30th MDOS
Junicio Cacal, 30th CES
Jeremy Gersen, 576th Flight Test Squadron
Martrice Glover ,392nd Training Squadron
Khamsone Manisisaket, 30th LRS
Demarco Poole, 30th CES

Technical Sergeant

Blaine Barker, 30th CES
David Bohlander, 2nd Space Launch Squadron
Ernest Castillo, 30th CES
Joseph Edmundson, 595th SG
Gary Freeman, 30th CES
Jeffery Hamilton, 30th CES
Jason Porter, 2nd SLS
Timothy Rowe, 576th FLTS
Christopher Rushing, 30th SFS

Master Sergeant

Scott Astrosky, 14th Air Force
Robert Bekowitz, 533rd TRS
Keith Blades, 30th OSS
Marvin Winston, 30th SFS

Around the Air Force

Roche requests Army nomination be withdrawn

■ **WASHINGTON** – Secretary of the Air Force Dr. James G. Roche is no longer in the running for the vacant secretary of the Army job.

Secretary Roche requested March 10 that Secretary of Defense Donald Rumsfeld withdraw the nomination. President George W. Bush nominated Secretary Roche for secretary of the Army on July 7 but the Senate Armed Services Committee had yet to report on the nomination to the full Senate for a vote.

"Given the range of issues before the Senate in a busy legislative year, I accept that my nomination is unlikely to be considered this year," Secretary Roche said. "In the interest of the Department of Defense, I decided it was best that I withdraw from further consideration.

"I intend to apply myself to the full range of important matters facing the Air Force, including the fine Airmen who are serving our country so proudly," Secretary Roche said.

In acknowledging Secretary Roche's decision, Secretary Rumsfeld said, "Jim Roche has served ably as secretary of the Air Force and would have been a first-rate secretary of the Army. I look forward to continuing to work with him."

Two chiefs volunteer for honor guard duty

■ **CANNON AFB, N.M,** — Two chief master sergeants here have both decided to set a rare example by serving on Cannon's honor guard.

Chief Master Sergeants Mike Reeb, command chief master sergeant for the 27th Fighter Wing and Bertie Carrington, chief of quality assurance, 27th Logistics Group, spoke about why they are members of the elite group.

"There are two reasons why I am in the Honor Guard," said Chief Reeb, who joined in February. "First, it is very easy to sit in my office and tell people to support the Honor Guard. It's another thing to lead by example, doing practices and details. Second, I can't think of a better way to pay honor and tribute to my dad's generation.

"This is more than an airman-only venture. It's fine for CGOs to do, too. It's fine for everybody."

"I joined the Honor Guard to show young Air Force members that I not only support the Honor Guard, but I'm willing to put in the effort personally — being an example," explained Chief Carrington, who joined the guard in May.

"I love being a part of the Honor Guard. I enjoy posting the colors. I think it's neat to carry on traditions."

Some personnel services become Web-only

■ **RANDOLPH AFB, Texas** – Starting Monday, Airmen will no longer have to stand in line to accomplish a personnel records review or several other common tasks.

To make it easier for personnel customers, six different personnel services are now available only on the Web. Military personnel flight workers will point customers toward the Internet if they want to do any of the following:

- Update the Record of Emergency Data.
- Apply for a change to an assignment or change a report-not-later-than date.
- Apply for certain curtailments of date eligible for return from overseas.
- Accomplish a humanitarian or exceptional family member program application.
- Request a 'proof of service' letter, often needed for home loans.
- Make simple updates to common information like home address, home telephone number, religious preference, race, ethnic group, foreign language self-assessment, duty and personal e-mail addresses.

For people using these services, questions can be answered 24 hours a day online or by a toll-free call to the Air Force Contact Center.

The changes indicate the maturing of the virtual MPF concept and the realities of how busy Airmen are now with fighting the war on terror, said Maj. Gen. Thomas A. O'Riordan, Air Force Personnel Center commander here.

"The primary goal of our virtual services is to save time for our Airmen and commanders in the field," he said. "These transactions are simple and direct. We'll achieve better accuracy and save the Airman a trip to the MPF."

Officials said they expect that more online services will mean less work on both sides of personnel flight help desks, and that they anticipate the average time spent waiting in line for other services will decrease for customers visiting personnel flights.

The changes do not mean that Airmen will not have applications for programs reviewed. The level of approval is not changing; instead, approvals will be routed electronically to the correct approving officials.

Airmen can access the vMPF through the Air Force Portal, at www.my.af.mil, by clicking on the "careers" tab. It is also available at www.afpc.randolph.af.mil.

Airmen return from deep freeze

By Maj. Theodore Theopolos
445th Airlift Wing Public Affairs

■ The last C-141 Starlifter from the 445th Airlift Wing returned March 4 from Christchurch, New Zealand, after completing its role in Operation Deep Freeze.

