

Members get wet for survival training

BY TECH. SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ The roar of jet engines is seldom heard at Vandenberg, but if you listen closely, the staccato chop of helicopters assigned to the 76th Helicopter Flight can be heard on a regular basis on the base and in the surrounding area.

Training is a constant of military life. For members of the 76th HF, the nature of the training Friday involved some serious water immersion.

It was underwater egress training, said Maj. Karen Cox, 76th HF commander. It was conducted in the ocean off the southern coast of Vandenberg near the boathouse.

“Training has to be as realistic as possible,” she said. “In this training scenario, a person is in a simulated helicopter crash in water,” Cox said.

The member is strapped in a cage that represents an aircraft cockpit, immersed in water, and turned upside down.

The cage is turned upside down because the helicopter is top heavy and flips upside down after it enters the water, she said.

The water survival training was excellent, said Tech. Sgt. Rodney Jones, 30th Communications Squadron still photographer. After Jones was submerged and turned upside down, he inhaled some air from his attached breathing apparatus, unstrapped himself from his seat in the cage, and swam to the water’s surface.



TECH. SGT. BRUCE DZITKO

Tech. Sgt. Rodney Jones, 30th Communications Squadron, is strapped in a training cage and immersed in the ocean during water survival training here.

The upside-down cage can disorient a person, especially in water, Cox said, but crewmembers have to be able to escape a helicopter crash in water, she added.

“Getting out of the cage is not that difficult,” said Jones. If a person establishes a reference point before he enters the water, he can keep his bearings under water, he explained.



TECH. SGT. BRUCE DZITKO

Tech. Sgt. Rodney Jones, 30th Communications Squadron, prepares to get in the cage during water survival training.

See WATER Page 6

Donation drive fills Airman’s Attic

BY TECH. SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ The shelves are full at the Airman’s Attic after a successful furniture and dish drive by the Vandenberg Enlisted Action Team Aug. 7 through 12.

“It was a very successful drive,” said Airman 1st Class Danny Twyman, Vandenberg Enlisted Action Team president. A number of large items, like couches and washing machines, were donated along with other furniture and dishes.

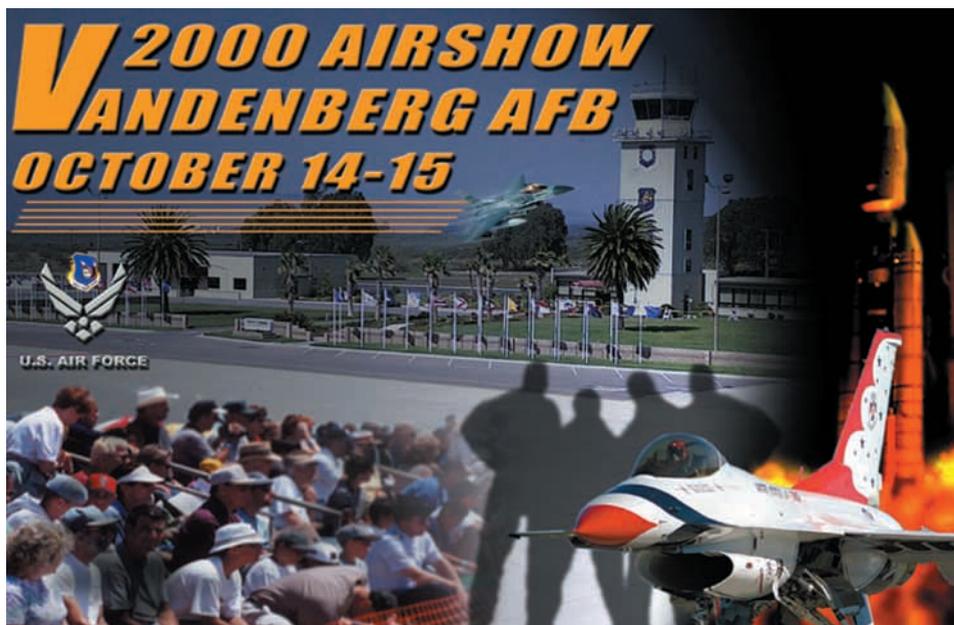
The items can come in handy for junior enlisted members just starting their

careers, Twyman said. People who need household items should contact their first sergeant.

The drive’s aim was to replenish the stock of supplies on hand at the Airman’s Attic, said Staff Sgt. Dan Loper, 614th Space Operations Squadron and VEAT public affairs representative.

The furniture and dish drive was only one of the community activities planned by VEAT. Other activities planned in the future are a blood drive for the Tri-counties blood bank, a donation drive

See DRIVE Page 6



AIRMAN 1ST CLASS DAVID LUKAS

Comment



Col. Steve Lanning
Commander,
30th Space Wing

606-7850

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.

