

Team Vandenberg launches Minuteman III



STAFF SGT. TRAVIS ASTON

The Minuteman III lifts off from Vandenberg.

COMPILED FROM REPORTS

■ Team Vandenberg successfully launched an unarmed Minuteman III intercontinental ballistic missile June 9 at 1:01 a.m. from North Vandenberg.

The mission was part of the Force Development Evaluation Program. The purpose of this launch was to test the reliability and accuracy of Air Force weapon systems.

Capt. James Warma, 576th Flight Test Squadron, directed launch activities. Maintenance members from the 91st Space Wing, Minot Air Force Base, N.D., and the 576th FLTS, led by Lt. Col. Edwin Parks, conducted all maintenance activities for the launch.

The launch was a team effort by members of the 30th Space Wing and the 576th FLTS here and the 91st SW.

The spacelift commander for this mission was Col. Steve Lanning, 30th SW commander.

The missile's three unarmed re-entry vehicles traveled approximately 4,200 miles in about 30 minutes, hitting a target at the Kwajalein Missile Range in the western chain of the Marshall Islands.

According to Warma, the Minuteman weapon system was conceived in the late 1950s with the

Minuteman I being deployed in the early 1960s.

Both the missile and basing components incorporated significant advances beyond the relatively slow-reacting, liquid-fueled, remotely-controlled intercontinental ballistic missiles of the previous generation.

Minuteman missiles have provided a quick-reacting, inertially guided, highly survivable component to America's nuclear triad. Minuteman's maintenance concept capitalizes on high reliability and a remove-and-replace approach to achieve a near 100-percent alert rate.

Warma went on to say that through state-of-the-art improvements, the Minuteman system has evolved to meet new challenges and assume new missions.

Modernization programs have resulted in new versions of the missile, expanded targeting options, improved accuracy and survivability.

Today's Minuteman weapon system is the product of almost 35 years of continuous enhancement.

The last round of base closures and realignments forced a realignment of Minuteman missiles.

The current Minuteman force consists of 500 Minuteman III's located at F.E. Warren Air Force Base, Wyo.; Malmstrom AFB, Mont.; and Minot AFB, N.D.

Teen-ager wins Vandenberg youth of the year award

Honor student garners national recognition for volunteer work

BY TECH. LLOYD CONLEY
30th Space Wing Public Affairs

■ The son of a technical sergeant assigned to the 533rd Training Squadron was recently named Vandenberg's Youth of the Year.

Rory Fields, a 15-year-old freshman honor student at Cabrillo High School and son of Tech. Sgt. Doug and wife Nancy Fields, won the annual award by being active in the community and writing a series of one-page essays on subjects such as family, friends, education and his community.

"Being named Vandenberg youth of the year means recognition for the time I've put in," said Fields.

Fields volunteers his free time at the youth center by helping set up for activities such as dances and



STAFF SGT. JENNIFER WALLIS

Rory Fields (right) displays his youth of the year certificate with the youth center program director, Curtis Dunster.

parties, and special events like the Easter egg hunt last April, said Curtis Dunster, program specialist at Vandenberg's Youth Center. He wrote a total of nine essays, added Dunster.

"He has always been a good son," said his father, Doug. "He's a very good student and a responsible person."

Air Force youth programs, in affiliation with the National Boys and Girls Clubs of America, sponsors the annual contest to select outstanding young men and women as Air Force Youth of the Year.

Contestants were selected based on contributions to their home and family, community, school and youth center. Judges also look at a student's goals, obstacles they've overcome, their writing ability, poise and public speaking.

The high school freshman plans to pursue a career

See YOUTH Page 6

Comment

New Flying Tiger outlines goals for 14th AF

By MAJ. GEN. WILLIAM LOONEY III
14th Air Force Commander

As I assume command of 14th Air Force, I wanted to express how proud and honored I am to become a member of this great Team.

Fourteenth Air Force and all her great wings have a proud heritage of service to our nation, and it is indeed a privilege to serve in such a rich legacy.

As your commander, I see three main thrusts or priorities I intend to focus on during my tenure.

First among equals is the accomplishment of the mission in a world-class fashion. Whether we are involved in space launch, control,

surveillance, missile warning or satellite operations, the successful accomplishment of the mission is vital to our national interests.

With each and every passing day, access to and mastery of space becomes more and more important to our nation and other free societies.

We are in the very beginning stages of our exploration of the final frontier, but we are building the foundation that this nation's future will be built on - a mission without peer!

Accomplishing the mission in a world-class fashion takes world-class professionals, and that is exactly what we have in our Air Force. It is imperative that commanders and



"You can count on me and the leadership within 14th Air Force to work your issues as you make it happen for our Air Force."

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

supervisors focus on the needs and concerns of their people. I truly believe that if we take care of our people, they will take care of the mission. You can count on me and the

leadership within 14th Air Force to work your issues as you make it happen for our Air Force.