Operation Deep Freeze flights support the National Science Foundation, which operates scientific stations in Antarctica to explore the origins of the universe and mankind.

The wing, along with its sister C-141 unit, the 452nd Air Mobility Wing at March ARB, Calif., carried 1.6 million pounds of cargo to and from McMurdo Station, Antarctica.

The aircrews flew 3,446 passengers and logged more than 426 flying hours.

The missions to the bottom of the world are flown in three phases.

The initial preparation phase called Winfly, because it occurs during the winter in Antarctica, begins in August. The resupply phase takes place during the continent's spring and summer from the end of September through mid-November. The redeployment phase takes place in February and ends before winter begins.

This year C-141s flew 19 times to Antarctica for the resupply phase and 22 times for the redeployment phase. Besides aircrews, wing maintainers also were deployed to New Zealand to keep the 60s-vintage aircraft airworthy.

Three C-141 missions to Antarctica had to be aborted because of weather conditions and one for maintenance. Mission to the ice is considered by many pilots to be the most difficult noncombat environment to fly in because of the weather.

Average temperatures there range from minus 70 in the interior during the winter to 36 degrees along the coast in the summer, but they can change in a moments notice. Winds can gust up to 200 mph.

This was the fourth year the 445th AW participated in Operation Deep Freeze.

Jumper appearing in 'Stargate: SG-1" episode

■ **SAN ANTONIO** – Air Force Chief of Staff Gen. John Jumper will appear in the season-ending episode of "Stargate: SG-1" scheduled to air March 19 on the Sci-Fi Channel.

General Jumper appears in scenes taking place in the Oval Office for the episode "The Lost City, Part 2."

The episode was taped Aug. 25 in Vancouver, British Columbia. As the only person involved with the filming who had personal experience in the actual Oval Office, General Jumper was able to provide some technical advice on protocol in the office, according to an entertainment liaison official with the Air Force office of public affairs in Los Angeles.

Check local listings for exact air times.

Daddy's home

Photo by Staff Sgt. Lanie McNeal

DAVIS-MONTHAN AFB, Ariz. — Airman 1st Class Ryan Bryson hugs his son, Chad, for the first time in four months. Airman Bryson returned from Iraq on March 6 where he supported Operation Iraqi Freedom. He is assigned to the 355th Aircraft Maintenance Squadron here.

Team Vandenberg members redecorate Domestice Violence Shelter of Lompoc

By Airman 1st Class Juanika Glover
30th Space Wing Public Affairs

Imagine coming home to a brand new bedroom with new wall color, new comforters, decorations and even a new theme. It's enough to surprise anyone.

The Vandenberg Spouses Club got that opportunity to surprise someone when they put together a project to redecorate three rooms in the domestic violence shelter of Lompoc.

The shelter provides a 45-day program for women and their children who are victims of domestic violence.

> *"We saw the plain white walls and knew the place needed some brightening up."*
> Kathryn Aragon
> VSC member

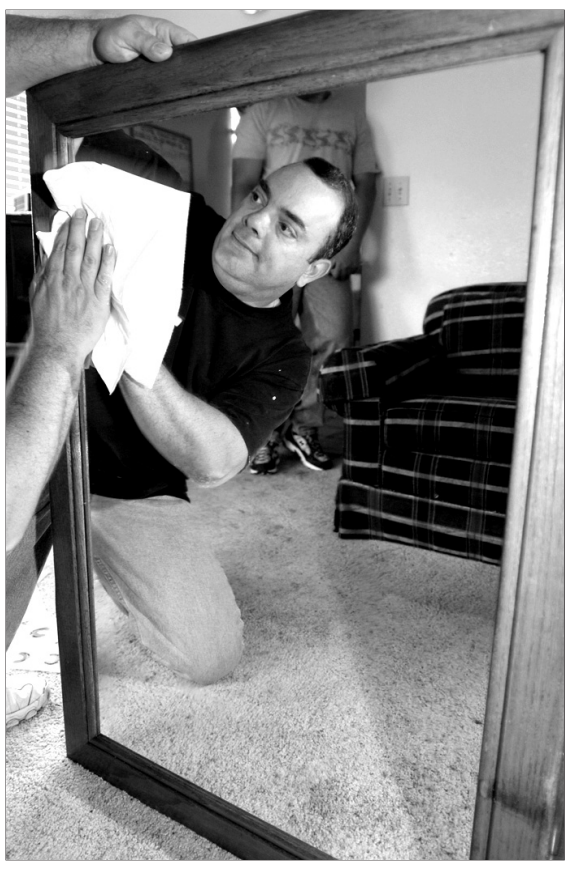
The residents of the shelter originally slept in rooms that had no wall coloring or any decor at all, said Kathryn Aragon VSC member.