Handy phone numbers

Poison Control.....	800-876-4766	Chaplain (duty hours).....	606-5773
Clinic Appointments.....	606-4077	Chaplain (after hours).....	606-9961
Healthwise Line.....	888-252-3299	Red Cross (duty hours).....	606-1855
TRICARE Services.....	800-242-6788	Red Cross (after hours).(800)	660-4272
Law Enforcement.....	606-3300	Central Security Control.....	605-2154
Housing Maintenance.....	734-5586	EOD (duty hours).....	605-1375
Space & Missile Times.....	606-2040	EOD (after hours).....	606-9961
Launch Update Line.....	606-1857	Base operator.....	606-1110
MPF Customer Service.....	606-7756	CE damage control.....	606-1856
Pest Control.....	606-1936	Fire, Police,Ambulance.....	911
Visitor Control.....	606-7662		



ARMAN JESSICA RAMOS

True blue

Col. Charles Phillips, former 30th Space Wing vice commander, presents Ryan Merriman, teen star of the movie "Rockets Red Glare," a wing scarf at the movies' premier in the Pacific Coast Club Aug. 11.

It may be hot, but it's a dry heat

BY SENIOR AIRMAN JARED EY

9th Air Expeditionary Group

Editors note: Senior Airman Jared Ey is a forecaster assigned to the 30th Weather Squadron. He is deployed with Air Expeditionary Force seven at Ali Al Salem Air Base, Kuwait. Ey wrote the following article for the deployed newspaper. He explains to the residents at Ali Al Salem why it is so stifling hot. For those of us here at Vandenberg, be thankful for our beloved marine layer.

It may be hot in Kuwait, but it's a dry heat. If there's any comfort to those who may return here, is that this particular summer has been the worst on record, for both heat and sand storms.

Prior to this summer, the hottest temperature on record for Ali Al Salem was 124 degrees Fahrenheit. Through July 23, we matched that temperature eight times and have exceeded those temperatures for seven days. We reached a new extreme maximum temperature of 130 degrees Fahrenheit June 3.

The sandstorms have also been worse than normal. The week-long summer Shamal winds we experienced

in June were the worst since the Gulf War.

What's causing the change in weather this year? The most probable cause is a stronger than normal southwest monsoon.

The monsoon not only provides south Asia with large amounts of precipitation, but also plays an important role in weather from east Asia through parts of Africa.

The stronger southwest monsoon has built a stronger ridge over our area, allowing temperatures to rise this year.

The higher temperatures have helped to develop a stronger heat low-pressure ridge, which leads to stronger winds. The winds kick up sand and dust, which block out some of the sun's rays and drops the temperatures enough to weaken the heat low-pressure ridge. The dust and sand then settle down as the winds weaken. This causes the temperatures to rise again, repeating the cycle described above.

Is it a sign of global warming? Definitely not. Many meteorologists, including myself, don't buy into the "global warming" theory. Although the mean, or

average temperatures, have increased slightly since the industrial revolution, day-time temperatures have generally been decreased, with this year as the obvious exception.

That means global warming fears are primarily based on night-time temperatures being slightly higher than normal, which makes perfect sense. Since the industrial revolution, we have built more cities, which in effect are "heat islands" because the concrete retains heat a little longer into the night.

Mirages

If you see a mirage with just water, don't worry. It's not a sign that you need to see mental health. It's when you start seeing palm trees in your mirage you should begin to worry. High temperatures distorting distance and direction form a mirage. You see the same effect when heat waves appear to rise from the road, or when the road looks slick in the distance on a hot day.

SPACE&MISSILETIMES

Col. Steve Lanning
30th Space Wing Commander

Maj. John Cherry
Director of Public Affairs

2nd Lt. Chris Watt
Chief, Internal Information

Tech. Sgt. Lloyd C. Conley
Editor
Staff Sgt. Andrew Leonhard
Staff Writer
Staff Sgt. Janice Cannon
Photographer

The *Space and 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 publication, 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.

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.

School starts Wednesday; slow down

BY STAFF SGT. DOUG GOSSELIN

30th Contracting Squadron

I can still remember when I was about 7 years old living in Manchester, N.H.

It was a cool September morning. I was kicking red and brown leaves that had fallen. Walking with me were my friends I had made just a few short years before. We all walked a few blocks down the steep hill to catch the old exhaust-spilling red bus that would take us to school. The bus seats were made of fiberglass and were very cool to the touch. Most of the students were standing up, yelling and joking around.

Usually it took before the drivers patience would cave and she interrupted our harmonious playing with a shriek, "Sit down!"

This day was no different. I was sitting in the middle section of the bus with my nose pressed against the cold window.

I was trying to catch the sweet odor of the doughnut shop we would soon pass by.

