

Base Briefs

VIOLATIONS RISE TO 3 AT MINUTEMAN

The Minuteman Beach violation total is at three now and there are 20 at Surf Beach. The maximum limit at Surf Beach is 25 violations. The maximum at Minuteman is five. If the limit is reached, the respective beach will close until Sept. 30, the end of the Western Snowy Plover nesting season. The open-area boundaries are clearly marked and base officials will issue citations to people who enter closed areas. Normal beach hours for Wall, Minuteman and Surf beaches are Friday through Monday from 8 a.m. to 6 p.m. For more information regarding beach access or status, call the Beach Hotline at 606-6804.

WING HONORS TOP PERFORMERS

The Team Vandenberg Quarterly Awards Luncheon is today at 11:15 a.m. in the Pacific Coast Club Ballroom. Tickets are \$9 for club members and \$11 for eligible non-members. For more information, call Master Sgt. Steve Hopkins at 606-3230.

BIBLE SCHOOL BEGINS SUNDAY

This year's "Bug Safari" Vacation Bible School starts at 2 p.m. Sunday in the religious education classrooms in buildings 16130 through 16145. Participants meet from 9 a.m. to noon Monday through Aug. 1. The free school is open to children ages 3 to 11. Sign-up sheets are available at both chapels. For more information or to volunteer, call the chapel at 606-5773.

30TH LG CHANGES COMMAND

Col. Mitchell Slate relinquishes command of the 30th Logistics Group to Col. Susanne LeClere during a ceremony at 1 p.m. Wednesday in Bldg. 7015. For more information, call 2nd Lt. Kyle Grygo at 606-8835.

381ST TRG CHANGES COMMAND

Col. Kenneth Van Sickle Jr. relinquishes command of the 381st Training Group to Col. Thomas Bouthiller during a ceremony at 10 a.m. Aug. 6 at the 381st Training Group Flagpole, located behind Bldg. 8290. A reception will follow in the 381st lobby. For more information, call Paulette Taylor at 606-7416.

30TH MED GROUP CONDUCTS SURVEY

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of the 30th Medical Group from Aug. 14 to 16. The purpose of the survey is to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used not

See NEWS Page 4



Chaplain (Lt. Col.) Gary Bomberger, 30th Space Wing head chaplain, and Diane Wigglesworth fill care packages for deployed Vandenberg airmen Sunday afternoon. Volunteers filled 145 boxes.

Care packages sent to deployed airmen

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

■ Twenty-two people gathered Sunday to put together care packages for Vandenberg's deployed airmen.

The small team gathered at the Family Support Center putting personal hygiene items, newspapers, snacks and letter writing materials into packages.

"We try and send items that will provide some comfort," said Master Sgt. Jaime Lopez, Family Support Center superintendent. "The care packages are to remind them we have not forgotten them."

More than 300 boxes have been sent to deployed and remote troops, he said. Sunday, 145 more boxes were readied for mailing.

In some cases, the mailing address is hard to track down. "Some people go to locations with addresses that are hard to come by," said Lopez. This is where first sergeants and airmen returning from deployment can help by providing hard-to-get addresses.

According to Lopez, the response's throughout the com-

munity has been great.

The biggest contributor to the success of the program is the Vandenberg Spouses' Club, said Lopez. "Their hard work and initiative make the difference."

Other contributors are the local Girl Scout and Boy Scout troops. They help with donations of cookies, hold donation drives at the Commissary and set up donation boxes at the Base Exchange, Chapels, Retiree Activities Center, Hospital and the lobby of Bldg. 11777.

"We also received donations from the 76th Helicopter Flight, 30th Operations Group, 30th Aeromedical-Dental Squadron and many people who came by just to drop off items," said Lopez.

The First Term Airmen's Center joined in by completing all the customs forms. The Thrift Shop pitched in and bought stamps.

"This is a wonderful way we take care of our own people," said Col. Robert M. Worley II, 30th Space Wing commander. "I want to express my thanks to all who donated care package items and the time to put them together. Our deployed people sincerely appreciate these packages."

Base holds AFA convention

BY 2ND LT. TREY STAPLES
30th Space Wing Public Affairs
transition student

■ The California Air Force Association Annual Awards Convention begins with a welcoming reception from 6 to 9 p.m. Thursday at the Pacific Coast Club.

As the key organizer for the event, Vandenberg's AFA Robert H. Goddard Chapter has done a lot of planning to ensure a fun and exciting convention until its Aug. 4 conclusion.

Two of the nation's senior military space authorities are guest speakers during different convention activities.

Maj. Gen. Michael Hamel, 14th Air Force commander, speaks at the awards barbecue which begins at 6 p.m. Aug. 2 in the Pacific Coast Club.

Lt. Gen. Robert Hinson, Air Force Space Command vice commander, is the keynote speaker for the annual awards banquet which begins at 6 p.m. Aug. 3 in the Pacific Coast Club.

The Air Force Association supports the need for adequate aerospace power, ensuring the security of the United States by supporting policies and programs, which provide the Air Force with the trained person-

Events:

■ Golf Tournament, 7:30 a.m. Aug. 2 at the Marshallia Ranch Golf Course.

■ Solvang Tour and Bridlewood Winery wine tasting in Santa Ynez Aug. 3.

■ A prisoner of war and missing in action memorial service is scheduled for 10 a.m. Sunday at the POW/MIA memorial near the Bowling Alley.

nel and modern weapons systems needed to fulfill its mission. At the same time, AFA works for adequate pay, housing, medical care, retirement, and survivor benefits for military and civilian personnel.

"We are thrilled to have the opportunity to host this year's convention here at Vandenberg," said Col. Robert M. Worley II, 30th Space Wing commander.

For more information or to register for any of the events, go to the AFA Robert H. Goddard Chapter website at www.afa-goddard.org.

Schriever operators soar

BY AIRMAN 1ST CLASS MIKE MEARES
50th Space Wing Public Affairs

■ SCHRIEVER AFB, Colo. – If you told three space operators here that they were full of hot air they would agree.

