



SENIOR AIRMAN SUZANNE JENKINS

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Special athletes

(Left) Special Olympian Bill Nelson, lights the Olympic Flame assisted by officer Ken Carroll of the California Highway Patrol. Nelson ran the last leg of the torch run during opening ceremonies for the Annual Special Olympics Harry Wood Area Games for northern Santa Barbara County and officially opened the games which took place here Saturday. (Above) Athlete Theresa Haywood gives a triumphant shout as she accepts her first place ribbon Saturday.

CE takes four AF design awards

Recent awards make nine in three years for 30th Civil Engineer Squadron

BY SENIOR AIRMAN PAUL GROVE
30th Space Wing Public Affairs

■ The 30th Civil Engineer Squadron added to its already impressive resume by collecting four 2000 Air Force Design Awards.

The awards recognized the general design plan for Vandenberg along with the facility designs of the family housing management office, the chemical test laboratory and the dormitory complex renovation. This marks the ninth award for the squadron in the last three years surpassing all other Air Force installations, according to Rick Cote, 30th CES Engineering Flight chief.

"The AFDA program gives us an opportunity to showcase our design process and the results – quality facilities," Cote said. "This positive recognition helps

promote Vandenberg as an attractive place to work and live."

The general design plan for Vandenberg received the citation award for planning studies and design guides.

Jurors commented on the highly organized, user-friendly format saying, "This exceptional in-house product provides vital information to strategically plan and execute the optimum programming, design, construction and resource management actions for the future development of Vandenberg."

The family housing management office was presented with the honor award for facility design. This facility was noted for incorporating the architectural elements of Vandenberg's award-winning family housing units while effectively communicating the regional lifestyle and predominance of architectural style.

"As the first impression airmen and their families receive upon arrival at this base, this exceptional facility establishes the level of design and construction

quality they should expect from their living units," jurors said.

The chemical test laboratory received the merit award for facility design. The state-of-the-art facility was praised as a, "...benchmark for future industrial construction," jurors said. "(It) is a shining example of excellent design applied to a function that traditionally receives little attention..."

The final award, the merit award for facility design, was presented for the dormitory complex renovation. Construction on the \$7.4 million project began in July of 1997 and was complete in April 1999.

While praising the "exemplary dormitory" and "quality living environment," jurors noted two unique aspects of the renovation project. First, they applauded the involvement of dorm residents in the design process to reflect the resident's wishes as much as possible. They also cited the projects as, "an outstanding example of facility reuse." The project cost just 53 percent of what a completely new dormitory would have cost.

Special guest athlete says 'Thanks Team Vandenberg'

■ Dear Colonel Lanning,

I wish to express my appreciation to some outstanding people and organizations here at Vandenberg.

As you know, my brother, Corey Leonhard, was able to attend the Annual Special Olympics Harry Wood Area Games for Northern Santa Barbara County as a special guest of the base.

His visit would never have happened if special groups didn't care about our people here at Vandenberg. Some of the groups and people who made his visit possible were the Air Force Sergeants' Association; Vandenberg's Top Three; the Company Grade Officers' Council; Capt. James Joyce, 30th Range Squadron; 1st Lt. J. J. Murphy, 30th Space Wing Public Affairs; and Maj. John Cherry; 30th SW Public Affairs.

I've been in the military for about nine years and the military has always looked out for me and provided for me. These groups and individu-

als have made me even more proud to wear the uniform and shown me that we are all a big family. Now they have shown my family that they're also a part of this Air Force family.

Corey would also like to pass a special thanks to you and Col. Charles Phillips for being so nice to him. Corey could not stop telling everyone and smiling about how Colonel Phillips had given him the rank insignia right off his hat. He has yet to go anywhere without it on. Even as he set off the metal detector at the Santa Barbara airport, he didn't want to take it off. It will be something he and I will remember forever.

I hope in the future this Vandenberg family will stretch their arms out to other families and help them make a special memory as they did for Corey.

Sincerely,

Staff Sgt. Andrew Leonhard
30th Space Wing Public Affairs



AIRMAN JOHN POWEROY

It was a picnic

Col. Steve Lanning, 30th Space Wing commander, congratulates the 30th Space Wing for being rated "Excellent" by the Air Force Space Command Inspector General team during the base picnic at Cocheo Park.

Stranded cyclist thanks anonymous retirees for ride

■ I have often read in the *Space & Missile Times* of a retiree writing to thank an active-duty member for helping them out. I would like to turn the tables and thank two retirees for helping me out.

As a member of the U.S. Armed Forces Cycling Team, I cover up to 10,000 miles a year on my bike. I am usually prepared to fix a flat while out on the road, however this day I was not. As I pondered the long walk back to the gym from this remote part of the base, two retirees in a truck offered me a ride. I kind of got the impression that they were going out of their way for me. As I sat in the bed of that pick-up truck, I pondered what they had done in service to our country. Unfortunately, I don't know their names, but I got the impression that they were

World War II-era veterans.

The next time you see a retiree, think about what he or she has been through. Greet them with the respect they have earned. But most of all, smile at them!

Master Sgt. Joseph Otero
30th Space Wing Plans

Retiree grateful for son's medical care

■ I'm a retiree and my son is still a dependent. We're on Tricare Prime. We had to use the hospital services quite a lot recently.

My son dislocated his kneecap in November of '99; after that recovery, he cut his right thumb

to the bone, which required stitches. They did that here in the hospital immediately. And now he's down with mononucleosis, a severe case.

