



ARMAN 1ST CLASS STEVE SCHESTER

Boy Scout Troop 73 from the Five Cities area goes over directions for the knot-tying competition. More than 800 Scouts visited the base Friday through Sunday.

Scouts invade Vandenberg

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

■ An army of hundreds invaded Vandenberg Saturday. They paraded in with their colors flying high and yelling out their troop cheers.

From cities throughout San Luis Obispo and Santa Barbara counties, more than 800 Boy Scouts and their leaders converged on Vandenberg to hold a jamboree, the first here in 15 years. Many years ago Vandenberg held them annually.

“A great number of Boy Scouts go into the military,” said 1st Lt. Jared Jurgensmeier, space launch mission planner with the 2nd Space Launch Squadron and Vandenberg’s Boy Scout liaison. “Troops who visit bases and military-sponsored activities tend to have a

higher percentage join the military either after high school or college.

“By holding this event at Vandenberg,” Jurgensmeier added, “the boys get to see a sample of what we do, and a taste of the Air Force.”

The Boy Scouts of America teaches young people to be good citizens and trains them to become leaders, according to the Boy Scouts of America website. Of the 535 members of the 106th Congress, 275 participated in scouting. Twenty-three of those 275 were Eagle Scouts, the highest attainable Scout rank.

Jurgensmeier, an Eagle Scout, said that over the weekend, several Scouts told him they

MPF speeds processing

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

■ In- and out-processing just got a little easier for people moving, separating or retiring from military service at Vandenberg.

“Some people refer to it as one-stop in- and out-processing, but that’s not entirely accurate,” said Master Sgt. Jeanette O’Keefe, 30th Mission Support Squadron superintendent of personnel employment. “It’s more like a streamlined processing procedure for our customers.”

O’Keefe said the streamlined procedure is user friendly. It eliminates unnecessary stops for people processing in and out of the base.

She said one of the first steps in the process was military personnel flight and commanders’ support staffs consolidating their processing checklists to eliminate duplication.

The commanders’ support staffs now schedule two in-processing appointments instead of four.

The superintendent said the MPF appointments include mass in-processing briefings and newcomer’s orientation. The Health and Wellness Center and education briefings are now held during the in-processing appointments.

O’Keefe said additional agencies, like the family support center, finance, pass and registration, and TRICARE, are invited to the in-processing briefings.

A major advantage to this streamlined procedure is that customers receive the information up front, said 2nd Lt. Casey Lowery, 30th MSS chief of employment and relocations. “This allows members to prepare their ques-

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Fitness standards
Muscle added to fitness test

Launch scrub doesn't mean failure

Vandenberg saves Titan II, satellite for future launch

BY CAPT. SAM AYARS

2nd Space Launch Squadron

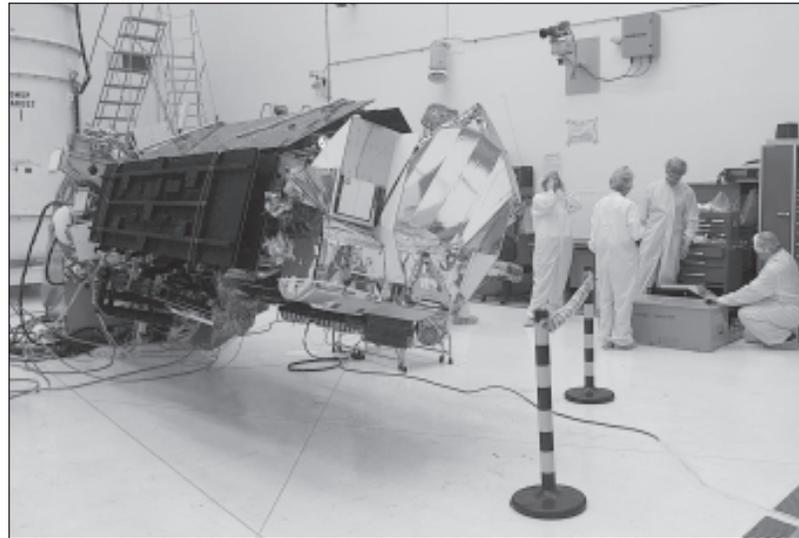
Earlier this year, a Titan II rocket was scheduled to boost a Defense Meteorological Satellite Program spacecraft into low-Earth orbit, further ensuring outstanding weather analysis for U.S. and allied warfighters.

Such a launch culminates years of research and development, acquisitions, logistical efforts, and launch-day activities require a team of people from virtually every functional area on Vandenberg.

Unfortunately, those who participated on that brisk January morning realized their impending glory would be temporarily replaced by disappointment. Instead of "Liftoff" they heard "The launch is scrubbed."