The bus driver had one more stop to make and she did so by slowly pumping the noisy air brakes then quickly releasing the sign on the side of the bus that read "Stop when lights are flashing. I watched a few kids get on the bus. Jimmy, Todd, Alex and I could see the



FILE PHOTO

With the beginning of the school year, driver's should be extra careful when approaching or driving around school buses.

red glow from our bus lights reflect off the morning dew of the grass.

All of the sudden there was an evil sounding shriek that still sends a chill up my spine. "Stop!" The screeching sound of a vehicle breaking abruptly caused me to spin around from the

window and face forward. I saw a Country Squire station wagon parked next to our bus.

Our driver bolted out of the bus and the driver of the station wagon crept out of her vehicle. She walked gingerly to the front of her car.

I stood and tried to squeeze a look in between all the other children who were trying to figure out what was going on outside of the bus.

I remember noticing that Jimmy and Todd were on the bus but Alex was not.

I felt a knot in my throat, I started really feeling that something terrible had happened.

Our bus driver helped Alex off the ground. Alex was in tears as the driver of the car lifted the lifeless body his dog off the pavement.

I'm sure the driver of the car felt terrible.

I'm sure all of you know she learned a valuable lesson without having to pay a much, much higher price.

Our children will be going to school soon. The next time you come to a yellow light, stop, let it pass to red. Time how long you really have to wait for a green light. It isn't that long.

Remember, our children's heads are full of things that don't involve safety. Please remember this when you're in your morning and afternoon routines. Take your time, slow down, have patience and breathe.

Guardian Challenge remains annual event

By CAPT. SEAN MCKENNA

Air Force Space Command Public Affairs

■ PETERSON AFB, Colo. - Air Force Space Command's premier space and missile competition, Guardian Challenge, will continue in May for a 34th year, the command announced Aug. 8.

There had been preliminary discussions about making Guardian Challenge a biennial competition.

However, senior officials felt the loss of an annual opportunity for units to hone their operational effectiveness and identify procedural and tactical improvements were significant enough reasons to hold the competition every year.

"Guardian Challenge is all about developing the talent of our young operators, maintainers, and other essential people in Air Force Space Command," said Lt. Gen. Roger DeKok, AFSPC vice commander.

"It's a great opportunity to refine our operational procedures, hone our combat capabilities and foster esprit de corps."

The competition, held at Vandenberg,



Col. Steve Lanning, 30th Space Wng commander, greets Lt. Gen. Lance Lord in the arrival ceremony for Guardian Challenge 2000.

features more than 150 competitors from AFSPC units participating in a three-day competition to improve space procedures and operations.

"Team Vandenberg is honored and

looks forward to hosting the event annually," said Col. Steve Lanning, 30th Space Wing commander.

"The annual Guardian Challenge competition can only help the profes-

sionals within Air Force space command refine and sharpen our already stellar combat capabilities," Lanning said.

Teams display their capabilities to a squad of evaluators from their respective fields of expertise. Competition teams are made up of chefs, security forces, and crews from missile combat operations, spacelift operations, satellite control operations, space tracking, helicopters, missile maintenance and missile communications.

Since its inception, the competition has gone through three major commands and several name changes. It began in 1967 as Strategic Air Command's first missile combat competition called "Curtain Raiser." In 1969 the name changed to "Olympic Arena" and stuck for 25 years before AFSPC took over the reins and renamed it Guardian Challenge for the 1994 competition, reflective of the command motto "Guardians of the High Frontier."

STAFF SGT. TRAVIS ASTON

AAFES ensures military customers included in Firestone recall

■ DALLAS— Pressing for details since Bridgestone/Firestone officials announced that through voluntary recall the manufacturer will replace free of charge an estimated 6.5 million ATX, ATX II and Wilderness AT all-terrain tires, AAFES has some answers and wants military customers to be in the know.

After persistent contact with Bridgestone/Firestone to clarify just how the military customer fits into the recall equation, AAFES is issuing the following guidelines to ensure customers take full advantage with minimal inconvenience.

Upfront AAFES customers having purchased their tires elsewhere should note that the exchange service will take back any eligible customer's tires that meet the Firestone recall criteria, regardless of the original purchase location.

Military customers at any Autoprider Car Care facility are authorized credit equal to the AAFES retail price of a recalled tire. This may be applied to a new Firestone tire of their choice or any other brand. Any difference between the credited amount and the sale price of the replacement tire, or tires, will be the responsibility of the customer. Likewise, if the customer selects a tire with a sale price less than that of their recalled tire, AAFES will refund the difference on the spot and seek reimbursement from Firestone, rather than leaving it to the customer.

The replacement tires will be the same size, type, load range and tread design. Mounting and balancing will also be provided at no charge. In addition, transfer of an AAFES road hazard warranty to any



The majority of the Firestone tire models being recalled are on sport utility vehicles.

recall-replaced tires is free.