Staff Sgts. Jen Thielke and Dennis Fagnant, from the 4th Space Operations Squadron, and Staff Sgt. Michelle Porter, 1st SOPS, fly satellites during the week and hot air balloons on weekends.

Thielke and Fagnant are training under an instructor to get their licenses as balloon pilots. Staying grounded, Porter is content following the balloon to its landing site as part of the chase crew.

"It's a unique experience that not a lot of people are involved with," said Fagnant. "It's a lot of fun and one of the most adventurous hobbies I have."

While growing up in Virginia, Thielke's father flew hot air balloons for eight years. She joined the Air Force and did not get a chance to get back into flying until stationed here.

"Ballooning is pure enjoyment to me," said Thielke. "Some mornings it's rough to get out of bed; however, once you get out to the launch site, it's well worth it."

Hot air balloons are based on the basic principle that hot air rises and cold air sinks.

The balloon itself, called the envelope, is a colorful fabric bag usually made of reinforced nylon and holds the hot air. The crew rides in the basket, which hangs below the envelope.

When the air inside the envelope is heated, the balloon rises. To descend, the pilot allows the air to cool and the balloon becomes heavier than air.

Once airborne, the balloon just floats with the wind. And, of course, it has to land, which means no flight could be successful without a chase crew.

The chase crew's job includes setting up the balloon and making sure the basket achieves a safe liftoff. Once that is done, they take the chase vehicle and follow the balloon.

"Without us, it would be a one-way trip and a lot of hassle to get back home," said Porter.

This is especially true since the pilot does not know exactly where the balloon will land. The chase crew has to deal with landowners as well. When the balloon is landing, the chase crew might have to ask a landowner for permission to retrieve the balloon.



PHOTOS BY AIRMAN 1ST CLASS MIKE MEARES

(Above) Staff Sgt. Jen Thielke, one of three hot air balloonists at Schriever AFB, Colo., holds the top of the balloon to deflate it. (Left) Three space operators from Schriever fly satellites during the week and hot air balloons on weekends. Golfers greet them as they descend on a Colorado Springs, Colo., fairway.

"We haven't had any problems with landowners giving us a hard time," said Porter. "Most people have never been in a balloon so it's a neat thing for them to watch."

The pilot does have some control over the landing, but it is all about manipulating the wind. Air is in layers, and the many layers may be moving in different directions. So even though the pilot cannot steer the balloon, he can move up and down to find a layer of air that will allow the balloon to change direction.

"Mother Nature can play dirty tricks on you; it's a matter of recognizing her clues while you are setting up," said Thielke. "Every flight is different, no same place, no same flight pattern, no same anything. That's the beauty of it!"

And that is not a lot of hot air. (Courtesy of Air Force Space Command News Service)

In this issue of the



Also view The Space & Missile Times at http://www.vandenberg.af.mil/30sw/news/space_times/index.html

Summer hire program gives chance to serve, make a buck, learn new skills. See Page 3.



Commentary: 2nd SLS captain offers tribute to our nation's banner. Check it out on Page 3.



Weekend forecast
Low clouds in the morning and evening with clear afternoon skies.

Low/High
50/69

For a full VAFB weather report visit www.vandenberg.af.mil/30sw/organizations/30og/weather/weather_index.html



PHOTO BY STAFF SGT. ANDREW LEONHARD

Madison, 4, and Savannah Richard, 6, walk into a street to avoid getting wet by a sprinkler. When watering yards housing residents should avoid getting water onto sidewalks.

STUDENTS SKIRT SLICK SIDEWALKS

Q I suggest that residents refrain from watering their lawn between the hours of 7:55 and 8:15 a.m. and 2:30 and 2:45 p.m. while children are walking to and from school. Many children avoid the sprinklers by walking in the street, and this poses a safety hazard.

A Thank you for bringing this safety concern to our attention. In addition to wasting water, the watering of sidewalks poses the additional potential hazard of slipping or tripping due to wet cement.

Housing residents are required to irrigate to promote proper growth, health, color and appearance of all cultivated areas, i.e., lawns, plants, trees, shrubs, hedges, and flowers, etc. In order to meet these requirements, it is recommended that residents regulate time and monitor equipment during irrigation operation to prevent over watering and wasting of water by ensuring they are not watering buildings, sidewalks and streets. We suggest watering for 5 to 10 minutes three times a week depending on climate conditions and type of sprinkler system used. Additional watering will result in runoff and the water may form puddles and could result in flooding.

Water conservation is economically and environmen-

tally wise and we request everyone practice good water conservation at all times.

We agree that residents should avoid watering between 7:55 and 8:15 a.m. or 2:30 and 2:45 p.m. to keep children attempting to avoid getting wet from walking in the streets. If residents must water at that time, they must ensure they do not spray the sidewalks. We ask everyone to adjust the irrigation system accordingly. When the grounds inspector is out and about and sees improper watering, that individual will be reminded of the local watering policy and issued a citation if it is warranted.

WAITING ROOM WOES PROVE WORRISOME

Q I'm writing to voice my concern that we don't have an emergency room on base. On Mother's Day weekend our four-year-old was running a very high fever and we were worried about her. We called the base clinic and were advised to go to urgent care, so we drove to Lompoc, and went to the urgent care office. There was a minimum wait of two hours. The place was packed. I don't think we are any better than civilians, but their family members can't be called away at any time to go and fight in a foreign country. Having privileges like medical is one of the benefits of military life. I'm proud that we are in the Air Force. Vandenberg is a great base with a lot of family members and I'm sure we are not the only family here that has run into this problem. Is there any

hope of an emergency room in the future? Thank you.

