



Base Briefs

FAMILY DAY

Air Force Space Command declares today a family day. Non-mission essential Airmen are excused from duty for the day. Civilian supervisors are encouraged to use liberal leave policies.

GATE PROCEDURES

Gate guards will physically handle and inspect I.D.'s before allowing access to the base. To make this process faster, remove I.D.'s from wallets or holders before handing them to the entry controllers.

FIT TRACKER

Fit to Fight Activity Tracker is now available to the entire base at warfit@Vandenberg.af.mil. Members can log their personal fitness programs and units can track their members' fitness activities and assessments. For more information, 606-2221.

SIGN CHANGE

The yield sign at the intersection of Oregon and Utah avenues will be changed to a stop sign in September.

MEDICAL MEETING

The 30th Medical Group conducts a town hall meeting at 6 p.m. Sept. 13 on changes occurring at the Vandenberg Clinic.

BIRTHDAY MEAL

The Quarterly Birthday Meal begins at 5:30 p.m. Sept. 16 at Beachcomber Dining Facility for enlisted members who have a birthday in July, August or September. To sign up, call 606-3219 or 606-5496 by Sept. 14.

SUMMARY COURTS

Anyone having claims for or against the estate of Senior Airman David Renner, deceased, call Capt. John Lofton, 576th Flight Test Squadron, at 606-6621 or 588-8148.

TDY OPPORTUNITY

Vandenberg's personnel readiness function is looking for active-duty, Reserve and Guard captains to volunteer for temporary-duty assignments in January for 179 days in the Ukraine. Call Tech. Sgt. Steven Deluc at 606-7574 for more information.

NEW COFFEE HOURS

After lobbying by the Vandenberg Enlisted Action Team, the Espresso Pad in the Vandenberg Main Exchange opens at 7 a.m. for a 30-day trial in September.

POST OFFICE OPENS

Vandenberg's Post Office opens Sept. 7 with limited hours. Final hours will be announced at later date.



PHOTO BY AIRMAN 1ST CLASS LAURA MCFARLANE

Team Vandenberg Airmen set up tents Aug. 24 during a Foggy Shores deployment exercise at the base's Northstar training area. Foggy Shores is designed to prepare Airmen for possible scenarios that may come up during a real-world deployment.

Team V exercises deployment skills

By CAPT. TODD FLEMING

30th Space Wing Public Affairs

Team V held a Foggy Shores exercise Aug. 23 - 27 to prepare the base for deployment operations, processing, and accident response.

The exercise had several elements including a large contingent of the base simulating a deployment overseas. The battlestaff and other base agencies responded to various peacetime disaster scenarios on main base.

Foggy Shores means a multiple day, multiple event exercise, this one lasting five days and including eleven events.

"We exercise to stay ready," said Ed Rambus, 30th Space Wing Exercises and

Evaluations Team chief.

Tuesday and Wednesday about 150 people deployed to Northstar, an area of base meant to simulate a forward location, to hone skills they will need in the event they are deployed.

At the deployed site, security forces exercised skills needed to secure a bare base environment, Mr. Rambus said. Civil engineers exercised camouflage, concealment, and deception; what it takes to bed down forces on an austere base; rapid runway repair; and nuclear, biological and chemical response.

Everybody else participated in the attack response exercises honing such skills as how to wear protective gear

against a chemical attack, self-aid and buddy care, and contamination containment and avoidance.

On Thursday, the wing executed a recall and stood up the battlestaff, which provides command and control in responding to contingencies involving the base.

The main scenario the battlestaff exercised was responding to an unexpected chemical release at one of the gates resulting in a major accident. In this case an eight-car accident resulted in many serious injuries.

Team V, under the direction of the battle staff and disaster control group, responded to the exercise scene and got

the situation under control. The exercise "victims" were transported to area hospitals depending on the severity of their injuries and the simulated chemical spill was contained.

"These exercises are extremely important, especially as we enter a deployment cycle in which many Team V members will deploy forward," said Col. Frank Wolf, 30th Space Wing vice commander. "We were very happy with how Team V did, especially considering how many people are new to the base. We will continue to exercise frequently in the coming months to make sure everyone has the opportunity to participate and hone their skills."

Tops in Blue ready to rock Central Coast

By 2ND LT. ANGELA WEBB

30th Space Wing Public Affairs

■ Tops in Blue performers will be belting out tunes for this year's show "Musicology" at 7 p.m. Saturday at Cabrillo High School. Packed into a night of musical entertainment, acts will include everything from classical to rock n' roll.

The event is free and will take place in the gymnasium of the high school. The show is open to both the military and civilian public.

Tops in Blue is an entertainment showcase that is performed entirely by active-duty Airmen.

Maj. Al Reilly created the show in 1953. Maj. Reilly wanted to hold a competition to recognize musically talented Airmen. At the time, the Air Force had athletic competitions but no other, so Tops in Blue was formed.

The tour invites every rank of Airmen to compete and through many phases of competition, the "best of the best" are chosen.

After the final cuts this year, 30 Airmen were chosen to perform

their singing, dancing and instrumental acts.

The Tops in Blue team starts off their nine-month tour with an intense 45-day training period. During the training, the entertainers not only practice to perfect their trade, but also learn to set-up the stage their performances are on. Setting up the stage can take up to 36,000 pounds of equipment for each show.

"It's a lot of hard work to set up, but I've seen the show seven times and it's always been great," said Lynn Warner, 2004 Tops in Blue representative for Team V.

The show travels all over the United States and to some overseas locations. The shows are mainly performed at military installations with an occasional stop at other facilities. Vandenberg is just one of the 130 stops over a 150-day travel period.

A speedy travel schedule is a trademark of the tour. The debut tour lasted 235-days performing 230 times. The pace has died down slightly, but the shows are rarely in the same location, making



PHOTO BY SENIOR AIRMAN STEVE SCHESTER

Tech. Sgt. Max Hernandez and Airman 1st Class Angie Long from Tops in Blue 2003 perform a duet to the delight of a packed house.

the trek exhausting for most.

Tops in Blue has been a tradition of the Air Force for more than 50 years. The tour has been raved about in television shows, movies, and radio.

In 1954, Ed Sullivan invited Tops in Blue to perform on his show "Toast of the Town". The master of ceremonies was the well-

known comedian Jerry Van Dyke, who was a 2nd Class Airman at the time.

The tour also took a pit stop at sporting events in 1981. They performed the entire halftime shows for the 1981 Garden State Bowl and Super Bowl XIX.

Over the years, millions have seen Tops in Blue perform. And

tomorrow military, civilian and family can pack into Cabrillo's gymnasium to add to the millions who have seen the show time and time again.