Customers not sure if their tires are subject to recall and those that suspect they have defective tires not subject to recall can bring them by any AAFES Autoprider service facility for a free inspection and possible replacement or pro-rated exchange if warranted.

Customers with technical questions best addressed

by the manufacturer are encouraged to contact Firestone directly at (800) 465-1904 or www.bridgestone-firestone.com.

AAFES, which stopped selling the problem tires even before Firestone's announcement, is now taking steps to ensure the recalled tires are completely removed from its inventory.

The decision to recall the tires came after a meeting between officials of Bridgestone Corp., the Japanese owner of Firestone; Ford Motor Co., whose best-selling Explorer is

equipped with the tires — and the National Highway Traffic Safety Administration. Overall, about 47 million of the tires have been sold. The ATX models have been on the market for more than a decade and the Wilderness model since 1996.

For more information, contact your local AAFES Autoprider service facility.

STAFF SGT. JANICE CANNON

NEWS**BRIEFS****COMBINED FEDERAL CAMPAIGN 2000 KICKS OFF SEPT. 11**

The Combined Federal Campaign runs from Sept. 11 to Oct. 31. Contact unit CFC representatives or call Capt. Scott Koopman at 605-7231 or email him at scott.koopman@vandenberg.af.mil for more information.

FIRE PROTECTION FLIGHT CONDUCTS TRAINING IN FAMILY HOUSING

The Fire Protection Flight will conduct live fire training through Sept. 5 between 8 a.m. and 5 p.m. The fire training will take place at buildings 609, 612, 614, 615, and 617 located on Elm Street in the military family housing area. Smoke will be visible for several miles but should dissipate after the buildings have burned to the ground. For questions or additional information regarding the live fire training, call Phillip Bennie, fire protection flight training and safety officer, at 605-2816.

RECRUITER TEAMS ARRIVE HERE LOOKING FOR QUALIFIED AIRMEN

The Recruit-the-Recruiter Team will visit Vandenberg Aug. 31. The team will give a one-hour briefing at 9 a.m. in the PME Center, building 11025. Staff sergeants through master sergeants with less than 16 years total active federal military service are eligible to apply. Senior airmen with three to six years of total active federal military service are also eligible. Spouses are encouraged to attend this briefing.

People who apply for recruiter duty after the briefing should expect to spend the rest of the day processing their application. Those who qualify will be selected on the spot. For more information, call Master Sgt. Jeanette O'Keefe at 605-0289 or 605-4678.

AFRICAN-AMERICAN HERITAGE MONTH NEEDS CHAIRMAN

The 30th Space Wing Military Equal Opportunity office is looking for a committee chairperson and committee members to head the wing's observance of African-American Heritage Month. Highly motivated people are needed. Events can be elaborate or simple. For more information, call the MEO office at 606-0370.

MEO NEEDS CHAIRPERSON FOR NATIVE AMERICAN MONTH

The 30th Space Wing Military Equal Opportunity office is looking for a committee chairperson and committee members to head up the wing's heritage observance of Native American Month in November. Everyone is welcome to participate. Events can be elaborate or simple. For more information, call the MEO office at 606-0370.

HISPANIC HERITAGE COMMITTEE HOLDS WEEKLY MEETINGS

The Hispanic Heritage Planning Committee meets Thursdays at 10 a.m. at the services center. For more information call, Capt. Patricia Teran-Dick at 606-5601 or Senior Master Sgt. Miguel Lopez at 606-0759.

OSC HOLDS ACTIVITIES, SIGN-UP AT PACIFIC COAST CLUB

The Officers' Spouses' Club will hold a meeting and registration Aug. 29 at 6:30 p.m. at the Pacific Coast Club. The menu will be dessert buffet. The cost is \$5.50 per person. Reservations need to be made by Tuesday. When making reservations, people with last names beginning with "A" through "K", should call Dana Babb at 734-5567. People with last names beginning with "L" through "Z", should call Becki Melone at 734 2668.

9TH SPACE OPERATIONS SQUADRON NEEDS PEOPLE TO JOIN TEAM

The Air Force Reserve and the 9th Space Operations Squadron at Vandenberg need motivated and professional people to join their team. Positions need to be filled in Space Systems Operations, AFSC 1C6X1; and Military Intelligence, AFSC 1N0X1. Call Air Force Reserve recruiter Master Sgt. Brenda Jack for more information at 606-2704.

EVERYONE VULNERABLE TERRORIST OBSERVATION AND ATTACK

Terrorism can happen to anyone anywhere, not just the high ranking and not just overseas. Basic awareness and sound security principles can send terrorists elsewhere. Don't be a "soft" target. Maintain awareness of potential threats in your area and keep your family informed and trained.