Nevertheless, the events following the aborted launch have demonstrated Team Vandenberg's pre-eminence in the spacelift business.

Although the Titan II rocket, dubbed G-9, didn't launch in January, the booster and satellite were successfully saved for a later attempt.



FILE PHOTO

Workers from Lockheed Martin Missiles and Space, the primary contractor for the Defense Meteorological Satellite Program satellite, troubleshoot for problems at the payload integration and test facility. The DMSP satellite was originally slated for launch aboard a Titan II in January.

On-station operators showed granite-solid military bearing, professionalism, and system knowledge during the heart-stopping countdown abort.

Lockheed Martin Astronautics, along with the 2nd Space Launch Squadron and Detachment 9, Space and Missile Systems Center, quickly implemented plans for recovering critical flight hardware.

The first two priorities were disconnecting ordnance devices and offloading propellant from the booster vehicle's tanks.

Col. Mark H. Owen, 30th Operations Group commander, praised the performance of his people by saying, "Offloading propellant from a fully-loaded rocket is nothing short of a

Herculean effort. The only other time this was accomplished was 13 years ago at the Eastern Range. Team Vandenberg truly sets the precedent for mission success."

With the propellant safely removed from the rocket, technicians began the intricate process necessary to rid the Titan II engines of all propellant residue, since continued exposure could eventually render those engines unserviceable.

This complex project required a large crew of highly trained personnel, working around-the-clock -- at one point for 15 days straight! Meanwhile, personnel from Lockheed Martin Missiles and Space, the primary satellite

contractor, focused their efforts on the DMSP spacecraft. Because a DMSP satellite carries an on-board supply of hydrazine propellant for on-orbit maneuvering, their first task was offloading this extremely hazardous commodity.

With that accomplished, LMMS personnel carefully demated the satellite from the booster, and transported it to Vandenberg's Payload Integration and Test Facility for troubleshooting.

This troubleshooting is ongoing, but expectations are strong that both the satellite and booster will be ready for another launch attempt later this year.

All told, the efforts of the entire Titan II community have been absolutely outstanding.

From the Space Launch Complex-4 Squadron Coordination Center's oversight of multiple hazardous operations, to the technical advice offered by the Aerospace Corporation and the infrastructure maintenance offered by MCA Engineers, the coordination amongst Vandenberg's civilian and military workforce has been exemplary.

In fact, the successful recovery of the G-9 rocket and a nationally important DMSP satellite were a direct result of Team Vandenberg's skill and cohesiveness. Well done Team Vandenberg!



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Anti-terrorism force protection begins with you

By MAJ. ERIK ELIASEN

Det. 1, 22nd Space Operations Squadron commander

I am the father of three wonderful boys and am amazed by their ingenuity daily, if not hourly. My oldest is five years old and is at a stage now when he doesn't want his younger brother to play with something of his, he goes into "force protection" mode by hiding the toy and then making sure nobody enters the room.

I am amazed at the bond he has for the object and the fervor he has to protect it. What a great example my oldest boy is to me.

As the commander of the Vandenberg Tracking Station and the Eastern Vehicle Tracking Facility at Cape Canaveral, I'm motivated by his example to protect my mission and people in every creative way I can.

I was fortunate to be able to attend the Commander's Responsibility Course, Force Protection Level III in late January.

The course focused on the force protection vision, how to organize for anti-terrorism, and execute resource responsibilities. But perhaps the highlight of the course was a panel discussion of the Khobar Towers tragedy.

The panel members represented organizations from the U.S. State Department, the FBI, Air Force Office of Special Investigations, a weapons of mass destruction expert for the U.S. government, and the lead surgeon for Air Force Combat Control and Special Operations pararescue personnel.

This panel clearly oriented us with the roles and responsibilities of key government agencies with regards to terrorism directed against United States military establishments



STAFF SGT. PAM TAJEMAN

30th Security Forces Squadron professionals hold the line during the Oct. 7, 2000, protest at Vandenberg's main gate. All Team Vandenberg members share the responsibility to remain vigilant against intrusions and threats.

and personnel.

I learned a few things at the conference I'd like to share.

First, the absolute best anti-terrorism and force protection asset is not a fence, boundary zone or security camera. It is a keenly aware person. That's you and not the security forces member you hope comes along and sees the same thing you just did. By then it may be too late.

Second, as a Strategic Air Command-trained ICBM warrior, I understand Cold War deterrence a little bit, but I struggle with the concept of how to deter a terrorist who has the absolute conviction that he has nothing to lose. I would argue that "classical deterrence" has little value to a terrorist.

Therefore, keep your unit's Random Anti-terrorism Measures program active. The threads of small deterrents will form a larger blanket of security for all.

