



AIRMAN 1ST CLASS AMANDA EDWARDS



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Santa's helpers

Santa Claus hands out candy canes and holiday cheer during his visit to Las Padres Elementary School Dec. 15. He also visited children at Vandenberg Middle School and Crestview Elementary School.

Space Launch Squadron wins best spacelift

By 2ND LTS. TED STILLE AND DEANE KONOWICZ
30th Operations Group Transition Students

■ The 2nd Space Launch Squadron was recently recognized as the "Best Spacelift Squadron" in Air Force Space Command by winning the 1999 General Donald J. Kutyna Award.

The 2nd SLS won the award by successfully completing a series of firsts in the Air Force spacelift mission, including the inaugural Titan IVB and Atlas IIAS launches from the Western Range. The results of a recent 30th Operations Group Standardization and Evaluation inspection of the 2nd SLS further highlighted the squadron's outstanding performance.

The purpose of the OST inspection was to help the 2nd SLS maintain and improve effectiveness in its unit operations. It received Commendable ratings in four of the five graded areas with the crew force management and maintenance programs receiving top-notch ratings for exceptional performance.

The evaluation began with a review of the 2nd SLS's operations training, crew force and spacelift maintenance management, mission support and operations management programs.

In addition, the evaluators noted that all of the problem areas from the previous inspection were expertly addressed and corrected.

"This inspection was an opportunity to show how well the men and women of the 2nd SLS do their jobs, not just on the day of launch, but everyday," said Lt. Col. James Hyatt, 2nd SLS commander.

The unit's operations training program was evaluated for instructor expertise, knowledge, and program administration compliance with Air Force Space Command instructions. This evaluation was made by observing Titan classroom sessions and a launch controller training scenario.

The instructor, Capt. Scott McLean, 2nd SLS Chief of Operations Training, received a "Commendable"

rating for his technical expertise.

The 2nd SLS crew force also received a Commendable rating for its work updating emergency checklists.

See AWARD Page 7

PA publishes last Y2K issue

The staff of the 30th Space Wing Public Affairs Office wishes everyone a safe and happy holiday.

This is the last issue of the *Space & Missile Times* for the year 2000.

The next issue will hit the streets Jan. 12. As a reminder, the deadline for articles published in the *Space & Missile Times* is 4:30 p.m. the Friday before publication. Articles will be edited for space, clarity and style.

Comment

Lanning answers your questions



The following answers are from Col. Steve Lanning in response to his recent commander's call.

Q If a member goes to an all nighter at the Pacific Coast Club, why must he pay to enter his own club?

A Pacific Coast Club members do not have to pay to enter an all-nighter in the Hawk's Nest Enlisted Lounge. That's why you pay club dues – to enjoy the different programs offered at the club. We do charge \$5 for eligible non-members and guests.

Q When I came to Vandenberg, my club dues doubled, but I'm getting half the benefits for being a member. Suggestion: Cut the dues in half and twice as many people may join.

A Without knowing more specifics, I'll answer the question in general terms. Your Pacific Coast Club, basically, has three membership levels: Pay grades E-1 to E-3 pay no dues. Pay grades E-4 to E-9 pay \$13 in dues. Officers pay \$25 in dues.

One of the reasons for the dues structure is to generate revenue to make the club profitable.

However, on the topic of benefits, we offer members \$14 in coupons every month. If an enlisted member uses all his coupons, he paid a dollar to be a member. If an officer uses all her coupons, she pays \$13 in dues a month.

Free food is available to club members in both lounges on Fridays. A club card drawing worth \$300 is also held on those evenings.

Free chips, dips, hot dogs and nachos are available to club members during Monday Night Football.

Sunday champagne brunch is offered

once a month for \$9.95. Club dues help offset the price of these programs.

On Wednesdays, there is an all-you-can-eat Santa Maria barbecue lunch buffet. It only costs you \$6.25. If you have a coupon, your cost is down to \$4.25.

Besides Santa Maria barbecue, the club offers a lunch buffet Monday through Friday for \$6.25. It cost \$4.25 with a membership coupon.

This is just a sampling of what your Pacific Coast Club offers. Membership pays!

Q What is the status of the varsity sport programs since funds are limited? When will leadership support these programs?

A With the end of the recent fiscal year, the fitness center received a substantial amount of funds for much needed equipment and supplies. A large portion of this money went directly into the varsity sports program.

Over \$7,000 was used to purchase new uniforms for each varsity team, in addition to various equipment items in support of those teams.

We realize the importance of varsity competition and what it adds to the quality of life for Team Vandenberg. We are fully committed to supporting these programs.

Q Using the gym annex for roller hockey was approved at the Unit Advisory Council by the services and support group commanders eight months ago. Now the fitness center staff is saying we can't use it. Is there any way this can be cleared up?



Col. Steve Lanning
Commander,
30th Space Wing

A The UAC minutes indicate that the building must meet safety requirements before roller hockey is scheduled.

Here's what has to happen: From a safety standpoint, we need to install padding around all the walls, establish and incorporate operational risk management and have an evaluation from the fire department.

Bio-environmental needs to check for proper ventilation, lighting and then buy the proper equipment. We've also discovered that the floor in the fitness annex may not withstand the punishment from rollerblade skates.

ment from rollerblade skates.

Another consideration is that the primary use of the fitness annex is for basketball and martial arts classes. Several squadrons use the annex for unit basketball competition, and we need to make sure we keep the integrity of the floor intact.

Q Is there any reason why the Vandenberg Village youth football team cannot practice and play on our base football field?

A The field is for the use of our base varsity and intramural soccer programs as well as the intramural football program.

Any use by the Vandenberg Village youth football would have to be coordinated with these programs because our base programs take precedence.

There are also legal issues, but that's relatively easy. Each team member and coach would have to sign hold harmless agreements.

Q What is the purpose of the traffic survey currently

being conducted on base? What will we do with the results?

A The traffic survey presently under way at Vandenberg will identify base transportation circulation needs and issues. The survey will help develop an action plan to address the needs consistent with Air Force instructions and will help document the financial resources needed to implement the action plan. This overall study will result in a 10-year blueprint and transportation strategy that responds to the future growth patterns within Vandenberg's cantonment area.

Q What are the chances of having a base-wide alternate work schedule, like four 10-hour days or nine-hour work days and every other Friday off? If the wing goes to a schedule of every other Friday off, how are security forces members going to be compensated?

A Based on a strong interest expressed for an alternative work schedule during the Air Force Chief of Staff quality of life survey, a working group is currently studying the concept for military and civil service employees around Vandenberg. Currently, other bases are working under a similar concept. The Vandenberg mission will likely permit most, but not all, employees, to work the alternative schedule.

The schedule does not change the total number of regularly scheduled work hours, but does generate an off day every two weeks through additional work over the preceding nine work days. The Vandenberg community will be surveyed in the very near future to help evaluate the practicality of such a schedule and solicit feedback.

SPACE&MISSILETIMES

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Commander wishes 'season's greetings'

By COL. STEVE LANNING
30th Space Wing commander

As Team Vandenberg enters the holiday season, I hope all of you in our Central Coast family take time to enjoy the holiday you so richly deserve. But more importantly, take time to reinforce the importance of family and friends.

This has been a very successful year for our team. You're the most intelligent, talented, motivated and innovative individuals in the Air Force. You're the reason Team Vandenberg is the best national spaceport in the world. While we have some of the most advanced space and missile systems in the world, they're little more than scrap metal without high-quality people like you to operate, maintain and support them.

Team Vandenberg is a full-service aerospace force dedicated to the development and use of space-based assets and ballistic missile testing for the defense of America. We do it better than anyone else in the world because of you, our outstanding people. Please know that I appreciate your efforts and selfless devotion.

Finally, during this holiday season, remember all those who, like yourselves, have contributed so richly to our mission success. Many of our team's men and women are away from home, family and friends. They are deployed to distant locations across the



Col. Steve Lanning, 30th Space Wing commander, lights the base Christmas tree in a ceremony Dec. 15 at building 11777.

globe, preserving the peace, answering challenges to freedom, and lending a helping hand to the needy. While often burdensome, these are noble tasks, needed by our nation. Each member of Team Vandenberg is a national treasure whose dedication and selfless service makes a tremendous difference, not only to our fellow Americans, but to people all over the world.