Each time we've had excellent service from the appointment desk clerks, to the health-wise nurses, X-ray lab technicians, primary care, especially, and also pharmacy.

I just wanted you guys to pass that on if you can. Thank you very much.

Loraine Villegas



Col. Steve Lanning
Commander,
30th Space Wing

Commander's Action Line

As the wing commander, my primary focus is on the mission, and I believe that our mission success will be based on how well we care for our people on and off the job.

The Action Line is your direct link to me. It provides an avenue for you to voice your concerns, share constructive ideas or give your fellow base members a pat on the back. The Action Line is not a replacement for using the chain of command.

Callers are asked to leave their name and contact number in case more information is needed.

I want Vandenberg to continue to be the best Air Force base in the world. Working together, it will be.

606-7850

No plans to open El Rancho gate

Q I work for Orbital Science. I was wondering, with the gas prices the way they are right now and the extra miles we have to go, will it be possible to open El Rancho Gate for two hours in the morning and two hours in the afternoon to help the people who work on this side of the base? Thank-you very much.

A Thanks for your question. We have no plans to open this gate in the future. This gate and road have been closed for some time.

We currently man five installation gates and do not have the manning to support opening another. The number of people working on North Vandenberg doesn't justify the need to man a gate and remove a response element from the community. Further questions or concerns regarding road closures should be addressed to the 30th Civil Engineer Squadron.

SPACE&MISSILETIMES

Col. Steve Lanning
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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.

Publication deadline is 4:30 p.m. every Friday. The Public Affairs Office reserves the right to edit all submissions for style and space. 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.

Special Olympics 2000

Team Vandenberg provides 'Service Before Self'

BY MASTER SGT. TYLER FOSTER
30th Space Wing Public Affairs

Team Vandenberg, you did it again! After what seemed to be a month of non-stop high-intensity operations, you found the grace to dig a little deeper to give to a special group of people who really needed, and received, your help.

Saturday, more than 500 of you joined hands with organizations from throughout the area to make the Annual Special Olympics Harry Wood Area Games for northern Santa Barbara County a spectacular event.

You were out there on that chilly, gray morning full of cheer and good will. I'd swear that your spirits mixed with those of the athletes and burned the clouds away to reveal a jewel of a day.

There are probably many good reasons that our leaders picked "*Service before self*" as one of our core values. One of those reasons must have been staring them right in the face whenever they looked at their airmen, NCOs and officers.

It's our people.

People like Staff Sgt. Scottie Cantrell, who spent the day pushing his

wheelchair-bound buddy, Fred Retzlaff, to and from the bowling center.

Volunteering for his third time with Special Olympics here, he captured the essence of Vandenberg's spirit that day remarking, "It's a great way to give back."

You give not because it's written in some directive, or because you're told to do it. You give because it feels good—it re-energizes you.

It's people like Capt. James Joyce, who has been involved with Special Olympics since he was a kid at Nellis Air Force Base, Nev. This year Joyce stepped up to the plate and took a swing as the base chairman for the games.

Joyce and his team of coordinators hit one right out of the park. They shared their "can do—will do" attitude with everyone, making this year's event the standard here in years to come.

Jim Davis, the track and field events coordinator, hailed Saturday's games as the most organized event in the 12 years he's been involved with the games at Vandenberg.

People like Airman 1st Class Khamson Manisisaket and Airman Dan Zink, who volunteered for extra duty as bus drivers. These first-time

volunteers hauled two busloads of very excited Special Olympians from Santa Maria.

They stayed the whole day, enjoyed the activities and reveled in the athletes' spirit and camaraderie.

Another first-time Special Olympics volunteer, 1st Lt. John DeVincenzo, joined hundreds of others who noticed how encouraging everyone was to the athletes and volunteers.

Our vice commander, Col. Charles Phillips, encapsulated the atmosphere with a simple statement, "If there's a first place in Special Olympics for energy and enthusiasm, everyone here walks away a winner."

The folks on the field weren't the only ones with the winning moves either.

Vandenberg's Company Grade Officer Council, Top Three Association and Air Force Sergeants' Association ponied up nearly \$400 to bring another Special Olympian here all the way from Iowa.

Why? Because it was the right thing to do—it felt good.

This 25-year-old Special Olympics World Games gold medalist is part of Team Vandenberg's family. Corey

Leonhard is the brother of the 30th Space Wing's Staff Sgt. Andy Leonhard.

Andy missed Corey's winning 200- and 400-meter races at the games last year in Raleigh, N.C., but Corey was thinking about his big brother as his chest broke the ribbon.

Corey was both surprised and honored to be invited as a distinguished guest. Andy was, and still is, genuinely touched by Team Vandenberg's generosity. Before Corey left to go back to Iowa, he shared a special thought. I'm sure all of the participants in this year's games would echo that thought to you, Team Vandenberg.

"I would like to tell you thank-you very much for being invited to be your guest. It was an honor."

The honor was all ours.

"If there's a first place in Special Olympics for energy and enthusiasm, everyone here walks away a winner."

**Col. Charles Phillips,
30th Space Wing vice commander**

Motocyclists get free safety class

BY MASTER SGT. TYLER FOSTER
30th Space Wing Public Affairs

■ Now that spring is in the air, Team Vandenberg's motocyclists are eager to get their motors runnin' and head out on the highways.