"Tops in Blue is great family fun and will be a good time for those who come out," said Ken Ostini, Family Member Programs flight chief.

In this issue of the



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



A photo page highlights Team V's recent deployment training at Northstar training area. See Page A5



Destinations Central Coast visits local running trails for scenic exercise and peace of mind. See Page B1

Weekend forecast
Cloudy Saturday and partly cloudy Sunday.
Low/High
50/71
For a full Vandenberg weather report, visit
www.vandenberg.af.mil/30sw/organizations/30og/weather/weather_index.html

Armed Forces Voters Week

Voting officials: Register to vote

■ **AIR FORCE PERSONNEL CENTER** – General elections are approaching and Air Force voting officials here want to remind everyone to register to vote.

The Department of Defense recently announced it has worked out a plan with the United States Postal Service to get absentee ballots to overseas members faster but registering to vote is the first step to acquiring a ballot. "Getting registered to vote is not a difficult process, it's just a matter of making it a priority," said Lt. Col. Lee Shick, Air Force voting action officer.

Deadlines and state specific rules on voter registration can be found on the Federal Voting Assistance Program Web site at <http://www.fvap.gov>. The site includes a list of 10 things to do to ensure every vote counts.

"Our goal is 100 percent contact with every Airman by a voting representative," he said. "The opportunity to vote has been emphasized as a command responsibility and our installation voting officers play a key role."

"We want to make sure each individual gets the word about voting and that they have the tools and information to apply for an

absentee ballot and vote," Col. Shick said. "If Airmen can't get registered online, installation voting officers will have a supply of federal postcard applications."

Contact information for base voting officers is available at local military personnel flights.

Political activity restricted for DoD

■ **WASHINGTON** – With election activity steadily picking up, defense officials remind servicemembers and Defense Department civilians that they are subject to rules regulating their involvement in political activities.

Gone are the days when the military posted troops at the polls after the Civil War, an act that Steve Epstein, director of the Department Of Defense's general counsels standards of conduct office, said intimidated many southerners into not voting.

Today, Mr. Epstein said two sets of rules help protect the integrity of the political process a DOD directive for active-duty servicemembers and the Hatch Act for federal civilians. These rules keep the military out of partisan politics and ensure that the workplace remains politically neutral, he said.

That is not to imply that they

cannot participate in politics. Mr. Epstein said DOD encourages both groups to register to vote and vote as they choose, and to urge others to vote.

Both groups can sign nominating petitions for candidates and express their personal opinions about candidates and issues — but only if they do not do so as representatives of the armed forces.

Also, all federal employees can make contributions to political organizations or candidates.

Beyond that, the list of restrictions differs widely, depending on whether the employee is an active-duty servicemember, a rank-and-file civil service employee, a political appointee or a member of the career senior executive service, Mr. Epstein said.

Of all DOD employees, uniformed servicemembers have the most restrictions regarding political activity, he explained.

A 1993 revision to the Hatch Act freed most civil service employees to engage in political activities outside the workplace that were once forbidden, although many restrictions still apply.

For example, servicemembers as well as government civilians can attend political meetings or rallies. Servicemembers can attend only as

spectators and not in uniform. They are not permitted to make public political speeches, serve in any official capacity in partisan groups, or participate in partisan political campaigns or conventions.

On the other hand, civilian employees governed by the Hatch Act may be active in and speak before political gatherings or serve as officers of political parties or partisan groups.

They also are permitted to manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate.

Servicemembers generally are not permitted to campaign for a political office. Civilian employees are, as long as it is a nonpartisan election.

While the restrictions concerning political activity may vary, Mr. Epstein said the basic rules hold true for all DOD workers. They cannot use their position to influence or interfere with an election.

And they can never engage in political activity on the job, in a government vehicle or while wearing an official uniform.

More details about restrictions on DOD military and civilian employees political activities are posted on the DOD Web site.

(Courtesy of Air Force News)

Team V updates Four Star on missile defense

By **TECH. SGT. REBECCA DANÉT**
30th Space Wing Public Affairs

■ The commander of North American Aerospace Defense Command and U.S. Northern Command in Colorado visited Vandenberg this week to get the latest update on missile defense plans.

During his visit Gen. Ralph E. "Ed" Eberhart also met with community members to discuss American homeland safety.

Col. Frank Gallegos, 30th Space Wing commander, briefed the general on the wing's ability to support national missile defense plans before the end of the year. Wing support is set to include four operational interceptors, a missile processing facility and lead test range responsibilities.

"This is going to be an exciting place at Vandenberg just in terms of what we're doing with missile defense," Colonel Gallegos said. "There are a few issues we're still working at this point but the bottom line is, the 30th Space Wing will be ready to support."

Capt. Kelly Pirtle, 14th Air Force, gave General Eberhart an overview of the status of the remainder of 14th Air Force's missile defense assets. Some of those assets include Upgrade Early Warning Radar at Beale AFB, Calif., the Space Based Infrared System at Buckley AFB, Colo., the Joint National Integration Center at Schriever AFB, Colo., and communications support at Peterson AFB, Colo.

"We're looking for that end-to-end test for our commanders to be able to certify their systems; the missile defense mission integrated into the missile warning mission," Captain Pirtle said. "But the



PHOTO BY TECH. SGT. REBECCA DANÉT

Gen. Ralph Eberhart, NORAD commander, reviews missile defense plans with Army Col. Donald Hazelwood.

bottom line is, our commanders are ready to support."

Following his visit with base leaders, General Eberhart traveled to San Luis Obispo to speak to the city's Rotary Club, Retired Active Men's Club and the Navy League.

The general enlightened the group on some of his concerns regarding the safety of the American homeland, said Don Morris, president of the Retired Active Men's Club.

General Eberhart said since Sept. 11, U.S. fighter aircraft have deployed 1,500 times to check out potential aircraft problems over U.S. skies.

"We have been wrong 1,500 times in launching fighters to check out air anomalies," General Eberhart said. "I would rather be wrong 1,500 times than miss one real attack."

General Eberhart has commanded NORAD and U.S. NORTHCOM since Oct. 2002. He has more than 35 years of experience leading Airmen.

CLIP AND SAVE!



**DON'T DRINK
AND DRIVE**
Call Airmen
Against Drunk
Driving

For a free and confidential 'no questions asked' ride home, call Airmen Against Drunk Driving at 606-AADD or 605-AADD (2233).

ALCON: Normal

A general condition reflecting responsible alcohol use.