Finally, we must continue our efforts to forge an aerospace force - one that not only dominates the air spectrum but also the space medium. We must strengthen our focus as card-carrying members of America's warfighting team, and ensure that in every possible way we leverage the awesome capability and power that space possesses.

As I mentioned earlier, it is indeed an honor and privilege to become part of the 14th Air Force Team, and Marilyn and I look forward to visiting all the magnificent wings and their warriors in the months to come.

Letters to the editor

30th SFS airman keeps smiling

Dear Lt. Col. Michael Prucey

I just wanted to commend one of your young airmen who works in security forces at the gates.

There is a young woman by the name of Airman 1st Class Tamica Dubose. She is the only security forces member who I see when I'm coming into the gate who actually smiles, waves at you and says "good morning."

This really made an impression on me because there was a day when I came in and I wasn't in the best of moods. She lifted my spirits because she had a smile on her face and something nice to say.

I think that reflects a positive view on the base as people are coming in and out continuously.

Thank you,

Yolanda Bell
30th Contracting Squadron

Family appreciates honor guard ceremony

Dear Lt. Col. Brad Peck

I wish to thank you and Staff Sgt. David Molina for providing the honor guard for the memorial service held at Goleta Christian Lutheran Church for my brother, James Allen Wilson, on April 28.

It was a very impressive flag-folding ceremony led by Capt. Joseph LeMay ending with the playing of Taps. Everyone was deeply touched by the performance.

My brother, who was a pilot in both World War II and the Korean War, was deeply honored, and we all greatly appreciate the efforts of the military to provide such services. The sharp young airmen in their uniforms made us proud of the United States Air Force.

On behalf of the Wilson family and their friends, I wish to thank you again for the service.

Respectfully yours,

Thomas Wilson
Santa Barbara, Calif.



STAFF SGT. JENNIFER WALLIS

Flag Day

Col. Steve Lanning (center), 30th Space Wing commander, stands with Lt. Col. Scott Westfall, 30th Civil Engineer Squadron Environmental Flight commander, and Boy Scout Thomas Baker, Vandenberg Troop 394, during the Flag Day ceremony Wednesday at the base parade grounds.

SPACE&MISSILETIMES

Col. Steve Lanning
30th Space Wing Commander

Maj. John Cherry
Director of Public Affairs

2nd Lt. Chris Watt
Chief, Internal Information

Tech. Sgt. Lloyd Conley
Editor
Staff Sgt. Andrew Leonhard
Staff Writer
Staff Sgt. Jennifer Wallis
Photographer

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

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Space & Missile Times* are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Lompoc Record Publications, of the products or services advertised.

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

Editorial content is edited, prepared and provided by the Vandenberg AFB Public Affairs Office. All photos, unless otherwise indicated, are Air Force photos.

Publication deadline is 4:30 p.m. every Friday. The Public Affairs Office reserves the right to edit all submissions for style and space. Send submissions to: 30SW/PA, 747 Nebraska Ave., Room A-105, VAFB, CA 93437; via fax at DSN 276-8303 or commercial (805) 606-8303.

NCO enhancement class takes off

Top Three Council bridges gap between ALS, NCO Academy

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

■ The Air Force defines leadership as the art of influencing and directing people to accomplish the mission.

Fourteen staff sergeants took that step June 8, graduating from the inaugural three-day Noncommissioned Officer Enhancement Seminar here.

Vandenberg's Top Three Council is helping junior NCOs take a leadership role by starting a Noncommissioned Officer Enhancement Seminar.

The seminar is targeted at staff sergeants who have not attended formal PME in more than four years.

"The seminar provides the NCOs with a refresher on the tools needed to be effective leaders and supervisors," said Command Chief Master Sgt. Paul Krim, 30th Space Wing.

"If an individual is good at their job, then the individual will enjoy his or her job, which leads to productivity."

"The seminar focuses on their supervisory skills and outlines the essential NCO duties," said Master Sgt. Michael Tierney, flight chief for the Airman Leadership School.



Command Chief Master Sgt. Paul Krim (front right), 30th Space Wing, and Master Sgt. Michael Tierney (left), ALS flight chief, stand with the first graduates of the NCO Enhancement Seminar here.

Some of the classes taught during the seminar are leadership qualities, enforcing standards, counseling techniques, and NCO responsibilities. All classes are taught by volunteers.

"The Air Force average between ALS and the NCO Academy is eight years," Tierney said. "Eight years between professional military education courses is too long."

ALS prepares senior airmen for supervisory and reporting official duties. The objective is for senior airmen to understand their role in the Air Force and the need to develop professionally to be

effective as an NCO. ALS completion is required before assuming the rank of staff sergeant.

The NCO Academy's mission is to prepare technical sergeants and staff sergeants selected for promotion to technical sergeant for positions of greater responsibility. This is done by improving their leadership and supervisory skills and increasing their understanding of Air Force culture and history. The objective is for students to understand their position in the military structure and to develop the skills necessary to be effective supervisors.

