



STAFF SGT. PAMELA TAUBMAN

Quick START

Col. Steve Lanning, 30th Space Wing commander, greets an inspector from the Commonwealth of Independent States on Tuesday. The team conducted an on-site verification for compliance with the Strategic Arms Reduction Treaty. The United States sends similar teams to inspect former Soviet strategic weapon facilities. The reciprocal inspections are an element of the START I accord which was signed in 1991 and went into effect in 1994. The current agreement is the first in a series and the only one ratified.

Civil Engineers take command awards

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

■ Vandenberg's engineers continued their environmental winning streak when they won three command-level awards for environmental excellence.

The 30th Civil Engineer Squadron received three General Thomas D. White Environmental Awards. The group took awards for cultural resources management, cultural resources management award for team excellence, and the environmental quality award for overall program excellence. They also captured the Outstanding Civil Engineer Unit award for a large unit for 2000.

"This team worked real hard this past year and certainly deserves the recognition," said Col. Robert Kopp, 30th CES commander.

Kopp listed just a few of the tasks the 30th CES faced during the year. Headlining the list was the Harris Fire burning more than 9,700 acres. CES

people also deployed for 4,193 man-days to seven Southwest Asia locations.

The squadron continues to negotiate with the U.S. Fish and Wildlife Service for public beach access during the snowy plover nesting season.

Kopp said, "Everyday is a learning experience, and hopefully we grow with that increased knowledge, avoiding complacency and getting better."

The environmental flight definitely avoids that complacency. They have won a combined 24 General Thomas D. White Environmental awards since 1994 at AFSPC, Air Force and Department of Defense levels.

A big part of the flight's responsibility is monitoring every launch from Vandenberg.

"This team worked hard ... and deserves the recognition,"

Col. Robert Kopp, Commander,
30th Civil Engineer Squadron

"We monitor for any impacts to listed species and their habitat by a launch," said Lt. Col. Scott Westfall, 30th CES environmental flight commander. "We are a missile launch support office, and no launch has ever been delayed for environmental requirements."

There are 64 permits that must be obeyed for space launch operations to succeed on the West Coast, Westfall said.

"The permits cover everything from storm water and air pollutants to hazardous waste disposal. We have to comply with all environmental laws," Westfall explained.

During regulatory inspections throughout the year, Westfall gauged the base's compliance posture as superb.

"Team Vandenberg is a great environmental steward," he said. "We are being recognized for it."

Comment

Are you physically combat ready?

By MAJ. PAUL KIMBLE
30th Transportation Squadron

A few weeks ago at a squadron physical training session, I observed an NCO running at a furious pace. I caught up to her and asked, "What got into you today?" She replied, "I want to get this over with; I have a lot of work to do!"

Her approach to physical fitness typifies that of many in today's Air Force. Too often we view time devoted to physical fitness as extracurricular. Therefore, we do not include



"Too often we view time devoted to physical fitness as extracurricular. ... we do not include time for physical fitness in our schedule, or it becomes the first activity cancelled when work gets in the way."

Maj. Paul Kimble
30th Transportation Squadron commander

time for physical fitness in our schedule, or it becomes the first activity cancelled when work gets in the way. Organized physical training at the unit level should be an integral part of our work day, weighted equally to some tasks we rate as critical, and higher than some events the value of which is questionable.

Our doctrine supports this assertion. Air Force Doctrine Document 2-4, *Combat Support*, states "Air Force fitness programs encourage warriors to

maintain a fit and healthy lifestyle so airmen are battle ready."

Each one of us is an expeditionary airman who must be prepared to deploy anywhere in the world on short notice, according to Air Force Manual 10-100. Every deployment tests our physical abilities far beyond our day-to-day existence at home station. We may be asked to unload cargo, construct tents, and build defensive fighting positions long before we get to eat a hot meal or sleep.

Beyond this, our normal duties while deployed become more demanding. Consider the recollections of vehicle operator Donald Lechner deployed during Operation Desert Storm:

"Most of the time, truckers would go out on hauling missions and spend three to five days away from their unit. You were required to take enough food and water to last four days. Also, you generally took all your combat equipment, sleeping bag, and personal items. You often had to sleep in the truck while you were waiting to get loaded or

unloaded, because there were no sleeping quarters provided at your destination."

Obviously, working conditions such as these demand a higher level of fitness than normal duty stateside.

Physical fitness programs serve as a force multiplier. Staff Sgt. Mario Kuhn of the 76th Helicopter Flight praised the virtues of the unit-level organized physical training he experienced while assigned to a NATO transportation unit.



Senior Airmen Tom Thurlby (left) and Raja Beckles weigh freight at the Cargo Movements Section of the Traffic Management Flight. Master Sgt. Tim Hawley mans the forklift. Daily work of heavy lifting requires people to be in good physical shape.

"Those morning PT sessions really brought everyone together. They created camaraderie among all the Army, Navy and Air Force people." Beyond this, Kuhn believed working out made him more productive.

"PT made me feel more alert throughout the day," Kuhn said. "I could tell the difference when I didn't work out." PT bolstered unit morale, he said, which in turn made a tough mission in Bosnia easier.

Some folks reason that they can get by without regular exercise and get in shape just before their fitness test. Focusing on the fitness test can be shortsighted; a deployment to Saudi Arabia may present a more difficult measure of fitness.

A study published in the May 1999 issue of *Aviation Space and Environmental Medicine* looked at the effects of heat stress and chemical protective clothing on military members. The study concluded, "In preparation for exercise in an uncompensable heat stress environment, short-term aerobic training offers little, if any, benefit and is not an adequate substitute for a high level of aerobic fitness resulting from habitual exercise and training."