AADD saves: **204** Days since last DUI: **25**

DUI totals for the year: **16**

30th OG	2	30th SW	1	614th SOPG	0
30th MSG	6	14th AF	0	381st TRG	5
30th MDG	1	30th LCG	0	576th FLTS	1

**SPACE & MISSILE
TIMES**

Col. Frank Gallegos
30th Space Wing commander
Capt. Todd Fleming
Chief, Public Affairs
Airman 1st Class Bryan Franks
Editor

1st Lt. Michelle Mayo
2nd Lt. Angela Webb
Master Sgt. Lloyd Conley
Tech. Sgt. Rebecca Danét
Tech. Sgt. Mark McKinney
Staff Writers
Airman 1st Class Kurt Gibbons
Photographer

The Space & Missile Times is published by Lompoc Record Publications, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 30th Space Wing.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the Space & Missile Times are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in the publica-

tion, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Lompoc Record Publications, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Vandenberg AFB Public Affairs

Office. All photos, unless otherwise indicated, are Air Force photos.

The Public Affairs Office reserves the right to edit all submissions for style and space.

Deadline for publication 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@vandenberga.af.mil

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

Maybe a 'Thank you' is in order...

By GEOFF JANES
78th Air Base Wing Public Affairs

Have you ever watched someone right before he or she cries? It's a very humbling experience.

Picture Staff Sgt. So-and-So getting off the refueling plane at his home station. He puts his right foot on the flight line and looks around for his family or friends. It has only been 45 days, but it feels like an eternity.

In the waiting crowd, there she stands — all 39 inches of her — smile wide as the Nile, flag in her hand. "Daddy!!!" she cries. He drops his bags, leans down and swoops her up like a stack of money. But her grasping little arms around his neck are worth more than any paycheck, more than any 5,000 square-foot house, Jaguar, Mercedes, Ping golf clubs, CDs, whatever.

"I'm home," he whispers softly in his wife's ear before looking skyward to his God. It feels so good to know someone was waiting.

The commander, or vice commander steps up, shakes his

hand. It matters.

"What I've been doing matters," he thinks.

Back at his home-station job, he left work early today. He has cooked dinner, and only wants to make his wife smile.

At another time, someplace else, a female warrior straightens the collar on her uniform as she steps off the surveillance plane. She stands proud. She didn't have to worry about anything. He had it covered.

In the crowd her son holds a piece of poster board that he and daddy have written "Welcome Home Mommy" in black magic marker. Her little angel has cut out pictures from his favorite comic book and pasted them to the poster. Everyone needs a hero.

Blue, brown, green and hazel eyes, they all well up like someone has turned on a faucet.

The eye brims, it leaks, it breaks the dam of an eyelid and streams down a face covered with sadness and happiness mixed with uncertainty.

They are home, and all you can do is watch, watch and pray for

good things. Pray for happiness, pray for peace, pray for all of them.

And as you watch the homecoming, you think, "If you haven't thanked a military member lately, you should."

They are out there facing the mortars, listening to the snap of rounds firing above their heads, not to mention those who hear the snap that slams into their chests, arms, legs. Even so, there are some who move out sharply while a voice in the back of their head asks, "Was it worth the money for college?"

All the while, you're in your colonial, Cape Cod or ranch style house, watching it all on CNN. You might be watching it all from the warmth and safety of your living room.

You might be numb; but still, your next door neighbor's son came home in a box today. Your cousin's daughter won't be finishing college. She died in the heat of battle last week.

I remember being on the Fort Benjamin Harrison, Ind., burial team during my time in the Army. I remember saluting the dead. I

remember carrying a coffin to a hole in the ground and thanking God it wasn't me.

And I remember the tears, tears that could humble even a saint.

Maybe I'll go tell my neighbor, with his Air Force flag and his starched uniform, how much I appreciate what he's been doing for my country.

Maybe we'll talk politics or religion, maybe we'll talk about fishing, or how good it feels to be helping a country that needs a hand. Maybe we'll smile and have a beer as we talk about how lucky we are to live in a free country.

And all the while, I'll know in my heart that it's all because of people just like my neighbor.

Other countries in the world have had their armies disintegrate because of casualties. Their people were not dedicated to the cause they served. That is what separates them from the mightiest nation on earth, the United States of America.

Just as with POW/MIA Day, we must always remember. So the next time you see someone in a military uniform, take two seconds out of your day to say thanks.

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.



Team Vandenberg Warrior
Debra Tucker
30th Comptroller Squadron

PHOTO BY AIRMAN 1ST CLASS KURT GIBBONS

Hometown: Philipsburg, N.J.

Time in service: 10 years

Time on station: 10 years

Role in mission: I'm a civilian pay liaison.

How do you contribute to the wing mission? I ensure that approximately 1,000 civil servants are paid in a timely manner.

What do you like best about the Air Force? I'm always meeting new and fascinating people.

If you could change one thing about the Air Force what would it be? I would communicate more face-to-face or by phone instead of e-mail. It is too impersonal and time consuming.

How do you fulfill the Air Force core values? I try to do the right thing everyday by providing professional customer service.

What's the most exciting experience you've had so far in the Air Force? I met my husband.

How would you improve life at Vandenberg? Since I find Vandenberg and the surrounding area to be absolutely beautiful and consider this paradise, there is nothing I would change.

Who is your role model and why? I would have to say it's all the men and women in the military who have fought and sacrificed their lives to keep this great country free. Their

patriotism and selflessness show that they believed in serving their country and did not expect their country to serve them.

Who is your favorite leader in history and why? Our 40th president, Ronald Reagan. I believe he was here on a divine appointment. His record of public service shows a man of great optimism, patriotism and passion who believed the United States was and is the greatest country in the world.

Favorite movie: "It's a Wonderful Life"

Hobbies: Spending time with my family, cooking, politics and reading.

HAWKS'

Point of View

"What one thing would you improve about Vandenberg?"