After a year of collecting donations, paint supplies, toiletries and decorations for the rooms, VSC members were ready to complete the rooms in just one day, said Mrs.Aragon.Ace Hardware donated five gallons of paint, the base thrift shop donated comforters, and members of the 30th Space Communications Squadron turned out to help.

"The idea came about when one of our club members told us she kept the toiletries from every hotel she'd been to and donated them to the shelter," Mrs. Aragon said. "After that we all thought it would be a great idea to help out on an even bigger level."

Photos by Staff Sgt. James Williams

Tech. Sgt. Mark Bauer, 30th Space Communications Squadron, applies paint to a room in the Domestic Violence Shelter of Lompoc. The shelter, which provides a safe haven for women an children who are victims of domestic violence was in much need of a makeover. A team of volunteers from Vandenberg worked to help restore the shelter February 21.



Master Sgt. Brian O'Connor, 30th SCS, along with other volunteers from his squadron and the VSC restored three rooms in all. Once finished, each room had a seperate theme which included a dragonfly room, an ocean room and a garden room.

Mrs. Aragon said they decided to take on the project to make the shelter residents a place that felt like a home.

"We picked a warm yellow color to brighten things up," Mrs. Aragon said. "Each room had a different theme. An ocean room, a dragonfly room and a garden room."

Because of limited space, each of the bedrooms has at least three beds in it. The VSC members purchased new bed linens and used donated comforters to give the beds a homier look, Mrs. Aragon said.

"This was a really big project we took on, because right now there aren't as many members in the club," she said. "But we saw the plain white walls and knew the place needed some brightening up."

The VSC members also added a special touch to the project by placing a teddy bear on each child's bed, Mrs. Aragon said.

The themes of the rooms also took careful planning.

Megan Thompson, another VSC member, said she has a flair for decorating and wanted to help out.

We wanted to make each room different because that's how a real home is, she said. We also wanted to make the rooms look a little friendlier.

The VSC members decided together on the room color and themes, Mrs. Thompson said. Then throughout the year, she collected items and planned how each room would look.

Mrs. Thompson said they got an opportunity to meet the residents as they were preparing to leave and they seemed quite happy when they found out what VSC was doing. Although the VSC members did not get to see the reactions on their faces when they came home, she said she's sure they were quite surprised.

Senior Airman Amy Rivera, 30th SCS, puts a positive quote on one of the walls .The Vandenberg Spouses gathered materials and donations, such as paint and bed linens to give the rooms in the shelter a homier look.

"This project was fun and nerve wracking because we wanted it to all come together," she said. "I was really worried that we would not be able to finish it in one day but we did and the rooms look great!"

Mrs. Thompson said although the shelter residents are in a difficult situation, they should still be able to feel like they're coming to a place they can call home.

She also said she hoped this wouldn't be their final project at the shelter.

"I hope that we will be able to do the backyard at some point," she said.

"It would be really nice to sand down the children's play set and add a few more touches for the adults too."

"Without the help of everyone who came together to make this project work, we couldn't have done it," Mrs. Thompson added. "It's really nice to see people working together for a good cause."

Intramural b-ball all stars light up fitness center

National league edges past determined American league 55-48

By Senior Airman Brian Hill
30th Space Wing Public Affairs

It was a fast-paced, yet relaxed atmosphere that found Vandenberg's top intramural basketball players competing in this year's all star game.

Although the American League's Jimmy Rivera led all scorers with 14 points, the rebounding and quick offensive turnover of the National League ultimately sealed the deal in this 55-48 shootout.

National League point guard Sean Morgan kept the ball moving around the court, and 6'8" forward Benjamin Roy towered over everyone under the basket picking up crucial offensive rebounds.

"It was fun playing with all of those guys instead of against them," Roy said.

Quick scoring and back and forth play grabbed the attention of spectators and passers by. Roy's dunk mid-way through the second half brought a little thunder to the normally placid intramural crowds, and seemed to put the lid on the come from behind American League attack.

However, the final five minutes were the highlight with a tight score and a determination from both sides.

"We always knew we were a stronger team," said National League coach Ricky Matthias. "We had a lot of fun and we pulled out the win."

Two players are selected to represent each team at the all star game. And although the game is meaningless as league standings are concerned, many of the players consider it exciting to play with the league's elite.

"I always enjoy a good game of basketball and I thought we held up pretty well, considering we only had seven players," said American League coach Darrel Parkin. "Our league has dropped two teams, so it was hard to get a full squad. Overall I think the guys enjoyed playing regardless of the outcome."

Photo by Senior Airman Brian Hill

National League point guard Sean Morgan gets the shot off in front of American League defender Joseph Givens. The National League held on to a narrow lead late in the game to take this year's intramural basketball all star game.