Resident NCO Academy completion is required to assume the rank of master sergeant.

The NCO Enhancement Seminar's mission is to focus staff sergeants on these responsibilities and stress the importance of their position in the chain of command.

"The seminar was a good way to bridge the gap between ALS and NCO Academy," said Staff Sgt. Gerald Gibbs, 576th Flight Test Squadron Minuteman munitions team chief and one of the students.

"We want to keep the front-line supervisors abreast of their responsibilities and improve their skills as supervisors," said Master Sgt. Brian Joseph, 30th Support Group chief of unaccompanied housing.

"There are over 300 staff sergeants on Vandenberg who have not had formal PME training in four years," said Joseph, who helped organize the seminar. "Some go as far back as 1987."

The Vandenberg Top Three Council is pushing to shorten that list for Team Vandenberg.

"The course reminded me why I'm an NCO and my duties as an NCO," said Staff Sgt. Odessa Greene, 614th Space Operations Squadron commander's support staff noncommissioned officer in charge. "It was refreshing to know that I'm on the right track."

STAFF SGT. JENNIFER WALLIS

Security Forces make a run for Olympic gold

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

Members of the 30th Security Forces Squadron participated in the 2000 Law Enforcement Torch run for Special Olympics as it passed through Vandenberg Tuesday.

Santa Barbara County Sheriffs passed the torch to Tech. Sgt. Kenneth Chinery and Staff Sgt. Terry Hutchins, 30th SFS, at the Santa Maria Gate. The men carried the burning torch down the Avenue of Flags to the Missile V for a brief ceremony.

Afterward, more than 20 security forces members continued the torch run in relays through six miles of Vandenberg territory and seven miles in the surrounding area. The torch passed through Santa Barbara County on its way to Long Beach State University for the Special Olympics state games Saturday.

The 2000 California Special Olympics Law Enforcement Torch Run involved more than

3,000 officials from all types of law enforcement agencies throughout southern California. Officials carried the torch over 1,500 miles and through more than 250 communities.

The Law Enforcement Torch Run is the Special Olympics' largest grass-roots fund-raiser, said Senior Airman Rebecca Faalzadeh, 30th SFS.

Other fund-raising activities include the Tip-a-Cop dinners held at community restaurants, including the Pacific Coast Club, said Faalzadeh.

The tips collected from cops waiting on tables are donated to the Special Olympics, she added.

This year, Santa Barbara law enforcement officials, including Vandenberg security forces, raised more than \$28,000 with the Tip-a-Cop dinners, said Faalzadeh.

The men and women of all law enforcement agencies worked together to raise more than \$42,000 for this year's Special Olympics, said Tech. Sgt. Samuel Treat, 30th SFS.



STAFF SGT. JENNIFER WALLIS

Staff Sgt. Terry Hutchens, 30th Security Forces Squadron, carries the Special Olympics torch down the Avenue of Flags while he is flanked by members of the Santa Barbara County Sheriff's Office and SFS.



STAFF SGT. JENNIFER WALLIS

Two workers from the 576th Flight Test Squadron refurbishment section prepare a Minuteman III missile silo for an upcoming launch.

AFSPC addresses quality of life issues

Three-day seminar tackles issues like pay, medical and dental benefits

BY CAPT. SEAN MCKENNA
AFSPC Public Affairs

PETERSON AFB, Colo. - People from Air Force Space Command wings nationwide gathered here May 23 to 25 for the command's fourth annual Quality of Life Seminar to discuss ways to improve living and working conditions, with a specific focus on retention issues.

The seminar tackled issues like pay and benefits, medical and dental, operations tempo, education and housing. Thirty-eight people from seven AFSPC bases attended the event, each bringing concerns from their respective units. The entire Air Force family - enlisted members, officers, civilians, Guard and Reserves forces, spouses and retirees - was on hand to voice opinions.

Gen. Ed Eberhart, AFSPC Commander, addressed the group, stressing the importance of working quality of life concerns hard to retain people and assist families. In addition, seminar attendees received an update on the many initiatives adopted this past year, both at the Air Force and command level.

"The seminar sends a signal to people within our command that their senior leadership are focused on

quality of life issues," said Lt. Col. Scott Burrows, AFSPC's chief of personnel issues. "Our leaders are encouraging people to come to them with their concerns so the command can work those issues."

The seminar's final report uncovered 56 issues, all of which contained recommendations on how best to solve the concern. Among the hottest topics at the seminar were military pay and benefits. Many members cited the disparity between enlisted and civilian sector pay scales as one major reason Air Force retention rates are falling. The group wholeheartedly supported current initiatives in Congress aimed at providing targeted pay raises to enlisted personnel. Another concern was the out-of-pocket expenses incurred for off-base housing due to insufficient Basic Allowance for Housing (BAH) rates. To remedy this, the Department of Defense is working on a plan to reduce out-of-pocket expenses to zero percent over the next five years.