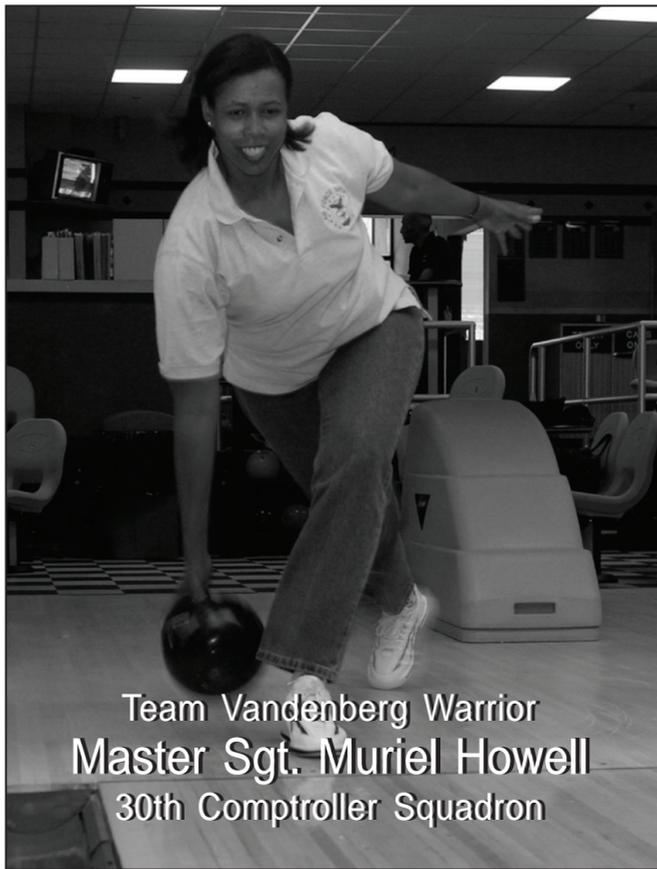
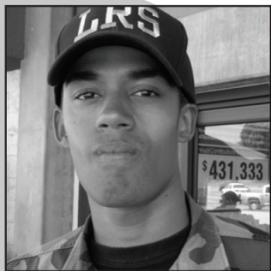
"Add more room to the gym and better equipment. Also a stretching room or a warm-up room because when other squadrons PT, there is no place to play basketball." — Tech. Sgt. Jacqueline Dawkins, 14th Air Force

"Add more fast food restaurants and have current ones stay open later, as well as the BX." — Airman 1st Class Terrell Tilley, 30th Medical Group



"The Hospital. It's very difficult to get your medication when you need it. They need a set policy. With Asthma medicine it often runs out faster than the 50 days you get till your next refill because of the puff measurements." — Anna Marie Loughlin, retired public worker.

"It's fine to me." — Senior Airman Tremaine Lee, 30th Logistics Readiness Squadron



Team Vandenberg Warrior
Master Sgt. Muriel Howell
30th Comptroller Squadron

PHOTO BY AIRMAN 1ST CLASS KURT GIBBONS

Hometown: Bronx, N.Y.

Time in service: 19 years

Time on station: 5 months

Role in mission: I'm the chief of finance customer service.

How do you contribute to the wing mission? I oversee the management of military, retiree and civilian personnel financial records.

What do you like best about the Air Force? I like the opportunities to travel, meet and work with new people and experience new cultures.

If you could change one thing about the Air Force what would it be? I would like to get back to basics and re-instill the mindset that we are a part of a military profession.

How do you fulfill the Air Force core values? I lead by example.

What's the most exciting experience you've had so far in the Air Force? My incentive ride in an F-111A over Turkey.

How would you improve life at Vandenberg? I would provide more base interaction through a variety of things to do...concerts, contests, etc.

Who is your role model and why? I've had several, but my parents are at the top. They lived by the lessons of life they taught and I'm a better person because of those lessons.

Who is your favorite leader in history and why? Lt. Gen. Benjamin O. Davis, Jr. His effectiveness as a leader was evident by the success of his organization despite the challenges they experienced.

Favorite movie: "Tap"

Hobbies: Bowling, tap dancing

Get ready for high flying excitement when Team V opens its gates for

The Western Air & Space Show 2004

Oct. 30 and 31 on the Vandenberg Flightline

Keep your eyes to the skies over Vandenberg to see the following acts, air show teams and fly-bys:

- ◆ F-16 Tac-demo team from Hill AFB, Utah
- ◆ F/A-18 Tac-demo team from Naval Air Station Lemoore, Calif.
- ◆ A-10 West Coast Tac-demo team
- ◆ T-6 Tac-demo team
- ◆ F-16, A-10 & P-51 Heritage Flight team
- ◆ F-18, F-8F & F-4F Legacy Flight team

- ◆ Patriot jet team
- ◆ Eddie Anderini in his YAK 3
- ◆ Bill Cornick in his S-2C Pitts
- ◆ Dave Nash in his 540 Edge
- ◆ Rob Harrison in his Zlin 50
- ◆ Julie Clark Air Shows
- ◆ Tim Weber Air Shows
- ◆ Bill Stein Air Shows
- ◆ B-2 fly-by
- ◆ F-22 fly-by

Read the Space & Missile Times for updates

Crimebeat...

COMPILED BY SENIOR AIRMAN HARIS JOHNSON
30th Security Forces Squadron

Aug. 24

Earth, wind and fire – 11:22 a.m.

Firefighter dispatchers received a 911 call about a fast moving wildfire on Highway 1 and Constellation Road. Vandenberg and Santa Barbara County fire crews responded to the scene and gained control of the 8-acre blaze several hours later. The cause of the fire is still under investigation.

Aug. 25

Tag, you're it – 6:20 a.m.

A civilian employee reported a minor vehicle accident on Coast Rd. He said while driving his vehicle adjacent to Space Launch Complex-6, a deer jumped in front of his vehicle causing major damage to his front bumper. No injuries to the driver were reported.

Aug. 27

It's either us or them – 9:50 a.m.

An Airman reported a major vehicle accident on Lompoc Casmalia Road. He said while driving his vehicle adjacent to Titan Gate, a deer jumped in front of his vehicle causing him to swerve into an embankment. The Airman suffered minor injuries and was transported to Lompoc's emergency room for further treatment.

The blind leading the blind – 2:45 p.m.

A 30th Security Forces patrolman stopped a vehicle at Ocean Park. The driver was unlicensed and currently being taught how to drive by his passenger. However, the passenger's license was suspended. Santa Barbara County sheriffs responded to the scene and cited the two non-base affiliated civilians.

Aug. 29

Don't mess with the badge – 1:37 a.m.



The Santa Maria Gate sentry reported a non-base affiliated civilian possibly driving under the influence. Security forces patrols arrived at the scene and conducted a field sobriety test, which the driver failed. After being detained and placed in the back of a patrol car, the individual escaped the vehicle and attempted to flee on foot. Patrolmen on scene attempted to detain the civilian when he became violent and assaulted the two patrolmen. The patrolmen subdued the individual after the brief altercation. He was then charged with assault, driving under the influence and resisting arrest.

This week in history...

COMPILED BY 2ND LT. ANGELA WEBB
30th Space Wing Public Affairs

September 3

1777— The American flag is flown in battle for the first time, during a Revolutionary War skirmish at Cooch's Bridge, Md. Patriot General William Maxwell ordered the stars and stripes banner raised as a detachment of his infantry and cavalry met an advance guard of British and Hessian troops. The rebels were defeated and forced to retreat to General George Washington's main force near Brandywine Creek in Pennsylvania.