14th AF commander sends holiday message

By MAJ. GEN. WILLIAM LOONEY
14th Air Force commander

As we begin the holiday season, Marilyn and I would like to extend our very best wishes to you and your loved ones. We appreciate all that you do every day as an active duty or family member in our great Air Force. Once again, because of your commitment, dedication, and sacrifice, our nation has enjoyed another year of peace and prosperity.



This time of year is well known for the giving and receiving of gifts. And most of us have come to learn that there truly is more joy and satisfaction in the giving of a gift than the receiving.

With that thought, I would like to personally thank you for giving our country the greatest gift of all – peace with freedom for all to enjoy.

This is a gift you give willingly every day from the frozen tundra of Thule to the tropical heat of Diego Garcia and all points in between. Your service ensures that not only today, but also tomorrow, America will enjoy peace with freedom from shore to shore. Best wishes to you and your family for a blessed holiday season and a happy, healthy, prosperous 2001!

Bill and Marilyn Looney

Maj. Gen. William Looney
Commander,
14th Air Force



AIRMAN 1ST CLASS AMANDA EDWARDS



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Below-the-zone promotions

(Left) Airman 1st Class Cornelius Puiulet, 30th Medical Group, gets his new senior airman stripes tacked on by 30th Space Wing Commander Col. Steve Lanning and Lt. Col. Sven Berg, Aeromedical Dental Squadron commander. Airman 1st Class Tyrone Eddins has his new senior airman stripes tacked on by Senior Master Sgt. Jeff Shipman 576th, Flight Test Squadron and Chief Master Sgt. Kenneth Hampton, 576th FLTS. Other below-the-zone promotees are; Edward Braly, 30th Communications Squadron; Nicole Aly, 30th Medical Support Squadron; Randall Bowen, 30th Transportation Squadron; Cynthia Brenhuber, Michael Ewing, Harmony Francis, Michael Machado, Matthew Zizzo, 30th Security Forces Squadron; Buasy Nanhta, 392nd Training Squadron.

AF announces selections to major Space command funds civilian higher education

■ The Calendar Year 00B Major Central Selection Board for line, judge advocate general, chaplain, and biomedical sciences corps selected 1,815 captains for promotion to major.

Team Vandenberg had 22 captains selected for promotion to major. The following selects are:

30th Range Squadron

John Pratt
Maria Priet

30th Space Wing

Todd Shull
Reginald Williams

30th Contracting Squadron

Matthew Stevens
2nd Space Launch Squadron
Scott VanSant

30th Medical Support Squadron

Lyle Takahashi

14th Air Force

Edward Ackerman
Edgar Fleri
Timothy Shadid

614th Space Operations Squadron

Steven Garcia
Ryan Hatten

614th Space Operations Group

Todd Schollars

381st Training Group

Mike Brantley

392nd Training Squadron

Edward Coligny

533rd Training Squadron

Barth Lippert
Homer Smith

534th Training Squadron

Christopher Milner

576th Flight Test Squadron

Shawn Fairhurst
Jeffery Keckley

Air Force Operations Test and Evaluation Center

Mary Hanson
Stephen Silvers

The results of the 2000 board are as follows:

— Line: 1,620 selected from 1,841 considered for an 88-percent select rate

— JAG: 45 selected from 54 considered for an 83.3-percent select rate

— Chaplain: 16 selected from 20 considered for an 80-percent select rate

— BSC: 87-selected from 102 considered for an 85.3-percent select rate.

Selection statistics above-the-promotion zone for major:

— Line: 37 selected from 420 considered for an 8.8-percent select rate.

— JAG: 4 selected from 8 considered for a 50-percent select rate.

— Chaplain: 1 selected from 4 considered for a 25-percent select rate

— BSC: 5 selected from 12 considered for a 41.7-percent select rate.

BY MARGRET WALDIE

AFSPC Directorate of Personnel

■ PETERSON AFB, Colo.--Appropriated-fund civilians working for Air Force Space Command can now receive financial support for higher education.

Command officials recently created a civilian tuition assistance program in response to requests at the last two command quality-of-life conferences.

"The tuition assistance will not only help civilian employees but will also support workforce shaping, recruitment and retention initiative to prepare space command for the Air Force of the future," said Barbara Barger, chief of the command's civilian personnel, military equal opportunity and family matters.

Civilian employees are encouraged to take advantage of this opportunity for graduate and undergraduate degrees, Barger said, because degrees can help people qualify for other careers and provide opportunities.

Civilian tuition assistance mirrors the

military program with 75 percent of tuition costs funded. Costs cannot exceed \$187.50 per semester hour or \$124.50 per quarter hours.

There is a cap of \$3,500 per year in total support per student, dependent on availability of funds.

The program only supports tuition, not books or fees, which will be the responsibility of the student.

First priority will be given to GS-10 and below or equivalent WG employees. Civilians may receive funds for one course at a time not more than three in a school year depending on funds availability. They may not be receiving support from any other source such as the GI Bill, Veterans' Administration or career programs. Courses should be taken during lunch or after duty hours.

Agreements must be signed to satisfactorily complete the courses or pay back the tuition. Depending on the total number of courses taken, they may also be required to sign a continued service agreement.

NEWS**BRIEFS****HOUSING OFFICIALS ASK RESIDENTS TO SAVE ENERGY**

Because of the critical power shortages in electricity and natural gas across the state, Col. Steve Lanning is asking all housing residents to conserve energy and to use Christmas lights only between 7 and 9 p.m.

In addition, residents should look around their homes to check off practices that can help them conserve and save energy. For more information, call PG&E's Smarter Energy Line at (800) 933-9555 or visit their residential energy web site at http://www.pge.com/003_save_energy/003a_res/003a3g_tips.shtml

N & N TRAVEL AND TOURS INC. WILL REPLACE OMEGA WORLD TRAVEL

N & N Travel and Tours Inc. will replace Omega World Travel at the beginning of the year. The new location will be in building 11777, Room C-113. The government passenger travel office will also move to this new location. All travelers departing on or before Jan. 8 need to pick up tickets from Omega World Travel. The Omega office will remain in the same location until Jan 1, however tickets must be picked up by Dec. 28. Afterward, Omega can only process emergency requests between Dec. 29 and Jan. 1. For more information, call Staff Sgt. Chemba Loman at 606-7846.

FEDERAL AND STATE TAX ADVISER CLASSES SCHEDULED FOR JANUARY

Tax adviser training is scheduled for Jan. 8 to 11 for federal taxes and Jan. 16 to 19 for state taxes. The training will be held at building 8500 in room 210. People with questions should call Ann Fox at 605-3668.

NOMINATIONS FOR COMPANY GRADE OFFICER OF THE QUARTER DUE

Nominations are requested for the CGO of the Quarter for the period Oct. 1 to Dec. 31. Nominations need to be turned in by Jan. 3. The board will be held Jan. 8 in the 30th Space Wing Conference Room on the second floor in building 10577. The new Air Force form 1206 is required. For more information, call Capt. Matthew Stevens at 606-5003.

NOMINATIONS DUE FOR COMPANY GRADE OFFICER OF THE YEAR

Nominations are requested for the CGO of the Year. The nominee's Air Force form 1206 needs to be one page and on the updated form. Packages need to be turned in by Jan. 17. The previous year's quarterly winners are automatically qualified, but their packages need to be resubmitted. The board is scheduled for Jan. 23 in the 30th Space Wing conference room on the second floor of building 10577. The annual awards banquet is scheduled for Feb. 8. For more information, call Capt. Matthew Stevens at 606-5003.

RECENT VANDENBERG ARRIVALS TRANSFER TO TRICARE REGION NINE

For the purpose of TRICARE service Vandenberg is in region 9. People who have recently arrived need to transfer their TRICARE Prime to Region 9 through the TRICARE Service Center located inside of the 30th Medical Group. The TRICARE Service Center is open from 7:30 a.m. to 5:30 p.m. daily.

Additionally, access to civilian pharmacy services may take up to two weeks after a person files for a transfer to this region. People may direct questions to the TRICARE Service Center by calling (800) 242-6788.