Others think that organized physical training has no place in

the Air Force. I've overheard people say adding push-ups and crunches to the annual fitness test already makes us too much like the Army. Kuhn disagrees.

He compares his experience being led by an Army Warrant Officer, whose catch phrase was "If it ain't rainin' you ain't trainin!" to scenes from *An Officer and a Gentleman*.

"At first I didn't understand the need for all the PT, but it was well worth it," Kuhn remarked. "We were prepared for the physical challenges we faced in Sarajevo. We all felt better and we didn't get sick as much." Our doctrine again guides us; AFDD 2-4-2, *Health Services* says "Commanders ensure troop fitness by applying programs to prevent disease and non-battle injuries."

So, when you're planning your work week on Monday, pencil in some time for exercise. Better yet, organize a unit-level PT program to keep your warriors ready for battle. You'll not only be implementing Air Force doctrine, you'll be following the advice of General Hap Arnold, who said in the 1945 edition of Air Force Manual 50-35-1, "No man expects to live forever. But the man in perfect physical condition will live longer, especially in combat."



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SPACE&MISSILETIMES

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Questions force re-enlistment decision

BY CHIEF MASTER SGT. GLYNN WARD

355th Supply Squadron, Davis-Monthan Air Force Base, Ariz.

Recently, a young, aggressive, energetic, and highly visible staff sergeant here came to me for some advice concerning his re-enlistment.

I was surprised by his visit because I just expected this particular non-commissioned officer to be a career person and I couldn't believe he came to me for advice.

This NCO is a six-year enlistee, well on track for a successful career, and is completely aware of the advantages and benefits of a military career. In fact, he didn't even want to discuss or consider benefits as part of the choice to stay or go. He was already aware of how important the benefits were to his life, but still he questioned whether he wanted to make the Air Force a career. He wanted to know and understand what would make a person

stay or go. With little notice and since he caught me by surprise, I never thought he was in doubt, I could only resort to one issue. An issue very close and personal to each and every one of us ... goal achievement. I proceeded to ask him a series of questions like, "Why did you come in the Air Force?"

"Since you've been in, have you satisfied your goals?" "If you have satisfied your goals, what are

your new goals?" "How will, or can, you satisfy your goals if you get out?"

He could not answer these questions to his own satisfaction. He certainly knew why he came in the Air Force but he could not, with all honesty, say his goals were satisfied. His goals were things like advanced education, improved financial security and travel.

He had not completed the level of education he had expected to complete at this point in his career.

Financially he had not saved as much as he thought he would. And Davis-Monthan was his only base, so travel certainly wasn't satisfied. So again I asked

him, "How will or can you satisfy your goals if you get out?"

Silence, uncertainty, and bewilderment crossed over his face. He thought he could get a good job back at home, but did not know what benefits the

position provided and could not say, "I have the job." After nearly an hour-and-a-half of conversation we came to some other issues that were also bothering him.

His current job, although marketable in the civilian community, was not providing the satisfaction he had expected. His office relationships were not as rewarding as he had hoped. And, he felt like he was

just stagnating.

Some very interesting thoughts came out as we continued to talk.

The military has one great advantage over civilian jobs; all of us move at some time or the other. This is especially important when we feel less satisfied than expected, don't have positive working relationships, or just find it hard to get motivated. When we don't like our boss, one of two things eventually happen, you or your boss will move. In a civilian job, the people we work with are there until retirement unless someone quits.

I shared these thoughts with him and reassured him the Air Force is more than Davis-Monthan, more than the current pool of co-workers, and more than this one job. However, each of us owns the responsibility to make the best of each situation, work on the issues causing us displeasure, and many times our perception of the situation may make things worse than they really are.

He still has not decided but has extended his enlistment to accept another assignment. He has a new found excitement about this change and, who knows, maybe the Air Force will get to keep this young, aggressive, energetic, and highly-visible staff sergeant. I certainly believe the Air Force will be a much better place with him as a member.

So, when you are considering the big question to stay or go, seek the advice and thoughts of others: friends, co-workers, relatives, supervisors and don't forget to evaluate your personal goals.

"This six-year enlistee ... questioned whether he wanted to make the Air Force a career. I never thought he was in doubt."

Chief Master Sgt. Glynn Ward
355th Supply Squadron

Chief's Group holds educators' expo

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

■ The Vandenberg Chief's Group sponsored an educators' expo at the Pacific Coast Club Nov. 29 to help with recruiting efforts.

"The expo showcased the Air Force and Vandenberg by showing the educators what the Air Force has to offer and how well the troops are taken care of," said Master Sgt. John Kincaid, the local Air Force recruiter flight chief.

According to Kincaid, more than 60 high school counselors from as far away as Bakersfield, Calif., were invited to the expo.

To kick off the event, Col. Steve Lanning, 30th Space Wing commander, highlighted the benefits of serving in the Air Force with a Team Vandenberg slide presentation.

The slide show covered a number of Air Force quality of life programs.

Among those were the comprehensive medical and dental plan airmen receive, dormitories for single members, the fitness center, military family housing and the child development center.



STAFF SGT. PAMELA TAUBMAN

Tech. Sgt. Kim Mosley, 14th Air Force, discusses military life with Gabrielle Robbin from Dunn High School in Los Olivos, Calif.

Lanning also touted Air Force career opportunities in satellite and missile technology, the security forces, medical and dental fields, to name a few.

In addition to the career opportunities, the colonel stressed education opportunities in the Air Force: the G. I. Bill and tuition assistance, the various officer commissioning programs and professional military education.

During the educators' expo, Lanning explained how the Expeditionary Aerospace Force concept would provide stability and consistency in airmen's lives.