Lastly, terrorists aren't just people from another country with a name you can't

pronounce. Domestic terrorism is rising in our country. From organizations such as The New Order, based in Illinois, to the Earth Liberation Front that burned down the ski resort in Vail, Colo., stay vigilant! We need you to protect yourself and your family everywhere you go.

Please don't misunderstand my intent. One of the benefits of an Air Force career is enjoying the locations and cultures each permanent change of station brings into your life. Whether in the continental United States or overseas, take advantage of the opportunity to educate yourself first-hand about the things the region is known for. Just do it intelligently and with awareness for the local threat.

As members of the Air Force, the stakes are much higher than which brother controls a certain toy. Our brothers-in-arms around the world are operators, contractors, services, logisticians, pilots, and communicators who are protecting our freedoms.

Officer survives wilderness training

2nd Lt. learns to live off land using nothing but wits, sticks

BY MASTER SGT. TY FOSTER

30th Space Wing Public Affairs

There's a big cat ahead. Its track was plain as day to the trained eye.

Closer examination revealed more about the predator. Younger cats put their rear feet in the same place as their front one was. This one left four distinct prints instead of two. He was stalking his prey. He was silent and invisible to his quarry. But he was out there. Somewhere among the centuries-old California Redwoods, the mountain lion was feasting on its fresh kill.

There probably aren't too many people who can track an animal through the woods, let alone across a leaf-covered forest floor. Still fewer are the number of Air Force members who can survive, even flourish, living in the wilderness.

One of the few at Vandenberg who can make a fire, build a rudimentary shelter, trap prey, and track animals and people through the forest is 2nd Lt. Kellie Glaus.

A 30th Space Wing Public Affairs transition student, she ponied up \$800 to attend a six-day wilderness survival training course in Northern California.

The course, a life-changing experience for the 28-year-old Vancouver, Wash., native, was taught by Tom Brown Jr.

"When he was 7 years old, an Apache began teaching him the skills of scouting and living in the wilderness," Glaus said. "When



PHOTOS BY AIRMAN 1ST CLASS STEVE SCHESTER



Using her bow-drill, 2nd Lt. Kellie Glaus, 30th Space Wing Public Affairs transition student, creates heat to light fire tinder.

he was 19, he walked into the woods and didn't come out for 10 years."

During the course, Glaus said Brown, now 53, said he rejoined civilization to show others how much they overlook in their daily walk of life. The training puts students back in touch with a

simpler way of life.

They started by making fire. "I carved a bow-drill out of cedar and lit my tinder bundle by rubbing the sticks together," the future missileer said.

"The feeling of blowing life into the fire I'd started was like nothing I could've imagined,"

she added.

After building a fire, she and 149 other rookie survivalists learned how to build a debris hut.

"We built the simple shelter using a large pole, some sticks and lots of leaves," she said. "The more leaves you have, the warmer you stay throughout the night."

Unlike your garden-variety camper whose camp site is usually full of store-bought food and beverage, Glaus and her woody peers learned to fend for themselves.

"To keep from eating bugs and worms, I learned four different kinds of traps for small animals," she said. "The traps are perfect for squirrels and rabbits."

True to the Apache way, Brown taught his students how to use every part of the animal.

"The stomach can be used to boil water," Glaus said. "And we learned that the bladder, once it's dried, can be used to keep fire tinder in." The group also learned to tan hides using a technique called "brain tanning."

With fire, shelter and food out of the way, the veteran survivalist taught his students about edible and medicinal plants.

"I learned to boil the acorns from oak trees to get rid of the tannic acid that covers them," the lieutenant said. "You can use the water as an antiseptic ointment for cuts, scrapes and burns."

Glaus said she left the school with a totally different appreciation for nature.

"I learned survival skills, but more importantly, I learned awareness and respect for nature," she said. "We're surrounded by a beauty that most of us take for granted."

NEWS YOU**CAN USE****TEAM VANDENBERG
INDUCTS NEW NCOS**

All Team Vandenberg members are welcome to attend the NCO induction luncheon Thursday at 11:15 a.m. in the Pacific Coast Club. All new staff sergeants and staff selects will be inducted into the NCO ranks during Vandenberg's first quarter NCO induction luncheon. Tickets for the luncheon will be available through unit first sergeants for \$8. This new ceremony is a more formal recognition for NCOs and has replaced the previous monthly induction program. For more information, call Senior Master Sgt. Al Horton 605-2141 or Master Sgt. Glen Eckart 606-5811.

**COMMISSARY CHANGES
HOURS FOR HOLIDAY**

The Vandenberg Commissary will be closed April 15 in recognition of Easter. The Mini-Commissary will be open from 9:30 a.m. to 6 p.m. The Mini-Commissary will also be open at 9:30 a.m. April 16 due to the annual commissary inventory. Customers won't be allowed into the main store during the inventory. For more information, call Verona Johnes at 734-3354 extension 225.