TRICARE DENTAL PLAN GOES INTO EFFECT IN FEBRUARY

The new TRICARE Dental Plan is effective Feb. 1. United Concordia, Inc. will continue to administer the dental program.

All active duty members who have Family members enrolled in the old TRICARE family member dental plan will be transferred automatically. All TDP enrollees should receive a dental card that can be used for proof of entitlement. New enrollment applications for the TRICARE Dental Program need to be submitted directly to UCCI. The new enrollments must be received at UCCI by Jan. 20, to receive TRICARE Dental Program coverage at the start-up of the program Feb.1. People can pick up the new enrollment form at the Health Benefits Office, dental treatment facility, the uniformed services personnel office or by calling the dental contractor, UCCI at (888) 622-2256. Enrollment applications are also available at www.ucci.com.

CONTRACT OFFICE ANNOUNCES TRASH PICK-UP SCHEDULE

The second and fourth Mondays of each month are bulk item pick-up days. Tuesdays are green waste pick-up for all of military family housing including the trailer park. Wednesdays are recycled items pick-up for all military family housing including the trailer park. Thursdays are regular refuse pick-up days for West housing and Fridays are regular refuse pick-up days for East housing and the trailer park. Christmas tree pick-up is Jan. 15. People with questions should call James Blankenship at 606-1927.

CHICKEN WIRE NOT AUTHORIZED IN MILITARY FAMILY HOUSING

Chicken wire fencing material is not authorized in any of the housing areas. The housing maintenance self-help store has lattice fencing material available. This type of fencing can be attached to wrought iron fence for pet control. Military Family Housing officials urge residents not use this material for any other purpose. Call Annette Phillips at 606-3795.

Can you spare some time for PAIR

By Tech. Sgt. Lloyd Conley

30th Space Wing Public Affairs

If anyone can spare a half hour of their time a week, they can make a difference in a child's academic life.

A great opportunity exists on Vandenberg to see tangible results immediately in a program at Crestview Elementary School called Partners Assisting In Reading, PAIR for short.

PAIR is a program that joins an adult volunteer and a child for 30 minutes once for six weeks. The goal of the program is to improve the child's reading skills.

PAIR was established seven years ago as a way to get parents involved in their child's reading development. Since its inception the program has expanded to include civilian and military volunteers.

"We are investing in our future by ensuring each child gets a chance to become a successful student," said Tech. Sgt. Stephen Taft, NCOIC of the command section with 9th Space Operations Squadron.

Taft said the children involved in PAIR receive added confidence and the tools necessary to become better readers. The high confidence levels and academic tools can help them become better students, he said.

Crestview had 22 volunteers from the base military and civilian community. The next PAIR session is from Jan. 16 to March 13. Sessions are on Monday or Tuesday from 11 to 11:30 a.m.

For more information about PAIR, call Doris Ribble at 734-2896 or Tech. Sgt. Stephen Taft at 605-4484.



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Taft also volunteers his time on community reader day at Crestview Elementary School. The community reader day is a program where the school staff invites people in the community to read a book to the class. For information on the program, call the staff at 734-2668.

Have a safe & happy holiday

New housing rates take effect Jan. 1

■ WASHINGTON — New basic housing allowance rates take effect Jan. 1, with increases seen in the majority of housing areas while all other rates will remain stable. The new rates reflect a more than \$400 million increase in funds added by the Defense Department and Congress for fiscal 2001.

The new rates have increased in about 75 percent of the housing areas and will remain the same in remaining areas, said Maj. Shannon Averill, chief, Air Force pay and allowances. The rates reflect a continuing congressional intent to reform housing allowances to stabilize military members' out-of-pocket expense, according to Defense officials. The goal for fiscal 2001 was 15 percent median out-of-pocket expenses for service members, compared to nearly 19 percent last year.

The secretary of defense has taken reform efforts a step further and announced his plan last year to

reduce median out-of-pocket costs to zero by 2005, officials said.

DOD made a conscious decision not to decrease BAH rates even though median out-of-pocket expenses in some areas were below 15 percent, Averill said.

"It didn't make sense to raise out-of-pocket expenses by lowering BAH rates only to come back in the following years to buy it down to zero. This sends a strong message of commitment to our troops."

The new rates are based on local median housing costs identified by Runzheimer Inc. during annual data collection.

Rates are calculated from a median housing cost for a particular military housing area within 25 miles or one-hour commute (in traffic) to a duty location, according to Defense officials.

Housing standards used to establish median costs were derived from affordable, adequate, quality housing where comparable civilians reside.

Median housing costs were derived from a specific dwelling size rental cost with average utilities and renter insurance included.

Additionally, data was collected from military housing offices, realtors, newspapers, magazines, and Web sites for each area.

An out-of-pocket expense is applied to each median housing cost for each grade with and without dependents, regardless of location.

"So the end result is a typical staff sergeant stationed at Minot Air Force Base, N.D., or at the air staff at the Pentagon, will pay the same median out-of-pocket expenses," Averill said.

"Runzheimer collects data each year to establish the median housing costs for the following year," Averill said.

"Commanders are encouraged to engage with their military housing offices to ensure data submitted is representative of where we want our troops to reside."

SLS best spacelift in Space Command

AWARD From Page 1

The update improved disaster response procedures for day-of-launch activities.

The OST also assessed the unit's spacelift maintenance management.

2nd Lt. Jeremy Wells and Master Sgt. Tom Seward's management of the squadron coordination center, the cornerstone and hub of all activity in the SLS from generation to execution, was found to be "Commendable."

"Our performance during this inspection highlights the hard work and dedication of our troops who work at remote launch facilities," said Maj. Bill Prenot, 2nd SLS maintenance officer.

Prenot said the overall performance of the 2nd SLS and its more than 100 active-duty military and DOD civilians should be commended for their excellent performance.



AIRMAN 1ST CLASS AMANDA EDWARDS

Senior Airman Maria Diaz (left), 30th Medical Group bioenvironmental engineering technician, and Airman 1st Class Daylen Davis, 30th MDG physical therapy technician, sort gifts to donate to the Santa Maria Rescue Mission.

30th Medical Group collects toys, spreads holiday cheer

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

The 30th Medical Group wrapped up their holiday toy drive Thursday and donated nearly 100 toys to the Santa Maria Rescue Mission.

"Team Vandenberg's holiday spirit is alive and well," said Master Sgt. Timothy Knipp, 30th Medical Group first sergeant. "We always take care of our own people on base, but this year our goal was to expand into the local community."

He said the group's desire was to help families who are less fortunate.

Serving the Central Coast for less than two years, the Santa Maria Rescue Mission usually targets the homeless population, said Rod Streng, Santa Maria Rescue Mission executive director.

They normally provide food and clothing to those in need, but during the holiday season the demands on the mission are higher.

"We serve families who have extremely diminished resources," Streng said. "These toys

will be distributed to families in Oceano and Pismo Beach who don't have enough money to buy toys for their children."

This was the first time the medical group collected donations for the Santa Maria Rescue Mission.

"We wanted to give something back to the surrounding community," Knipp said. "They've done so much for the men and women of Vandenberg."

He said the entire group's response was outstanding.

"There were an abundant number of toys donated," the shirt said. "It's a pleasure to be associated with such compassionate caring professionals."

"It made me feel good to help underprivileged children," said Senior Airman Cherise Joseph, a medical technician in the family practice clinic.

Streng said the rescue mission welcomes donations throughout the year.

For more information, call the mission at (805) 614-0220.



America's Air Force...
Needs you to return from the holidays safely. Please don't drink and drive!

Six brothers left their family's Wisconsin farm. Together, they've served their country for more than 100 years and they're not done yet.

The Shipmans: A century of USAF service

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

After 20 years of moving his family around the world, Clyde Shipman retired from the Air Force. He hung up his master sergeant stripes and took his family back to New Auburn, Wis., to work the family farm.

He was returning to his roots to carry on the legacy of his father and grandfather before him. He and his wife, Marian, had a dream: they wanted to work the land with their six sons. They'd raise pigs and milk cows. They'd plant their fields and harvest bountiful crops.

What they didn't know, what they couldn't have known, was that their boys had already planted their roots. Those roots would grow like a tree into more than a century of service in the U.S. Air Force.