A In 1999, the 30th Medical Group downsized from a hospital to a clinic, therefore eliminating its inpatient units and its emergency room services. These changes were made as part of an Air Force-wide effort to realign personnel based on readiness requirements first and clinical requirements second. The goal is to ensure that appropriate health care is available in the local community, if not in the military medical facility. Whereas it is our hope that quality care in local Emergency Departments or Urgent Care Centers is provided in an expedient manner, we realize this is not always the case. Unfortunately, this is out of our control.

Even in those military medical facilities that still have Emergency Departments, waiting times can occasionally be prolonged for non-life threatening cases.

Your feedback will certainly be passed onto this facility with hopes that our information may help to improve their process, however there are no current plans to return an Emergency Department to the 30th MDG. Our present hours for providing care are from 7:30 a.m. to 4:30 p.m., Monday through Friday and 8:00 a.m. to 12:00 p.m. Saturday. After hours medical advice and referrals from a physician and nurse are available by calling toll free at (888) 252-3299.

Commander's Action Line



**Col. Robert M. Worley II
Commander,
30th Space Wing**

Mission success is our top priority, and the talented men and women of Team Vandenberg get it done with excellence.

Key to the effectiveness of any great team is good communication. The 30th Space Wing Commander's Action Line is your direct communication link to me.

It provides an avenue for you to voice your concerns, share constructive ideas, or give your Vandenberg teammates a pat on the back.

I appreciate your input, and I am personally involved in every response.

While the Commander's Action Line is a great way to communicate, don't forget there are many other avenues to get answers to your questions including your chain of command, first sergeants, base services officials and other base professionals.

Thanks for helping to make Vandenberg such a great place to work and live. When calling the action line, please leave your name and phone number in case more information is needed.

Call or e-mail: 606-7850 E-mail your message to actionline@vandenberg.af.mil

Important Phone Numbers

EMERGENCY.....	911
Command Post	606-9961
Poison control.....	800-876-4766
Clinic appointments.....	606-2273

SPACE & MISSILE TIMES

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DON'T DRINK & DRIVE!

If you're drinking alcohol -- you need a ride home. **DON'T HESITATE!** For a free, no-questions-asked ride home, call Airmen Against Drunk Driving 698-8823 or 698-8822





PHOTO BY SENIOR AIRMAN BRIAN HILL

Stephanie Jamorabo, 30th Space Wing Public Affairs summer hire, works on a stack of papers during her busy day. This is Jamorabo's second year with PA.

Summer hires join workforce during college break

By **STEPHANIE JAMORABO**
30th Space Wing Public Affairs

They help you at customer service counters, repair your air conditioning and even assist patrolling Vandenberg's beaches. This year more than 90 men and women are working on base as summer hires here.

Many of them are students looking to make a few extra bucks during their summer break from college.

But, for some, it also gives them a chance to work in their future career field.

Every January, job announcements are posted online for summer hire positions. Many students and civilians submit their resumes online and self-nominate for one of the open positions.

Heather Rasay, wanted a job as a clerk or administrative assistant. As a summer hire at the Education Office her day starts at 9 a.m. She helps out the education technician with filing, scheduling appointments, out processing people, and other miscellaneous tasks. Rasay would like to do it again next summer because she thinks it's a good experience.

"I have learned basic office clerical skills, and I enjoy the constant interaction with people," she said. Rasay attends San Francisco State University and is pursuing a degree in graphic design.

Two years ago, Jeremy New found out about summer hire positions through the Internet. Now, he is on his second year as a summer hire at the Youth Center providing child care for 10 to 18 year olds. Not only does New provide supervision over the children, but he also does numerous activities with them such as playing basketball and pool.

"I love working at the Youth Center," he said. "With this fun environment, who wouldn't?" New is pursuing a degree in kinesiology at the University of Northern Colorado.

Valentine Pumphrey was in for a surprise her first year as a summer hire. The business office at the 30th Medical Group needed another person in their office. As an over hire, Pumphrey is able to stay on for a year.

"I deal with many people on the phone about TRICARE and Medicare," she said. "I enjoy the positive working environment here at the medical group." Pumphrey hopes to work there next summer.

There are many opportunities for civilians to get a summer hire position. People interested in the program can visit www.afpc.randolph.af.mil/resweb There are positions available at almost every base.

"I love working at the Youth Center

...

Who wouldn't?"

Jeremy New
Summer hire

To the colors: Forever may they wave

By **CAPT. DAN WETMORE**
2nd Space Launch Squadron

It presides over held ground, cemeteries and battlefields, identifies our ships, planes and tanks, and graces our public halls and homes.

If the history is accurate, it turns 225 this month. It has grown up with our country, and its face has changed some over those years – a fitting reflection of our own emerging identity as a nation.

Yet throughout that incredible journey, the blue of valor, the white of pure ideal and steadfast purpose, the red of blood willingly given for their attainment and preservation, have remained constant and undiminished.

Our national anthem is an ode to it. It is itself an ode to the collective will of a people struggling to better the human condition through word and deed.

It's fitting that it flies above us all – a symbol of a phenomenon which transcends any one life or lifetime. Animated by the same breezes that breathe life into each of us, we hope its motions will be perpetual where ours are numbered.

It's not without design.

FLAG FACT

■ Contained within the truck of every military base's central flagpole is a bullet and a match – one to defend that expanse of cloth which is anything but; the other to burn it should safeguarding it prove impossible.

Stars in a field of blue were chosen to represent each state's entry into the union: the whole appearing – in the vision of a continental congress – as a new constellation in the firmament of nations.

In the stars and bars, we see the wager and reward of "the grand experiment," an unmatched union of interdependent states.

Our nation's motto, "Out of many, one" is evident in that constellation. And given our dedication to championing the freedoms of the individual through the strength of the group, it might as easily read, "Out of one, the many."

The whole being greater than the sum of the parts is strange math and is matched by the odd notion that those who cherish freedom most, seek its increase by denying themselves its full luxuries.

It's been fashioned in many media – broadcloth, neon, beads on safety pins, pyrotechnic displays, fields of flowers viewable from space, a small swatch of handkerchief inked in berry juice and blood and saluted in secret within Hanoi's

Hao Lo prison. In turn, it's been used to fashion many things – litters for the fallen, bandages for the wounded and shrouds for the dead.