**BLOOD BANK HOLDS
TRI-COUNTY DRIVE**

There will be a tri-county blood drive April 16 from 8 a.m. to noon at the 30th Medical Group auditorium. For more information about the drive, call Capt. Alfredo Olaes 606-0374.

**CONSTRUCTION STARTS
ALONG CALIFORNIA BLVD.**

A construction contract has been awarded to replace the block wall adjacent to family housing along California Boulevard from the Santa Maria gate to Oregon Avenue. The project is scheduled to begin in April and be completed in October. The work will be accomplished in three phases starting at the main gate. Temporary fencing will be installed at housing units affected by the project. Notifications will be given to each housing occupant affected within each phase.

Questions regarding the project may be directed to the 30th Civil Engineer Squadron, Eddie Barnette, at extension 605-4658.

**VANDENBERG CHIEFS' GROUP
OFFERS SCHOLASTIC GRANTS**

The Vandenberg Chiefs' Group is taking applications for their semiannual scholastic grants. \$300 will be dispersed among eligible active-duty enlisted students to help defray education costs not covered by tuition assistance or the Montgomery GI Bill. Applicants must be in the grades of E-1 through E-6 and making satisfactory progress toward an undergraduate degree. Deadline for applications is April 30. For additional information, call your first sergeant or any Vandenberg chief.

**COMPETITION ASSOCIATION
HOLDS GC ACTIVITIES**

The Vandenberg Competition Association encourages Team Vandenberg members to support this year's Guardian Challenge team. Upcoming fundraisers and events scheduled are team breakfast April 19 at Chapel and the 30th Space Wing bonfire and pie-in-the-face May 4. A team breakfast. For information, call a VCA representative at 606-7076, 606-7646 or 605-3290.

**PUBLIC HEALTH EVALUATES
RISKS TO EXPECTANT MOTHERS**

Supervisors of civilian Air Force employees must refer pregnant employees to the 30th Medical Group Public Health Office. Public health and bioenvironmental engineering officials will evaluate her workplace for risks that may affect the pregnancy. Officials will advise the expectant mother of risks and report recommendations to the supervisor. For information, call public health at 606-0648.

**SPACE & MISSILE TIMES
CORRECTION**

■ In last week's story titled "Man's best friend finds new home" on Page 6, the photo cutline identified Staff Sgt. Michael Mooney as the dog's handler. The handler in the photo was actually Staff Sgt. Jared Antoni.

Jamboree improves future recruitment

SCOUTS from Page 1

planned on joining the Air Force after school.

"As a Boy Scout, I visited numerous bases," he said. "This is part of what led me to the Air Force."

A jamboree is a national or international gathering of Scouts. At Vandenberg's jamboree, the Scouts set up their camps, then watched a 30th Security Forces Squadron military working dog demonstration. They witnessed a mock medical evacuation by a 76th Helicopter Squadron crew flying a UH-1 helicopter. They also participated in a Vandenberg fire department equipment demonstration.

"One boy, after seeing the medical evacuation demo, commented to me 'That was the coolest thing I have seen! I love this place,'" Jurgensmeier said.

Each troop also competed in field exercises. They started a fire with flint and tinder. They also led a blindfolded Scout through an obstacle course using only voice commands.

During one of the field exercises, Scouts built a "chariot" out of three logs and four pieces of rope. Then they carried a Scout around a course on their chariot. During the exercise, the troop was rated on their commu-

nication skills, planning, leadership, innovation, teamwork and chariot construction, said Doug Bradley, a Boy Scout troop leader from Solvang.

"We also grade their skills on lashing and knot tying," Bradley said. "A few of the troops really come up with innovative ideas to build their chariots."

One of the innovative ideas came from Troop 54 out of Santa Barbara. They put together a "H" frame design while most troops were building "A" frames.

"We wanted to show uniqueness with our chariot," said Matthew Yogel, Troop 54's Ewok patrol leader.

With that unique approach, the troop scored 97 points out of 100 in that event.

During the weekend, leaders and Scouts expressed a desire to come back to the base, and all were thrilled with the experience.

Jurgensmeier said he would like to make the jamboree an annual event again. "It helps promote Vandenberg's community involvement," he said. "It also strengthens relationships with the Boy Scouts and provides an experience that the nation's future leaders cannot find elsewhere."



Bret Burket (front) and Brad Edwards, both of Boy Scout Troop 450 out of Nipomo, cut kindling for the fire starting competition Saturday during the Scout Jamboree here.