Sports Briefs

VOLLEYBALL PLAYERS NEEDED

Varsity volleyball practice is 5:30 to 8:30 p.m. Wednesdays at the gym annex and 6 to 8 p.m. Fridays in the fitness center. Experience is recommended, but not mandatory. All levels are welcome. Call Joe Krause at 606-6165 or Darren Savella at 606-3833 for more information.

ROLLER HOCKEY

Roller Hockey coach and Chaplain David Terrinoni is looking for a few good players for the roller hockey team. Call the fitness center at 606-3832 for details.

MOMS-2-BE EXERCISE

The exercising-during-pregnancy class is offered at the HAWC and gives expectant moms the guidelines for staying fit while pregnant. The class is is offered quarterly. Call the HAWC at 606-2221 for more information.

Five friends cross finish line

By Senior Airman Brian Hill
30th Space Wing Public Affairs

Five Cabrillo High School seniors recently set their sights on one goal for their final school project before graduation in spring. Months of preparation led to a successful finale Sunday as they completed the Los Angeles Marathon.

As long-time friends and cross-country team members, Henriette Potts, Meghann Howard, Katie Damico, Cassandra Orozco and Jennifer Bialass decided to take on the challenge of running a marathon (26.2 miles) after cross-country season ended.

"It started out as a joke," said Katie Damico – whose father Maj. Edward Damico works in the 30th Space Wing Judge Advocate office. "Meghann and I were running from my house to the gym and we were going over what we should do for our senior project.

"We'd been running so much that Meghann suggested we just run for our project – we could just run a marathon," Katie added with a laugh.

The five friends – all dependents of either active duty or retired military – began their project by writing on sports-related topics.

Henriette wrote on sports nutrition and found that sports drinks replenish the body of electrolytes. Other topics they covered include the history of the marathon, injuries, running shoes and the history of women in sports.

"The first woman to run the Boston Marathon wasn't even signed up, but got a number and ran," Katie said. "People tried to remove her from the race. Now here we are, five girls running in the L.A. Marathon."

Through three-months of training, as they learned about long-distance running, their diets changed a bit as well.

"I find I'm eating more," Katie added. "So that worked out nicely."

Being the first marathon for all of them, they decided their goal was not so much to finish in any certain time, but finish together.

To increase their endurance from a 3.1-mile cross country race, to a 26.2-mile trek, the girls devised a mileage chart to show how far they should be by certain times. But as their days filled with college applications and homework, the chart fell by the wayside and they concentrated on motivating each other on long weekend runs.

Their first long run was 15 miles and Henriette said it felt really good afterwards. They eventually reached 20 miles together, and all the time spent running all over Lompoc has brought them even closer than they were.

"There's definitely no uncomfortable silences between us," Katie said. "It's brought us together and made us closer. I wouldn't be able to run 20 miles alone."

There efforts have paid off as they all finished within about 45 minutes of each other – between about five hours, 30 minutes and 6 hours, 15 minutes.

"The last mile was so much fun," Katie concludes from her experiences in Los Angeles Sunday. "I can't wait to do another one."

Contributed photo

Left to right: Cassandra Orozco, Jennifer Bialass, Katie Damico, Henriette Potts and Meghann Howard patiently smile for their parents' and friends' photos before running the Los Angeles Marathon Sunday.

Destinations
CENTRAL COAST
SPACE & MISSILE TIMES
March 12, 2004

Nojoqui Falls provide haven of tranquility for visitors

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

Nestled in a shaded valley off Highway 101, Nojoqui Falls provides a haven of tranquility for people juggling an often-hectic weekend schedule.

The recent rains have filled out the falls from their usual trickle and the icy-cold water makes a refreshing backdrop for a picnic with family or friends.

The trail to the falls begins at the back of Nojoqui Park, a haven in itself complete with playgrounds, ball fields, group picnic areas, hiking trails and restrooms.

Riparian willows and California oak trees line a trickling crystal-clear creek leading from the falls.

"I'm going to catch some snakes," said my daughter, 7-year-old Kaitie Danét, as she went racing up the trail with her friend Kendra Salas, 7, in tow.

"It's way too cold for snakes," my husband, Greg, replied.

Saturday was my second visit to Nojoqui Falls and the rains of the past few weeks only appeared to have added to the lush surroundings.

Greg was a first-time visitor and seemed mildly disappointed by signs along the trail forbidding climbing off into the wilderness.

"There has to be a way to the top," he said when we reached the shear rock face of the falls at the end of our 15-minute hike.

There's not.

According to an information board at its base, the falls are a part of Nojoqui Creek where it cascades over the Santa Ynez Mountains. Behind the upper half of the flow, sandstone forms a relatively uniform vertical wall of massive gray rock. At its base, the sandstone is intermingled with shale.