The EAF is a principle built around a national strategy to deploy specific forces at particular times of the year.

Afterward, counselors talked with several unit representatives from the

base about specific aspects of Air Force jobs.

Some of the representatives on hand to answer questions were people from the medical and dental squadrons, services squadron, local Air Force recruiters and the military family housing office.

"The expo was a great success," said John Morris, a guidance counselor at Santa Inez High School.

He said his impression of the expo was that base officials wanted to give high school counselors a chance to learn more about the mission at Vandenberg and opportunities in the Air Force.

The counselors can take that information back to students at their respective schools, he said.

The expo guests were also treated to a windshield tour of the base after the expo.

Morris said he was fascinated by the expo. "It was much more than I expected," he continued.

"This can certainly give high school counselors credible and up-to-date information which can be passed on to students making career choices."

Security forces ask for help catching burglary suspect

STAFF SGT. JULIE STEELE
30th Security Forces Squadron reports and analysis

■ Security forces believe a recent string of burglaries and thefts on Vandenberg are the work of a man who was once assigned to the base as a security policeman.

The suspect has been connected to more than 40 burglaries and thefts in the past two years, said Tech. Sgt. Robert Vickers, 30th Security Forces Squadron NCOIC Investigations. He is believed to be 25 to 28 years old, possibly of Asian descent, 5 feet 7 inches to 5 feet 11 inches tall, has dark hair, a dark complexion and a slim build, Vickers explained.

Investigators at Vandenberg got a break in November when a resident of East Housing reported a man living in a campsite behind the housing area. When security forces found the camp, the man had fled but left behind an elaborate campsite equipped for an extended stay, said Staff Sgt. Malcolm Walton, 30th Security Forces Squadron Investigator. At the campsite were items reported stolen from Vandenberg as long as two years ago, including adult magazines, radios, portable TVs, and a bike. Four

camping tents believed stolen from housing residents were also found at the site.

"We need the assistance of the community to catch the suspect," Vickers said.



A security forces photo of the suspect in 1998.

"Security forces can't be everywhere all the time." The man is not considered dangerous by security forces and has not shown a tendency to be violent. People are cautioned, however, to call the security forces law enforcement desk at 606-3911 or 911, and not to approach the suspect if they believe they've seen him.

Investigators have constructed a profile of the suspect based on eyewitness testimony, analysis of evidence believed left at crime scenes and patterns of

behavior the suspect has demonstrated in previous cases investigators have connected him to.

The suspect's previous military service included Air Force security police tactics and procedures, Walton said. Officials are waiting for lab reports and record verification to definitely identify the suspect.

He was also taught how to live outdoors for extended periods. Because he was assigned to Vandenberg, the man is familiar with the base's layout. His crimes demonstrate his familiarity with Vandenberg, Vickers added.

Several sets of battle dress uniforms, or BDUs, were found at the campsite behind East Housing. The uniforms, Vickers explained, allow the suspect to fit-in with his surroundings. While he normally operates at night, he has been known to move about during the day. Eyewitnesses have seen the suspect during the day but never reported him, Vickers said.

"Eyewitnesses didn't consider him out of place," he said. "His uniform was incomplete, but they thought he was an airman who forgot his hat." The BDUs and a military haircut help the suspect to blend in and move about the base, Vickers added.

The suspect is believed to have broken into government buildings and military housing residences, said Staff Sgt. Luis Buck, NCOIC Resource Protection said. Break-ins at government office buildings have happened between 10 p.m. and 5 a.m. The break-ins

See BURGLAR Page 10

NEWS

BRIEFS

SPACE WING HOLDS HOLIDAY PARTY

The 30th Space Wing Holiday Party will be 5:30 p.m. Dec. 16 at the Pacific Coast Club. Dinner will be served at 6:15 p.m. Tickets can be purchased from unit first sergeants. The deadline is Monday. For more information, call 1st Lt. Carmelita Chadwick at 606-4031 or 2nd Lt. Steven Swiderski at 606-8125.

BILLETING RULES FOR RESERVATION CHANGE

Active-duty military at Vandenberg can now make holiday billeting reservations for family and friends up to two weeks in advance from now until Jan. 4, 2001. Reservations can be made for up to seven days and cost \$18 to \$21.50 per couple per night. Active duty can call 606-1844 to make reservations now.

'ELVES' NEEDED FOR SANTA'S WAGON

The 30th Civil Engineer Squadron rolls out its Ho Ho Wagons Dec. 24 to visit all the men and women working on base Christmas Eve. Any organization with people working Christmas Eve should call Master Sgt. Brad Staples at 606-4716 or Master Sgt. Mike Beavers at 606-4021, to make sure the elves from CES visit those workers. There are also openings for volunteers to serve as honorary elves on the Ho Ho Wagon, first come, first served.

CDC CHANGES OPERATING HOURS

The Vandenberg child development center has changed its operating hours. The CDC is now open daily from 5:30 a.m. to 6:30 p.m.

HONOR GUARD SEEKS NEW MEMBERS

The Vandenberg Honor Guard is looking for volunteers. Buglers are also needed. People who would like to be a member can call Staff Sgt. Dalhia Shelton at 606-3654.



STAFF SGT. JANICE CANNON

Team Vandenberg Spotlight

Name/Rank: Tech. Sgt. Renee Collins

Assignment: 30th Services Squadron, NCOIC data automation.

Hometown: Montgomery, Ala.

Time on Vandenberg: Three and one-half years.

Time in service: 15 years and four months.