"As kids in the Air Force, we had an interesting lifestyle, quite a wonderful lifestyle," said Chaplain (Capt.) John Shipman, a 30th Space Wing chaplain.

Recalling the move from K.I. Sawyer AFB, Mich., to Wisconsin, the 37-year-old said, "Our lives changed drastically. I tell this story in jest, but we used to complain about washing the dishes (before we moved to the farm.)"

"Washing dishes wasn't much of a concern for us on the farm," he said. "It was getting up at 5:30 in the morning to go find the cows so we could milk them."

They didn't shy away from the hard work.

"It was a foundation for a good work ethic," the chaplain said.

Raising six boys and working the 100-year-old farm wasn't easy, but Marian nurtured her sons' personalities and encouraged them to choose their own paths in life. One by one the Shipman boys left the farm and joined the Air Force.

"Tom, Scott and I joined in 1977," said Senior Master Sgt. Jeff Shipman, 576th Flight Test Squadron Munitions Flight superintendent. After working in construction for a couple of years, Jeff, now 43, applied to go to college. He'd just been



CONTRIBUTED PHOTO

The Shipman family in 1988. (Back row, left to right) Bryce, Tom, Marian, Jeff and John. (Front row, left to right) Mike, Clyde and Scott. Retired since 1973, Clyde donned his uniform for this photo with his family. This was the last time he outranked his sons. Today his sons rank from technical sergeant to captain.

accepted into the University of Wisconsin Superior when Tom, now 42, enlisted.

"When he told me he'd joined the Air Force, it sounded more adventurous than going to college or working construction," Jeff said. "It caught my fancy."

The three went into different career fields.

Scott, 41, was an aircraft mechanic who spent 20 years working on large-body aircraft. "He's retired and lives in Anchorage, Alaska," Jeff said.

Tom's path took him to fighter aircraft, where he's worked in aircraft maintenance for the last 23 years. He's currently assigned to Aviano Air Base, Italy.

Eventually, younger brothers John, Bryce and Mike, left the farm for the benefits of life in the Air Force.

"When I came in, I had no (formal) education," John said. "Six years later, I had a bachelor's degree in business management."

A below-the-zone senior airman, four-year staff sergeant and officer training school candidate, John left the Air Force in 1991 to answer a higher calling.

"I got out of the Air Force and went to seminary," he said. While serving in his parish, people kept asking him, "Why aren't you a chaplain in the Air Force?" By 1998, he was back in the blue.

Brothers Bryce, 40, and Mike, 39, are still blue through and through.

"Bryce is a technical sergeant at headquarters Pacific Air Forces," Jeff said. "He started out in dental, worked as a quality adviser for a time and is now a manpower type."

Former Staff Sgt. Mike Shipman now wears captain's bars as a physician's assistant at Grand Forks AFB, N.D.

The Shipmans' service has scattered them like leaves to the wind making it hard to celebrate together, but they do have reason for celebration. Jeff and younger brother Tom were recently selected for promotion to chief master sergeant.

Still reeling from the amazement of it, Jeff proudly said, "We're six brothers who've worn Air Force blue and two who've simultaneously achieved the highest enlisted grade!"

"I'm so happy I got it here at Vandenberg because the 576th is like my family. This is a family who looks out for you and does things to help you succeed, so you want to celebrate with your family."

"We're six brothers who've worn Air Force blue and two who've simultaneously achieved the highest enlisted grade!"



Senior Master Sgt. Jeff Shipman
576th Flight Test Squadron Munitions Flight superintendent

At what seems to be the apex of their careers, Jeff said he'd love to pin on chief with Tom.

It wouldn't be the first time Tom and Jeff have been promoted together.

"We put on senior master sergeant the same day. Tom, Scott and I were all promoted to master sergeant in the same cycle, too," Jeff said.

Twelve years ago, the Shipman brothers were featured in an Air Force Times article. Again, it seems, their lives and their careers are the makings of an Air Force commercial.

Today the fruits of Clyde and Marian's labor lay not only in the land they work. Their bounty, the Air Force's bounty, is their sons. They're a family whose roots are blue—Air Force blue.

Vandenberg child gets wish of a lifetime

Make-A-Wish Foundation sends 6-year-old, family cross-country for Walt Disney World vacation

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

An excited and energized boy became still and quiet when the camera was focused on him Dec. 9 as he talked to a reporter about his upcoming trip to Florida and the 27-foot white limousine parked in front of his house.

Ezrick Mejia Jr. was receiving a wish of a lifetime granted by the Make-a-Wish foundation. His wish: to fly to Walt Disney World. Make-A-Wish Foundation of the Tri-counties has been granting special wishes to children of Ventura, Santa Barbara, and San Luis Obispo counties since 1985.

The foundation grants 40 to 60 "wishes" monthly for local children. Nationally, the Make-A-Wish Foundation of

Because of their shape, they don't move well through the smallest blood vessels in the body. This can stop or slow blood flow to parts of the body, causing less oxygen to reach these areas.

The first part of his five-day trip was a ride in a limousine from Vandenberg to Los Angeles.

"While riding to LA, E.J. and his brother, Ebari, wanted to hang out the windows," said Yisha Mejia, E.J.'s mom. "They also enjoyed watching movies in the car."

After a night in Los Angeles, the family was flown to Orlando, Fla., where they received a rental car paid for by the Make-A-Wish Foundation.

"The Make-A-Wish Foundation pays for everything for the family, so there is nothing they have to worry about during their trip," said David Schuessler a volunteer Make-A-Wish Foundation wish granter. The foundation goes so far as to make sure Ezrick had oxygen on the plane in case it's needed and spending money for the family, said Schuessler, an industrial security specialist at

Vandenberg. "E.J. is the first Make-A-Wish child from Vandenberg," said the four-year veteran wish granter.

Ezrick goes through a daily medical regimen. It includes respiratory treatments morning and evening, an array of inhalers for asthma, and daily pills.

But this doesn't slow him down. E.J. enjoys playing with his brothers and sister, and video games too. He



CONTRIBUTED PHOTO

(Left to right) Ezrick, Ebari, E.J. and Yisha Mejia with Minnie and Mickey Mouse at Give Kids the World Village in Kissimmee, Fla. E.J. was granted a wish to fly to Florida to visit Disney World.

also attends Crestview Elementary School.

E.J. set a blistering pace at Disney World.

"When E.J. first arrived at Disney World, he wanted a map," said Senior Airman Ezrick Mejia, his dad. "He decided to rush everywhere, from one side of the park to the next," said the 30th Security Forces Squadron area supervisor.

E.J. received a special button to wear while at Disney World, so he could go to the front of the long lines at the rides.

"He got to go on a lot of the rides. Some were even scary and he still wanted to go on them," his dad said. He met Goofy, Daisy and Donald Duck while at Disney World.

The Mejia's stayed at Give Kids the World in Kissimmee, Fla. Give Kids the World is a 51-acre resort for children with life-threatening illnesses visiting Walt Disney World

and other Central Florida attractions.

Give Kids the World Village features 96-villas that have all the conveniences of home. The village has two arcades, a train station, a fishing lake, a swimming pool, a waterpark, 104-seat movie theater, a gingerbread restaurant, an ice cream palace that serves ice cream all day and a peaceful chapel.

During the trip the family also went to the Disney Animal Kingdom, MGM Studios, Epcot Center, and The Magic Kingdom.

"Having this chance to go somewhere as a family (minus Dasia, 2, and Easaan, 10 months, who stayed with grandma in Los Angeles) was the best thing about the week," said Yisha. "Just sharing the good times together."

Sickle cell anemia affects about 1 in 375 African American infants.



AIRMAN 1ST CLASS AMANDA EDWARDS

E.J. and sister, Dasia, helps dad pack the last few things in the limo before the trip Dec. 9.

America network has granted more than 80,000 wishes since its inception in 1980.

E.J., as he's called, smiled when asked why he wanted to go to Disney World. "I want to see Goofy and ride all the rides," said the 6-year-old, who was diagnosed with sickle cell disease at birth.

Sickle cell disease is a hereditary condition where some blood cells look like sickles or crescent moons.