The top of every military base's central flagpole is capped with a hollow ball, the truck. Contained within the truck is a bullet and a match – one to defend that expanse of cloth which is anything but; the other to burn it should safeguarding it prove impossible. Never should it fall, from height, from possession or from focus.

For the full time I've been in service, and ever thereafter, I carry my favorite "unit" coin. It really is a coin, a huge slab of silver, a United States dollar. On its face, Lady Liberty strides toward a radiant dawn, wrapped in the billowing raiment of The Colors.



GRAPHIC BY TECH. SGT. DAN OBERLY

After 225 years, Old Glory still flies high as America's symbol of freedom.

She walks free through the toils of our forbears who stitched those strands and our contemporaries who tend them.

My hope is that through her journey, all whom she meets will come to see those hues as we do, and be lifted and sustained by their shielding and sheltering folds.

CHIEF: Five traits grow great leaders

By **MASTER SGT. SKIP HAAG**
354th Communications Squadron

Just because you don't have eight stripes on each sleeve doesn't mean you can't exemplify the qualities of a chief.

Many leaders have helped my military career thrive by influencing me to be a better troop, sharing in my accomplishments and by helping me bounce back from failure. These leaders all shared five key qualities:

Candidness — There's no harm or no foul to tell it like it is. Tell your boss what he or she needs to hear, not what he or she wants to hear. Being candid doesn't necessarily mean yelling. Don't waste time being subtle, reserved or by beating around the bush. Make your point. Encourage your troops to do the same by letting them use you as a sounding board, so they can get things off their minds. We can be candid while still maintaining respect for each other's rank and position. To get business done

we need to get down to the "real deal." Candidness means less time on words and more time on deeds.

Humility — Don't forget where you came from or your struggles while climbing the ladder of success. Remember what it's like to be the first-line troop or supervisor packing the gun on post, turning a wrench on the flightline or working in the 24-hour messaging center? Subtle gestures like visiting your people in their work area, instead of having them come to your office all the time, makes a difference. Don't ask someone to do something that you're not willing to do yourself. Humility is also dropping what you're working on when a troop knocks on your door to talk. Without it, your troops are less likely to bring their problems to you.

Instinct — Use it. If you have a strong impulse about something, but didn't act, you didn't listen to your gut. Do you know

when to seek forgiveness rather than ask permission? If you're doing something important without any definitive rules or regulations it's better to go with your gut instinct instead of asking permission only to get burdened with red tape. It is not a case of being deceptive or sly, but the desire to take advantage of an opportunity. If your instinct is saying you're being prudent, not reckless, just do it. As Gen. Colin Powell once said, "You don't know what you can get away with until you try."

Endurance — Obstacles and challenges will increase in number and complexity during your career, but don't get overwhelmed with frustration. You must maintain your strength to handle "irons in the fire." There will be times in your career in which the day-to-day running of the mission may seem second priority. There's always some special project or a need for a project point of contact. You

need to work hard to keep distractions from making you fail at your day-to-day contact with your troops. The greatest measure of success is how you use your energy, or endurance, to establish a pattern of excellence.

Fortitude — Don't take the easy way out even when given the chance. It's the ability to make a tough and unpopular call without fear of ticking somebody off. It's the courage to admit you made a mistake. It's also realizing when to salute smartly. Fortitude is having the mental toughness to overcome pain or adversity. I've been fortunate to have some great role models from which to learn, not only superiors, but subordinates as well.

Not everybody will reach the rank of chief master sergeant, but there's no doubt in my mind that following the steps of C-H-I-E-F will make you a successful leader and foster much success in your career. (Courtesy Air Force Print News)



Heard a rumor? Get the facts!
During crises or emergencies, call the Vandenberg rumor control line at 606-1857.

ALCON: NORMAL

A general condition reflecting alcohol use. There are no reported alcohol driving incidents or additional external factors.

DUI totals for the Year **16**

Operations Group	0
Logistics Group	2
Support Group	4
Medical Group	0
30th Space Wing Staff	1
14th Air Force	0
381st Training Group	1
576th Flight Test Squadron	1
Detachment 9	1
Others	6

GRAPHIC BY STEVE HEURING



PHOTO BY AIRMAN KARA MCCORMICK

Team Vandenberg Spotlight

Duty: Visitor Control Center, assistant NCO in charge
Time on Vandenberg: 1 year, 4 months
Time in Air Force: 5 years, 6 months
Hometown: Carson, Calif.

Supervisor's comments: "Senior Airman Gatz is a dedicated worker who consistently strives to make himself, the section and the U.S. Air Force better," said Staff Sgt. Kenneth Crerend, 30th SFS NCOIC Visitor Control Center. "His drive and willingness to work hard has made him an asset to the Security Forces Squadron. He is an outstanding role model for the troops to emulate."

Be Aware! Anti-Terrorism Force Protection is an Individual Responsibility!

Check out our on-line news at www.vandenberg.af.mil/30sw/news

30th Space Wing



Our Vision:

America's finest professionals building the best spaceport and test range in the world.



Don't let static electricity melt your car

By SENIOR AIRMAN BRIAN HILL
30th Space Wing Public Affairs

Did you ever think pumping gas could lead to your back bumper turning into a pool of melted plastic on the ground?

Not smoking a cigarette at the gas station is the most obvious way to avoid this event, but what about static electricity? Much like dropping a match into the gas tank, static electricity can ignite gasoline just as quickly and easily – a person's static electricity is discharged onto the gas pump nozzle igniting the vapors.

The Petroleum Equipment Institute researched 150 cases of these fires and found:

□ Out of 150 cases, almost all of them were women.

□ Almost all cases involved the person getting back in their vehicle while the nozzle was still pumping gas. When finished, they went back to pull the nozzle out and the fire started, as a result of static.

□ Most had on rubber-soled shoes.