1971 – The New Air Force Museum building is dedicated by President Nixon.

September 4

1922 – The First U.S. transcontinental air crossing is made within a single day.

1972 – U.S. swimmer Mark Spitz wins his seventh gold medal at the 1972 Summer Olympics in Munich. Spitz swam the fly leg of the 400-meter medley relay, and his team set a new world-record time of 3 minutes, 48.16 seconds. Remarkably, Spitz also established new world records in the six other events in which he won the gold. No other athlete has won so many gold medals during a single Olympiad.

September 5

1774 – In response to the British Parliament's enactment of the Coercive Acts in the American colonies, the first session of the Continental Congress convenes at Carpenter's Hall in Philadelphia.

Fifty-six delegates from all the colonies except Georgia drafted a declaration of rights and grievances and elected Virginian Peyton Randolph as the first president of Congress. Patrick Henry, George Washington, John Adams, and John Jay were among the delegates.

September 6

1901 – President William McKinley is shot at the Pan-American Exposition in Buffalo, N.Y. McKinley was greeting the crowd in the Temple of Music when Leon Czolgosz, an anarchist, stepped forward and shot the president twice at point-blank range. McKinley lived for another week before finally succumbing to a gangrene infection Sept. 14.

September 7

1776 – During the Revolutionary War, the American submersible craft *Turtle* attempts to attach a time bomb to the hull of British Admiral Richard Howe's flagship *Eagle* in New York Harbor. It was the first use of a submarine in warfare.

September 8

1664 – Dutch Governor Peter Stuyvesant surrenders New Amsterdam, the capital of New Netherland, to an English naval squadron under Col. Richard Nicolls. Stuyvesant had hoped to resist the English, but he was an unpopular ruler, and his Dutch subjects refused to rally around him. Following its capture, New Amsterdam's name was changed to New York, in honor of the Duke of York, who organized the mission.

Obey the rules



PHOTO BY AIRMAN 1ST CLASS KURT GIBBONS

The off-road vehicle course on base is provided for the morale, welfare and recreation of Team Vandenberg members, their dependents and retirees. In the last few months, there has been an increase in the number of riders using the course, many of whom are unauthorized patrons, or don't meet requirements posted on the signs located at entry points of the ORV area. Culpability and risk to military status rise whenever unauthorized people are sponsored on base and allowed to use base property. Value the privileges by complying with the regulations.

Team V deploys to Northstar, hones skills



PHOTO BY AIRMAN 1ST CLASS BERNICE SUAREZ

Staff Sgt. Anthony Thomas, 30th Security Forces Squadron, aims carefully and shoots at simulated enemies during Foggy Shores, a deployment exercise at Northstar training area here Aug. 24. Foggy Shores was developed to prepare Airmen for upcoming deployment cycles by exposing them to possible wartimes scenarios.

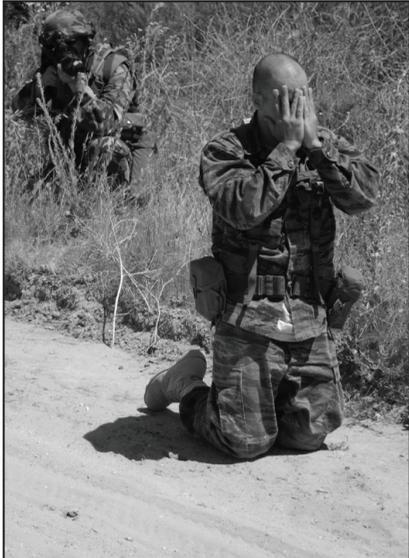


PHOTO BY AIRMAN 1ST CLASS MATTHEW REED

Staff Sgt. Anthony Thomas, 30th Security Forces Squadron, takes aim at an opposing forces member who was armed with an M-4 assault rifle during a Foggy Shores exercise at the Northstar exercise area.



PHOTO BY AIRMAN 1ST CLASS MATTHEW REED

Members of the 30th Security Forces Squadron trek over a mountainside in search of opposing forces at Northstar training area.



PHOTO BY AIRMAN 1ST CLASS LAURA MCFARLANE



PHOTO BY AIRMAN 1ST CLASS KYLE FIDEL

Above: Airman 1st Class Bryan Phillips, 30th Civil Engineer Squadron, tests the chlorine levels in the water supply for the Northstar exercise. Left: Airman 1st Class Damaris Ellis, 30th CES, trips wires to connect to a generator allowing photo support to fully operate during a Foggy Shores deployment exercise. Foggy Shores is held quarterly to prepare Airmen for possible scenarios that may come up during a real world deployment.

14th Air Force proves they're best in over-30 basketball

By Staff Sgt. Chuck Walker
30th Space Communications Squadron

The 14th Air Force over-30 basketball team came into the base championship game with a chance to accomplish two lofty goals.

One, obviously, was winning the title. But, if the 14th Air Force could defeat the 576th Flight Test Squadron in the first game of the best-of-two championship, it would also finish the season undefeated.

Mission accomplished.

Tyrone Clark scored a game-high 14 points and the 14th AF overcame a five-point halftime deficit to defeat the 576th 35-29 to win the base over-30 championship Wednesday afternoon.

Clark, who coaches and plays for the 14th AF, said this is what his team had been playing all season to accomplish.

"It may sound funny, but us older guys take pride in being able to accomplish things like this," Clark said. Sometimes we live vicariously through the younger guys, but to be able to do it yourself, that's special. It's all about squadron pride."

Early on in the game it looked as though the 14th AF's hopes of an undefeated season were flying right out the window.

576th player and coach John Lofton was hitting on all cylinders from the outside in the first half, leading the 576th to a 19-14 halftime lead.

The 14th AF made defensive adjustments in the second half, moving out to guard the 576th's shooters, effectively shutting down their outside shooting.

With the adjustment, the 14th AF held the 576th to just 10 points in the second half, three of them coming on a desperation shot at the buzzer.

"We knew they had some good

shooters from the outside," Clark said. "So in the second half we extended out on them and played a man-zone so we could shut down their outside shooting."

Clark hit a driving, twisting layup with 2:15 left to give the 14th AF a three-point lead it wouldn't relinquish the rest of the way.

Lofton said the defensive adjustments were key to the 14th AF's victory.

"They started playing us three-point line extended and that shut us down," Lofton said. "They played behind the three-point line in the first half and we took advantage and hit some shots. They picked up on that in the second half. They also started keeping people back on defense to stop our fast break. We're a run-and-gun team. Those two things hurt us in the second half."

Despite the loss, Lofton said it was a good season for his club, even though all three of their losses came to the 14th AF.