"Sergeant Collins is in charge of the lodging touch system, a computer reservation system and training for all our lodging staff. She prepared the training room and all the training packets prior to an Air Force services agency team arrival. The team said our training set-up was the best they've seen in the Air Force. This is how Renee attacks every job--to be the best in the Air Force. She spends many off-duty hours improving her knowledge of information systems and information management to keep 30th Services Squadron at the forefront of the Air Force," said Lt. Col. David Cannon, 30th Services Squadron commander.

TAX ADVISER PROGRAM NEEDS VOLUNTEERS

Vandenberg's staff judge advocate is looking for unit volunteers to be tax advisers for the 2000/2001 tax season. People nominated to be unit tax advisers should be officers or senior NCOs and possess basic math and computer skills. Unit tax advisers should not have a projected TDY or permanent change of station from Jan. 1 to May 1 to complete the training and support unit tax needs during tax season.

Units should provide the tax advisers name, rank, organization and duty phone by fax, 605-8776, or e-mail to 30th SW/JA, attention Capt.

Michael Christy. For more information, call 605-6220.

SPACE & MISSILE TIMES CORRECTION

On Page 4 of the Dec. 8 *Space & Missile Times*, Senior Master Sgt. Ken Gordon was incorrectly identified in the photograph as Ray Gordon

The quotation in the article on Page 6 concerning the court-martial of Airman 1st Class Farrar should have been attributed to Maj. Jeff Palmer, deputy staff judge advocate.



AIRMAN 1ST CLASS AMANDA EDWARDS

Master Sgt. Mark Long, 30th Mission Support Squadron Military Personnel Flight, reviews records with Senior Airman Tonetta Turner, MPF promotions section.

Volunteerism equals recognition for VIP

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

He commanded an army of nearly 2,000 people, entertained 2,000 guests, and orchestrated games for more than 4,200 athletes.

He didn't expect the normal spoils of victory, only smiles, hugs and lifetime friendships.

But there was more in store for Master Sgt. Mark Long, superintendent of the 30th Mission Support Squadron Military Personnel Flight Customer Support section.

He was one of five people who received the National Military Family Association's Very Important Patriot Award for 2000 in November.

"The association recognizes active-duty people and spouses from all services for their volunteer work in the military and civilian communities," Long said.

The 15-year Air Force veteran joined the other VIP Award recipients in Washington, D.C., where they each received \$1,000 cash and numerous gifts from sponsors.

"I called it a 'Fantasy Island' trip," Long said. "It was just too much. They put us up in the Ritz Carlton for a week, wined and dined us, and took us everywhere from the Capitol building to different monuments."

Long was moving to Vandenberg from Randolph AFB, Texas when he learned he'd won. "It really came as a no-kidding surprise to me," he said. "Through the years I've done a lot of volunteer work, but I'm not one of those guys who counts his hours.

"You do something from the heart or you don't do it," he said. "It's natural."

His former supervisor, Senior Master Sgt. Nancy Taulbee, chief of enlisted promotions at the Air Force Personnel Center, at Randolph, nominated Long for the award.

She characterized his service in his nomination package by writing, "He humbly served his unit. He is a true ambassador of goodwill in and out of uniform."

"It started back when I was a staff sergeant," Long said. "The chief who was running the program on base asked me if I wanted to help out on 'a little Special Olympics gig.' Little did I know, but he was retiring a month later."

Long said that little gig turned into seven years of the most rewarding work in his life.

"Special Olympics gave me an opportunity, through the Air Force, to be in charge of some big committees and really help some great people," he said.

Long's committee, 30 members strong, planned the annual games that served people in 21 surrounding Texas counties.

"I like the challenge of being in leadership positions," he said. "I feel I can help people by being out front."

The Texas Special Olympic Games weren't Long's only passion.

"I taught a lot of young troops at AFPC," Long said. "I have a soft spot for airmen who are just coming in. I like to motivate the young senior airmen and staff sergeants to be gung ho," he said.

"I really enjoy teaching, mentoring and getting them to love the Air Force as much as I do."

Long didn't work all those years for an award.

"It's for the athletes first, the people you meet, and the chance to practice leadership," the veteran volunteer said.

"You hear about that throughout your career, 'Find ways to practice leadership,'" he said.

"It doesn't matter whether you're an airman or an NCO, these are leadership training opportunities," he said.

"The sky's the limit."



STAFF SGT. JANICE CANNON

Chief Tom Stevens plots the Harris Fire perimeter with other incident command team members.

Fire chief retires after 34 years of firefighting

By TECH. SGT. BUZZ RITCHIE
30th Space Wing Public Affairs

A fire has burned inside Tom Stevens for 34 years. And since 1966, he's fanned the flames of passion for his work while his life as a fireman has led from burning aircraft to wildland grass fires.

Stevens, Vandenberg's fire chief since October 1997, is ending 34 years of service as a fireman. A retirement ceremony Dec. 1 marked the end of a period of the chief's life that began on board a Navy ship in 1966 and officially ends on his 53rd birthday, Jan. 3.

"I'm going to miss the excitement," Stevens said. "It's definitely an adrenaline rush every time the alarms go. The bigger the fire, the more excitement's involved. I work best under stress."

His work here includes convincing Air Force Space Command to fund positions for Hot Shot firefighters, positions never funded in the past. While fire chief for Vandenberg, Stevens led his department to two Sanborn Awards for best fire department in Air Force Space Command and runner-up for the best fire protection flight in the Air Force. A number of programs started at Vandenberg during his tenure are now being used throughout the Air Force's firefighting community.

Four of the largest wildland fires in the history of the base blazed during Stevens' first six months as fire chief. But, unlike the tragic fire of 1977 that claimed the lives of the installation commander, a group commander and the fire chief, not a single fire injury was suffered.