□ Most men never get back in their vehicle until completely finished. This is why they are seldom involved in these types of fires.



CONTRIBUTED PHOTO

Static electricity was responsible for this vehicle fire. Almost all involved the person getting back in their vehicle while the nozzle was still pumping gas, and building enough static to ignite the gas fumes when they attempted to remove the nozzle.

□ There were 29 fires where the vehicle was re-entered and the nozzle was touched during refueling from a variety of makes and models – some resulting in extensive damage to the vehicle, to the station and to the customer.

□ Seventeen fires occurred before, during or immediately after

the gas cap was removed and before fueling began.

The institute also recommends not using cell phones when pumping gas.

Avoiding the call to the insurance place to say "The car melted" is easy.

Don't get back into the vehicle

while filling it with gas – if it's unavoidable, though, make sure to touch metal before pulling the nozzle out. This way the static electricity will be discharged.

More information is available at www.pei.org. Once there, click in the center of the screen where it reads "Stop Static."

Summer fun increases threat of heat illnesses

By STAFF SGT. JULIE LUCIA
30th Weather Squadron

Summer is here and so is the desire to be outdoors. Although Vandenberg is normally cool and breezy, prolonged periods of sun and heat can take a toll on health.

Heat stress may not sound serious, but if signs are ignored they may lead to a serious condition known as heat stroke.

The signs of heat stress are simple to recognize: cramps, dizziness, confusion, sudden lack of sweating, and headache.

Sweating is the body's primary cooling mechanism. Without sweat, the body's temperature can rise quickly causing heatstroke.

The effects of heat stress are treatable.

If people are experiencing heat stress symptoms they should stop, rest and drink plenty of fluids.

If close to a body of water, such as a stream or lake, it's a good idea to take a few minutes and wade in the shallow water to cool down.

If the symptoms continue to worsen or persist, individuals should seek medical attention immediately. Preven-

tion is the best way to avoid heat-related illnesses.

People need to plan ahead when heading outdoors. Select lightweight, lightly colored clothing. Wear a hat, lip balm, and strong sun block, minimum of sun protection factor 30.

Experts recommend drinking plenty of water. Drink up to one-third more water than thirst dictates. Avoid sugary and caffeinated drinks, as they tend to dehydrate the body. Sports drinks, such as Gatorade or natural fruit juices are all right, but water is best.

Eat often by choosing small meals or snacks. A handful of raisins provides a healthy snack and they're a great source of energy.

People should give their body regular breaks and stay within realistic physical limits.

If this is a first outing of the season, remember to pace it and let the body adjust.

Above all people need to listen to their bodies. No one is immune from heat-related illnesses.

It is important for everyone to know how to prevent, recognize, and if necessary, treat heat-related illnesses. Someday, this knowledge may save the life of a loved one.

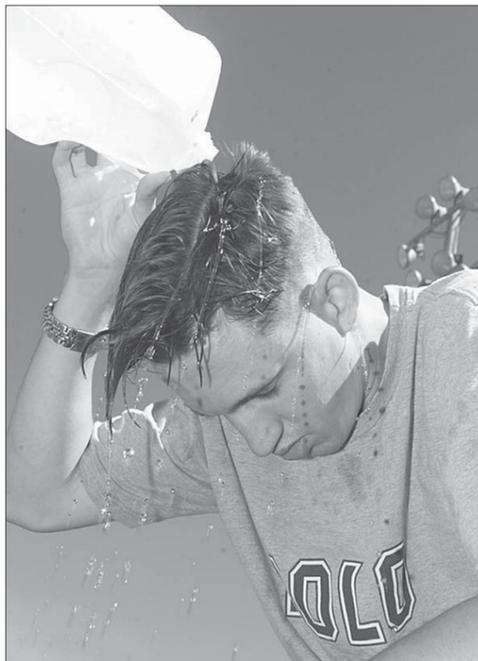


PHOTO BY SENIOR AIRMAN STEVE SCHESTER

Experts recommend drinking up to one third more water than your thirst dictates.

Over-packaged goods stuff nation's landfills

By KELLY PLACE
Red River Service Corporation

The tiny present wrapped inside a slightly larger box, put into a yet-bigger box, and so on, may be a good joke for a birthday or Christmas – but the packaging of many household goods is almost as bad – for our environment.

Packaging of our goods and products amounts to one-third of American garbage, according to the Environmental Protection Agency in Washington. And, it's not just already crowded landfills that are affected by over packaging.

Simply manufacturing the packaging uses energy and creates pollutants. To keep excessive packaging from clogging landfills, and save energy and promote clean air, consumers need to be alert when they buy products.

Here are a few ways each of us can reduce packaging waste:

□ Avoid snacks and other foods wrapped in individual serving sizes. Instead, buy bigger bags of the snacks and put smaller servings in paper bags.

□ Instead of putting a juice box in your child's lunch bag, buy juice concentrate, mix it in a reusable container, and send a thermos with the lunch.

□ Make your own "Lunchables." Rather than purchasing the prepackaged version, buy a block of cheese, some sandwich meat, and crackers.

□ Buy personal hygiene and home-cleaning products in bulk when possible.

□ Buy cereal in bags instead of boxes, which usually contain bags inside.

□ Buy loose fruits and vegetables instead of those

packaged in Styrofoam trays and shrink-wrap. Fix your own fresh-fruit cups instead of buying cut-up fruit in plastic containers.

□ Avoid buying products packaged in blister packs – molded plastic attached to cardboard. Although sometimes blister packs serve a hygienic purpose, such as making sure cosmetics or medicines aren't tampered with, for instance, they are often unnecessary.

□ When buying clothing in a department store or boutique, ask that the clerk *not* wrap the

garments in tissue paper.

□ Ask for loose stamps at the post office instead of prepackaged books.

□ Buy concentrates when possible. Many juices, soups, and cleaning agents are available in concentrate.

□ Use fewer individual serving-size bottles of water and juices.