AIRMAN 1ST CLASS STEVE SCHESTER

TEAM VANDENBERG MEMBER SINGS WITH TOPS IN BLUE

BY JANET NEUBECKER

Contributing writer

■ During duty hours, his professionalism as a correctional officer is tops, and when the uniform comes off, his singing is tops – "Tops in Blue."

Airman 1st Class Michael Hosman, 30th Security Forces Squadron, was notified March 5 of his selection to join this year's "Tops in Blue" tour.

Upon hearing the news, Hosman said it was a total surprise. "I really didn't think I made it. There was a lot of talent down there."

Hosman attended the worldwide talent competition in February along with 66 other competitors. Coupling his vocal skills with a flare for entertaining an audience, the 23-year-old's dazzling performance caught the attention of the judges. When it was his turn to perform, he delivered a well-known Dobi Gray song – "Drift Away."

Hosman traveled to Lackland Air Force Base, Texas, Monday to prepare for the one-year international road tour.

"I can't believe I'm going to get paid while performing," he said. "It's awesome."

Process eliminates five stops for people

MSS from Page 1

tions. Some people may have questions answered that they hadn't thought of before hand."

"One benefit to the procedure is that people don't have to make additional stops," said Master Sgt. Stephen Todd, 30th MSS NCO in charge of in-bound assignments. "This can also cut down on the time needed to in-process."

O'Keefe said the streamlined in-processing procedure eliminated five stops for Vandenberg newcomers: the hospital, TRICARE, pass and registration, the education office and the HAWC.

Out-processing for an assignment, a TDY, separation or retirement is similar to the in-processing procedure. It includes the mass briefings with relatively few exceptions, said Master Sgt. Barbara Henson, 30th MSS NCOIC of out-bound assignments. The exchange of information simplifies the process.

Henson said a major feature of the out-processing procedure is forwarding departure rosters of members scheduled to leave Vandenberg or military service to base agencies who need to process the individuals. The agencies, in turn,

contact the member to process through their office to settle a debt, schedule a physical or receive immunizations.

Each commanders' support staff now initiates passport and family member medical and education clearance forms for people with projected overseas assignments. Henson said people can turn in the completed form at the out-processing briefing and save time. Additionally, travel orders are sent to the commanders' support staff.

Henson said the streamlined out-processing procedure allows agencies to maintain better control of their part of the system. She added that the overall streamlined system has eliminated 12 stops during the out-processing procedure. Some of these stops included the medical and dental clinics, Air Force Aid Society and the post office.

The streamlined in- and out-processing system was the result of customer feedback to cut down or eliminate unnecessary stops when people process in and out of the base, O'Keefe said. Customer feedback has been overwhelmingly positive, she added.

Service members name SGLI beneficiaries with care

■ WASHINGTON—When it comes to Service members' Group Life Insurance, completing the election form correctly is essential to ensuring the beneficiaries you intend receive their payment, now an even more significant service financial benefit, Air Force officials said.

Since the maximum SGLI coverage increased to \$250,000 Saturday, there is concern within the judge advocate general's department about people who either indicate no SGLI beneficiary or select the "by law" option without full understanding of the potential consequences, said Lt. Col. Walt Skierski, Air Force Legal Assistance Division chief.

"The best way to ensure that the proceeds are paid to intended beneficiaries is to specifically name them on the SGLI form," said Col. Rebecca Weeks, staff judge advocate for Air Force Reserve Command. "Otherwise, strict interpretation of beneficiary definitions in the SGLI statute may result in payment inconsistent with the servicemember's intent."

According to the statute, the proceeds will first go to the spouse. If there is no spouse, surviving children share the proceeds equally. Next in line are surviving parents. If there are no parents, the proceeds will go to the executor of the deceased's estate. In the absence of an executor, the proceeds go to the next of kin according to state law.

The SGLI statute specifically defines who qualifies, for example, as a parent. If a person has a stepparent who has not legally adopted him or her, that stepparent would not qualify as a "parent" under the definition in the statute. If servicemembers want a stepparent to receive their SGLI proceeds, they should specifically name the stepparent as a beneficiary and not use the "by-law" designation. There are other situations where failing to fill in a beneficiary or using the "by law" designation may not work for a person's specific desires.

Everyone's situation is unique, and taking the time now to properly designate your intended recipients will save needless, costly litigation later, Skierski said. People should discuss whether the "by law" designation is right for them with their legal assistance attorney, he said.

"Some people think having a will ensures all their property will go to the beneficiaries named in the will," Weeks said. "They forget to keep their insurance contracts up to date and correct. They incorrectly believe that the will directs where the insurance proceeds go. Insurance contracts are normally separate and apart from a will." Skierski recommends reviewing wills, powers of attorney and insurance documents, including SGLI, at least annually or whenever family circumstances change, such as after a divorce or when a child is born.