"It was always a great feeling to hear Chief Stevens' voice on the radio because then I knew everything was under control," said Col. Stephen Lanning, 30th Space Wing commander. Communication between Lanning and Stevens was critical during September's Harris Fire.

A rocking chair is not in Stevens' future. Not unless it's strapped to the inside of a dragster.

"I like race cars," he said. "I'm going to get a hot rod to fix up and do some racing again."

Like a ride in a muscle car from the 60s, Stevens' future is all about "go" with very little "whoa." His plans include work as a Department of Defense consultant designing fire systems. But his thoughts always return to his firemen.

"I've got an awful lot of mixed emotions about retiring after being a fireman for 30-some years," Stevens said. "I'm going to hate leaving my firemen and this way of life. I'm going to miss them."

COMMUNITY

CALENDAR

8

FRI

Children have a place to go today from 6 to 9 p.m. at the Chapel 1 annex for a night of “**drop and shop.**” Parents can drop off their children at the chapel, then do their Christmas shopping, or stay home and relax. Call 606-5773 for information.

10

SUN

The Protestant Women of the Chapel are sponsoring a **cookie drive** for families in the base’s temporary living facility. Cookie donations can be brought to Chapel 1 annex Sunday. Volunteers will be baking cookies Monday at 7 p.m. in the annex kitchen. To help, call Jill Hembroff at 606-7718.

11

MON

The First Sergeants Association is holding a **cookie drive** Monday from 7 a.m. to noon at the Pacific Coast Club. Cookies can be dropped off at the officer’s lounge or someone will assist deliveries in the loop of the club. Cookies should be packaged by the dozen in plastic bags or on plates wrapped with cellophane.

The Family Support Center staff has scheduled a **sponsorship training class** Monday at 3 p.m. at the family support center. Learn sponsorship responsibilities, relocation resources, and tips to assist newcomers to Vandenberg. Call the relocation assistance office at 606-0801 to register.

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TUE

The **Air Force Sergeants Association** will be holding its next general membership meeting on Tuesday, at 3:30 p.m. in the Pacific Coast Club. All active duty military members, spouses, dependents, and retirees are welcome. For more information, call Staff Sgt. Glenn McAlister at 606-6621.

The **Officers’ Spouses’ Club** will hold a holiday luncheon Tuesday at 11:30 a.m. in the Pacific Coast Club. The luncheon is free for members and \$8 for non-members. For reservations, people with last names A-K should call Dana Babb at 734-5567, and those L-Z should call Beki Malone, 734-2668. The deadline for reservations is Sunday.

Tuesday is **Community Reader Day** at Crestview Elementary from 8:30 a.m. to 2 p.m. The Crestview staff is inviting people in the community to come to school and read a book to a class. Call the school at 734-2896 to reserve a time to come and read to our children.

13

WED

The Tri-County Blood Bank staff will hold a **base-wide blood drive** Wednesday from 8 a.m. to 1 p.m. at the recreation center. This event is open to everyone. All donors will

receive free doughnuts, cookies, coffee and juice. There is an increased need for donors during the holidays. For more information, contact Master Sgt. Claude Sirois 606-9701.

The chapel staff’s monthly **prayer breakfast** is Wednesday at 6:30 a.m. in the Chapel 1 annex. Breakfast ends at 7:20 a.m. Breakfast is free.

The **Vandenberg Officer Christian Fellowship** meets on Wednesdays at 7 p.m. at 623 Aspen St. in base housing. If you are an officer and would like to be involved in fellowship

Chapel services**CATHOLIC**

- ♦ Saturday Evening Mass
5 p.m., Chapel 2
- ♦ Sunday Morning Mass
9:45 a.m., Chapel 1
- ♦ 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.

See CC Page 9



AIRMAN 1ST CLASS AMANDA EDWARDS

A family affair

Master Sgt. Mark Reed, 30th Transportation Squadron, sits in his wading pool on his front lawn while wife, Miae Reed, walks their dog, Naca. Their son, Kirk, mows the lawn and daughter, Daena, rakes the leaves. The Reeds are the winner of yard of the month for October in main base housing. Capt. Jhatum Neely and his wife, Becky, were the runner up.

CC from Page 8

and Bible study with other Vandenberg officers, plan on attending. Spouses are welcome. If you have any questions, call Col. Kenneth Van Sickle at 606-4315 or Chaplain (Maj.) William Toguchi 606-5773.

17 SUN The Lompoc Pops Orchestra will present their second annual **Lompoc Pops Holiday Concert** Dec. 17 at the

Lompoc Civic Auditorium, 217 S. L St. The public is invited to this free concert. It will also feature the Cabrillo High School Madrigals and the Lompoc Center Allan Hancock College Chorale in their first performance ever. Tickets for the concert will be available on a first-come basis at many location to include Village Coffee Shop and Lompoc Museum.

The chapel staff will hold an Ecumenical **Christmas Cantata and potluck** Dec. 17 at 5 p.m. in Chapel 1. Join in this musical celebration which is followed by a potluck dinner. The chapel community is asked to bring food for the potluck; those people with names A-M should bring a side dish, and people with names N-Z should bring a dessert.

22 FRI The **Hanukkah Sabbath service and potluck** dinner is Dec. 22 at 6 p.m. in Chapel 1. Call Anita Friedman for more information at 736-5822.

23 SAT The chapel community invites everyone to a night of **caroling** Dec. 23 at 6:15 p.m. Carolers should meet in the Chapel 1 annex. Anyone who would like a "caroling visit" can call the chapel at 606-5773.