□ Buy milk and juice in glass or plastic containers, which can be recycled. Some of the waxed cardboard containers with plastic spouts cannot be recycled.

Remember the three R's of a sound solid waste management program – Reduce, Reuse, Recycle.

Minimizing use of, or avoiding, over packaged materials is an excellent way to reduce the amount of waste going into your local waste stream.

As your solid waste management contractor, RISC Management encourages the residents of Vandenberg AFB to call us at 734-2237 should you have any comments or questions about solid waste reduction.

NEWS: AAFES to extend hours

From Page 1

only to determine whether, but the conditions under, which accreditation should be awarded the organization. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives at the time of the survey. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. Call Capt. Patricia Fowler at 606-1959 for more information.

PA CONDUCTS 2002 BASE PAPER SURVEY

The 30th Space Wing Public Affairs staff is surveying readers of the Space & Missile Times throughout July. Everyone is welcome to login at http://www.afnews.af.mil/internal/survey/survey_index.htm to take the survey. Public Affairs will use the information to improve services the SMT provides Team Vandenberg. The entire process takes about 10 minutes and provides participants an opportunity to improve this valuable communication tool. For more information, call Master Sgt. Ty Foster at 606-3595.

AAFES EXTENDS BUSINESS HOURS

Vandenberg's Shopette, Service Station and Anthony's Pizza in the BX mall are extending their hours of operation beginning tomorrow. This is a 30-day test to determine the needs of the customers. The following hours of operation are in effect: *Shopette* – Monday to Friday, 6 a.m. to midnight; Saturday, 8 a.m. to 11 p.m.; and Sunday, 8 a.m. to 10 p.m. *Gas Station* – Monday to Friday, 6 a.m. to 8 p.m.; Saturday, 7 a.m. to 7 p.m.; and Sunday, 9 a.m. to 5 p.m. *Anthony's Pizza* – Monday to Saturday, 11 a.m. to 7 p.m.; and Sunday, 11 a.m. to 6 p.m.

COPS SPONSOR POSTER CONTEST

The Youth Center is holding a National Night Out poster contest. The contest is open to all children 14 years and younger. All posters must be delivered to the Youth Center or Child Development Center by today. Winners will be announced Monday. Each winner will get to ride in the National Night Out Parade with McGruff and Sparky. Winning posters will be on display at the National Night Out event Aug. 6. For more information call Staff Sgt. Victoria Ambrose at 606-1853.

ENROLLMENT OPEN FOR SEMINARS

The Base Education office is enrolling for Air Command and Staff College Seminars now. There is a seminar introduction meeting during the week of Aug. 5 to establish the location and time for weekly meetings and to play out the testing schedule. Seminars meet for approximately 10 months, three hours per week from August 2002 through June 2003 and provide an interactive seminar environment. For information, contact Base Education in Bldg. 14001 or call 605-5904.

TEMPORARY FENCE REMOVAL

Engineering is cleaning and inspecting the sewer system in East Housing throughout the remainder of the year. Starting Monday, some sections of resident fences may be temporarily removed to provide access to backyard manholes. For more information, call Mike Bird at 606-2080.

SPACE WING OFFERS SHADOW PROGRAM

The 30th Space Wing Shadow Program offers Team Vandenberg CGOs the opportunity to shadow the Wing Commander throughout the course of a duty day. Interested officers should contact Capt. Dewitt Morgan at 606-4979.

CIVILIAN PAY DATABASE MOVES

Beginning Sunday, the Civilian Pay database will move from Denver Colo. to Pensacola Fla. This database move will be transparent to our civilian pay customers. All retirement records, leave balances, and payroll information will transfer. People will continue to receive net pay and Leave and Earnings Statements in the same manner. For more information, call Civilian Pay Customer Service Representatives, at 606-1851.

SCHOOL BUS REGISTRATION STARTS AUG. 7

In preparation for the 2002 – 2003 school year, parents must register their children for bus passes prior to the first day of school. Registration is from Aug. 7 to Aug. 21 between 8 a.m. and noon in the 30th Transportation Squadron, Bldg. 10728, Room 115. Children who are not registered before Aug. 21 may be denied transportation. Parents requiring bus transportation for other district schools need to contact the Lompoc Unified School District at 736-2371. For more information, call Fleet Management at 606-5255.

**Reduce,
Reuse,
Recycle**

Intramural Sports

Softball standings

American League

TEAM	Wins	Losses	Pct.
30 th SFS No. 1	11	3	.786
381 st Training Group No. 2	10	4	.714
30 th SFS No. 2	10	4	.714
30 th Transportation Squadron	9	4	.692
National Reconnaissance Office	8	5	.615
30 th OG No. 2	8	6	.571
30 th MDG	6	8	.429
576 th FLTS No. 2	2	10	.167
30 th CES No.2	2	12	.143
30 th MSS	1	11	.083

(Standings as of Tuesday)

Tuesday's schedule

NRO vs. 30 CES No. 2
381 TRG No. 2 vs. 576th FLTS No. 2
30 SFS No. 2 vs. OG No. 2
30 MSS vs. 30 MDG
30 TRNS vs. 30 SFS No. 1

National league

TEAM	Wins	Losses	Pct.
576 th FLTS No. 1	13	1	.929
30 th CES No.1	10	3	.769
30 th CS	10	4	.714
381 st TG No. 1	9	6	.600
30 th CES No.3	8	6	.571
30 th OG No. 1	8	6	.571
14 th Air Force	6	9	.400
Det. 9	4	9	.308
76 th Helicopter Flight	4	11	.267
534 th Training Squadron	3	10	.231
533 rd Training Squadron	3	12	.200

(Standings as of Wednesday)

Monday's schedule

14 AF vs. 533 TRS
30 CES No. 1 vs. 534 TRS
30 CS vs. 576 FLTS No. 1
381st TRG No. 1 vs. 76 HF
30 CES No. 3 vs. DET 9

Airman teaching self-defense during deployment

By 2nd LT. JENNIFER ANDREWS
405th Air Expeditionary Wing
Public Affairs

OPERATION ENDURING FREEDOM — Regardless of which forward location people deploy to, they have to find creative ways to stay busy. At the 405th Air Expeditionary Wing, one senior airman has taken matters into his own hands and is using his skills to teach others.