SENIOR AIRMAN LEE OSBERRY

Commander's Trophy

Col. Richard Strathearn (left), 30th Space Wing vice commander, presents the monthly Commander's Trophy to members of the 30th Operations Support Squadron's airfield operations and aerospace maintenance section. The team is (left to right) Lt. Col. David Christensen, 1st Lt. Eric Page, Airman 1st Class Misty Edwards, Capt. Thomas Schmidt, Staff Sgt. Bruce Gunther, Tech. Sgt. Richard Sweezer, Master Sgt. Richard Czap, Staff Sgt. Clarence Christianson, Don Dietrich and Jim Hyatt. The Commander's Trophy is presented each month to a unit that epitomizes the teamwork and professionalism Team Vandenberg strives to achieve.

NORAD tracks Santa's sleigh in flight

BY MASTER SGT. LARRY LINCOLN
North American Aerospace Defense Command

■ **PETERSON AFB, Colo.** — It's beginning to look a lot like Christmas — especially at North American Aerospace Command.

NORAD is preparing to launch its 46th "NORAD Tracks Santa" program. This year's version will again feature a six-language live-tracking Web site designed to bring a touch of the season to eager Santa watchers around the globe.

The site features visual and audio updates hourly from midnight EST, Dec. 23 to 5 a.m. EST, Dec. 25, said Maj. Jamie Robertson, deputy director, NORAD Public Affairs.

"We'll simply pick up the information as soon as Santa's sleigh launches from the North Pole," Robertson said.

"Even before we pick up Santa on radar or via visual identification, we'll be able to detect the infrared glare from the tip of Rudolph's nose. It's the same technology we use to track missiles," he added.

NORAD will track the jolly old elf using digital animation, satellite/cockpit images and audio reports from the NORAD command center located in Cheyenne Mountain.

NORAD is a binational United States/Canadian organization charged with maintaining aerospace warning and aerospace control for North America.

The Santa tracking tradition started in 1955, by accident, thanks to a local newspaper ad for a department store's 'Santa Hotline.'

The ad included a special phone number that turned out to be the operations hotline to Continental Air Defense Command (NORAD's predecessor).

When the phones started to ring, military operators were surprised to hear children asking to speak to Santa.

Col. Harry Shoup, senior officer on duty at the time, took the first call and quickly figured out what had happened. Shoup told the youngster he was helping Santa and added that he could see Saint Nick on the radar screen: He was heading south from the North Pole. "It was the height of the Cold War, and the only people who had that particular phone number was the CONAD commander-in-chief and me," Shoup said. "If that phone ever rang, it usually wasn't good news.

"I was surprised when it rang, but even more so when I picked it up and heard a child on the other end reading a Christmas list to me," Shoup said.

Halfway through the call, the now-suspicious youngster said to Shoup, "Hey, you're not Santa," to which the quick-thinking colonel replied, "Ho, Ho, Ho... I'm one of his helpers son. Now you be a good little boy and get right to bed."

Shoup remembers that as soon as he

hung up, the phone immediately rang with another Santa-seeker on the line. Shoup and his fellow crewmembers spent the rest of the evening answering a non-stop barrage of calls from children wanting to talk to Santa.

Local media caught wind of the calls and reported the story. The next year, calls again flooded CONAD from children who wanted to know where Santa was. By 1957, NORAD was in the Santa-tracking business.

Since then, the program has gradually expanded, and today is the recipient of 43 international awards. The Web site made its internet debut in 1997 and scored approximately one million hits. In 1999, the site took 52 million hits on Christmas Eve alone, peaking at 250,000 hits per minute.

This year's site will be hosted by America Online, the world's leading Internet online service, and is supported again by Analytical Graphics, the company responsible for technical support and all associated imagery.

"AGI donates its services to participate on the NORAD Tracks Santa project because we feel it is a perfect fit for our Satellite Tool Kit," said Bob Hall, AGI video production services director.

"STK is the best tool to use to be

able to track Santa as he flies around the world," he added.

"We can even integrate some of NORAD's satellite systems when Santa is near the ground to better enable NORAD to follow him. Given that fit, it was a natural extension to help NORAD create the web site," he said.

The project has grown to the point that AGI now dedicates a few months each year working to produce the entire web site, including the 'imagery' for Dec. 24-25, Hall said.

All site material, including the live tracking event, will be available in English, Japanese, French, Spanish, Italian and Brazilian Portuguese.

In addition, Globelink Services International, a Colorado Springs, Colo.-based company, coordinated the extensive translation required for the Web site.

According to Robertson, the organizations and volunteers who help make this global Christmas project possible, do so at no cost to the taxpayer.

The 2000 NORAD Tracks Santa site will debut December 15. To view the site, go to www.noradsanta.org.

To reach the Santa hotline call 719-474-3980 after 4 p.m. Dec. 24.

**To watch Santa's trip
parents can log on to
www.noradsanta.org**



AIRMAN 1ST CLASS AMANDA EDWARDS

Season of giving

Jim Rodlin, a Tri-County Blood Bank specialist, draws blood from Staff Sgt. Darlene Boyd, 9th Space Operations Squadron, Dec. 13 at the Services Center. Team Vandenberg donated 70 pints of blood for the blood bank on the day.

31

SUN

Everyone is invited to Chapel 1 on New Year's Eve for fun, food, fellowship and worship at the **Watch Night Service and Fellowship**, beginning at 11 a.m.

The Family Support Center staff has information on the **General Henry H. Arnold Education Grant Program**. The program awards \$1,500 in grants to sons and daughters of active duty, retired, or deceased Air Force members, spouses of active duty stationed stateside and widows of deceased members, retired Reservists regardless of whether or not they are receiving retired pay. For information, call Lyn Smith at 605-8551 or stop by the Family Support Center, building 10525,

for an application.

Vandenberg Middle School needs volunteers to mentor and tutor sixth through eighth grade students in math, science and English, after school at the Vandenberg Middle School library. The times are from 3:20 to 4:05 p. m. on Tuesday, Wednesday, and Thursday. If people would like to help, call the Vandenberg Middle School activities director at 734-4391.

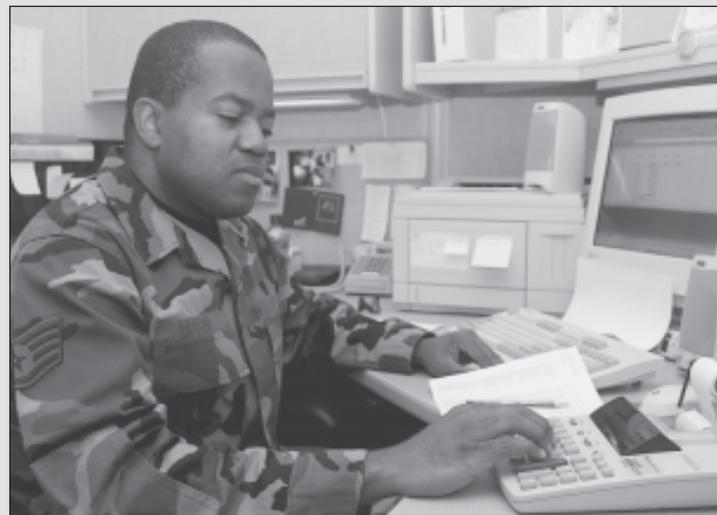
Speedy Load 'Um Towing is offering **free 24-hour towing until Jan. 2**. Call 735-8045 for a ride and tow your vehicle, no questions asked. This is part of the TOWED program, Towing Operators Working to Eliminate Drunk driving.

Local shelters can't keep up with the demand of keeping homeless people warm. Shelters are often full and have to turn people away, many with young children without any cold weather clothing. The 30th Contracting Squadron is sponsoring **Operation Bundle Up** to collect as many blankets, coats and other serviceable cold weather items to donate. For information, call Senior Airman Brent Goe at 605-7031 or Senior Airman Stephanie Goe at 606-4775.

The base college and universities will be closed on the following days during the holiday season: **Allan Hancock College**, Saturday to Jan. 3; **Chapman University** Saturday to Jan. 2; and **University of LaVerne** today until Jan. 2. For information call Debbie Johnson at 605-5902.