24 SUN The **Children's Christmas Vigil Mass** is Christmas Eve at 5 p.m. in Chapel 1.

The Protestant community is holding a **Christmas Eve Candlelight Service** at 7 p.m. in Chapel 1.

25 MON The **Protestant Christmas Day Service** is at 11 a.m.

Parishioners can join their voices in song Christmas Eve in Chapel 1 at 11:30 p.m. The singing will be followed by **Midnight Mass. Christmas Mass** will be held at 9:45 a.m. in Chapel 1.

Speedy Load 'um Towing is offering **free 24 hour towing until Jan. 2**. Call 735-8045 for a ride and tow your vehicle. No questions asked. This is part of the TOWED program, Towing Operators Working to Eliminate Drunk driving.

Everyone is invited to Chapel 1 on New



AT THE MOVIES

Today

Dr. T and Women (R)

Saturday

Blair Witch 2 (R)

Sunday

Bedazzled (PG-13)

Movies start at 7:30 p.m. unless otherwise noted.

Army ROTC invades Vandenberg

By Tech Sgt. Lloyd Conley

30th Space Wing Public Affairs

The U. S. Army invaded Vandenberg AFB Nov. 4 for realistic and practical combat training.

More than 40 Army Reserve Officer Training Corps students from the University of California at Santa Barbara spent the day on here honing their combat and weapon skills.

The day started simple enough with classroom instruction at the 30th Security Forces Combat Arms facility. While recruits learned to use and clean the M-16 rifle. The combat arms instructors also briefed the students on weapons range safety and operating procedures. After the classroom instruction, the first relay of cadets marched out to the military firing range to use the weapons knowledge they had just learned.

While the first relay was at the firing range, the other group of cadets tested their tactical skills in the Fire Arms Training Simulator, commonly referred to as FATS.

The FATS allow a whole squad to train in different combat scenarios.

The FATS room includes simulated defensive fighting positions made of sandbags, plywood and camouflage netting with strategically placed man-like figures giving the training room a tactical feel.

The tactical feel would come in handy later in the day. After the firearms training and an MRE lunch, the cadets engaged in some field training exercises on the base. Aggressors with the 30th Civil Engineer Squadron readiness flight played the role of opposing forces during the exercise.

A positive aspect of the cadet tactical training is that Vandenberg has a trained aggressor force, said Staff Sgt. Jim Kelley, 30th CES readiness flight.

Kelley's 10-man aggressor force added realism to the training exercise, said Antonio Baca, cadet battalion commander.

The cadets finished the exercises at Vandenberg with a run on the obstacle course.

This is the first time UCSB Army ROTC cadets



SENIOR AIRMAN JOHN BARTON

Staff Sgt. Jason Hoffman, 30th Security Forces combat arms instructor, adjust the front sights on a UCSB Army Reserve Officer Training Corps cadet's weapon.

have trained at Vandenberg, said Army Lt. Col. Clarence Taylor, class commandant and professor of military science at UCSB.

"We had something for everyone," Taylor said. "The new cadets were introduced to the M-16 rifle and computer simulations. The older, more experienced cadets had a chance to test their skills."

Taylor said, Vandenberg was easy to work with because it's another military organization and it's more in sync with the needs of ROTC students.

The training went extremely well, Taylor said.

Baca, a business economics major, plans to join the army after he graduates.

He said he enjoys military life and wants to be either an infantry officer or military policeman after graduation.

Taylor said the training went as expected, but it could not have been done without Kelley's assistance. "We hope to do it again," he concluded.

After all was said and done, the troops cleaned weapons, snacked on pizza and sodas, and drove back to Santa Barbara.

Vagrant suspected of burglarizing base

BURGLAR From Page 4

there appear to be driven by the suspect's desire access pornography on the Internet. On two occasions, security forces nearly caught the suspect while he was breaking into government buildings, Buck said.

Patrolmen discovered the break-ins during routine building checks and found doors and windows unlocked. Each time the suspect escaped by hiding in nearby woods.

Investigators at the scene of the break-ins later determined the suspect

used the computers while he was in the buildings.

In every break-in, the suspect targeted buildings located away from heavily used streets and areas not typically patrolled by security forces, Buck explained.

Buildings burglarized by the suspect were poorly lit from the outside, had more than one exit, and were usually located near woods.

Based on evidence found at the campsite and information investigators have learned from previous crime scenes, they've compiled a profile of

the suspect's methods when burglarizing a home in family housing. Investigators believe he carefully cases a house for a considerable amount of time before the break-in.

Items stolen from homes are primarily things he needs for survival, including footwear, clothing and food. He has, however, stolen adult magazines and videotapes, Vickers said.

The suspect is believed to commit the burglaries at all times of the day and night.

He's often broken into homes where the military member has been away for an extended time. He often burglarizes garages, apparently hoping the

owners won't miss the stolen items for some time or assume they've simply misplaced it, Vickers said.

Investigators said he normally enters the house through unlocked doors and windows, but they believe he has also picked the locks.

Anyone who believes they've seen the suspect should provide the following information to security forces: his location, the time he was sighted, his physical description, what he was wearing, how he was traveling and the direction he was moving. Anyone who believes their home or office has been burglarized should call security forces investigations at 605-0804.



(Above) *Alejandro Alvarez is pinned on with captain rank by her escort, Capt. Tom Ste. Marie, 534th Training Squadron. (Left) Santa makes a grand entrance to Operation KidsChristmas.*

OKC 2K

Photos By Staff Sgt. Janice Cannon

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

Santa Claus and his blue suit elves welcomed 193 children from disadvantaged families around the Central Coast for Operation Kids Christmas Saturday.

Each year about 500 people labor to raise the \$25,000 required to put on the party.