The often out-dated condition of base housing throughout the command was another primary quality of life issue. A recommendation was made to evalu-

See QUALITY Page 6

NEWS**BRIEFS****PHASE SEVEN HOUSING CONSTRUCTION BEGINS**

The following roads will be closed from Monday until June 1, 2001, for phase seven construction of the new military family housing project:

Ocean View Boulevard from Juniper Street to Korina Street;

Dogwood Street between Ocean View Boulevard and extending to Arbor Street;

Elm Street from Fir Street to Ironwood Street;

Hemlock Street from Ocean View Boulevard to Elm Street.

For information or questions, call Robert Griswold at 606-2048.

381ST TRAINING GROUP CHANGES COMMAND

Maj. Gen. Andrew Pelak, 2nd Air Force commander, will preside over the 381st Training Group change-of-command ceremony at the training group campus Monday at 8:30 a.m. Col. Mark Lilevjen will relinquish command to Col. Kenneth Van Sickle. For more information, call Paulette Taylor at 606-7416.

614TH SOPS HOLDS CHANGE OF COMMAND

The 614th Space Operations Squadron change of command ceremony is scheduled for Thursday at 10 a.m. at the base flag pole in front of the headquarters building. Lt. Col. Teresa Djuric will relinquish command to Lt. Col. Cary Chun. Chun is the former operations officer of the 76th Space Operations Squadron, Peterson AFB, Colo. Djuric will attend the Army War College.

532ND TRS WELCOMES NEW COMMANDER

The 532nd Training Squadron change-of-command ceremony is June 30 at 10 a.m. in building 8250, air launch cruise missile training high bay. Lt. Col. Steven Wagner will relinquish command to Lt. Col. John Anderson. Call Capt. Timothy Lincoln at 606-2724 for more information.

DET 1, 22ND SOPS CHANGES COMMAND

Lt. Col. John Williams, 22nd Space Operations Squadron commander, will preside over the Detachment 1, 22nd SOPS change-of-command ceremony June 27 at 9 p.m. at the

Vandenberg Tracking Station. Maj. James Maestas will relinquish command to Capt. Erik Eliassen. Call Nonie Valentine at 505-7322 for more information.

WING OFFICIALS NEED SENIOR NCOS

The 30th Space Wing is seeking senior NCOs to volunteer as a career assistance adviser. The person selected will work with wing leadership focusing on educating commanders and supervisors on enlisted retention issues. The adviser will also talk with the enlisted base population to solicit feedback in order to identify trends of command interest. Volunteer packages need to be received by Senior Master Sgt. Sharon Crews no later than Monday. Call 606-7719 for more information.

DORMITORY COUNCIL HOLDS MEETING

The Top Life Dormitory Council meeting is scheduled for June 28 at 2 p.m. at the Vandenberg Center. Dormitory residents, commanders and supervisors are invited to attend. The Top Life Dormitory Council will hear any ideas or comments related to dormitory improvements, renovations, and dormitory activities. Call Amn. Carl Ross at 606-4199 with questions or comments.

HONOR GUARD NEEDS NEW MEMBERS

The Vandenberg Honor Guard is looking for top-notch individuals willing to go above and beyond the call of duty. People interested in joining should call Staff Sgt. Dalhia Shelton at 606-3654.

SUBMIT HONOR GUARD REQUEST EARLY

Units and people requiring honor guard support are asked to submit their requests at least two weeks in advance of the event. However, short notice requests will be reviewed on a case-by-case basis. For more information on honor guard programs or to schedule an event, call Staff Sgt. Dalhia Shelton at 606-3654.

LAWN WATERING SCHEDULE IN MFH

A lawn watering schedule for military family housing resi-

See BRIEFS page 7

YOUTH from Page 1

in computer programming.

Eight young men and women in Space Command installations participated in the program, said Dunster. Vandenberg had the most participation in the program with a total of four contestants, he added.

The other participating Space Command bases were F.E. Warren Air Force Base, Wyo.; Malmstrom AFB, Mont.; and Patrick AFB, Fla.

One Youth of the Year

contestant was chosen from each base.

The base-level winners compete in regional and major command competition sponsored by the Boys and Girls Clubs of America.

Air Force youths of the year, along with major command runner-ups will be recognized in a ceremony during the Air Force Teen Forum at Bolling Air Force Base, Washington, D.C. on July 13.

QUALITY from Page 4

ate the current housing standards and to continue to build new family housing with improved construction and landscaping, increased square footage, and two-car garages. Continued construction of one plus one dormitories was also pushed.

While medical issues concerning the Tri-Care system were the highest priority items in previous years, this year's seminar featured fewer but still significant concerns about medical benefits. Recommendations included:

- Eliminating the Tri-Care co-pay system for medical services and recurring prescriptions;

- Increasing the availability of health care professionals;

- Expanding the Senior Prime program; and

- Increasing the scope of dental coverage to cover 100 percent of cost of braces, root canals and anesthesia.