"I told our team before the season, the only team we would have trouble with was the 14th AF," Lofton said. "The only three losses we had all year came to the base champions."

Clark said his team was committed all year to doing its best and it showed with a title and a 17-0 record.

"It was a wild season," Clark said. "The over-30 league is always tough. It is the upper echelon of NCOs and Officers. We just tried to keep a cohesive unit and committed team all season and it paid off. We got everybody to commit to taking the time off to be here for the practices and the games. And we had everybody here the whole season, except for today we had some people gone TDY. We especially wanted to win for them. This feels great."



PHOTO BY STAFF SGT. CHUCK WALKER

(Right) Tyrone Clark, 14th Air Force team, blows through the 576th defense in the over-30 basketball intramural championship beating the 576th 35-29. The 14th AF finished their season 17-0



Central Coast offers plenty of trail running

BY 2ND LT. JON BAYLESS
392nd Training Squadron

I don't claim to be a talented or experienced trail runner, but like many others, I prefer running as a way of staying in shape. One of the things I've come to realize about my running, though, is that I have trouble sticking to a running schedule when I'm running along the same paved roads day after day.

When I arrived at Vandenberg in January, I started with the 5K course on base. I still run it three times a week, but I've always loved doing the first 1000 meters along the line of eucalyptus trees near the beginning of the 1.5-mile fitness course.

I don't know why I'm drawn to the trail. It could be that when I'm only concentrated on the few steps ahead of me (so that I don't trip over a root or lose my footing on a downhill) I worry less about the distance than the trail itself. In general, I just feel less tired. I enjoy being outside enjoying nature during my run, and the dirt trail is a little more forgiving on my knees, shins, and ankles, provided I keep my eyes on the path.

What follows is a list of five noteworthy trail runs I've discovered in the past few months. These runs provide a good workout, beautiful scenery, and a reason for me to get out of bed early on a Saturday morning.

5) Los Osos Oaks State Reserve

Length: 1.5 miles +
Type: loops
Pros: shady, beautiful trees and foliage, free parking
Cons: poison oak is abundant, trail is relatively short, no restrooms

The Reserve, located on Los Osos Valley Road between San Luis Obispo and Los Osos, is a grove of oaks with a small system of trails running through

it. In all fairness, these trails are better suited for walks and hikes than runs. If you're armed with protection against the poison oak, and don't mind dodging a few low branches you might just fall in love with this trail. Keep an eye out for the wildlife that inhabits this area, especially during spring and fall. Birds, mammals, and insects are best observed an hour after sunrise and an hour before sunset.

4) West Cuesta Ridge
Length: up to 16 miles
Type: out and back
Pros: Great views, good for long distance, clearly marked trail (road)
Cons: Sunny/hot, pass required, narrow access road to get to trail, no restrooms

Part of the thrill of this run is getting there. The turnoff is from the southbound lane of Highway 101, a few miles north of San Luis Obispo, at Cuesta Pass. You'll need an "Adventure Pass" to park your car within the Los Padres National Forest. A daily pass costs \$5 at Forest Service offices, and an annual pass can be purchased for \$30 at participating vendors like Wal-Mart and Big 5. There is a narrow dirt road leading up to the Cuesta Ridge Botanical Area, which is better suited for trucks and vehicles with good ground clearance. You can choose to run along the road that cuts through the Botanical Area, or follow the trails that branch off its sides. Remember to bring plenty of water.

3) El Chorro Regional Park
Length: 2 miles +
Type: loops
Pros: Great uphill and downhill, fabulous views, restrooms
Cons: \$2 parking fee

This park can be reached by taking Highway 101 north to San Luis Obispo,



PHOTO BY AIRMAN 1ST CLASS KURT GIBBONS

Senior Airman Miguel Espinoza, 30th Civil Engineer Squadron, runs on the base trail.

then getting on Route 1 north almost to Morro Bay. The turnoff is off the right side of the northbound lane. Start out on the unpaved road that can be reached by walking through the gate by the dog park. Take the narrow trail leading up the hill to your right, and get ready to ascend.

One of the nicer things about this run is the reward that comes after the first few minutes of intense uphill running. Whether or not you go all the way to the top of Eagle Rock, you'll still get a great view overlooking the nearby golf course. Catch your breath, and begin the gradual descent through the oaks for the rest of the run. You'll emerge from the shady trail at the bottom, on the dirt road again. This run could be modified to any distance by repeating the loop.

2) La Purisma Mission

Length: variable
Type: loops
Pros: Historic Area, large trail system, restrooms
Cons: \$4 parking fee, deep sand on some trails

This site is an attraction for many reasons, besides its excellent trails. In fact, you could easily spend all day exploring the restored buildings and the ranch facilities before setting foot on the trails. To get to the mission, take Highway 1 south from the main gate of Vandenberg and continue through the traffic light on the outskirts of Lompoc until you see the entrance to the State Historical Park to your left. The trail system consists of blue trails, which are service roads, and orange trails, which are sand. Unless you've brought your horse or you like running in deep sand, I'd suggest sticking to the blue trails.

1) Montana de Oro State Park -

Bluffs Trail
Length: 4 miles
Type: out and back
Pros: Great ocean view, well-kept trail, free parking, restrooms
Cons: Crowds

I'd read that the Bluffs Trail was a "lifetime run," so I gave it a shot, and was not disappointed. Parking here is free, the trails are well maintained, and the view can't be beat. Just follow Los Osos Valley Road, past Los Osos Oaks State Preserve, to Montana de Oro State Park.

Leave your car near the visitor's center; the beginning of the bluffs trail is 200 yards south. You can run about four miles out and back while enjoying the beautiful ocean view and marine wildlife the entire time. Arrive at the park early to beat the crowds, and really experience the beauty of the Central Coast.

Community Calendar

3 FRI Operations Kids' Christmas barbecue - 11 a.m. to 2 p.m. today in the base exchange parking lot. A choice of chicken, tri-tip or combination plate costs \$6.50 the day of the event or \$6 pre-sale. For pre-sale tickets call 606-8454 or 606-1307.

"B-I-N-G-O Spells Murder" - Lompoc Civic Theater today at The Alpha Club in Lompoc. Tickets are \$25 per person and include dinner. To make reservations, call 735-2281.

Animal Shelter Volunteers - The Lompoc County Animal Shelter needs volunteers for 4-6 hours a week. Join the Companion Animal Placement Assistance Volunteer Team at the Lompoc County Animal Shelter. Call 737-7754 for membership information.

Cheerleading Coach needed - Vandenberg Middle School competitive cheerleading squad is looking for an assistant coach. Call 605-0786 or 934-9916 for more information.