COMMUNITY

CALENDAR

6

FRI

The winner of the Health and Wellness Center Na-

tional Nutrition Month Quiz was Kristina Vensel. She won the grand prize dart board with Tyson Grier's face on it. Mike Bird and Ray Covington won second prize lunch boxes with Healthy Snacks. Dawn Peredes, Gerd Scheller, and Chris Topolinski won third prize fanny packs with Healthy Snacks.

9

MON

Kindergarten registration for Los Padres El-

ementary School for the 2001-2002 school year is scheduled for Monday.

Students with last names beginning with A through M can register from 8:30 to 10 a.m. Students with last names beginning with N through Z can register from 10 to 11:30 a.m.

Parents need to bring their child's official immunization records when they register. Children will not be admitted to school without the records. Parents can call 736-2371 at extension 301 for information.

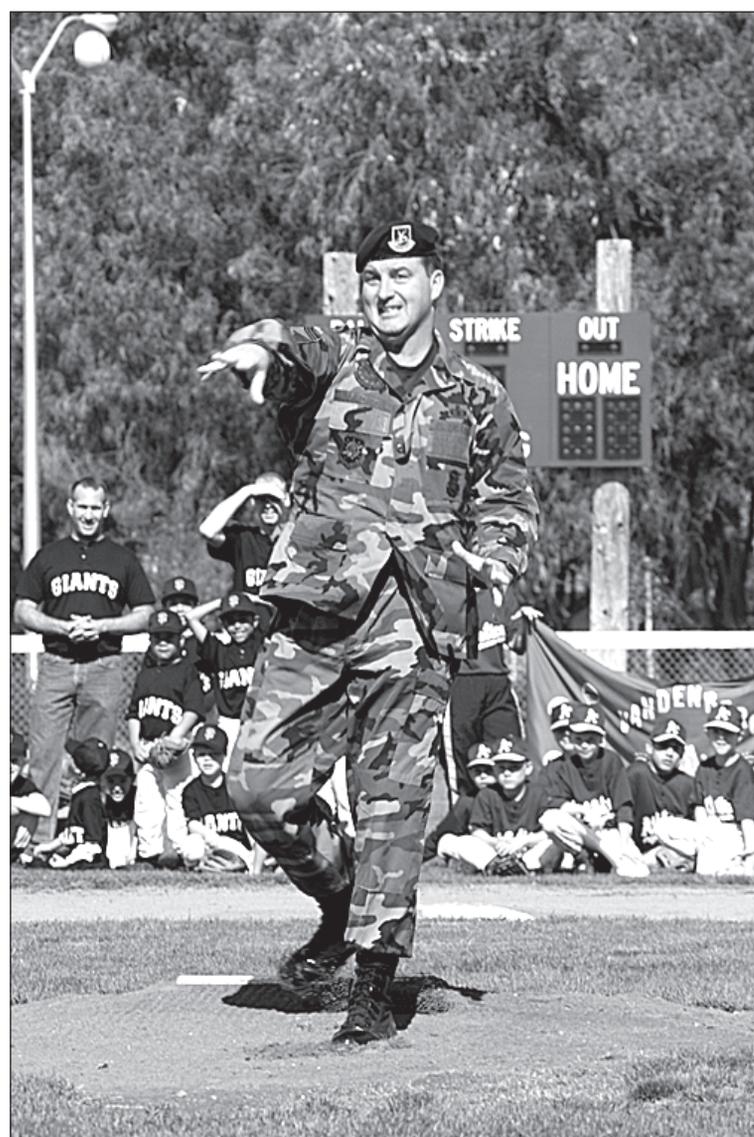
A **Divorce Recovery Group** will start Monday at 4 p.m. in the family support center. Call Linda Bastine at 606-9958 or Chaplain (Maj.) Willie Toguchi at 606-5773 for information.

Interviewing and Dress for Success Workshop is Monday at 9 a.m. in the family support center. People can learn tips on dressing for an interview and the workplace. Call Tinisha Agramonte at 605-8557 for information.

10

TUE

The next **Single Parents Support Group** will meet



AIRMAN 1ST CLASS STEVE SCHESTER

Play ball

Chief Master Sgt. Louis DeMonte, 30th Security Forces Squadron security forces manager, throws the ceremonial first pitch Saturday at Vandenberg's youth baseball season opener.

Tuesday at 11 a.m. in the Pacific Coast Club. For information, call Linda Bastine at 606-5773.

11

WED

The **Officers' Spouses' Club** bingo function is

Wednesday at 6:30 p.m. in the Pacific Coast Club. Dinner starts at 7 p.m.

The cost is \$15 per person and people need to make their reservations by Thursday.

Members whose last names begin with A through K can call Stacy Henson at 734-7344.