Education and training issues also played a big role in discussions. Recommendations included:

- Increasing tuition assistance (TA) to 100-percent of costs for enlisted members in their

second term and officers beyond their initial commit-

ment;

- Eliminating the yearly \$3,500 cap on tuition assistance;

- Adopting the TA program for civil service employees throughout the command;

- Offering tuition assistance to family members in AFSPC; and

- Increasing funding and availability of civilian training courses.

Finally, seminar members addressed family issues such as child-care, recreation centers and tobacco use. Recommendations included:

- Providing funding for extended child-care hours and additional care-giver personnel;

- Assessing the need for additional recreational facilities for airmen and teenagers;

- Eliminating the dining surcharge at Missile Alert Facilities; and

- Eliminating the sale of tobacco products on bases throughout the command.

All the issues have been forwarded to the appropriate offices at Air Force, command and wing levels, where they are being considered for viability and worked as necessary. The command will provide periodic updates to AFSPC people throughout the year on progress made to resolve these issues.

BRIEFS From page 5

dents has been implemented to to follow water conservation measures. Housing residents with odd-numbered addresses should water their lawns on odd-numbered days, and residents with even-numbered quarters should water their lawns on even-numbered days. Lawn watering should take place between 6 and 10 a.m. and 4 and 8 p.m. For more information, call Sony Apilado at 606-2330.

DON'T REMOVE LANDSCAPE MATERIAL

Military family housing residents are asked not to remove flowers, shrubs, trees and landscape materials from vacant homes or vacant mobile home spaces.

In some cases, the vacating occupant has not had their final inspection and removing these items increases the person's workload. Also, plants left by an occupant and accepted by the housing inspector become government property. Removing the property at that point is considered theft of government property. Missing or removed items will be reported to 30th Security Forces Squadron law enforcement desk. For more information, call Earnest Gilliss at 606-3795.

AFSA NEEDS FLOWER FESTIVAL WORKERS

The Air Force Sergeants Association is seeking volunteers to help with its food booth at the Lompoc Flower Festival, Wednesday to June 25. All shifts are available. For information, call Staff Sgt. Glenn McAlister at 606-6621 or Tech. Sgt. Troy Weigel at 606-0285.

FESTIVAL NEEDS SECURITY VOLUNTEERS

Volunteers are needed to work security for the annual Lompoc Flower Festival from Wednesday to June 25 at Ryon Park. Three four-hour shifts are available for each day. All volunteers will receive a free meal ticket and soda. For more information, call Tech. Sgt. Michael Jelmo at 606-2805 or Tech. Sgt. Christopher Mohr at 605-0770 by close of business today.

Air Force uses new programs to reach smoking reduction goals

BY SENIOR AIRMAN OSHAWN JEFFERSON

Air Force Print News

■KELLY AIR FORCE BASE, Texas — If you ask Staff Sgt. Rick Dussault, a smoker for more than 13 years, what he thinks about the U.S. Department of Health and Human Service's goal of a 12 percent smoker rate by 2010, he'll tell you, "It's a good idea, but smoking is a personnel choice and only the individual can choose when it is time for them to quit."

Dussault, a 690th Information Operations Squadron intelligence analyst here, is a part of an increasing minority of tobacco users in the Air Force.

Since, 1980 when more than 50 percent of service members smoked, the Air Force has cut the smoking population to 29 percent.

"Those numbers have stayed the same since 1995," said Lt. Col. Wayne

Talcott, Department of Defense Alcohol

Abuse and

Tobacco Use

Reduction

Committee co-

chairman.

"We'd like to

continue to see a

downward trend

and help to keep

educating and

informing people

of the adverse

effects of tobacco use."

In 1980, the Air Force began smoking cessation classes to help deter smokers. In 1986, Air Force officials banned smoking in basic training.

Trends have leveled off since 1995, so DOD officials have decided now would be a good time to make a push in smoking prevention.

"Those initiatives were a good starting point, but now it's time to do more initiatives to raise awareness and get those numbers moving in the right direction," Talcott said.

Today, cigarette smoking costs the Air Force more than \$107 million a year

in medical expenditures and lost productivity. To help deter that cost Air Force officials have decided to implement a few new programs, as well as rely on old one's, in hopes of having a smoke free Air Force.

Some of the new programs and policies

include:

— A smoking ban in all DOD facilities by 2002.

— Tobacco cessation studies for basic trainees that help educate them on the effects of smoking over a long period of time.

— A joint service project designed to select certain bases in DOD and train smoking cessation facilitators to be experts.

"Our number one goal is prevention," Talcott said. "Although we would like to see those who do smoke make a lifestyle change, we hope to catch those who are thinking about smoking or using tobacco products and deter them."