Before they do, each rider who works or lives on base has to meet some training requirements before swinging a leg over the saddles of their machines.

In the past, Team Vandenberg members could receive their training here during duty hours and often times, military members volunteered to be California Motorcyclist Safety Program instructors here, said Dave Barcelona, 30th Space Wing Occupational Safety and Health specialist.

"As an additional duty, however, it became more and more difficult for instructors to break away and teach classes. The work load was not evenly distributed, so we explored other alternatives," he said.

"Now people who are mandated to attend will have to take the course at Allan Hancock College in Santa Maria," stated Florence Pangelinan, 30th Space Wing Ground Safety manager.

The course is free for riders who fall into one of the regulated categories, she said.

"However, once they've registered and been assigned a specific class, should they fail to attend the class due to personal circumstances, they will have to personally pay 'out of pocket' for the course," she said.

"Military members are required to attend or have attended an approved motorcycle rider safety course if they operate a motorcycle on or off duty, on or off base," Barcelona said.

Additionally, according to DOD



A motocyclist shows off the protective gear required for riding on base.

Instruction 6055.4, Department of Defense or Non-appropriated Fund civilian employees; Corps of Engineers Civil Works employees; Youth or Student Assistance Program employees; foreign nationals employed by the DOD and employees of the Army and Air Force Exchange Service must meet the same requirements.

This is regardless of whether riders choose to register their motorcycle on base or not, Barcelona said.

Retirees, contractors, dependents, and all other non-Air Force civilians are encouraged, but not required by the Air Force, to attend an approved motorcycle rider safety course, he said.

California law requires riders under the age of 21 to complete the motorcycle rider course.

"Dependent motorcycle riders who fall into this category must attend at their own expense," Pangelinan explained.

"Remember that while civilian riders are only held to these standards when

riding on base, military riders must comply with these requirements on and off base," Barcelona emphasized.

He also noted, "There are no changes to the requirement for all motorcycle riders and their passengers to wear the required personal protective equipment."

There's another consideration for motorcycle owners who plan on lending their vehicles out to friends or prospective buyers, he said.

They should ensure the person is licensed and authorized to ride a motorcycle, Barcelona cautioned.

"A recently passed California law mandates the impounding of a vehicle involved in an accident for up to six months when operated by an unlicensed driver," he said.

"All fees associated with the impoundment must be paid for by the owner of the vehicle," he added.

Contact the 30th SW Ground Safety Office at 605-7233 for more information and scheduling.

Motorcycle riders need protection

■ Department of Defense Instruction 6055.4 and Air Force Instruction 91-207 outline the following mandatory personal protective equipment for all riders on base:

Helmets must be certified to meet Department of Transportation, Snell Memorial or American National Standards Institute standards, and be properly fastened under the chin. "Beanie" helmets do not fulfill DOT safety requirements and are not authorized.

Eye protection must be impact- or shatter-resistant goggles, or full-face shield, properly attached to the helmet. Eyeglasses alone are not proper eye protection, nor are the motorcycle's windshield, unless the windshield is equal to or higher than the height of the operator's helmet, when sitting in an upright position.

Sturdy footwear is mandatory. Leather boots or over-the-ankle shoes are strongly recommended.

Protective clothing. Long trousers and a long-sleeved shirt or jacket must be worn while operating or riding on a motorcycle. Additionally, a brightly colored, outer upper garment must be worn during daytime rides and a reflective upper garment must be worn at night. These must be clearly visible and not covered by backpacks or similar accessories.

Rearview mirrors. Motorcycles must have rearview mirrors on the handlebars.

Gloves. Riders and their passengers will wear full-fingered gloves that are designed for use on a motorcycle.

Detection, intervention key to safeguarding children

BY CAPT. PAULA HANSEN
30th Civil Engineer Squadron

■ April is Child Abuse Prevention Month. "This is an emotionally charged topic which makes it difficult to talk about," said Donna Rathbun, victim witness coordinator. "But the more we educate ourselves, the better equipped we will be to protect our children. It's important that we first understand what constitutes abuse and how to recognize the signs."

There are four categories of child mistreatment, Rathbun said, physical abuse, emotional abuse, sexual abuse and neglect. Nearly two million

children suffer from one or more of these forms of mistreatment each year.

Physical abuse is defined as inflicting injury by purposely hitting, slapping, biting, shaking, kicking, burning, using objects to inflict corporal punishment, or a variety of other means. "A parent may 'spank' a child while frustrated or angry, and not be aware of the force they are using," Rathbun said, "causing unintentional, yet serious injury."

Just as physical injuries can scar a child physically, emotional cruelty can devastate a child emotionally, intellectually and behaviorally. Verbal assaults,

belittling, screaming, threatening, blaming or humiliating can crush a child's spirit and self image. "Emotional abuse," Rathbun said, "can be a self-fulfilling prophecy. If a child is put down enough, they will begin to live up to that image."

The sexual abuse of children may be physical or non-physical. Examples would be indecent exposure, peeping, fondling or intercourse. Rathbun said, "It's important to understand that victims of child sexual abuse may be boys or girls of any age."

..... See CHILDREN on Page 7

NEWS**BRIEFS****EBERHART DECLARES
'GOAL DAY' FOR AFSPC**

■ General Ralph Eberhart, commander AF Space Command, designates April 21, as a "GOAL DAY" for Headquarters NORAD, Headquarters U.S. Space Command and all AFSPC.