Save money and help the Commissary **support the Special Olympics**. Between Jan. 2 to Jan. 14, the commissary will be running specials on certain items to support the local Special Olympics. For information visit the commissary.

Vandenberg airmen can learn to **fly radio controlled planes for free**. The Wingbusters R.C. Club will teach people how. For information, call Jack Riley at 734-1329 or Dick Casmeay at 736-5505.



AIRMAN 1ST CLASS AMANDA EDWARDS

Team Vandenberg Spotlight

Name/Rank: Staff Sgt. Michael Greene

Assignment: 30th Comptroller Squadron, financial analyst.

Hometown: Summerville, S.C.

Time on Vandenberg: Two and a half years.

Time in service: 10 years and 11 months.

"Service before self is the core value which comes to mind first when describing this impressive NCO," said Lt. Col. Delane Aguilar, 30th Comptroller Squadron commander. "Sergeant Greene is one of the top NCOs in the 30th Comptroller Squadron. His duties include managing the \$6 million 30th Space Wing Staff budget. Although Sergeant Greene's duties can be time-consuming and intense, he still manages to devote time during his busy day to serve Team Vandenberg and community activities. He's recently participated in Aerospace Show 2000, Retiree Activities Day, Native American Heritage Month, and the Education Expo. Service before self — this is what Sergeant Greene is all about."

COMMUNITY

CALENDAR

22

FRI

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

23

SAT

The chapel community invites everyone to a night of **caroling** Saturday 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.

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

27

WED

Vandenberg's **officer Christian fellowship** meets on Wednesdays at 7 p.m. at 623 Aspen St. in base housing. Officers who would like to

be involved in fellowship and bible study with other Vandenberg officers, may attend. Spouses also are welcome. For more information call Col. Kenneth Van Sickle at 606-4315 or Chaplain (Maj.) William Toguchi at 606-5773.

28

THU

The Family Support Center staff has scheduled an **Interviewing and Dress for Success Workshop** Dec. 28 at 9 a.m. at the Family

Support Center. People can learn what to wear and what not to wear for interviews to improve their hiring chances. People can also learn tips on what to wear in the workplace. Call Tinisha Agramonte at 605-8557 for registration and details.

Yes Virginia, there is a Santa Claus

Little eight year old Virginia O'Hanlon, of 115 West 95th Street in New York, wrote to the New York Sun in 1897 and said that some of her friends said Santa does not exist.

She went on, "Papa says, 'If you see it in The Sun, it's so'. Please tell me the truth, is there a Santa Claus?" And this is what editor Francis P. Church wrote ...

"Yes Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give your life its highest beauty and joy.

Alas! how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We would have no enjoyment except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Team Vandenberg supports AEF

■ The air expeditionary force concept recently celebrated its first anniversary. This year, hundreds of men and women from the 30th Space Wing, 14th Air Force and associate units deployed to locations around the world. Several remain on temporary duty during the holiday season.

The Team Vandenberg professionals who deployed throughout 2000 are as follows:

14th Air Force

Incirlik Air Base, Turkey

Lt. Col. Ray Blank

Vincenza, Italy

Maj. Todd Gossett

Maj. Christopher Renner

Maj. David Miller

Patch Barracks, Germany

Maj. Heinrich Rieping

Al Kharj, Saudi Arabia

Maj. Todd Gossett

Osan Air Base, South Korea

Capt. Edward Ackerman

614th Space Operations Squadron

Stuttgart, Germany

2nd Lt. Jennifer Campanella

Sembach Air Base, Germany

Staff Sgt. William Figgins

Incirlik Air Base, Turkey

Airman 1st Class Brian Grotewiel

30th Space Wing

Eskan Village, Saudi Arabia

Maj. John Cherry

Al Kharj, Saudi Arabia

Airman 1st Class Monica Noe

Sarajevo, Bosnia

Capt. Thomas Knowles

Incirlik Air Base, Turkey

Capt. William Nelson

Aviano Air Base, Italy

Tech. Sgt. Johnny Jones

30th Medical Group

Taszar, Hungary

Master Sgt. Kenneth Thissell

Incirlik, Turkey

Capt. Ginger Weiss

Al Kharj, Saudi Arabia

Capt. Rita Holt

Staff Sgt. Marcia Scantlebury-Hall

30th Contracting Squadron

San Vito, Italy

1st Lt. Mia Palmieri

Manta City, Ecuador

Staff Sgt. Ronald Stecher

Ali Al Saleem, Kuwait

Staff Sgt. Douglas Gosselin

Al Kharj, Saudi Arabia

Master Sgt. James Higgs

Staff Sgt. William Robbins



TECH. SGT. SCOTT WAGERS

Capt. Tom Knowles (left), 30th Space Wing Public Affairs deputy director, walks through Mostar, Bosnia, with two French Army counterparts. Knowles was the NATO Coalition Press Information Center media operations director for 120 days in Sarajevo, Bosnia.

Al Jaber, Kuwait

Tech. Sgt. Marisol Krist

Senior Airman Lisa Martin

30th Mission Support Squadron

Tuzla, Bosnia

Tech. Sgt. Joy Greene

Incirlik, Turkey

Airman 1st Class Tanisha Roberts

Al Kharj, Saudi Arabia

Master Sgt. Jose Santiago

30th Comptroller Squadron

Incirlik Air Base, Turkey

Tech. Sgt. Orlando Dozier

30th Communications Squadron

Stuttgart, Germany

Maj. Michael Tisdell

Sarajevo, Bosnia

Master Sgt. Robert Hargreaves

Tech. Sgt. Scott Wagers

Aviano Air Base, Italy

Staff Sgt. Jennifer Wallis

Senior Airman Ebony Allensworth

Senior Airman April Muniz

Airman 1st Class Suzanne Jenkins

Eskan Village, Saudi Arabia

Tech. Sgt. Lloyd Coley

Staff Sgt. Steven Hatcher

Al Kharj, Saudi Arabia

Staff Sgt. Louie Arrevalo

Al Jaber, Kuwait

Staff Sgt. Douglas White

30th Transportation Squadron

San Vito, Italy

Master Sgt. Mark Callahan

Incirlik Air Base, Turkey

Staff Sgt. Jason Freeman

Eskan Village, Saudi Arabia

Master Sgt. Timothy Hawley

Master Sgt. Pablo Mendez

Master Sgt. Shane Munn

Tech. Sgt. Gregory Pocaigue

Tech. Sgt. Christopher Womack

Staff Sgt. Aaron Celiceo

Staff Sgt. Lewis Dothager

Staff Sgt. Richard Miller

Staff Sgt. Raul Molina

Senior Airman Adam Dutcher

Senior Airman Joshua Gonzales

Senior Airman Sean Kerutis

Senior Airman Thomas Nuttall

Senior Airman Antonio Orozco

Senior Airman Alvin Santos

Senior Airman Thomas Thurlby

Airman 1st Class Khamso Manisisaket

Airman 1st Class Aaron Young

Al Kharj, Saudi Arabia

Tech. Sgt. Mark Brindise

Tech. Sgt. Margaret Waller

Staff Sgt. Casey Bond

Staff Sgt. Robert Oder

Staff Sgt. Tracy Simpson

Senior Airman John Bishop

Senior Airman Jerry Dixon II

Senior Airman Marcus Jankowski

Airman 1st Class Yared Abegaz

Ali Al Saleem, Kuwait

Staff Sgt. Todd Gowler

Al Jaber, Kuwait

Staff Sgt. Steven Dinapoli

Senior Airman Raja Beckles

30th Civil Engineer Squadron

Al Kharj, Saudi Arabia

Tech. Sgt. Philip Nixon

Staff Sgt. Jamie Logankrings

Staff Sgt. Steven Thirkettle

Senior Airman Bryan Gates

Senior Airman Jeffrey Medina

Senior Airman Dante Sengstack

Eskan Village, Saudi Arabia

1st Lt. George Franklin Jr.