Although smoking cessation classes have been around for more than 20 years, it is still up to the each person to decide when it is time to quit.

"Smoking cessation classes are only a starting point. The classes are not a quick fix, a person has to be ready to to make a total lifestyle change."

Capt. Stephen Steele
76th Flight Medical Group

"Smoking cessation classes are only a starting point," said

Capt. Stephen Steele, 76th

Medical Group public health

flight commander and smoking

cessation facilitator here. "The classes are not a quick

fix, a person has to be ready

to make a total lifestyle

change."

Of the people who take

smoking cessation classes 50

percent drop out in the first week and, of those

who remain, more than 50 percent begin

smoking again when the classes are finished. It

takes the average tobacco user seven attempts

to quit before they actually do so.

"When the time is right to quit, a person

knows. For me smoking eases my stress,"

Dussault said. "The Air Force programs are good ideas, but it all boils time to choices and timing. If a person isn't ready to quit they won't, but it's good to have these programs when you are."

The new Air Force programs are coming at no cost to the DOD. Grants from outside sources are paying to train the smoking cessation facilitators and fund the new programs.

"Cigarette smoking is the single most preventable cause of death in the United States," Talcott said. "And everyone is trying to help do their part to make sure everyone lives a healthy, happy and smoke free life."

Ticks-borne disease rare, but dangerous

BY AIRMAN 1ST CLASS MARLON ROBLES
30th Medical Group Public Health

■ People and their pets who enjoy the outdoors at Vandenberg Air Force Base are bound to encounter a common pest, the tick.

Several species of ticks are common to this area, but only a few present a public health concern. Ticks can carry disease from one animal to another, including dogs, cats and people. The Western Black-legged Tick is the primary carrier of disease on the Central Coast. Disease is rare in this area, but ticks can carry Rocky Mountain Spotted Fever, Colorado Tick Fever, and Lyme Disease.

Ticks prefer to live on grasses and low vegetation in urban and rural

settings. They climb to the tips of vegetation, usually along trails or paths, and wait for a host to brush against them. To avoid ticks, follow a few simple precautions:

Tuck your pants into your boots. If you're wearing BDUs, blouse the pants over the top of the combat boots. You can also tuck your pants into your socks. Tuck your shirt into your pants.

Wear light colored clothing with long sleeves and a hat. Ticks are more easily seen on light colored clothing.

Apply tick repellent to your body and clothing according to directions.

Check yourself, others in your group, and your pets frequently for ticks. Ticks are small, about the size of an apple seed, so check carefully.

Ticks attach themselves by embedding their mouthparts into the skin.

It's important to properly remove the tick. Don't squeeze or crush the tick. Don't apply nail polish or remover, alcohol, Vaseline, or hold a flame to an attached tick. This simply "ticks off" the tick without removing it. In fact, it may cause the tick to regurgitate infections into the host's bloodstream.

The proper way to remove a tick is:

Firmly grasp the tick with tweezers or forceps as close to the point of attachment as possible. Gently pull straight back. Don't twist or jerk.

If part of the tick remains embedded in the skin, consult a physician.

Dispose of the tick by dropping it in

rubbing alcohol or flushing it down the toilet.

Wash your hands and the location of the bite with soap and water.

Apply an antiseptic to the bite.

Use the same procedures when removing ticks from pets.

If you've had a tick attached to your skin, or if you've been in an area where ticks are common and develop any unexplained joint pain, rashes or persistent flu-like symptoms, see your doctor.

For more information on ticks and tick-borne disease, call the Public Health Office at 606-0648 or call the California Department of Health Services, Vector-borne Disease Section, at (510) 540-2720.

18 **SUN****Father's Day brunch** with the Lompoc Pops Orchestra is

Sunday in the Pacific Coast Club. The orchestra will play a musical tribute. There are shows at 11 a.m. and 12:15 p.m. Tickets cost \$15.95 for adults and \$6.95 for children ages 4 to 11. Children under 4 attend free. Call 734-4375 for reservations.

Starting Sunday, **Burger King** will only be open from 10 a.m. to 6 p.m. on Sundays. Call Steve Reisbeck, general manager at 724-5521 with questions.

19 **MON****Allan Hancock College** classes begin Monday.

Students can register by appointment for credit classes Tuesday from 9 a.m. to 7 p.m. and Wednesday from 9 a.m. to 1 p.m. at the Lompoc Valley Center, Vandenberg Center, or the Sports Pavilion on the Santa Maria campus. Registration is available without appointment Wednesday from 2 to 7 p.m. at all locations. For non-credit classes, students can register by mailing back the registration form in the summer Spectrum schedule. Call (800)338-8731 extension 3209 for information. Military members and their families should call the Vandenberg center at 734-3500, 606-7821 or 606-6874 for information. For information on credit classes, call 922-6966 extension 3248.

A **sponsorship training workshop** begins Monday. The workshop will be held at the Family Support Center at 3 p.m. the workshop is to help prepare you before your assigned as a sponsor. Contact relocation assistance at 606-0801 to register.