USE OF GOVERNMENT TRAVEL CARD MANDATORY

It is now mandatory to use Bank of America government travel card for all official government travel. Questions concerning this policy can be answered at the customer service section at the financial management office at 606-4606.

AIR FORCE RESERVE HAS JOB OPPORTUNITIES AT NELLIS AFB

Air Force Reserve Job Opportunities
Nellis AFB, Nev. has positions for a new Air Force Reserve Squadron, the 354th Red Horse Squadron. Motivated and professional individuals are needed to fill both active Guard Reserve and traditional reserve positions. Current AFSCs needed are as follows: Air Guard Reserve, 32E3, 32E3G, 3E000, 3E071, 3E171, 3E271, 3E571, 3S271. The traditional reserve AFSC positions are 25L3, 32E3C, C036P3, 2S0X1, 2T2X1, 2T300, 2T3X7, 2T3X0, 3A0X1, 3E0X1, 3E0X2, 3E1X1, 3E2X1, 3E3X1, 3E4X1,



STAFF SGT. JANICE CANNON

VEAT president, Airman 1st Class Danny Twyman (right), of the 30th Security Forces Squadron and Staff Sgt. Michael Moffit, 30th Range Squadron, were busy counting and storing donations during the Airman's Attic dish and furniture drive Aug. 7 through 12.

DRIVE from Page 1

for Vandenberg's food pantry, and a food booth at the upcoming Vandenberg Aerospace Show scheduled for Oct. 14 and 15.

The Vandenberg Enlisted Action Team was originally formed as the Enlisted Action Force four years ago, said Loper. The name was changed to VEAT in March.

The organization is designed to support the enlisted force of Vandenberg and keep the 30th Space Wing commander, via

the command chief master sergeant, informed about enlisted issues.

The short-term goals of VEAT are to increase its general membership, establish a VEAT representative in each unit on base and address quality of life issues for Vandenberg's junior enlisted members.

Vandenberg's Enlisted Action Team meets the third Wednesday of each month in the Pacific Coast Club Garden room.

WATER from Page 1

Crewmembers were not alone when they went under. SCUBA divers from the San Luis Obispo harbor patrol were on hand to protect crewmembers strapped in the cage.

But trying to escape from a submerged upside-down helicopter was not the only kind of training conducted, said Cox.

Part of the training included swimming under water with all the gear crewmembers would normally wear on a mission.

Crewmembers also practiced getting into life rafts on the open water. Afterward, they were hoisted out of the raft by helicopter crews and returned to land.



PHOTO COURTESY OF SENIOR AIRMAN TIM VAN PROOYEN

"Patriot Voices" (left to right) Senior Airmen Tim Van Prooyen, Marc Kreienbrink, Brandi Burns and John Bailey sing together for the last time before Burns moves.

Group sings with heart, harmony

BY STAFF SGT. ANDREW LEONHARD

30th Space Wing Public Affairs

Sometimes the most rewarding things in life are those that happen by accident.

Such is the case with Patriot Voices, formerly known as the Vandenberg Airman Leadership School Quartet.

The group celebrated its first year together by performing *"The Star-Spangled Banner"* at the premiere of *"Rockets Red Glare"* at the Pacific Coast Club Aug. 11.

The group has performed together 23 times since they met at Airman Leadership school class 99-E. The group's first performance was the national anthem at their class graduation Aug. 10, 1999.

The original members of the quartet were: Staff Sgt. John Bailey, 30th Civil Engineer Squadron; Senior Airman Brandi Burns, 30th Security Forces Squadron; Senior Airman Marc Kreienbrink, 30th Contracting Squadron; and Senior Airman Tim Van Prooyen, 381st Training Group.

"Soon we were asked to perform at a variety of different functions on base, as well as in the local community," Van Prooyen said.

Two professional sports teams have requested the group to sing before their games.

They have performed at a several base events, including the retirement parade for Command Chief Master Sgt. Kip Thonack, 30th Space Wing. This led to performances at Lompoc's 100-year time capsule ceremony, the 30th Space Wing's annual awards banquet, and multiple dinners engagements.

"We've met some very interesting people at the events we've been asked to perform," said Van Prooyen. "We met two Chief Master Sergeants of the Air Force, Chief Frederick Finch and Chief Thomas Barnes."

While it's hard to select one honor over the

other, one of the finest moments in the quartet's brief history came in July. The group represented Vandenberg by performing the national anthem and *"God Bless America"* in front of more than 20,000 people on the pier in Pismo Beach before the Fourth of July fireworks.

"The organizers of the Pismo Beach festivities were so impressed that they requested the group for next year, before the night was over," Van Prooyen said.

Bailey, one of the two remaining original members, said, "I think the most memorable event for me was Chief Thonack's retirement parade.