We spent several minutes at the pool of water surrounding the base of the falls while Kaitie and Kendra took off their shoes and rolled up their jeans for a dip. The instant their lily-white toes hit the water, the girls shrank back crying out, "It's cold, it's cold, it's cold!"

Two minutes later their shoes were back on and the girls had settled into tossing rocks down the creek instead.

Photos by Tech. Sgt. Greg Danet

Bob and Glory Fisher stop for a picnic lunch at Nojoqui Park during a day trip from Santa Barbara.

Kendra Salas (left), 7, and Kaitie Danet, 7, stop for a rest during their visit to the falls.

Not long later, our stomaches sent us back down the trail looking for lunch.

Several families had thought ahead and brought their meals with them but we decided to head toward Solvang instead.

A quick right out the gates of the park took us past rolling hills, lush green golf courses and straight into the heart of the quaint Danish village to our east.

By the time we arrived, Kaitie and Kendra were fast asleep.

Directions

Highway 246 toward Buellton provides the quickest route to Nojoqui Park. Taking the 101 south from Buellton, there's a turnoff about halfway between there and the Lompoc/Vandenberg exit. A winding section of Alisal Road leads to the tree-lined recreational area.

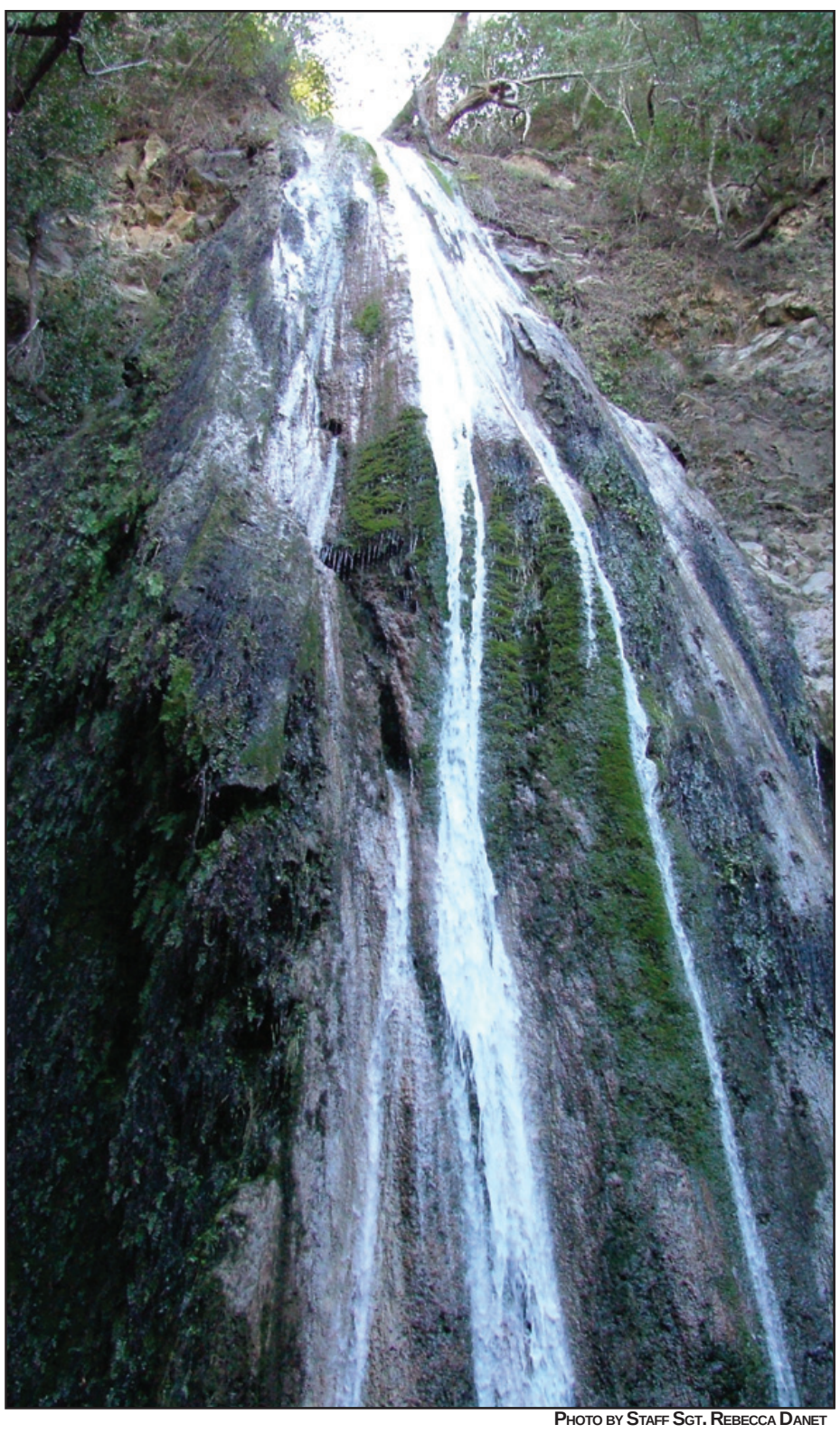


Photo by Staff Sgt. Rebecca Danet

Nojoqui Falls cascades over the Santa Ynez Mountains just outside Solvang.