Lompoc Pops Orchestra kickoff Flower Festival 2000 at the Trinity Church of the Nazarene in Lompoc, Monday. The concert starts at 7:30 p.m. Tickets are available at the Lompoc Chamber of Com-

merce, Lompoc Museum and Santa Barbara Bank and Trust. The cost is \$15 per adult, \$10 teens and seniors, and \$5 for children. Call 733-5120 for more information.

20 **TUE****Hispanic Heritage Month** planning

committee is scheduled to meet Tuesday at 10 a.m. at the Services center. The committee is looking for creative and energetic people. They need help to ensure the Hispanic Heritage month events are a success. Spouses and civilians are welcome to join. Contact 1st Lt. Patricia Teran-Dick at 606-5603 or by e-mail for more information.

See CALENDAR on Page 11

**At the Movies****Tonight**

Frequency
(PG-13) 7:30 p.m.

Saturday

The Flintstones in Viva Rock Vegas
(PG) 3 p.m.

Frequency
(PG-13) 7:30 p.m.

Sunday

Frequency
(PG-13) 7:30 p.m.

June 23

Where the Heart Is
(PG-13) 7:30 p.m.

June 24

Held Up
(PG-13) 7:30 p.m.

June 25

Battlefield Earth
(PG-13) 7:30 p.m.



STAFF SGT. JENNIFER WALLIS

Stay alert

The south entrance and south half of the Main Exchange parking lot is closed. Phase two of the three-phase resurfacing and repair of the community loop area began Tuesday. Members must use the north lot of the BX parking lot and the parking lot behind the base post office and Four Seasons Center to access the BX. Phase two of the project will last into July.

CALENDAR from Page 10

21 WED **The 48th Annual Lompoc Flower Festival** begins Wednesday through June 25 at Ryon Park. The theme this year is, "Mardi Gras into the Millennium." There will be a parade, food booths, carnival, commercial center, and an arts and crafts show. Admission and entertainment are free. Visit the web site at www.flowerfestival.org

22 THU The AETC Dining facility will host a **birthday meal** Thursday at 7 p.m. Seating will start at 6 p.m. If you have a birthday between April and June you're eligible. To sign up contact your unit's first sergeant or call 606-3219.

23 FRI A **healthy cooking class** is scheduled for June 23 from 11:30 to 1 p.m. at the Health and Wellness Center. Learn healthy alternatives to cooking.

Call 606-2221 to reserve a seat.

Members of the **Asian-Pacific American Association** will hold a banquet June 23 at 6 p.m. in the Pacific Coast Club. Susan Oki Mollway will be the guest speaker. She is the first Asian woman appointed as a federal judge in the United States. Cost is \$13.50 per person. Call 1st Lt. Deedee Vasquez at 606-0875 or Mike Funtilla at 606-0083 for more information.

27 TUE A **business etiquette class** will be offered on June 27 at 1 p.m. at the Family Support Center. Contact Josie Vasquez at 606-0039 to register.

A **microfit assessment** can give you an accurate assessment of your physical condition. Assessments include body weight, body fat, blood pressure, flexibility, cardiovascular conditioning, absolute strength, dynamic strength, and a health-risk

appraisal. An appointment is required. Call 606-2221.

JULY 4 TUE Lompoc will hold their **Fourth of July celebration** at the Lompoc High School Huyack Stadium. The gates will open at 5 p.m. with fireworks at dusk. For more information call the Lompoc Parks and Recreation Department at 736-6565.

Chapel services

CATHOLIC

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

PROTESTANT

- ♦ Contemporary Worship Service 8:30 a.m., Chapel 2
 - ♦ Traditional Worship Service 11:15 a.m., Chapel 1
 - ♦ Inspirational Worship Service 11:30 a.m., Chapel 2
- For information call the Chapel Office at 606-5773.



STAFF SGT. JENNIFER WALLIS

On the run

Sherrick Bracy, American Softball Association official, keeps an eye on the action as Randall Farley, 30th Transportation Squadron, runs back to first base and Tim Moore, 2nd Space Launch Squadron, relays the throw to first to get Farley out. 2nd SLS slid by 30th TRNS 15-10 in National League play Tuesday night. 2nd SLS ups their record to 4-2 while 30th TRNS falls to 0-6.