1st Lt. Michael Tierney

Master Sgt. Mark Stortecy

Staff Sgt. Darrell Burton

Staff Sgt. Dennis Gray

Staff Sgt. Contreras Martinez

Airman 1st Class Gary Cochran

Ali Al Saleem, Kuwait

Senior Airman James Johnson

Airman 1st Class John Crook

Al Jaber, Kuwait

Maj. Michael Lesinski

Tech. Sgt. Andrew Kish

Staff Sgt. Troy Forbes

Staff Sgt. Jaymer Lima

Senior Airman Michael Arzabal

Senior Airman Robert Boyer

Senior Airman Ronald Grajeda

Senior Airman Jeffrey Miles

Airman 1st Class William Figueroa

Airman 1st Class David Silva

Airman 1st Class Edward Trevororrow

Airman 1st Class James Willis

Airman Brian Scott

Al Dhafra, United Arab Emirates

Tech. Sgt. Richard Kaelin

Senior Airman Charles Rosales

Senior Airman John Bailey

30th Security Forces Squadron

Al Dhafra, United Arab Emirates

Senior Airman Steven Coulter

Ali Al Saleem, Kuwait

Master Sgt. Richard Boegli

Master Sgt. Steven Bravo

Tech. Sgt. George McGarry

Staff Sgt. Dwayne Mooneyhan

Senior Airman Olivia Latham

Senior Airman Daniel Albert

Senior Airman John Calapietro

Senior Airman Johnnothan Drop

Senior Airman Rebecca Faalzadeh

Senior Airman Nelson Kendrick

Senior Airman Thomas Lepetri

Senior Airman Danielle Martin

Senior Airman Damion McElroy

Senior Airman Michael Munyon

Senior Airman Tony Potter

Senior Airman Ferdinand Rivera

Senior Airman Jason Sweetapple

Senior Airman Fred Tobias

Airman 1st Class Anthony Gonzales

Airman 1st Class Arthur Bloomingsdale

Airman 1st Class Joshua Brotemarkle

Airman 1st Class Michael Collard

Airman 1st Class Anthony Creazzo

Airman 1st Class David Federighi

Airman 1st Class George Flores

Airman 1st Class John Gregory

Airman 1st Class Michael Hall

Airman 1st Class Matthew Holland

Airman 1st Class Estavan Macias

Airman 1st Class Kelli Root

Airman 1st Class Samuel Sheridan

Airman 1st Class David Sparks

Airman 1st Class Steven Whitworth

Airman 1st Class Matthew Zizzo

Airman Corey Crawford

Airman Roy Jaramillo

Airman Matthew Loiselle

Airman Phillipp Rogers

Airman Eduardo Rojas

Airman Stephen Tucker

Al Kharj, Saudi Arabia

Master Sgt. Albert Salaiz

Tech. Sgt. Christopher Gilderson

Staff Sgt. William Smith

Staff Sgt. Darren Elbert

Staff Sgt. William Flester

Staff Sgt. Edward Grant

Staff Sgt. David Harding

Staff Sgt. Lorie Hollis

Staff Sgt. Terry Hutchens

Staff Sgt. Antawan Patterson

Staff Sgt. Baltazar Ruiz

Staff Sgt. John Runnion

Senior Airman Gerald Lantz

Senior Airman Ryan Barkman

Senior Airman Megan Buck

Senior Airman John Calapietro

Senior Airman Jennifer Davis

Senior Airman Denise Dejesus

Senior Airman Keivan Faalzadeh

Senior Airman James Gardner

Senior Airman Christopher Gumper

Senior Airman Bing Han

Senior Airman John Hubbell

Senior Airman Byron Lee

Senior Airman Michael Mooney

Senior Airman Paul Ordaz

Senior Airman Phillip Padilla

Senior Airman Rex Palarca

Senior Airman Marcus Poindexter

Senior Airman Scott Suzadail

Senior Airman Paul Torres

Senior Airman Robert Verrigni

Senior Airman Eric Ward

Airman 1st Class Regina Alfred

Airman 1st Class Perse Lane

Airman 1st Class Elizabeth Apapari

Airman 1st Class Valerie Brunelle

Airman 1st Class Roberto Cervantes

Airman 1st Class Alynia Clay

Airman 1st Class David Coleman

Airman 1st Class Samuel Collins

Airman 1st Class John Cruzcortes

Airman 1st Class Monique Davis

Airman 1st Class Shana Dixon

Airman 1st Class Tamica Dubose

Airman 1st Class Michael Ewing

Airman 1st Class John Goble

Airman 1st Class Mohamad Hammound

Airman 1st Class Jeffrey Holden

Airman 1st Class Aric Jacobsen

Airman 1st Class Stephen Kesterson

Airman 1st Class Heather Kimmel

Airman 1st Class Lissete Lopez

Airman 1st Class John Lourenco

Airman 1st Class Darryl Lyles

Airman 1st Class Anthony Martinez

Airman 1st Class Antawan Matthias

Airman 1st Class Rogelio Meza Jr.

Airman 1st Class Gary Morgan

Airman 1st Class Jenne Patterson

Airman 1st Class Happyvalley Patu

Airman 1st Class Christine Perrin

Airman 1st Class William Riney Jr.

Airman 1st Class John Salausa

Airman 1st Class Luis Salacido

Airman 1st Class Vincent Samaniego

Airman 1st Class Bryan Sebastian

Airman 1st Class Jason Smith

Airman 1st Class Scott Watson

Airman 1st Class Billy Wood

Airman 1st Class Aaron Zavala

Airman Joshua Coen

Airman Emily Dullea

Airman Matthew Edom

Airman Anthony Garcia

Airman Frank Gonzales

Airman Steven Gonzales

Airman Duiel Howard

Airman Carl Kimball

Airman John Lucas

Airman Clay Nordlum

Airman Jason Streeper

Airman William Wingfield

Eskan Village, Saudi Arabia

Tech. Sgt. Gregory Simpson

Staff Sgt. Adam Estrada

Al Jaber, Kuwait

Master Sgt. William Limtiaco

Tech. Sgt. Kenneth Stocker

Staff Sgt. Kenneth Crerend

Staff Sgt. Jof Gustavsen

Staff Sgt. David Palas

Staff Sgt. Terrie Welch

Senior Airman Jacky Barfield

Senior Airman Stephen Bitsko

Senior Airman Leonard Devera

Senior Airman David Duty

Senior Airman Michael Hayes

Senior Airman Frank Mamea

Senior Airman Charles North II

Senior Airman Donald Rister

Airman 1st Class Frank Beeler III

Airman 1st Class Matthew Denny

Airman 1st Class Scott LaBelle

Airman 1st Class Perse Lane

Airman 1st Class Benjamin Ahrens

Airman 1st Class Laura Boyle

Airman 1st Class Edward Burch

Airman 1st Class Joseph Chapman

Airman 1st Class Amanda Curren

Airman 1st Class Jason Espinoza

Airman 1st Class Heather Frank

Airman 1st Class Richard Skerl

Airman 1st Class John Smith

Airman Jeffrey Hunter

30th Weather Squadron

Sembach Air Base, Germany

Tech. Sgt. Paul Hay

Ali Al Saleem, Kuwait

Senior Airman Jared Ey

Senior Airman Michael Oates

Al Kharj, Saudi Arabia

Airman 1st Class Latoya High

2nd Space Launch Squadron

Manta City, Ecuador

Staff Sgt. Ruth Lopez

Ali Al Saleem, Kuwait

Capt. David Learned

Al Jaber, Kuwait

Tech. Sgt. Tomothy Giberson

Staff Sgt. Jay Bardell

30th Operations Support Squadron

Taszar, Hungary

Tech. Sgt. John Crowe.

576th Flight Test Squadron

Al Kharj, Saudi Arabia

Senior Airman Michael Flores

Airman 1st Class Brian Hickey

Ali Al Saleem, Kuwait

Master Sgt. Ormand Jourdan

Al Jaber, Kuwait

Senior Airman Billy Nolan

381st Training Group

Al Jaber, Kuwait

Senior Airman Denise LaVoie



TECH. SGT. SCOTT WAGERS



Airman 1st Class Mary Colin is a satellite systems operator at Buckley Air Force Base, Colo. Air Force Space Command provides critical data to battlefield commanders in forward operating locations around the world.