Community Calendar

12 FRI **Vandenberg Neighborhood Watch –** The 30th Security Forces Crime Prevention Office is organizing neighborhood watches. Residents who would like to pioneer the organization on their block should call 605-0792.

Ten Star All Star Basketball Camp – Boys and girls ages 10 to 19 are eligible to apply for the summer basketball camp. Call (704) 373-0873 for a free brochure.

Library volunteer tutors – the Lompoc Public Library Adult Reading Program is seeking volunteers to work with English-speaking adults who want to improve their basic reading and writing skills. Call (805) 735-7323 ext. 16 for more information or to register.

Pharmacy Automated System – A new pharmacy automated system is being implemented at the Vandenberg clinic. Patients may experience an increase in waiting times for the next three to six months. Call 606-7440.

Grant program – the General Henry H. Arnold Education Grant program awards $1,500 college education grants to eligible candidates. Visit the Air Force Aid office at the family support center or the society's Web site, www.afas.org for information or an application for this grant.

12 FRI **Meals on Wheels –** needs drivers for the Santa Barbara area for two hours a day one day per week. Call (805)-683-1565 for more information.

Cancer Society – needs volunteers. Call (805)-963-1576 for more information.

Soccer players needed – The base soccer team is looking for experienced and committed players for a Santa Maria arena soccer league. Email ryan.howell@vandenberg.af.mil for more information.

Volunteers needed – Lompoc's Community Kitchen needs volunteers to cook and serve dinner to about 100 community members in need. Dinners' are served 5 p.m. Fridays. Cooking starts at 3 p.m. Call Toni Adams at 736-5455 to sign up.

Low walk-up fares – American Airlines expanded its military fares through the fall. The fares include no advance-purchase requirements and no change fees. Call (800) 433-7300.

12 FRI **Hunters Against Hunger –** Donate wild game to the needy. Call 606-6804.

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

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

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 – The G.I. Java wants local musicians to play at the coffeehouse during business hours. Solo performers and bands are welcome. Call the chapel at 606-5773 for an audition.

Association of Renaissance Martial Arts – Organization dedicated to study and practice of historical fencing and the exploration and promotion of Western martial heritage. Call Tim at 440-9519 or 606-3732, for more information.

12 FRI **Military Equal Opportunity Office seeks volunteers –** to chair following special observances: Women's history month in March and Days of Remembrance of Victims of the Holocaust in April. Volunteers may be military or civilian. Call MEO at 606-0370 for more information.

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.

Vandenberg Spouses' Club offers scholarships – for graduating seniors and military spouses continuing their education. Applications are available at the Family Support center, Community services, Education Office, and the cashier's window at the Pacific Coast Club. Completed applications are due no later than Mar. 22

12 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.

15 MON **Office Closure –** 7:30 to 9:30 a.m. Mondays the Family Support Center is closed for training. Call 606-0039 for emergencies.

Relaxation room – 8:30 a.m. to 3:30 p.m. Monday through Friday at the Vandenberg Health and Wellness Center. Call 606-2221 for an appointment.

16 TUE **Pre-Separation Briefing –** 8 to 9 a.m. Tuesday at the Family Support Center. Call 606-0039 to register.

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

16 TUE **Youth sign language classes –** 3 to 3:50 p.m. Tuesdays and Thursdays at the education center room E-4.

The class is for children in third through fifth grades. Call (805) 734-0452, for more information.

Stress Class – 2 to 4 p.m. Tuesdays at the Health and Wellness Center. Call 606-0039.

Santa Maria 4-Wheelers – 7:30 p.m. fourth Tuesday of the month at Round Table Pizza. Call (805)-928-7532.

Baby Meet – 9 a.m. Tuesdays and Thursdays at the religious education center, building 16140. Baby Meet offers discussion and socialization for expectant parents and those with newborn babies through two years old. Call 734-1461, for more information.

17 WED **Manage your move workshop –** 8:45 to 11 a.m. Wednesday at the Family Support Center. Call 606-0039 to register.

Movie Corner

BASE THEATER NOW OPEN!

THE PERFECT SCORE PG-13 7 P.M. TONIGHT,
TAKING LIVES R 2 AND 7 P.M. SATURDAY
(THIS IS A FREE SHOWING)
CALANDAR GIRLS PG-13 6 P.M. SUNDAY

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

TWISTED R
STARSKY & HUTCH PG-13 DAILY 7:00 p.m.