Partners Assisting In Reading - PAIR needs volunteers to work with students at Crestview Elementary School. Call Julie Hegeman at 734-2549 or e-mail julsheg@yahoo.com for

more information.
57th concert season - The Lompoc Concert Association sells season subscriptions for various concerts throughout the Lompoc Valley. For more information, call Vivian Dew at 733-4006 or Jean Jacoby at 736-8713.

Santa Maria Improv Team - Adults 18 or older call (805) 474-8954 or e-mail mjpassarelli@charter.com to join the team.

The Maverick Saloon - Live music weekends. 510 South Broadway St., Santa Maria. Call (805) 922-9002 for more information.

CASA volunteers - Court Appointed Special Advocates provides volunteer advocates for children who have been removed from their homes due to abuse and neglect. Call Becky Reid at (805) 739-9102 for more information or to sign up.

Red Cross volunteers - Call Pat Nuth at 605-0042 or e-mail tesee1@juno.com for more information or to sign up.

3rd Annual Car Show - Saturday at Ryon Park in Lompoc. The Lompoc Police Department presents the 3rd

Annual Car show as a fundraiser for Northern Santa Barbara County Special Olympics.

Stinky's Bar and Grill - DJ and dancing 9 p.m. Saturdays. 2430 South Broadway St., Santa Maria.

Rancho de Guadalupe Historical Museum - 1 to 3 p.m. Saturdays and Sundays or by appointment. Call (805) 343-5901 for more information.

5 SUN Global Hearts Group - 4:30 p.m. to 6:30 p.m. Sundays. Global Hearts invites eligible spouses and their families for dinner at Beachcomber dining facility. Call Tech. Sgt. Sheila White at 606-0039 for more information.

6 MON No School - Monday all Lompoc Unified School District schools and education center offices are closed in observance of Labor Day.

Military Parents of the Central Coast - 6:30 p.m. the first Monday of each month at United Methodist Church. 1515 Fredericks St., San Luis Obispo. Call Janice Somers at (805) 549-9199 or Sharon Livsey at (805) 544-3930 for more information.

Computer resource room - 8 a.m. to 4 p.m. Monday through

Friday in the family support center. Computers are available to those who need access to the Internet for job searches, relocation assistance, or to stay in touch with family separated by military service.

School bus registration - 9 a.m. to 1 p.m. Tuesdays and Thursdays in building 10728.

7 TUE Word Wizards - 7 p.m. Tuesdays. 519 West Taylor St., Santa Maria. Writers of any genre meet for reading and critiquing. Call (805) 929-2140 for more information.

Star performers at Bill's Place - 7 to 10 p.m. Tuesdays. 112 East Branch St., Arroyo Grande. Call (805) 489-9989 for more information.

Disabled American Veterans - 9 a.m. Tuesdays in the Lompoc Veterans Memorial Building. 108 East Locust St., Lompoc. Rides are available to various appointments. Call Dan Contreras at (310) 477-2539.

Youth sign language classes - 3 to 3:50 p.m. Tuesdays and Thursdays at the education center. The class is for children in third through fifth grades. Call 734-0452 for more information.

Reggae night - Wednesdays

at the Frog and Peach Pub. 728 Higuera Rd., San Luis Obispo. Call (805) 595-3764 for more information.

8 WED Central Coast Chapter of the Society of Military Widows - 1 p.m. the second Wednesday of each month in the retirees' center here. Call (805) 937-6747 for more information.

Baby Meet - 9 to 10 a.m. Wednesdays in the Vandenberg Library. Participants should use the staff entrance. The group meets for discussion and socialization for expectant parents and those with babies, newborn through two years old. Call 734-6606 for more information.

Special needs information network - 6:30 to 7:30 p.m. the third Wednesday of each month at the library. Call 734-2282 for information.

Show tunes concert - 7:30 p.m. Thursday at Calvary Baptist Church. 3355 Constellation Way, Vandenberg Village. Richard Glazier, a pianist and narrator, brings a multi-media show on the music of Harold Arlen, composer of "Over the Rainbow", "That Old Black

9 THU Magic, and other famous show tunes. Tickets cost \$15 at the door for adults and \$7 for students.
11 SAT Girl Scouts Ice Cream Social - 1 p.m. to 3 p.m. Sept. 11 on the lawn in front of the bowling alley. Girls in kindergarten through 12th grade and their families are invited for information and to register for a troop. Call Cheryl Willard at 606-1119 or (800) 898-6402 for more information.
American Thunder - noon to 2 p.m. Sept. 11 at Mitchell Park on the corner of Osos and Pismo streets in San Luis Obispo. Barbecue is free to all military members in uniform. Call (805) 541-3950 for more information.
Education fair - 9 a.m. to 2 p.m. Sept. 29 at the Education Center Student Lounge. Call 605-5904 for more information.
Autumn Arts Grapes and Grains Festival - 10 a.m. to 4 p.m. Oct. 2 at the Abel Maldonado Community Youth Center in Santa Maria.

Movie



Corner

BASE THEATER

THE BOURNE SUPREMACY PG-13
7 p.m. TODAY
THUNDERBIRDS PG
7 p.m. SATURDAY

Hi-Way Drive-in

Santa Maria Ph. 937-3515
WITH OUT A PADDLE PG-13
ANACONDAS PG-13
DAILY 8:30 p.m.

Movies Lompoc

WICKER PARK PG-13
DAILY 4:30, 7 p.m. and 9:30 p.m.
SAT-MON 11:30 a.m. and 2 p.m.
HERO PG-13

DAILY 4:45 p.m., 7:15 p.m. and 9:30 p.m.
SAT-MON 11:45 a.m. and 2:15 p.m.

THE PRINCESS DIARIES 2 G
DAILY 4:30 p.m., 7 p.m. and 9:30 p.m.
SAT-MON 11:30 a.m. and 2 p.m.
WITHOUT A PADDLE PG-13
DAILY 4:45 p.m., 7:15 p.m. and 9:30 p.m.
SAT-MON 11:45 a.m. and 2:15 p.m.

Movies Gemini

EXORCIST: THE BEGINNING R
DAILY 4:30 p.m., 7 p.m. and 9:30 p.m.
SAT-MON 11:30 a.m. and 2 p.m.
ANACONDAS PG-13
DAILY 4:30 p.m., 7 p.m. and 9:30 p.m.
SAT-MON 11:30 a.m. and 2 p.m.