Senior Airman Gordon Brooks, from Moffett Field, Calif., has been practicing martial arts for more than 17 years and enjoys teaching the skills to others.

Several days a week, Brooks teaches the self-defense arts of Kempo karate and Kuk Sook Won, Korean martial arts.

"I first started attending the classes as an alternative to the monotonous gym routine," said Senior Airman Micheal Dean, from McChord Air Force Base, Wash. "I have grown an appreciation for the workout for my body in addition to my mental well-being."

The techniques used are de-

signed to teach a person how to protect and defend from an attacker at the workplace or at home.

"I teach step-by-step moves and motions, in various combinations to effectively (fend) off an attacker," Brooks said. "Whether (the attack is) a simple hand grab, hold, punch attack, or even a more serious assault with a knife or club."

With constant practice and repetitions, the most effective defensive techniques for numerous types of assaults will become second nature, Brooks said.

"The class improves your body weight, mental concentration, reflexes, physical strength, flexibility, aerobic conditioning, and provides you with a greater overall understanding of what your body can and cannot do," he said.

"By focusing and practicing a few key defensive techniques for each type of an assault, you will have a wide spectrum of defensive options to resort to during an attack." (Courtesy of Air Force Print News)

No holds barred for PA NCO

By CAPT. DANI JOHNSON

United States Air Forces in Europe
Public Affairs

OPERATION ENDURING FREEDOM — The first time he entered the cage, he believed he could physically dominate his opponent. While he did, he also learned that it might not always be the case.

When off duty, Staff Sgt. Steve Horton, from the 376th Air Expeditionary Wing Public Affairs office at Ganci Air Base, Kyrgyzstan, is an ultimate fighter.

Ultimate fighting, or extreme fighting, combines all forms of martial arts, kickboxing, grappling and submissions. The fights are held in a steel cage with minimal rules, basically no holds barred.

"I grew up wrestling, and after doing it for so many years, it became mundane and I lost some of my competitive drive," said Horton, who has been in the Air Force for 13 years and competitively wrestled on the Air Force team for nine years.

Ultimate fight managers approached Horton in 1997, while he was at the U.S. Wrestling National Competition, and asked if he was interested in the sport.

"I decided to try ultimate fighting because the early days were cool to watch and I also started seeing some of my wrestling buddies doing it and doing well," said the St. Louis native.

At the time, the sport was only legal in a few states. Horton traveled from Schriever AFB, Colo., to a casino in Council Bluffs, Iowa, for his first bout. Since then, the sport has evolved with rules, and most states have sanctioned the sport.

"The first time in the cage when the gate shuts, you realize there is no way out," said Horton, deployed here from Scott AF Base, Ill. "I also learned that it's not all throwing and beating. There are definite techniques."

"You just can't grow up on the streets and expect to do well," he said. "You have to cross train and develop your own style."



PHOTO BY MASTER SGT. KEITH REED

Staff Sgt. Steve Horton, deployed to Ganci Air Base, Kyrgyzstan, grapples with Marine Lance Cpl. Josh Miller, from Marine Corps Air Station Miramar, Calif., during a recent wrestling match. Horton, a public affairs noncommissioned officer from Scott AFB, Ill., and former Air Force wrestler, is an ultimate fighter during his off-duty hours.

Horton did not stop wrestling altogether.

He did study ultimate fighting techniques to enhance his fighting capabilities, but his focus was on wrestling and making the Olympic team.

"I did pick up a fight once in a while," said Horton. "Promoters did call and ask me to fight because they knew I would put on a show, and that is what makes the event exciting."

He did not make the Olympics, and in April 2001, he stopped wrestling and turned his focus to ultimate fighting.

While an unusual off-duty activity, it has not interfered with his dedication to the military, or been an issue with his supervisors or his wife.

"The Air Force has never had a problem with me fighting," said Horton, recently selected for pro-

motion to technical sergeant.

"I've received the safety briefings and been lucky to have first sergeants and commanders who are familiar with the sport and know it is not a blood sport."

Horton's wife, 2nd Lt. Lisa Horton, currently at basic communication officer training course and also assigned to Scott AFB, was dating her husband when he told her about his desire to start ultimate fighting.

"I was a bit concerned about him participating in such an intensive sport and thought it was dangerous," said Lisa.

"As I became more knowledgeable about it and realized it was safer than wrestling, I was excited," she said.

At Ganci, Horton has found a grappling partner, Marine Lance Cpl. Josh Miller, deployed here from Marine Corps Air Station

Miramar, Calif.

"It was a good workout and it was a big challenge," Miller said after a workout. "He is an awesome wrestler, and I hope to take all the technique I learn from him and use it to make the all-Marine team."

Horton strives daily to stay in peak physical condition.

He last fought May 3, and his next scheduled bout will either be the end of September or in October depending on his return from Kyrgyzstan.

"I am disappointed that he has put wrestling behind him," said Lisa, "but I believe extreme fighting is great for him right now."

It has renewed the inner drive he lost a few years ago and allows him to focus on something new and tremendously challenging." (Courtesy of USAFE News Service)



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30th Space Wing Mission Statement:
To defend the United States
through launch, range
and expeditionary operations.



Vandenberg AFB
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Air Force Space
Command

No one
comes
close!





SECAF, CSAF: Gender irrelevant to mission accomplishment

By STAFF SGT. C. TODD LOPEZ
Air Force Print News

■WASHINGTON — The importance of women in today's Air Force is not lost on Air Force senior leadership. In fact, said the service's chief of staff recently, women have played key roles in the Air Force's performance over the past decade.