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

Movies Lompoc
Lompoc Ph. 736-1558

SECRET WINDOW R
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:00
50 FIRST DATES PG-13
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:00
STARSKY & HUTCH PG-13
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:00
THE PASSION OF CHRIST R
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:00

Movies Gemini
Lompoc Ph. 736-1306

HIDALGO PG-13
DAILY 4:00-7:15 SAT-SUN 1:00
AGENT CODY BANKS: DESTINATION LONDON PG
DAILY 4:30-7:00-9:00 SAT-SUN 11:30-2:00

Parks Plaza Buellton
Buellton Ph. 688-7434

THE PASSION OF CHRIST R
DAILY 2:00-4:30-7:00 FRI 9:30 SAT-SUN 11:30-9:30
AGENT CODY BANKS: DESTINATIONS LONDON PG
DAILY 2:15-4:45-7:15FRI 9:30 SAT-SUN 11:45-9:30
HIDALGO
DAILY 4:00-7:15 FRI-9:30 SAT-SUN 1:00
MYSTIC RIVER R
DAILY 4:00-7:15 FRI-9:30 SAT-SUN 1:00
SECRET WINDOW R
DAILY 2:00-4:30-7:00 FRI 9:30 SAT-SUN 11:30 - 9:30

General Admission $7.50 kids and seniors $5
All shows before 5:30 p.m. $5. Movies and times subject to change.

Chapel Services & Events

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

Hebrew and Bar Mitzvah classes: Are ongoing and open to all children with base access. Call Randee Van Ness at 734-3311 for more information.

Vandenberg Officer Christian Fellowship: OCF is a nondenominational bible study meeting Thursday nights,at 7 p.m. in the home of Maj.Keith and Christy Keana located at 612 Cherry St.Call Maj.Keana or Christy at 734-0696 or 606-6461 for more information.

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

30th Services News

SERVICES CENTER

Come to the SERVICES CENTER to get your...

Sierra Summit LIFT TICKETS

per person $38.50

For more ticket information call 606-7976.

Country Western Line & Couples Dancing is Back...and it's FREE!

Beginners and newcomers always welcome! Every Wednesday all base personnel have the opportunity to learn to dance western 2-step, waltz and swing. Women without partners will learn line-dancing or couples dancing if men are available. Classes held 6:30 to 9 p.m. (partners not required) at the Services Center. Free. Call Lynn Warner at 606-7976 for more information.

YOUTH CENTER

NIGHT HOOPS

Saturday
8 to 10 p.m.

Free to teenage members
$2 for nonmembers

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

GOLF COURSE

Saturday - Men's Club
8:08 to 9:30 a.m.
Monday - Course closed
Thursday - 3rd Thursday Barbecue Special!
11 a.m. to 1:30 p.m.
Enjoy a barbecue sandwich, chips, beans and drink for $5.
March 20 - Two-person Best Ball Tournament

Note: Aerification of greens, tees and fairways will occur Mar. 22 through 27.
Call the golf course for more information at 606-2121.

AUTOMOTIVE SKILLS

NEW HOURS

Effective March Sunday
Auto Skills has new hours of operation.
Wednesday, Thursday, Friday:
1 p.m. to 8 p.m.
Saturday and Sunday: 10 a.m. to 5 p.m.
Monday, Tuesday: Closed
For more information, call Sam Groce at 606-6013/606-6014.

BARBER SHOP

John's BARBER SHOP

located in the
Pacific Coast Club

Open 9 a.m.
to
5 p.m.
Monday through Friday

by appointment only
Telephone: 606-2428

PACIFIC COAST CLUB

WEDNESDAY • E-Lounge
Fun starts at 4:30 p.m.

BOSS 'n BUDDY NIGHT
Celebrate all three together!