Military members not required for mission essential duty are authorized to spend the day with their loved ones. Civilians' supervisors are encouraged to authorize liberal leave, allow their employees to use previously approved time-off awards or take earned compensatory time. Shift workers who are required to work during this down day, should be to allowed compensatory time off as soon as possible.

**TAX DEADLINE LOOMS
CLOSE, RETURNS DUE**

■ Beginning today, only paper-filing is available for tax returns filed through the base legal office. The deadline for filing state and federal returns is at midnight Monday. For more information, call Ann Fox in the tax office at 605-3668.

**HAWKS PIE BOSSES' FACES
IN SESTO AUDITORIUM**

■ April 28 is the 2000 Pie-in-the-Face fund-raiser for Guardian Challenge. Base members can throw a pie in the face of their favorite boss or friend at 1 p.m. in Sesto Auditorium. Bosses raising the most money get a pie in the face.

**GUARDIAN CHALLENGE 2000
STARTS WITH FIERY BLAZE**

■ The annual Guardian Challenge bonfire is scheduled for 5:30 p.m., April 28 at Cocheo Park. There will also be a chili cook-off at the event. Cost is \$5 to enter the contest and \$1 for a bowl of chili. For more information, call Master Sgt. John Staab at 606-1188.

**GUARDIAN PROGRAMS
NEEDS VISITOR ESCORTS**

■ The 30th Operations Support Squadron's Guardian Programs Office needs officers to serve as escorts for distinguished visitors during Guardian Challenge 2000 which will run May 1-5. All volunteers should be in the ranks of second lieutenant through major.

Strong military bearing and communications skills are necessary. Call Capt. Elizabeth Lindsay at 606-2959 to volunteer.

**COMMISSARY, MINI-COMM
CLOSE FOR EASTER SUNDAY**

■ The main commissary and mini-comm will be closed for Easter on April 23. Regular hours resume April 24. The Mini-comm will be open from 9:30 a.m. to 9 p.m. and the commissary will be closed.

**CCAF HOLDS SPRING
COMMENCEMENT IN CLUB**

■ The Community College of the Air Force spring graduation is April 28 at 1 p.m. in the Pacific Coast Club. For more information, call Chief Master Sgt. Eileen Berning at 606-0420.

**COANG OPENS DOORSTO
SEPARATING AIRMEN**

■ The Colorado Air National Guard has part-time openings for airmen in the following Air Force Specialty Codes: 1C631, 1N051, 3E351, 2W1X1, 2W0X1, 2S0X1, 3P0X1, 2A6X4, 2A6X2, 1W0X1 and 3M0X1. For more information, call Master Sgt. Don Pipkin at (800) 491-0028, DSN 877-6508 or (970) 350-9008.

**CORRECTION FROM APRIL 7
SPACE & MISSILETIMES**

■ Last weeks Space & Missile Times story on the 30th Medical Group's new Primary Care Team was written by Capt. (Dr.) Laura Polito, 30th Medical Operations Squadron.

**COMPANY GRADE OFFICERS'
COUNCIL MEETS AT PCC**

■ The Company Grade Officers' Council will meet at 3:30 p.m., April 28 in the Pacific Coast Club. This is a change from the meeting previously scheduled for April 21.

**TOPTHREE MEETS
AT PACIFIC COAST CLUB**

■ Vandenberg's Top Three will hold their next meeting at noon, Thursday at the Pacific Coast Club. The group meets to discuss various enlisted concerns.

**SELF-HELP STORE EXTENDS
HOURS FOR SUMMER**

■ Vandenberg's Self-help Store will be open from 9 a.m. to 1 p.m. every other Saturday in addition to its regular store hours.

Children from Page 4

Neglect is willfully failing to provide for a child's emotional, physical or nutritional needs, or failing to provide supervision.

According to Rathbun, "There is no 'typical' child abuser. As much as we'd like to believe it's the 'boogey man' who abuses our children, most abusers are ordinary people, and more often than not, they're the child's parents, relatives or family friends. They are the 'excellent

Power of prevention

■ To celebrate Child Abuse Prevention Month, the 30th Medical Group's Family Advocacy Office will have an information booth at the base exchange today and at the clinic Wednesday from 10 a.m. to 3 p.m.

performers' and the guy 'I would have never suspected.'"

Federal employees, military and civilian, are required to report known or suspected child abuse, except in cases of complete confidentiality such as the area defense counsel and chaplain.

Base members who know or believe a child is being abused or neglected should call the 30th Medical Group's Family Advocacy Office at 606-5338 during duty hours. After duty hours, members can call the command post at 606-9961 and ask for the on-call mental health provider. If the physical or sexual abuse is in progress, call the Law Enforcement Desk at 606-3911.

Author's note: It is imperative that we take responsibility for the safety and welfare of all children. When in doubt, report it. Let the experts make the determination. I can live with myself if I make a report which is later unsubstantiated. I could not live with myself if I didn't make the report and a child suffered physical, emotional or sexual abuse,...or worse. Don't say, "It's not my business how other people raise their children." Recognizing and reporting child abuse is everyone's business.

Signs of child abuse

SEXUAL:

- * Unusual fear of a particular place or room. Fear of a bed or the bathtub.
- * Persistent sexual play with friends, toys or pets.
- * Sudden reluctance to be alone with a familiar person.
- * Withdraws abruptly from an activity or club.
- * Sudden poor school performance.
- * Sudden request for locks on doors, asking questions about protection.
- * Abrupt change in behavior such as isolation, panic, loss of appetite or nightmares.