"After we had returned to our seats, the ladies in front of us were crying and, at that moment, I knew we had something special," he added.

The original members sang together only eight times. Temporary duty assignments and permanent changes of station have required new members be recruited to carry on the sound.

"Not all members who join the group have been to ALS, and the number of singers sometimes varies from two to five so a name change was necessary," Van Prooyen said. The group officially adopted the name "Patriot Voices" July 1. "The name reflects the attitude the group has come to embody, a representation of our country's national anthem," he added.

"Looking back at all that has happened in the last year, and considering the way we all came together, it is truly amazing," said Van Prooyen. "It has been quite a ride. If it all ended tomorrow, it would have been worth it," he added.

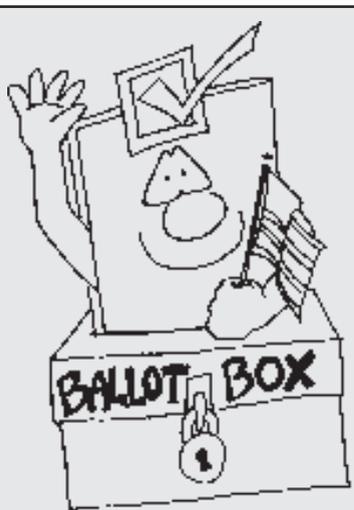
There have been many variations to how the national anthem is sung. Patriot Voices uses no bells, no whistles, just the national anthem with harmony and heart.



STAFF SGT. JANICE CANNON

A little to the right

Senior Airman Joshua Kennett (center), 30th Civil Engineer Squadron, assists sub-contractors Wednesday in placing the main structure of the 40th Infantry Division Korean War Memorial, here. A dedication for the memorial is scheduled for Sept. 1 at 2 p.m. The day is also the 50th anniversary of the 40th Infantry Division's deployment to the Korean War from Camp Cooke. The memorial is located next to the M-47 Patton medium tank on the corner of California Boulevard and Nevada Street.



Make your mark, vote Nov. 7

■ Vandenberg members can exercise their right to vote during the 2000 general election Nov. 7. Members can register to vote at the base exchange, commissary and several other locations throughout the base during Armed Forces Voter Registration Week Sept. 3 to 9. People can also call the base operator at 606-1110 and ask for their unit voting representative.

COMMUNITY CALENDAR

20 SUN Lompoc's ninth annual **Brushes and Blues** event

is scheduled for Sunday at La Purisima Mission. The event will feature theater, music, artist demonstrations, wine tasting, story telling, face painting, a barbecue, and the Lompoc Pops Orchestra. The price of admission is \$7. Tickets are available at the Lompoc Chamber of Commerce. Call 734-4567 for information.

21 MON Allan Hancock College is offering an

Early Child Development Class during the fall semester. Class begins Tuesday and runs through Dec. 19 Tuesdays from 6:30 to 9:30 p.m. at the Child Development Center. Late registration is being held next week at the education center from noon to 7 p.m.

Questions can be directed to 734-3500.

23 WED The Family Support Center is offering a

Smart Women Finish Rich workshop Wednesday at 1 p.m. The workshop is designed to help members build and secure a financial future. Call Jeri Salveter at 606-4491 to register.

24 THU The Santa Barbara Region Chamber of

Commerce and Mid-State Bank will hold **Hot August Nights** a 1950s-theme block party and trade show Thursday from 5 to 8 p.m. on East Carrillo Boulevard in Santa Barbara. People can dress in '50s attire and enjoy food, live music and more than 50 exhibitors.

25 FRI A monthly cooking class is

See **CALENDAR Page 9**

CALENDAR from Page 8

scheduled at the Health and Wellness Center Aug. 25 from 11:30 a.m. to 1 p.m. Visit the HAWC and learn to prepare vegetarian cuisine as a healthy addition to life. Call Beverly Calderon at 606-2221 for more information.

30 WED A **base-wide blood drive** is scheduled for Aug. 30, from 8 a.m. to 1 p.m. at Minuteman Theater. All donors will receive free doughnuts, cookies, coffee and juice as long as they last. Tri-county Blood Bank members will be there to conduct the drive. For information, call 606-9701.

SEPT. 8 FRI The Santa Maria Museum of Flight has scheduled their **11th annual Warbird Roundup** Sept. 8 to 10 at the Santa Maria Public Airport. Gates open Saturday and Sunday at 9 a.m. Historical airplanes will be on display. A radio controlled aircraft demo is scheduled. Food and display booths will also be open. General admission is \$6. Tickets for children 7 to 12 years old cost \$4. Children 6 and under enter free. For more information, call the Santa Maria Museum of Flight at 922-8758.