"Operation Kid's Christmas is a way of giving back to the surrounding community," said Capt. James Bohren, assistant flight commander for the standardization and evaluation flight at the 381st Training Group. "It's also a way for those of us who are fortunate to share some Christmas joy with those who are less fortunate," Bohren added. He served as the assistant chairman for OKC 2000.

Personal escorts for each child shared their Christmas joy throughout the day at the Pacific Coast Club. Senior Airman Pamela Sharon, escorting for OK C for the first time, said she volunteered simply because she loves children.

"At the beginning, most of the children looked as if they didn't know where they were or if they should be here," said the dietician therapy technician from the 30th Medical Aerospace Medical and Dental Squadron. "After we broke that shell, they were all happy and having a great time."

Michael Petlansky, founder of OKC, appeared as Pepi the Clown. The Santa Maria resident launched the first OKC 42 years ago.

Children left Operation Kids Christmas with a sweatshirt and bag of nine gifts including a gift certificate for socks and shoes. Their families also received a box with enough food for a large holiday meal.

"Just seeing their faces said it all," said Lt. Col. Chris Powell, commander of the 534th Training Squadron and chairman of OKC 2000.

"I was really touched as I watched one little girl give Santa a big hug," he said. "It made me feel like we made a difference by giving these kids the Christmas party of a lifetime."



(Above) *A child enjoys her visit with Santa at the Pacific Coast Club Saturday. (Below) The 193 attendees are greeted by Pepi the Clown and his rangers.*



Honorary guests and escorts begin the big day. It takes 500 people during the year to make the party a success.

S 30th Services



NEWS

PACIFIC COAST CLUB

2000 SPACE ODYSSEY

New Year's Eve CELEBRATION

\$30 per person
\$50 per couple

Heavy Hors D'Oeuvres from 8 to 10 p.m.
Live entertainment featuring DJ Guy

Champagne or Sparkling Cider Toast at Midnight with Breakfast from 12:15 to 1 a.m.

Dec. 31
Doors open at 8 p.m.

'Live' Telecast of New York's Celebration in Times Square on an 8' Screen!

YOUTH CENTER

Breakfast with Santa!

Dec. 16



\$3 per person, at the Youth Center. Breakfast: doughnuts, muffins, juice and milk. Each ticket entitles you to breakfast with Santa and one picture with Santa. Pictures taken throughout the morning. Additional pictures, \$2. For information, call 606-2313.

GOLF

10 percent OFF CHRISTMAS SALE at the Marshallia Ranch Pro Shop Sunday through Dec. 17.

BIG 'V' GOLF TOURNAMENT - Dec. 15, 11:30 a.m. Shotgun start. Medal play, full handicap. Cost: \$60 for VAFB players. For information and sign up, call Lt. Alex Logan or Lt. Col. Paul Wuebold at 606-4603.

SERVICES CENTER

SANTA VISITS BASE HOUSING - Sign up at Services Center. Dates: Monday through Thursday and Dec. 18-21. Cost: \$5 per family. Parents need to bring one small wrapped gift per child. For more information, call Kim at 606-7976.

ROSE PARADE TRIP - \$90 per person. Jan. 1, 2001. Leave 3:30 a.m., return 5-6 p.m. same day. Includes transportation and reserved grandstand seating. Call 606-7976 for more information.

The Services Center, including ITT and UPS, is now open Monday through Friday from 8 a.m. to 5 p.m.

BOWLING

Monday through Friday, eligible people are invited to the Bowling Center and asked to bring an ornament to hang on the tree located in the Center. People will receive two bowling coupons for free games and a reduced-price beverage of your choice. Nonalcoholic.

HAM ROLL - Bowl to win a ham Sunday through Dec. 19. Drawing to be held Dec. 20 with up to four large hams given away.

December Reminders...



UPS SHIPPING SERVICE is located in the Services Center for your holiday mailing. Hours: Weekdays 8 a.m. to 5 p.m. Saturday and Dec. 16 10 a.m. to 2 p.m.

Get your mailing done early!

Pacific Coast Club

4:30 to 9:30 p.m.

JAZZ & GAME NIGHT

Latin Night

10pm-2am in the Hawk's Nest

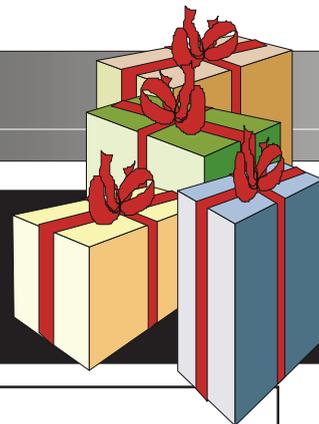
Pacific Coast Club

DJ
SATURDAY
In the Hawk's Nest

9 p.m.-2 a.m. Lounge opens at 8 p.m.

30th Services

NEWS



LUNCH SPECIAL!

HOLIDAY SAFETY



Pacific Coast Club

LUNCHTIME



Unlimited Toppings and a Small Salad



\$3.95



30th Services Squadron

Holiday 2000-2001

Dec 2, 2000 - Jan 2, 2001

DESIGNATED DRIVER PROGRAM

If you plan to be your group's **Designated Driver**, please see the on-duty manager in the **Bowling Center, Golf Course Clubhouse, Rod & Gun Club or Pacific Coast Club**. You'll receive an entry form to be entered in the drawing to be held on Jan. 3.

In addition, you'll receive free nonalcoholic beverages throughout the evening. One entry form per **Designated Driver** each evening.

GRAND PRIZE:
\$300 Gift Certificate

to be used for any trip offered by ITT

OTHER PRIZES:

Rounds of Golf

Lines of Bowling

Rod & Gun Club Gift Certificate

Dinner at Pacific Coast Club

For more information, ask any 30th Services Squadron activity manager or call the front office at 606-5031.