AIRMAN 1ST CLASS AMANDA EDWARDS

Veteran appreciation

The Vandenberg Girl Scouts collected personal hygiene items, such as shampoo, soap and shaving supplies for homeless and hospitalized veterans. (Left to right) Alyssa Scheller, Ashley Moore, Claudia Daugherty, Rebecca Bodtke and Annie Evans take a count of the items. They have also built a Veterans Memorial Wall to honor vets.



AT THE MOVIES

TODAY

Red Planet (PG-13)

Starring Val Kilmer and Carrie-Anne Moss.

SATURDAY

The Legend of Bagger Vance (PG-13)

Starring Will Smith and Matt Damon.

SUNDAY

The theater is closed.

DEC. 29

Little Nicky (PG-13)

Starring Adam Sandler and Patricia Arquette.

DEC. 30

Charlie's Angels (PG-13)

Starring Drew Barrymore, Camerin Diaz and Lucy Liu.

DED. 31

The theater is closed.

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



SENIOR ARMAN JEANETTE COPELAND

Jason Porter, Lompoc Landsharks, tries to evade Ray Brushier, Vandenberg Hawks, during flag football action earlier this season. The Hawks clashed with the Landsharks Saturday for the Pigskin Open Title, prevailing 14-7.

Hawks claim Pigskin Open title

BY MIKE DRUMMOND

Vandenberg varsity football coach

The Vandenberg Hawks varsity football team won the Pigskin Open 7-on-7 flag football tournament Saturday at Simas Park in Santa Maria in a close defensive game versus their arch rivals, the Lompoc Landsharks.

The 14-7 victory atoned for an earlier 8-0 loss to the Landsharks in the championship game of the Fall Santa Maria Recreational League.

After winning the coin toss, the Hawks struck blood on the first play of the game with a 60-yard scoring strike from quarterback Frank Edwards to Corey Bullard. Lompoc answered back five minutes later to tie the game at 7-7. With three minutes remaining in the first half, the Hawks scored again. With the offensive line of Frank Beeler, Damien Hooks, and Alan Humes giving Edwards plenty of time, he hit Louis Buck on a 45-yard crossing pattern, giving the base team a 14-7 halftime lead.

In the second half, both teams poured on the defense as the Landsharks' pass rush was relentless and the Hawks secondary made several key interceptions. Shawn Wilson twice intercepted passes in the end zone. On a great defensive play, Edwards intercepted a Lompoc pass, then pitched the football to Wilson who returned it to the Landsharks' 30-yard line. But the Lompoc defense stiffened and they got the ball back with about three minutes remaining. The Hawks were up to the task and stopped Lompoc on four plays. But the

Hawk's offense could not get anything going on the next drive and ran all but 10 seconds off the clock and punted to Lompoc. The Landsharks' final play came up short and the Hawks secured the 14-7 victory.

To reach the finals the Hawks first beat the Bulldog's 13-0 thanks to a 60-yard strike from Edwards to Buck and a 10-yard scamper by quarterback Edwards. The second touchdown was set-up by a 25-yard completion from Edwards to his intramural teammate, Tom Thurlby.

In the second round versus Somos Chivos, the Hawks won easily, 34-9. The defense came up with two touchdowns in that game.

The Landsharks blew away both of their opponents on their way to the championship game.

Both teams came away with a grudging respect for one another. The teams have played 10 times in the last two years with the Hawks holding a slight 6-4 advantage in victories. The Landsharks won this season's series three games to two. All 10 of these games were fiercely contested and four of them were for championships.

Next up for the Hawks is a trip to Las Vegas to play in the American Football Association Nationals Jan. 13 and 14. The tournament is eight-man full downfield blocking flag football and features some of the best players from all over the United States. Anyone interested in joining the Hawks should call Tech. Sgt. Marvis Neal at 606-3832. The Hawks play year round in a variety of leagues and tournaments.

Making a leap to a healthier lifestyle

REPRINTED FROM INTERNATIONAL FOOD INFORMATION COUNCIL & FOOD INSIGHT

■ It all seems so simple: eat less, exercise, lose weight. Yet approximately 44 million Americans are overweight, and dieters are spending an average of \$30 billion a year on commercial weight loss programs to take it off.

Yet no matter what approach most people use to diet, their weight loss is temporary. The weight they lose almost always returns in the long run.

That's the conclusion of a 13-member panel of obesity, metabolic and other experts convened by the National Institutes of Health. The panel examined the nature and effectiveness of approaches to voluntary weight loss and control.

Studies show as much as two thirds of the weight lost through dieting is regained within one year, and almost all the weight is regained within five years. Other weight loss techniques such as behavior modification, exercise and drugs—even in controlled settings—usually produce only short-term results.

Given this discouraging dieting outlook, many experts are beginning to

shift their focus to the concept of weight management. Adopting a healthy lifestyle with a reasonable approach to caloric consumption and exercise, may ultimately offer more promise in managing overweight than traditional dieting strategies.

Although precise definitions vary among experts, overweight has been traditionally defined as 10 to 20 percent above an optimal weight for height derived from statistics. Some scientists argue, however, that the amount and distribution of an individual's body fat is a significant indicator of health risk and therefore should be considered in defining overweight.

Abdominal fat has been linked to more adverse health consequences than fat in the hips or thighs. Thus, calculations of waist-to-hip ratio are preferred by some health experts to help determine if an individual is overweight.

Regardless of the definition, the prevalence of overweight among Americans has increased during the last 20 years, adversely affecting public health. Overweight is associated with elevated serum cholesterol, high blood pressure, diabetes, gallbladder disease,

gout and certain types of cancer.

Because of its serious impact on cardiovascular health and lung function, the National Heart, Lung and Blood Institute is launching a special obesity education initiative, targeted both at high-risk individuals and the general population.

Although the basic mechanism of overweight involves an imbalance between caloric intake and energy expenditure, it's unclear why this imbalance occurs in certain individuals. However, it is clear that overweight is more than simply a matter of willpower. A complex combination of genetic, environmental, cultural, socioeconomic and physiological factors are believed to contribute to this condition.

Surveys indicate that 33 to 40 percent of adult women and 20 to 24 percent of adult men are trying to lose weight, whether they need to or not. Another 28 percent each of males and females are trying to maintain their weight.

In women, the percentage trying to lose weight does not differ significantly among various ethnic groups, even though black and Hispanic women have

a higher prevalence of overweight than white women. Among men, Hispanics report the highest rates of attempted weight loss.

While it's human nature to want "quick results," it appears most people take weight loss more seriously. The average reported time on a weight loss regimen is five or six months. Decisions to lose weight are motivated by a variety of factors: the desire to improve self-image, reduce disease risk, improve overall health, or avoid societal "discrimination" against overweight people.

In one survey, women cited appearance as a more important reason for losing weight than fitness, while the reverse was true for men. But, according to Judith Rodin, Ph.D., professor of medicine and psychiatry at Yale University, more and more women are beginning to embrace the fitness mentality. "The look for the woman today is still lean, but now there is the added pressure to be fit.

The emphasis on health and fitness is a new social force pushing increased body awareness," she said.

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AIRMAN 1ST CLASS AMANDA EDWARDS

Golf champs

The 2nd Space Launch Squadron intramural golf team won the base team championship Dec. 12 at the Marshallia Ranch Golf Course. (Left to right) Tom Seward, Jeff McConnell, James Hyatt, Phil Cope, Darell Parkin, and Dave Salm. Team members not shown are Biu Prenot, Todd Larson, Keyom Yi, Scott Payne, and Dave Keener.

Panel says weight-loss goals best tied to long-term healthy lifestyle

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When it comes to losing weight and keeping it off, many Americans are called but few are successful. Yet, individuals who have "beaten the odds" in weight management share some commonalities in how they've achieved success.

Based on more than 20 years of working with overweight clients, John Foreyt, Ph.D., director of the Nutrition Research Clinic at Houston's Baylor College of Medicine, offers the following recommendations for successful weight loss:

Managing caloric intake is the most popular way people attempt to lose or maintain healthy weight.

Pound-for-pound, how does that effect of caloric restriction compare to exercise? Evidence suggests that greater amounts of weight are lost more quickly with caloric restriction than with increased caloric expenditure. But, when exercise is added to dietary change, even greater weight losses are possible.

In the end, the panel advised that individuals should view their weight loss goals as part of an overall long-term strategy to achieve a healthier life.