Parks Plaza Buellton

WITHOUT A PADDLE PG-13
DAILY 2:15 p.m., 4:45 p.m., 7:15 p.m. and 9:30 p.m.
SAT-MON 11:45 a.m. and 9:30 p.m.
RIDING GIANTS PG-13
DAILY 2 p.m., 4:30 p.m., 7 p.m. and 9:30 p.m.
SAT-MON 11:30 a.m. and 9:30 p.m.
WICKER PARK PG-13
DAILY 2:00 p.m., 4:30 p.m., 7:00 p.m. and 9:30 p.m.
SAT-MON 11:30 a.m. and 9:30 p.m.
GARDEN STATER
DAILY 2 p.m., 4:30 p.m., 7 p.m. and 9:30 p.m.
SAT-MON 11:30 a.m. and 9:30 p.m.
NAPOLEON DYNAMITE PG
DAILY 2:15 p.m., 4:45 p.m., 7:15 p.m. and 9:30 p.m.
SAT-MON 11:45 a.m. and 9:30 p.m.

General Admission \$7.50; children and seniors \$5.50; shows before 5:30 p.m. \$5.50. Movies and times subject to change.

Chapel Services & Events

Call 606-5773 for other denomination worship services and events.

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

*Only the traditional service in Chapel 1 will be held on 3-day holiday weekends.

Know how to make a Caramel Frappuccino?

Volunteers are needed at the G.I. Java. Call 606-5773 for details.



30th Services News

30TH SERVICES

GOVERNMENT SEALED BID VEHICLE SALE

30th Services Division, Vandenberg AFB
Vehicles can be viewed Monday through Friday, 8 a.m. to 3 p.m. Tuesday through Sept. 15 in the rear parking lot of the Recreation Checkout Bldg. 10250. Sealed bid accepted by Rita Romine, Bldg. 11013. (1036 California Blvd., VAFB, CA 93437) through Sep. 17. Envelopes will be opened Sep. 20.

HIGHEST BID EACH VEHICLE GETS THAT VEHICLE.

- 1994 Chev. Van - min bid: \$500
- 1991 Chev. Van - min bid: \$500
- 1993 GMC P/U - min bid: \$500
- 1973 Tow Truck - min bid: \$750
- 1984 Chev. P/U - min bid \$700

All sales as is, where is.

Call Alnetta, 606-9096 or Kathy, 606-6878 if you have questions.

GOLF COURSE

Monday-LABOR DAY HOLIDAY

Course open

Call the golf course for more information at 734-1333.



LIBRARY

DIAL-A-STORY

Dial-A-Story: To hear this week's story, "Little Ida's Flowers" call the Dial-A-Story at 606-4300. Stories are available 24/7, and are updated every Friday.

NOTICE:

The Library will be closed Sept. 13 and 14 for inventory.

Call 606-6414 for more information.

AQUATIC CENTER

Special
Holiday Swim
Labor Day Monday
12 to 4 p.m.

LAP SWIMMING

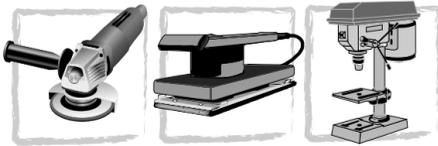
Available for swimmers 15-years and older.

Schedule:

- Mon.-Fri. 6:30 a.m. to 8 a.m.,
10:45 a.m. to 12:45 p.m.
- Mon/Wed/Fri 5:45 to 7 p.m.
- Sat and Sun 8 to 9:45 a.m.

Cost: Free for all active duty. All others, \$2. A 30-punch pass is available for \$20.

SKILLS DEVELOPMENT



Woodworking for the Beginner

September 11 & 18
11 a.m. to 1 p.m.
Total of 4-hours over 2-days

Cost of the class is \$35, materials included. Maximum 5 students

Projects will be choice of student and instructor. The 2-part class will cover safety and operation of table saw, drill press, disc and belt sanders, band saws, compound-angle sliding mitre saw and router.

Call Ted Denesha at 606-8885 for sign-up. You must sign up by 9/10/04.

Pacific Coast Club

Football Frenzy

X-treme FUN!

THIS SEASON AT THE PCC

EVERY MONDAY NIGHT IN THE ENLISTED LOUNGE
FUN STARTS AT 5PM, GAME TIME 6PM

BECOME A MEMBER OF THE
ARMCHAIR QUARTERBACK CLUB, YOU COULD WIN A NEW RECLINER!

KICK OFF!
Thursday
Colts vs Patriots

EVERY MONDAY NIGHT!

PRIZES!
Plasma TV
Trip to Atlanta vs Tampa Bay
Dec. 5
Superbowl Trip
Probowl Trip

FOOD
Complimentary light snacks at pregame tailgate party
• BBQ Hot Dogs, Hot Links & Burgers, 5 p.m. to 6 p.m.
• Complimentary hors d'oeuvres at start of third quarter

CONTESTS!
• Football Toss
• Armchair Quarterback Contest
• Trivia Contest
• 'Pick-the-Winners' Contest

MORE PRIZES!
• X-Box Game System
• Baseball Caps
• T-Shirts
• Cooler Bags

ENTERTAINMENT
DJ with music at tailgate party

DRINKS
\$1 Miller Draft Beer 5 to 6 p.m.
Buckets of Miller Beer 5 for \$7 during game
Designated Driver

NO FEDERAL ENDORSEMENT INTENDED

Pacific Coast Club MEMBERSHIP DRIVE



You've paid your dues.
Now it's time to reward yourself
with special memories.

You've put in the hard years, earned the benefits, created incredible memories - now let your Air Force Club serve you as well as you served your country. By joining, you'll definitely get treated like a million bucks. Enjoy rooms for hosting events like retirements and receptions with deep discounts for catering. Take advantage of our Travel Plus mileage and membership card rewards programs. And everyday enjoy discounts on meals or enjoy your favorite beverage with your friends.



For more information, visit <http://www.p.afsv.af.mil>

CLUB MEMBERSHIP OFFERS...

Easy Payment Options:

- By phone
- Online
- By mail
- At the cashier cage
- Automatic payments

Contact the club manager or club office for more information.



Club Membership Working to Continue Military Heritage!

FITNESS CENTER

get lean

be fit stay fit

USA Fitness & Sports

OPERATION: Stay Fit 2004 TRIATHLON
Aquatic Center September 25, 9 a.m.
44M Swim • 5K Run • 20K Bike Ride
Age Categories • Registration Deadline: September 22



Contact the Fitness Center at 606-3832 for information.

30TH SERVICES DIVISION

WORLD TOUR '04

United States Air Force Services Presents

top in blue

Air Force Expeditionary Entertainers

"Musicology"

Saturday • 7 p.m.
Doors open at 6:15 p.m.
Cabrillo High School Gym • Admission is Free
4350 Constellation Dr., Lompoc

No Federal Endorsement Of Sponsors Intended