2000 INTRAMURAL SOFTBALL

National League

	W	L	Pct.
30 th SFS	6	0	1.000
392 nd TRS	6	0	1.000
576 th FLTS No.1	5	1	.833
2 nd SLS	4	2	.666
381 st TRG No.1	4	3	.571
30 th CES No.1	2	3	.400
30 th CS	1	5	.166
30 th CONS/LG	1	5	.000
576 th FLTS No.3	0	6	.000
30 th TRANS	0	6	.000

As of Wednesday

American League

	W	L	Pct.
533 rd TRS	6	0	1.000
NRO	5	1	.833
30 th CES No.2	4	2	.666
614 th SOPS	4	2	.666
30 th MSS	3	2	.600
576 th FLTS No.2	3	3	.500
381 st TRG No.2	2	4	.333
30 th MDG	1	5	.166
Det. 9	1	5	.166
576 th FLTS No.4	0	5	.000

SPORTS

BRIEFS

TRAP AND SKEET LEAGUE

A new trap and skeet league begins Thursday at the Vandenberg Rod and Gun Club. The competition consists of one round of skeet and one round of trap. The league meets every Thursday at 6 p.m. for six weeks. The league cost is \$42, which includes the banquet at the end of the season. For more information, call Tech. Sgt. Roy Couch at 605-6461 or call the Rod and Gun Club at 606-4560.

MOUNTAINEERING ADVENTURE

The Outdoor Adventure Program is sponsoring a six-day trip to the American River and Mount Shasta. The trip starts with two days of whitewater rafting at the American River, and

then goes to Mount Shasta for a two-day climb. The first and last days are travel days. The cost is \$250, which includes transportation, rafting, permits, 12 meals, mountain gear rental and camping fees. The Program needs at least eight people to sign up to make the trip possible. Call 606-2724 for more information.

WHITewater RAFTING

The Outdoor Adventure Program is offering two-day American River whitewater rafting trips. Trips include transportation, meals, snacks on the road, and rafting. The cost is \$115, which does not include wetsuit rental or meals while traveling to and from the river. Trip dates are scheduled for June 23 to 25, July 7 to 9 (concurrent with the Mount Shasta climb) and July 28 to 30. Call Outdoor Recreation at 606-5908 for information.

See SPORTS BRIEFS on Page 16

SPORTS BRIEFS from Page 13**FIRST SHIRTS HOLD GOLF TOURNAMENT**

The Vandenberg first sergeants have scheduled a golf tournament June 23 at 12:30 p.m. The tournament is a four-person scramble with a shotgun start at Marshallia Ranch. The entry fee is \$5 per player plus greens fees. Call Master Sgt. Mark Webb or Staff Sgt. William Brown at 606-7358 or 606-5601 to sign up.

SPORTS**BRIEFS****CHIEFS SCHEDULE TOURNEY FOR GOLFERS**

The Vandenberg's Chiefs Group will hold a Red, White and Blue best-ball golf tournament June 30 at 12:30 p.m. at Marshallia Ranch. The cost is \$10 plus green fees. There will be a putting contest at 11 a.m. for a \$5 fee. The deadline to sign up is Wednesday. Call Chief Master Sgt. Louis DeMonte at 605-0750 or Master Sgt. Mark Garcia at 606-3226 to sign-up.

FATHER/SON BASKETBALL TOURNAMENT

The base fitness center staff will hold a father/son basketball tournament on Saturday at 9 a.m. For more information, call Staff Sgt. Jessyca Castillo at 606-3832.

ALL-STAR VOLLEYBALL GAMES

The base fitness center staff will hold an all-star volleyball game June 23 with the following schedule:
 6 p.m. – National League All-Stars vs. American League All-Stars
 7 p.m. – Chiefs/Eagles vs. Commanders/First Sergeants
 8 p.m. – All-Star winners vs. Lady Hawks varsity volleyball team
 For more information, call Staff Sgt. Jessyca Castillo at 606-3832.

Cadet named All-American

COURTESY OF AIR FORCE ACADEMY NEWS SERVICE

■ Air Force Academy junior Mike Thiessen was named to the National Collegiate Baseball Writers Association All-America third team.

Thiessen becomes the first Falcon ever honored by the NCBWA and the sixth All-American in AFA history.

Thiessen, a centerfielder from Johansen High School in Modesto, Calif., earned first-team all-Mountain West Conference honors as he led the conference with a .414 batting average and a .515 on-base percentage.

Thiessen broke a 19-year-old school record with a 33-game hitting streak. He broke the school records for doubles in a season with 28, hits in a season with 91, at-bats in a season with 220, and doubles in a career with 59. He led the team with 70 runs scored, 16 doubles, .645 slugging percentage, 16 stolen bases, and 142 total bases.

The 6-0, 195-pounder was also named to the MWC all-tournament team, and helped lead the underdog Falcons to the championship game by hitting .400 with a home run and three doubles in four tournament games.

Thiessen became the first Falcon in 14 years and just the sixth in school history to post consecutive .400 seasons. He batted .424 and led the conference in hitting as a sophomore.

Air Force concluded the 2000 campaign with one of the most exciting finishes ever to a Falcon baseball season. The Falcons, the sixth seed in the six-team double-elimination tournament, placed second in the inaugural MWC tourney. Air Force finished the season with a 23-34 overall record and placed second in the conference tournament. Under first-year coach Reed Peters, the Falcons posted the most wins and best record in five years.