Gift Idea...



Located at the Services Center

Credit cards are now accepted
Evening appointments can be made for your convenience.

Call Mary 605-4748 or 717-9088

Special Christmas Gift Certificates are available!

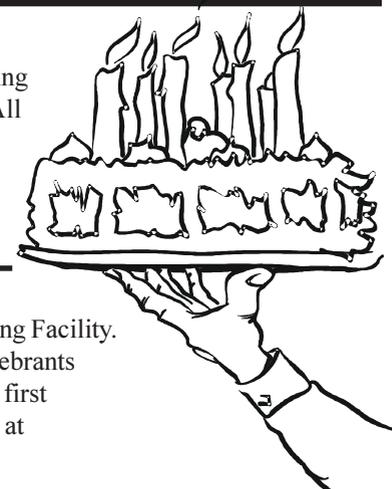


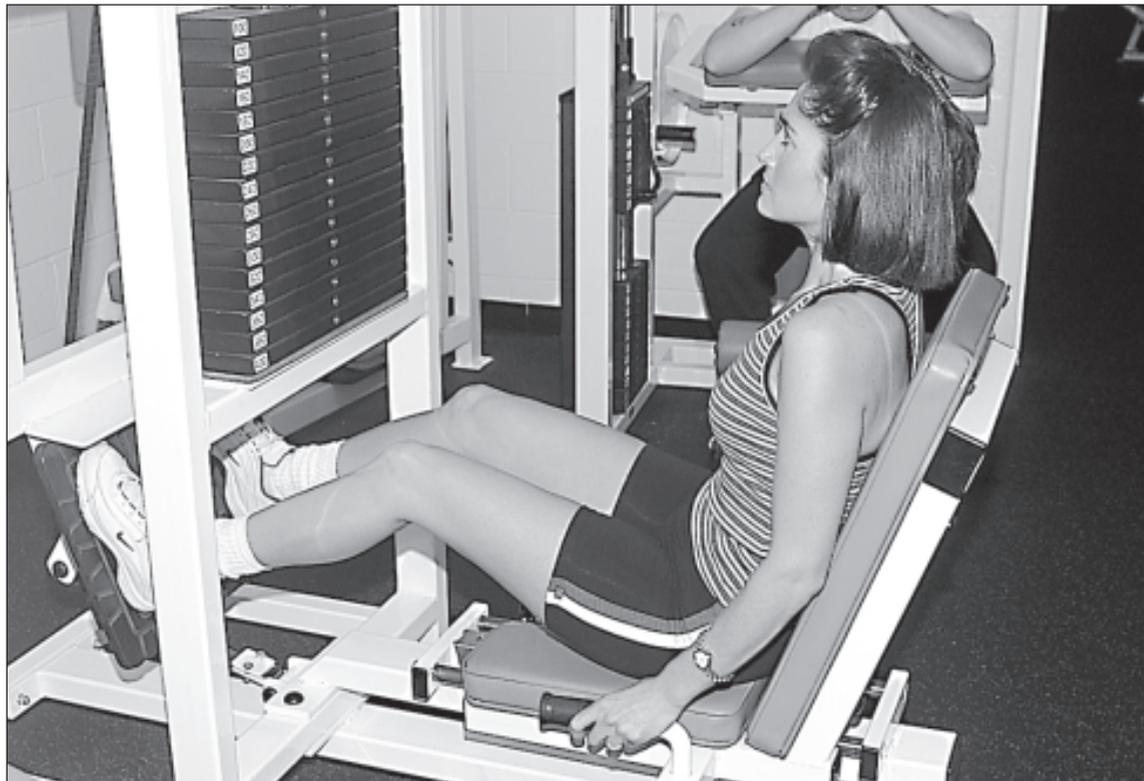
ATTENTION! ATTENTION!

The 30th Services Squadron

will conduct a menu planning meeting at the AETC dining facility on Wednesday at 2:30 p.m. in the dining room. All unit representatives need to attend. Both 30th Space Wing and 381st Training Group people are welcome to attend. Call Tech. Sgt. Steven Grim at 606-3219 or Deborah Myjak at 606-1219.

The 30th Services Squadron will once again host the Quarterly Birthday Meal on Thursday at the AETC Dining Facility. Doors open at 6:30 p.m. Meal starts at 7 p.m. Those celebrants having birthdays in Oct., Nov. or Dec. need to see their first sergeants for all the details. Call Tech. Sgt. Steven Grim at 606-3219 or Deborah Myjak at 606-1219.





ARRMAN CANDICE ANGLIN

Marisol Krist, 30th Contracting Squadron, pumps out a few reps on the base fitness center's leg press machine. Experts say as little as 30 minutes of strength training two or three times a week will build muscle and maintain tone.

Fitness experts offer strength-training tips

BY CHAD TACKETT

President of Global Health and Fitness

This article is for those of you who have very limited time to devote to exercise, but are serious about getting or staying in shape.

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. That's good news for people who have very limited time to devote to exercise, but are serious about getting or staying in shape.

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:

1. Make sure exercise is convenient:

Getting to your exercise equipment should be easy and convenient. If you spend more time traveling to the gym than you do in the gym, you might want to consider a program that you can do in your home. Muscles do not care where the resistance comes from—they will respond. Resistance can be from body weight (push-ups), free weights, machines, or a combination of any of these.

2. Work several muscles in one exercise:

Another 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.

3. 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 an agonist/antagonist relationship with each other. In other words, on any given lift one muscle is contracting 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.

4. 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.

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!