St. Patrick's Day OVER-the-HUMP

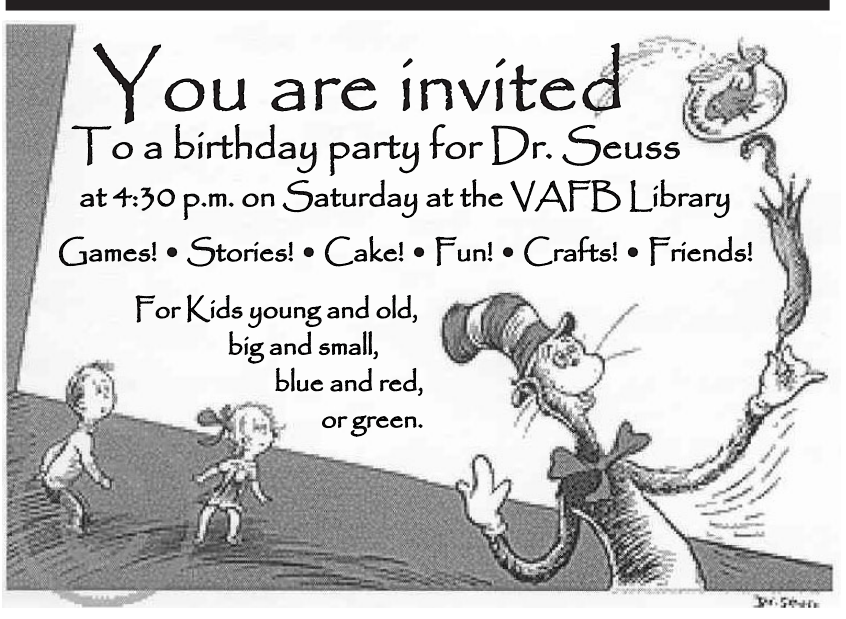
All IRISH DRINK SPECIALS
- Beer
- Whiskey
&
- Specials

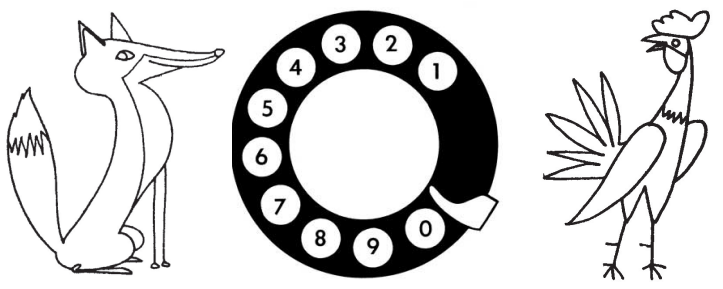
Karaoke with Rebecca 5 to 8 p.m. & DJ 8 p.m. to 12 a.m.
GIVEAWAYS!

FREE Sloppy Joes, Hot Wings & Snacks 4:30 p.m. 'til gone!

For more information call call the club at 606-3330.

LIBRARY





DIAL•A•STORY

To hear this week's story, "St Patrick's Day," call the Dial-A-Story at 606-4300. Stories are available 24/7.

Thursday -
Preschool Storytime, 10 a.m. at the base library.

Road Map Exchange -
Planing to take a trip? If so, stop by the library first and check out the Road Map Exchange. We have maps from all across the globe which have been donated to help others on the road.

Call the library for more information at 606-6414.

PACIFIC COAST CLUB

Kids Mom & Dad

SUPER 3-D MOVIE NIGHT
at the PACIFIC COAST CLUB

March 22nd
with
all the Pizza
YOU-CAN-EAT BUFFET

Members $5 • Nonmembers $7 • Kids $3
5 to 8 p.m. • includes beverage (salad bar extra)

Entertainment on the Big Screen TV!
starts at 6 p.m.

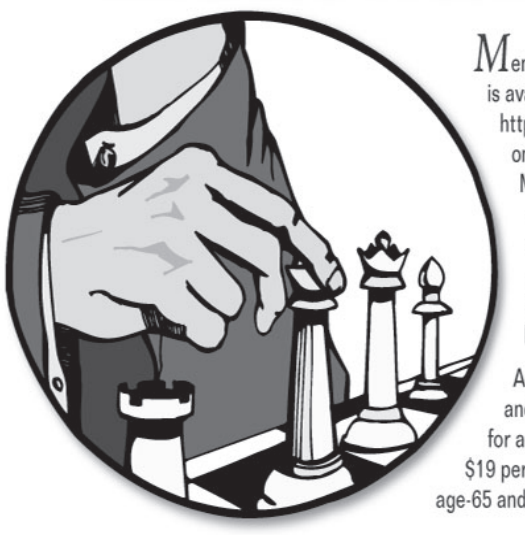
3-D glasses provided.
For more information call call the club at 606-3330.

SERVICES CENTER

Services Center • Bldg 10122

March 19, 2004 • 5 p.m.

AIR FORCE Chess Tournament



Membership in the USCF is available online by going to http://www.uschess.org Click on SHOP. Once in, click on MEMBERSHIP, choose either New or Renewal. Or, you may print your order form for FAX (845-561-2437) or surface mail delivery to:
3054 US Rt 9W
New Windsor, NY 12553

Adult memberships are $49 per year and a scholastic/youth membership for age-14 and under is available for $19 per year. Senior memberships age-65 and older are $36 per year.

• FREE •

Must be a USCF Member to compete in this tourney

For more information call call the Services Center at 606-7976.

FITNESS CENTER

Rock Climbing Club

Next Outing:
Gibralter Rock
in Santa Barbara
March 21
Meet at the Fitness Center Parking Lot at 6:00am

For More Information Contact Rod Paronto 606-3832