15 FRI **Danish Days** is scheduled for Sept. 15 to 17 in Solvang. The event is a celebration of the Danish heritage in Solvang since 1936. Danish folk dancing, music, parades, food and entertainment are scheduled throughout the weekend. Call the Solvang Conference and Visitor's Bureau at (805) 688-6144 for more information.

17 SUN Vandenberg Leisure Tours has scheduled a trip to **Catalina Island** Sept. 17 to 20. Price of trip is \$210 per person. The price includes bus and ferry transportation, three-nights lodging at a hotel with continental breakfasts and two island tours. Call 606-7976 for more information.

22 FRI The **Hispanic Heritage Planning Committee** wants Hispanic appetizer recipes.

Chapel services

CATHOLIC

- ♦ Sunday Morning Mass, 9:45 a.m., Chapel 1
- ♦ Saturday Evening Mass, 5 p.m., Chapel 2
- ♦ Daily Mass, 11:30 a.m., Chapel 2
- ♦ Confessions, Saturday 4:15 to 4:45 p.m., Chapel 2

PROTESTANT

- ♦ Contemporary Worship Service, 8:30 a.m., Chapel 2
- ♦ Traditional Worship Service, 11:15 a.m., Chapel 1
- ♦ Inspirational Worship Service, 11:30 a.m., Chapel 2

For information, call the Chapel Office at 606-5773.

They are planning a show tentatively for Sept. 22 featuring Team Vandenberg's finest appetizers. They are also looking for any artifacts to place on display during the exposition. For more information, call Master Sgt. Kitty Noles at 606-0366.

28 THU **Family Advocacy** and the Family Violence Prevention and Intervention Partnership are sponsoring a conference on family violence called "Building Bridges to Peaceful Families." The conference is designed to provide up-to-date information on family violence issues as they relate to practitioners, law enforcement, medical professionals and attorneys in the field of family violence. The one-day conference is scheduled for Sept. 28 at the Marriott in Buellton from 9 a.m. to 4 p.m. Costs are \$65 prior to Sept. 15, and \$75 after Sept. 15, and includes a continental breakfast and lunch. For more information, call Teri Zuniga at 347-9994 or Valerie Trewren at 606-5338.

The HAWC has a **relaxation room** that is available Monday through Friday from 8:30 a.m. to 3:30 p.m. Sit in a massage chair, listen to soft music and let the stress melt away. Call the HAWC at 606-2221 for a 30-minute session.



At the Movies

Tonight

The Perfect Storm
(PG-13) 7:30 p.m.

Saturday

Chicken Run
(G) 3 p.m.

The Perfect Storm
(PG-13) 7:30 p.m.

Sunday

Chicken Run
(G) 3 p.m.

The Perfect Storm
(PG-13) 7:30 p.m.

Aug. 25

In the Crowd
(PG-13) 7:30 p.m.

Aug. 26 & 27

The Kid
(PG) 7:30 p.m.



STAFF SGT. JANICE CANNON

Tom Knowles, deputy director of 30th Space Wing Public Affairs, takes a few laps at the Family Aquatic Center. After you successfully develop a positive habit, the trick is to remain committed to your new habit.

Form positive habits, keep them

BY CAPT. GRETE YANKE

30th Medical Group

Ever wonder why those habits you vow to break keep slipping back into your life? Why does change seem so difficult?

Understanding the process that you go through when making a change might help. Whether you want to lose weight, quit smoking, or increase a positive habit, there are some stages involved. Change is a journey, not a destination.

Before you can successfully change your life, you must address each stage of change. For some, the process may be straightforward. For others, they may skip around the various stages before reaching their goal. Some may also revisit many stages prior to reaching the maintenance phase. Each person will take a different amount of time in each level and a different route. That's ok. The key is that you recognize where you are and how you are progressing.

During the first stage, precontemplation, you may not be truly ready to change. The costs of changing outweigh the benefits in your mind. If you ever found yourself defensive when a friend or loved one suggested you quit smoking or start exercising, this is most likely the stage where you were. You may feel guilty, but not enough to embark on a lifestyle change.

The next stage, contemplation, is still characterized with you not being ready to change. The difference lies in the fact that you are considering the change, and you may simply need a few tools to get started. Education about the benefits of change and how to achieve that change are critical in this stage. If you find yourself contemplating change, your best bet is to seek out knowledge on the benefits of making the change you are considering. You may find that just the new found knowledge is enough to motivate a positive commitment to change.

During the third stage, preparation, you find yourself being proactive in your pursuit of a class

or educational opportunity. You may call local organizations to find out what offerings are available in the local community. This stage is a great time to find out who else on base shares your goal or offers services to help you attain your goal.

Once you have attained the necessary information, you are ready for the action stage. Now you are actively pursuing change, whether individually or with a group. It is critical that you understand your own personality at this point. Some people find support groups help them succeed. Others are more private, and would rather take action without co-workers or friends constantly asking them how they are doing. The bottom line is to recognize which method works for you and ensure that you have the necessary support or solitude.