PHYSICAL:

- * Recurring injuries; injuries in different stages of healing.
- * Unexplained or conflicting explanations of injuries.
- * Injuries in unusual areas, such as bruises on the back.
- * Specific marks left by belts, buckles, handprints or bites.

EMOTIONAL:

- * Overly rigid following instructions of teachers, doctors, other adults.
- * Makes comments like, "Dad always tells me I'm bad."
- * Withdrawn or apathetic.

NEGLECT:

- * Unsanitary conditions in home (garbage, feces).
- * Child is dirty, lacks hygiene.
- * Always sleepy or hungry.
- * Clothing is always dirty, inadequate for weather.
- * Poor supervision, repeated falls down stairs, ingestion of harmful substances, children caring for other children.

One of the most important grounds for suspicion is... **The child tells someone.** It is essential that the child NOT be ignored or the gravity of the situation be minimized.

APRIL



At the Movies

Tonight

Down to You (R) 7:30 p.m.

Saturday

The Tigger Movie (G) 3 p.m.

The Whole Nine Yards (R)
7:30 p.m.

Sunday

The Tigger Movie (G) 3 p.m.

The Whole Nine Yards (R)
7:30 p.m.

14

FRI

■ Barbecue and summer fun go hand-in-hand. Learn how to do it safely at the

Health and Wellness Center **barbecue class** today at 11:30 a.m. in the HAWC. Call 606-2221 to reserve a seat.

15

SAT

■ The youth center is holding a **youth festival** Saturday from 10 a.m. to 3 p.m.

at the youth center. Call 606-2152 for more information.

■ A **free health fair and child's day** is Saturday from 11:30 a.m. to 3 p.m. at 1033 North H Street next to K-Mart in Lompoc. The city police department will be on hand to fingerprint ID children, the Lompoc Fire Department will have a truck on display, Best Care will give free blood pressure and diabetes testing, and Brown Bag Drug Counseling will have a pharmacist available to answer any medication

questions. Current information from the YMCA, U.S. Census Bureau, Food Pantry, Partnership for Families, Mothers Against Drunk Driving, and La Leche League will also be available at no cost. All services, literature, gifts and refreshments are free to the public. Non-perishable donations to the Food Pantry are appreciated.

■ La Purisma Mission State Historic Park comes alive with the sights, sounds and smells of a time gone by Saturday from 11 a.m. to 2 p.m. during **Mission Life Day**. The costumed members of Prelado de los Tesoros will demonstrate mission-era crafts. Members of the public can experience bread baking, tortilla making, blacksmithing, candle making, spinning, weaving and soap making. Normal admission fees of \$5 per car or truck, \$10 per van and \$20 per bus apply.

■ A **Helicopter Show and Awareness Day** is scheduled for Saturday from 10 a.m. to 4 p.m. at the Los

Alamitos Army Airfield. More than 35 helicopters will be on display. Admission is free. Helicopter rides are \$20. Call (213) 891-3636 for more information.

18

TUE

■ The Officers' Spouses' Club is holding a **silver and crystal bingo and**

Mediterranean buffet dinner Tuesday at 6:30 p.m. The cost is \$14.50. Call Karen Dawson at 734-9629 or Glenda Riegel at 734-2528 by Thursday.

■ Parents with children ages 2 to 5 can socialize while their children play when they participate in a group called **Playtime for Tots**. The group meets every Tuesday at 10 a.m. at various locations in the local area. Call Beki at 734-2668 for more information.

20

THU

■ **Baby Meet** is a group for parents who are expecting to have a baby or already

have an infant younger than two. The group meets every Thursday at 10 a.m. at various locations for play and parenting support. Many parents now participating in the group will graduate when their children turn two this summer. The Baby Meet is an opportunity for families to make new friends and visit locations in the local area. Call Jill Barela at 734-0939 for details.

■ The **Retiree Activities Office** holds its quarterly potluck luncheon Thursday at 1 p.m. in building 10364. Marquez Booker, the County Veterans Services officer, will discuss services that are available to military retirees and dependent spouses. Anyone who would like to attend should call Rhonda Cannon at 606-5474 between 10 a.m. and 2 p.m. Tuesday through Friday to sign up for a potluck dish.

22 SAT

■ The youth center's annual **Easter egg hunt** is April 22 from 1 to 2:30 p.m. at the youth center. Call 606-2152 for information.

24 MON

■ Would-be rocket scientists can prove they build the best rocket at Vandenberg during the fourth annual **Model Launch Vehicle Competi-**

tion, April 24 at 9 a.m. on the base's parade ground. All military and civilian organizations at Vandenberg can compete. The entry fee is \$50 and includes a rocket kit and engine. Prizes will be awarded for the most accurate launch to a target and best-looking model rocket. All proceeds benefit the Vandenberg Competition Association. Call Capt. Tony Ricci at 606-16542 or e-mail at anthony.ricci@vandenberg.af.mil for details and a rocket kit.

27 THU

■ Faculty members at **Cabrillo High School** will hold an open house April 27 from 5:30 to 8:30 p.m. Parents and students are invited to see student displays, diving exhibi-

tions, musical performances and the aquarium and reef projects. Call 733-4538 for the schedule of events.