Members whose last names begin with L through Z can call Beki Melone at 734-2668.

The event is open to all OSC members, eligible members and their guests. Only dues paying members can win prizes.

13

FRI

A **Mutual Funds Basics** class is scheduled for April 13

at 11 a.m. in the family support center. People can learn the basics of mutual fund investing. To register, call Jimmy Camacho at 606-4491.

18

WED

Going to South Korea? The family support center

is sponsoring an information session April 18 at 1:30 p.m. designed for people who have an assignment or considering one to South Korea. Call relocation assistance at 606-0801 for registration or information.

19

THUR

Retiree Activities Office potluck and monthly

meeting is scheduled for noon April 19 at the RAO Building 10364. The guest speaker is Bill Pate from the Health Insurance Counseling and Advocacy Program in Santa Maria. For more information, call the RAO at 606-5474.



AT THE MOVIES

TODAY AND SATURDAY
3000 Miles to Graceland

Starring Kurt Russell and Kevin Costner.

Posing as Elvis impersonators, Michael, Murphy and their three cohorts boldly enter the Riviera Casino in full Presley garb, armed with guitar cases full of weaponry.

Rated R, rated for violence, sexuality and language.

SATURDAY

Recess: School's Out 3p.m.
Animated.

There's only one thing better than recess and that's summer vacation. T.J.'s plans go awry, however, when he finds out that all his pals are going away to summer camp without him. It doesn't take long for boredom to set in. He soon becomes desperate for something to do, and begins looking for mischief.

Rated G

SUNDAY
CLOSED

All movies start at 7:30 p.m.



SENIOR AIRMAN APRIL MUNIZ

Striking a pose

Selina Mann, from Vandenberg, performs her floor routine Sunday during a gymnastic competition at the University of California, Santa Barbara. Mann and other base youth participate in the two day event.

Intramural basketball standings

National League

Team	Win	Loss	Pct.
30 th SFS No. 1	14	0	1.000
576 th No. 1	14	1	.933
30 th MSS	9	5	.643
30 th CES No. 1	8	6	.571
392 nd No. 1	8	6	.571
30 th SFS No. 3	8	6	.571
381 st TRG	6	8	.429
533 rd TRS	4	9	.308
30 th OG No. 2	4	9	.308
30 th CS	0	13	.000

American League

Team	Win	Loss	Pct.
614 th SOPS	11	1	.917
30 th TRANS	10	2	.833
30 th SFS No. 4	8	3	.727
30 th CES No. 2	9	4	.692
30 th MDG	7	6	.538
576 th No. 2	6	6	.500
Det. 9	6	6	.500
534 th TRS	5	5	.500
392 nd No. 2	5	10	.333
30 th SFS No. 2	1	11	.083
30 th OG	0	11	.000



**America's
Air Force**
No One Comes Close

Air Force adds muscle to fitness standards

By TYSON GRIER

Vandenberg exercise physiologist

■ Air Force members are tested annually using a stationary cycle to determine if they're physically fit. Physical fitness is critical to combat effectiveness, according to the Air Force's chief of staff. That's driven changes to Air Force fitness standards.

According to Gen. Michael Ryan, the changes to the physical fitness standards are vitally important in assessing force enhancement and to ensure compliance with Department of Defense instructions.

"Physical fitness remains an essential component of combat readiness and expeditionary competence," Ryan said.

The cycle ergometry test estimates a person's aerobic capacity or cardiovascular endurance. Military members are scored based on their performance during the test. The score is determined by the person's heart rate, their workload while cycling during the test, age, weight, height and gender. But what do the scores mean?

A cycle test score of 40 means that person's body can use 40 milliliters of oxygen for every 2.2 pounds, or 1 kilogram, of body weight per minute. What's a good score? If you score in the 50s, you're probably in very good shape. The scores listed below are the minimum standards for passing the cycle ergometry test.

Last year, about 99 percent of the men and women at Vandenberg passed their cycle ergometry test.

Age	Women	Men
Less than 24	27	35
25 to 29	27	34
30 to 34	27	32
35 to 39	26	31
40 to 44	26	30
45 to 49	25	29
50 to 54	24	28
55 to 59	22	27

In July 2000, the Air Force expanded the physical fitness test and included push-ups and crunches. About 1,100 people have taken the muscular fitness test. About three-quarters have passed the standard for push-ups and crunches.

Pass/fail standards for push-ups and crunches won't go into effect until January 2002. To prepare, people should do

crunches and sit-ups three times a week. Start with two to three sets of 10 to 15 repetitions for each exercise. Slowly increase the repetitions. If you're unable to do a push-up, try doing the exercise on your knees or perform three sets of 10 to 12 repetitions at Vandenberg's fitness center on the chest press machine. Use a low weight and increase the resistance gradually.