For those who go the distance, after about six months of committed action, you reach the final stage, maintenance. You have successfully quit tobacco, lost weight, stuck to a walking regime, etc. The trick now is to remain committed to your newly developed habit. Continued support and incentives are the best method to ensure you remain in this stage. It is all too easy to slip back into old habits when stress at work or home begins to mount. Make sure you are vigilant of the friends or family members who are unsupportive. Try to avoid those individuals who may consciously or unconsciously sabotage your efforts.

Regardless of the situation, change is never easy. You need to ensure you have a good plan of attack. Also, remember that success must be determined not only by whether you achieved that lifestyle change, but also by whether you progressed in terms of the stages of change. If at first you don't succeed, try again. This time, trouble-shoot where you might have gotten stuck or sidetracked. Next time, you are more likely to attain your goal.



STAFF SGT. JANICE CANNON

Working it

Deanna Boyles takes her students through an aerobic workout Wednesday at the Vandenberg Services Center. Many different aerobic classes are offered at the center. Call the Base Fitness Center at 606-3832 for a schedule and information.

SPORTS

BRIEFS

SOFTBALL PLAYOFFS BEGIN

Intramural softball playoffs are scheduled to start Monday. 30th SFS will play 30th MSS on field one and 2nd SLS will play 30th CES No.2 on field two. Both games are at 5:30 p.m. At 6:30 p.m. 392nd TRS will play 533rd TRS at field one and 576th will play NRO on field two.

Tuesday the winners and loser of round one will play each other. The semifinals are scheduled for Wednesday and the finals are scheduled for Thursday, both at field one. For more information, call Staff Sgt. Marvis Neal at 606-3832.

2000 INTRAMURAL WOMEN'S SOFTBALL

	W	L	Pct.
30 th SFS	4	1	.800
576 th FLTS	3	1	.750
30 th TRANS	2	3	.400
30 th MSS	1	3	.250
30 th CS	0	2	.000

as of Monday



Triathlon tests members' will

Base members conquer three-part event Saturday

BY STAFF SGT. ANDREW LEONHARD
30th Space Wing Public Affairs

Team Vandenberg has many iron men and women. Some of them raced Saturday to prove who is the iron man and iron woman of 2000 during the Vandenberg triathlon. Cornelius Puiulet crossed the finish line first completing the triathlon in 56 minutes and 27 seconds. Robbie Kilroy proved she is the iron woman of Vandenberg for 2000 by completing the triathlon in 1 hour, 14 minutes and 31 seconds. The team of Matt Cantone, James Long and Lela Long broke the tape in 1 hour, 6 minutes and 51 seconds, winning the team portion of the event.

The 30 athletes completed a 400-meter swim, a 20-kilometer bike course and a 5-kilometer run.

Men's 30 and younger age group- 1, Cornelius Puiulet, 56 minutes and 27 seconds. 2, Scott McLean, 1:06:52. 3, Deane Konowicz, 1:13:13. 4, Jeff Lynn, 1:18:32. 5, Chris Labine, 1:20:18.

Men's 31 to 40 age group- 1, Keith Cox, 1:04:53. 2, Ray Galik, 1:06:00. 3, John Connolly, 1:10:33. 4, Pat Brown, 1:10:43. 5, James Hatt, 1:14:31. 6, Paul Tombarge, 1:25:09. 7, Jose Dean, 1:25:45.

Men's 41 and older age group- 1, Rand Smith, 1:01:22. 2, Harvey Wynne, 1:08:47. 3, Noval Casteel, 1:17:34. 4, Rick Hummel, 1:17:34. 5, Wayne Davis, 1:37:13.

Women's 35 and older age group- 1, Robbie Kilroy, 1:14:31. 2, Heather Scholan, 1:22:41. 3, Sanna Burggreu, 1:22:41. 4, Kathy Reise, 1:29:30. 5, Beth Sweeney, 1:51:09.

Teams- 1, Matt Catone, James Long, Lela Long, 1:06:51. 2, Mikey Seelandt, Mary Lou Seelandt, David Haley, 1:16:55. Carl Mullen, Brian Gunn, 1:20:00.



PHOTOS BY STAFF SGT. JANICE CANNON
30th Communications Squadron

(Top) Harvey Wynne smiles after finishing the triathlon. (Above) Beth Sweeney strokes through the 400-meter swim. (Top right) Wynne finishes in 1 hour, 8 minutes and 32 seconds to take second place in the men's 41 and older age group. (Right) Pat Brown speeds through the bike course and finishes in 1 hour, 10 minutes and 43 seconds. (Left) Jose Dean arrives at the finish line in 1 hour, 25 minutes and 45 seconds to be greeted by his family.