■ The **Santa Maria Valley Chamber of Commerce and Visitor and Convention Bureau needs volunteers** to help with the influx of visitors who come to Santa Maria in the coming months. Volunteers typically spend four hours a week at the visitor center answering phone calls and walk-in questions, as well as helping with special projects. Volunteers

should have good people and phone skills, computer ability, and be familiar with the area and its attractions.

JUNE

1 THU

■ The **57th Annual Santa Maria Elks Rodeo and Parade** is scheduled for June 1 through 4 at the Santa Maria Elks Unocal Event Center at 4040 Highway 101. Call (805) 922-6006 for ticket or rodeo information.

2 FRI

■ The entry deadline for the **Lompoc lapel pin design contest** is June 2 at 5 p.m. The contest is open to Lompoc Valley residents ages 13 and older and includes a \$200 cash prize to the artist whose entry is selected as the official city lapel pin. The winner will be announced July 18. For more information, see the rules and entry form at Lompoc City Hall or visit the city's website at www.ci.lompoc.ca.us. Entry forms are also available at the Lompoc Chamber of Commerce, Lompoc Museum, Lompoc Library, and Lompoc Valley Arts Association Cypress Gallery. For more information, call Laurel Barcelona at 736-1261, extension 8204.

Let me win, but if I cannot win,
let me be brave in the attempt

Athletes win at Special Olympic games



SENIOR AIRMAN SUZANNE JENKINS



SENIOR AIRMAN JEANNETTE COPELAND

Flying colors

(Top) The Vandenberg Air Force Base Honor Guard leads athletes and escorts in a parade to start the day's events. The Annual Special Olympics Harry Wood Area Games for northern Santa Barbara County took place on Vandenberg Saturday at the base track and bowling alley. (Above) Dancers from the Central Coast Rhythm Group perform for athletes and guests in the Olympic Village. (Right) Athlete Michael Webb of Santa Maria gives a thumbs-up after taking second place in his event.



SENIOR AIRMAN SUZANNE JENKINS

Col. Ken Cinal, 30th Operations Group commander, hugs an athlete after presenting him a ribbon for third place in his event.



AIRMAN JESSICA RAMOS

SENIOR AIRMAN JEANETTE COPELAND



Everybody wins

Athlete David Grian jumps for all he's worth during his chosen event, the standing long jump.



SENIOR AIRMAN SUZANNE JENKINS

Between events, athlete Roy Schwegman takes a swing at the heavy bag in Olympic Village.



AIRMAN 1ST CLASS DAVE CLOWER

Bubbling over

(Left) Special Olympian Ana Sanchez and her escort blow soap bubbles during a break between events.

Strategies to make time for strength training

By CHAD TACKETT

Global Health and Fitness

■ For those of you who have very limited time to devote to exercise, but are serious about getting or staying in shape, this information can help.

Most fitness experts agree that even devoting 30 minutes to strength training two or three times a week is sufficient for strength and muscle development.

Many people make the mistake of adding more exercises and sets to their program to make it harder.

To increase intensity, do not look for ways to do more exercise, look for ways to do the same or even less, by efficiency. Try to increase the intensity and shorten your workout time by using the following methods.

WORK SEVERAL MUSCLES IN ONE EXERCISE

One way to fit weightlifting into your busy schedule is to choose exercises that work several major muscle groups at the same time. Squats or the leg press works the quadriceps, hamstrings, buttocks, and calves. Essentially, you will be training four muscle groups at the same time with these exercises.

LIMIT RESTING TIME

Skip the usual minute or so of resting time between exercises. You can do this by doing supersets, which involves doing two or more successive exercises for a given muscle group without rest in between. This can be done one of two ways:

The first is to do two or more exercises in a row for the same muscle group without any rest in between. For example, do a set of the shoulder presses and follow them immediately with a set of lateral raises. This saves time and forces a lot more blood into the shoulders and provides a more intense and effective training stimulus for the shoulder muscles.

The second way to do supersets is to train two opposing muscle groups without any rest in between. You can use this superset style of training for two different muscle groups, but only if they have a protagonist/antagonist relationship with each other. In other words, on any given lift one muscle is contract-

..... **.See STRENGTH Page 13**

RAFTING TEAM SEEKS GUIDES

■ The Vandenberg Whitewater Team needs new members to become whitewater rafting guides for the upcoming season.

New guides will be trained on trip preparation, logistics, guiding techniques for Class I to Class IV+ rapids, whitewater rescue, and CPR/first aid. After training is complete, new guides help plan and execute Outdoor Recreation rafting trips on the Kern and American rivers.

Whitewater guide school is scheduled for May 7-13 on the Kern River. Prospective guides must be at least 18 years old and a military member, dependent or Department of Defense civilian assigned to Vandenberg.

For more information call Capt. T.J. Lincoln at 606-2724.

LETTERS DUE FOR SOFTBALL SEASON

■ Letters of intent for the 2000 intramural softball season are due to the fitness center staff not later than May 12. The season is scheduled to start May 22. A coaches' meeting will be held May 15. For more information, call Staff Sgt. Marvis Neal at 606-3832.