Age	Crunches		Push-ups	
	Men	Women	Men	Women
< 24	53	53	42	19
25 to 29	50	50	40	17
30 to 34	42	42	36	15
35 to 39	38	38	34	13
40 to 44	32	32	30	12
45 to 49	30	30	25	10
50 to 54	28	28	20	9
55 to 59	27	27	18	8

To correctly perform push-ups:

- Place your hands on the floor, slightly wider than shoulder width, with your fingers pointing forward.

- Start in the "up" position with your elbows fully extended, feet no more than 12 inches apart, and your weight supported on your arms and toes.

- Keep your back parallel at all times and lower your body until your upper arm, from elbow to shoulder, is at least parallel to the floor. Your elbows should be bent at 90 degrees. Press your body up by completely extending your arms. That's one repetition. If you don't lower your body until your upper arm is parallel to the floor, the push-up will not be scored.

To correctly do crunches:

- Lay on your back with your heels flat on the floor and your knees bent at a 90 degree angle.

- Cross your arms across your chest and touch your collarbone with your fingers.

- Anchor your feet by hooking your toes under a bar.

- Lift your upper body off the ground until your elbows touch your knees or upper thigh. Lower your upper body until your shoulder blades touch the floor. That's one crunch. If your heels leave the ground during the exercise, the crunch does not score.

For more information about muscular fitness standards, call the staff of the Health and Wellness Center at 606-2221.

S 30th Services

PACIFIC COAST CLUB
April 15



...served
with
Champagne

\$17.95
Adults
per person

Children
age 4-12
75¢
per year

Children
under
4 years
FREE

MENU

- Custom Omelettes
- Gourmet Waffles
- Breakfast Breads
- Waldorf Salad
- Pasta Salad
- Eggs Benedict
- Fresh Fruit
- Cheese Blintz
- Poached Salmon
- Steamship Round
- Charbroiled Chicken
- Assorted Desserts
- And much more...

Reservations are not required, but highly recommended
• Call 743-4375 •
Serving from 10 a.m. to 2 p.m.

REMINDERS...

Friday at the Pacific Coast Club

You can Be a Star!

KARAOKE NIGHT

6-11 pm

in the OFFICERS' LOUNGE

Tuesday at the Pacific Coast Club

BBQ Pork Ribs & Chicken Buffet

All you can eat!
\$8.95
6 to 8 p.m.



GOLF

INTRAMURAL GOLF LEAGUE STARTS MAY 1

Beginning April 12, and every Thursday thereafter, a golf instructor will provide lessons for \$10 per person from 5:30 -6:30 p.m. Range balls included. Signup in the pro shop. Limited to first 12 signups. (Additional class will be offered, if 12 more signup.)

BOWLING

SUNDAY thru April 30

"Month of the Military Child." Many bowling specials give youth at Vandenberg a price break for the entire month. **SUMMER LEAGUES** are forming now. Play ends by Labor Day. **FREE "LEARN TO BOWL"** Friday from 3 to 6 p.m. Instruction by certified bowling coach. Call 606-3209 or 734-1310 for reservations.

OUTDOOR REC

DEEP SEA FISHING - April 28, Patriot Sport Fishing, Avila Beach. Salmon only. \$50 per person, \$7.30 for fishing license, \$20 rod & tackle at the site. Call 606-5908 for more information.

NATURE/WILDLIFE APPRECIATION TOUR - April 29, 10 a.m. Signup by April 20. \$5 per person.

ROD & GUN

ARCHERY SAFETY CLASS - May 12 & 13 (two-day event) \$15. Only 25 seats available. Minimum age 10 years. Call 606-4560 for class times. **Please Note:** Class scheduled for today and Saturday has been cancelled.

NEWS



What's happening at the LIBRARY?

THE INTERNET IS COMING APRIL 20!!!

Sign up for your internet card. **ALL LIBRARY USERS:** The library is changing to Library Cards. Sign up the whole family! Age seven and up.

V.I.T.T.

VITT NOW HAS... Advanced tickets for 'all-day-ride wristbands' for the Lompoc Annual Spring Arts Festival, April 27, 28 and 29. Tickets for these wristbands available only until April 26. Cost is \$15 in advance... \$18 at the Festival.

EASTER EGG HUNT

April 14,
10 a.m.



Join us at the annual Youth Center Easter Egg Hunt for children up to 10 years old. Prizes will be given in each age category. We will have a special visitor, so bring your cameras. Bring your own basket, limit 5 eggs per child. Free to all Vandenberg children Age categories: 3 and under, 4 to 6, and 7 and up. Contact Wendy Elzy at 606-2152 with any questions.