2000 INTRAMURAL VOLLEYBALL

NATIONAL LEAGUE

	W	L	Pct.
576th FLTS	3	0	1.000
392nd TRS	3	0	1.000
30th SFS	3	0	1.000
381st TRG	2	1	.667
30th LG	0	3	.000
30th TRANS	0	3	.000
30th SVS	0	2	.000
30th COMM	0	2	.000
30th CES No. 1	0	1	.000
As of April 6			

AMERICAN LEAGUE

	W	L	Pct.
533rd TRS	2	0	1.000
2nd SLS	2	0	1.000
Det. 9	2	0	1.000
614th SOPS	1	1	.500
30th MSS	1	1	.500
30th WS	0	2	.000
30th CES No. 2	0	2	.000
30th MDG	0	2	.000
As of April 6			

STRENGTH Continued from Page 12

ing and the other muscle is relaxing (such as the biceps and triceps when performing a biceps curl). Choose muscle groups that are physically close together such as biceps and triceps, or chest and back, or quadriceps and hamstrings.

HAVE ALTERNATE EXERCISES FOR EACH MUSCLE GROUP

This is especially important for those who are pressed for time. Often there will be someone working on the piece of equipment you want to use. You should always have a back-up plan, an alternate exercise that trains the same muscle group.

For the person working out, the greatest challenge is not learning new exercises or the proper technique; it's not learning how many sets or reps to do or how much weight to use; and it's not deciding when or how to change your routine. The greatest challenge facing you at this moment is deciding whether you're willing to take action and make time for yourself and make strength training a priority.

When you begin achieving great results, the excitement and fun you experience will make the change and time you've spent well worth the effort. Action creates motivation!

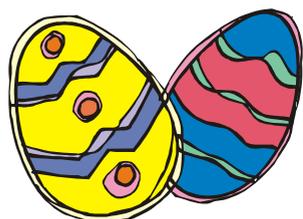
S 30th Services

NEWS

Youth Center

Easter Egg Hunt!

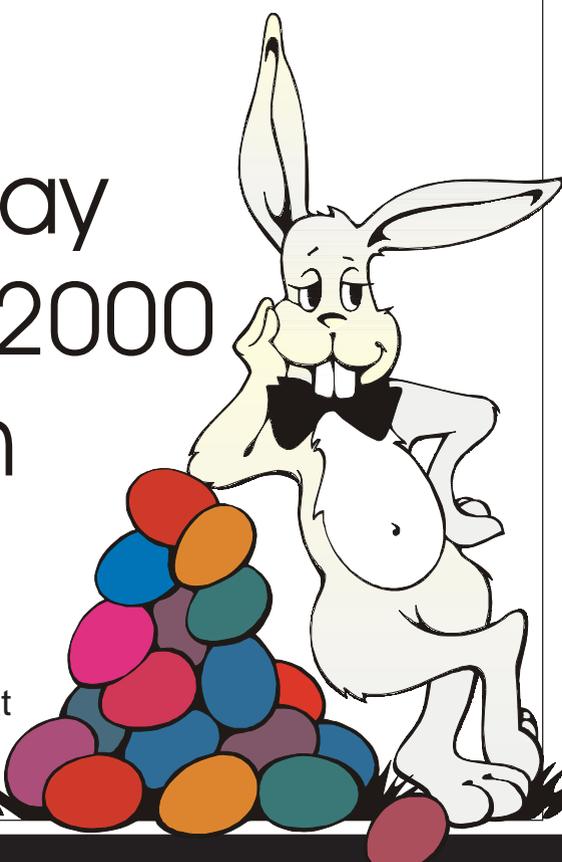
Base wide



Saturday
April 22, 2000
1pm

FREE!

Call The Youth Center at
606-2152 for more
information

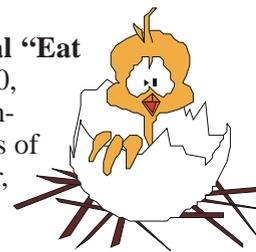


BOWLING CENTER

5 Game Marathon – Saturday, with no final steps including divisions for both men and women. Cost: \$12 per entry. Check in at 5:30pm and bowl at 6 p.m.

April 17-22 – Every league bowler that recruits a bowler for a Summer League can practice all summer long, FREE. Bowl must bowl in a Summer League to qualify at Vandenberg Bowling Center.

Bowlers Special “Eat and Bowl” April 20, \$6.50 per person includes; three games of bowling, hamburger, fries and beverage, 4-9 p.m.



YOUTH CENTER

Youth Festival – Come and celebrate the month of the Military child at the Youth Festival on April 15th from 10 a.m.-3 p.m. Try your bike skill on the obstacle course or check out a Fire truck. There will be something of everyone! Join us at the Youth Center!

Spring Break – Join the Youth Center at the Bowling Center for bowling on April 19th and 21st from 2- 4 p.m. Price per game is \$1.00 (free shoe rental).

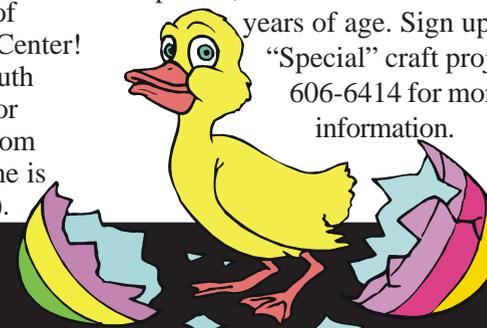
DINING FACILITY

Are you Home Sick? Just when you thought the dining facility ran out of ideas for meals...Services comes up with the ultimate idea! We racked our brains and came up with the solution to all your home-sick problems! **“Home Recipe Program”**. Submit to us your mom or grandmother’s awesome home recipe and you could be eating a nice “home cooked” meal that you’ve missed since Basic Training! If your recipe is chosen, your name will appear on the menu board by the meal item. *Now’s your chance to grab mom’s recipe and bring it to the AETC Dining supervisor so we can make it up for you!*

“Dial-A-Menu” phone number for the AETC Dining Facility is 606-2595.

LIBRARY

Base Library Saturday Story Time! April 15, at 10 a.m. For children 3 to 9 years of age. Sign up for “Special” craft project! Call 606-6414 for more information.



APRIL REMINDERS!

Pacific Coast Club
Tonight
10 p.m. to 2 a.m.
Hawk’s Nest
with DJ Guy

Latin Dance Night



NIGHTER

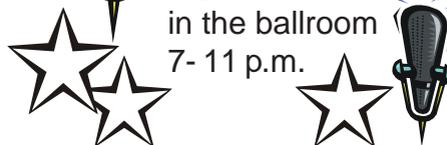
Pacific Coast Club
Tomorrow
in the Hawk’s Nest
9 p.m. to 4 a.m.
Lounge opens at 8 p.m.



Pacific Coast Club

You Can Be A Star!
KARAOKE

April 21
in the ballroom
7- 11 p.m.



Pacific Coast Club

Club Card Drawing

Every Friday in both lounges 6 p.m.
(Must be present to win)



30th Services

NEWS

Pacific Coast Club

Easter Sunday Brunch



April 23
Seatings at 11am & 1:15pm

Rabbits - \$15.95
Bunnies (5-11) - \$6.95

The Easter Bunny will be there!
Bring your cameras!
Special Easter Egg Hunt at your table!
Be the lucky winner of a toy store gift certificate!

Reservations are required, call 734-4375.

SKILLS DEVELOPMENT CENTER

Craft Fair

Crafters reserve your tables early, \$15.00 per table. Call Frank Gomez at 606-9487 for more information. The Fair will be held on May 25 at the Services Center.

FITNESS CENTER

Mountain Bike Race – April 22, 9am at the Fitness Center. Registration deadline is April 19. For more information call SrA Castillo at 606-3832.

2nd Annual May Fitness Day – May 12 at the Base Track. Opening ceremonies begin at 8am. Sign up for events at the Fitness Center or with your Squadron Sports Representative. For more information or to volunteer for this event contact SrA Castillo at the Fitness Center, 606-3832 or see your Squadron Sports Representative.

OUTDOOR RECREATION

Horseback Riding - Circle Bar B Ranch, April 22, \$35.00 per person (Must be 12 years old). Registration deadline: April 14.

Paintball trip - Santa Margarita Central Coast Paintball Park, April 29, \$5.00 per person (transportation only). Pay at the park, \$24 all equipment included or \$15 if you have your own equipment. For details call Michael J. Renner at 606-5908.

SPECIAL OFFER



MARSHALLIA RANCH

All golf carts and range balls half price, all day.

GOLF COURSE

Pacific Coast Club



Crab Legs

April 26

\$16.95 per person
6 to 8 p.m.

(Reservations please, call 734-4375)

All-you-care-to-eat

Students donate to local shelter

COMPILED FROM STAFF REPORTS

Vandenberg Air Force Base

■ Each month, the Before and After School Program at Vandenberg chooses an activity that expresses the community involvement of the students in the program. During February, children at the Youth Center Program chose to adopt homeless children at the Hope Center School Age Program in Lompoc.

Hope Center cares for 20 children who are without a permanent home. The children gather in a small room in the rear of a homeless shelter. There the children are able to play and interact with other children and staff in a fun, positive environment. The Hope Center survives primarily on donations from the community.

The children from Vandenberg chose to reach out to the children at Hope Center and provide activity supplies for

them. They conducted a supply drive and gathered crayons, paper, markers, sidewalk chalk, books, games and many other needed items.

"The children learn so much from their monthly community service projects," said Teresa Rivenes, School Age Program coordinator. "They've picked up litter on base, planted gardens, helped with Toys for Tots during Christmas, and conducted canned food drives for the base food pantry during Thanksgiving.

"They're learning to have compassion for those who are less fortunate, and they're learning how they can make a difference in their community," Rivenes added. "We believe the children get back more from these experiences than they can ever give. Our goal is to help the children of Vandenberg develop into responsible, mature and giving adults."

Local student tours Europe with band

COMPILED FROM STAFF REPORTS

Vandenberg Air Force Base

■ Jennie Darling, daughter of Tech. Sgt. Richard and Carrie Darling, has been accepted as a member of the Spirit of America National Honor Band 2000 for its 23rd Annual Performing Tour of Europe.

Jennie will represent Lompoc and Vandenberg AFB as an emissary to the people of Western Europe. She was chosen on the basis of maturity, performance, and the ability to represent the best of American youth.

The Spirit of American National Honor Band will tour and perform in Luxembourg,

Austria, Switzerland, Liechtenstein, Germany, Holland, France and Belgium. Band members will also perform for the diplomatic community as well as for thousands of people in Geneva, Switzerland, on the Fourth of July at a celebration hosted by the local American Club.

Jennie will join other students selected for the band, rehearse for five days, then fly to Europe for 14 days of touring and performing.

Anyone interested in making a donation to cover Jennie's expenses for the trip can call her band director at 733-4538 or the Darlings at 734-0106.