"We've won three wars in the last 10 years," said Chief of Staff of the Air Force Gen. John Jumper. "We had plenty of women not just flying the airplanes, but fixing the airplanes, guarding the gate and in all roles."

According to Air Force Personnel Center demographics, the population of women in the Air Force has increased from 33,000 in 1975 to more than 70,000. As a result, women now serve in nearly every Air Force career field, including such traditionally male-dominated career fields as aircraft maintenance.

The number of women in the cockpit has also increased. The Air Force's 458 female pilots account for about 3.7 percent of the total pilots in the service. Less than 10 years ago, that figure was only 1.6 percent. Jumper, a command pilot with more than 4,000 flying hours, commented specifically on the role of the female pilots he has flown with, and the irrelevance of gender to the pilot career field.

"I've flown against some of the (female) fighter pilots before, and they do a magnificent job," he said. "If you want to fly an airplane, and that's your passion, it shouldn't matter what your gender is."

Roche agreed.

"The intellectual content of what we do is so high that (gender) makes no difference," the secretary said. "(We have) a force where there is room for people based on their merit."

Test program helps spouses become 'virtual assistants'

By STAFF SGT. A.J. BOSKER
Air Force Print News

■WASHINGTON — Besides the normal stress associated with moving, military spouses often must give up their jobs or careers, and hope they can begin again in a new location.

It is a frustrating dilemma for many, one that can sometimes be made worse by local and state requirements. But, help is on the way, in the form of a new family support program designed to help spouses

help themselves, said Linda Brown, Air Force family matters expert at the Pentagon.

"We wanted to attack this and develop something for these spouses that was portable from base to base, but still had longevity and continuity," Brown said.

The approach taken by the Air Force was to help spouses become virtual assistants.

Virtual assistants are entrepreneurs who establish their own home business online and offer a variety of services. These services vary from one person to the next, based on their area of expertise, and can include providing administrative support, competitive research, Web site design, legal research, accounting, bookkeeping services, marketing support, translation and technical writing.

Virtual assistants receive their work assignments and communicate with their clients via e-mail, phone, fax, mail and real-time online messaging.

The Air Force worked with Staffcentrix, a company that specializes in assisting people to become virtual assistants, to develop a training plan and support base for military spouses interested in this program.

"When I saw this program advertised on base, my first impression was this is something that would definitely be worth trying," said Maschel Fleming, a military spouse at Cannon.

Fleming and other spouses attended two two-day training classes in April that helped them identify their business strengths and weaknesses, and provided them with guidance on how to become virtual assistants.

According to Fleming, this training provided her with everything she needed to know to set up her own business as a real estate virtual assistant.

Her business provides clients with a variety of services including database management, transaction coordination, advertising, feature flyers, feature cards, closing gifts, organizing open houses, money saving marketing techniques, voice mail service and personal assistant services.

"I just wish I would have had this training program before I ever went into real estate," Fleming said. "It opened my eyes to the marketing, expenses and realities of running your own business."

Brooks City-Base launches new partnership

By RUDY PURIFICATO
311th Human Systems Wing

■SAN ANTONIO — City and Air Force officials launched a bold, new

experiment here July 22 with the creation of Brooks City-Base, a technology and business center that supporters believe will serve as a national model for innovative economic development.

Gen. Lester Lyles, commander of Air Force Materiel Command, passed a symbolic key for the property and facilities to San Antonio Mayor Ed Garza and Brooks Development Authority chairman Howard Peak during a conveyance ceremony.

"The challenge of this age is we must respond with a bold, new experiment," said U.S. Rep. Ciro Rodriguez. "Brooks City-Base will become a magnet for growth by creating opportunities for research and technology that will be needed in the war on terrorism."

This city-base concept is the first of its kind, according to Air Force officials, reducing federal government infrastructure costs while creating a venue for economic growth through business, academic and scientific partnerships. The move makes the Air Force a tenant on land it once owned and allows base officials to expand research and development opportunities supporting America's warfighters without the responsibilities associated with maintaining a military base.

"We'll be able to concentrate on our vital mission here," said Lyles. "It will improve mission effectiveness and reduce infrastructure support."

Air Force people at Brooks perform leading edge research to integrate the human element into warfighting systems.

The AFMC commander noted that the city-base serves as a national case study on community-government partnerships.

Airborne Laser completes first flight

■WICHITA, Kan. — An extensively modified Boeing 747-400F known as the Airborne Laser circled over western Kansas for an hour and 22 minutes during its maiden flight July 21, taking the first steps in becoming the world's first directed-energy combat aircraft.

It was the first time the aircraft had flown since arriving here Jan. 22, 2000, straight off the Boeing assembly line.

The flight was the first in a test series to prove the aircraft still performs like a Boeing 747 despite significant structural and operational changes made during its two-and-a-half-year stay at the Boeing Maintenance and Modification Center adjacent to McConnell AFB.

"This successful flight is truly

a milestone in the history of ABL," said Col. Ellen Pawlikowski, ABL program office director at Kirtland AFB, N.M. "It represents a major step forward toward our ultimate goal of shooting down a ballistic missile with a beam of ultra-powerful light by the end of 2004."

The ABL is scheduled to take its place as a principal member of the boost-phase segment of the Missile Defense Agency's layered system designed to protect the country and U.S. troops against enemy ballistic missiles, Pawlikowski said. The ABL's task is to destroy just-launched missiles by focusing its high-energy laser beam on the pressurized fuel tank, causing it to rupture and explode, in effect causing the missile to kill itself.

ABL, now under the MDA's management, is being developed by a team composed of the Boeing Co., TRW, and Lockheed Martin Corp., the colonel said. Boeing supplied the aircraft and the sophisticated software system which will be the brains of the weapon system. TRW built the megawatt-class lasers that comprise the system's kill mechanism, while Lockheed Martin built the complicated maze of mirrors and lenses used to guide the lasers to the target and the turret that will house the system's 1.5-meter telescope.

Once testing has been completed, the ABL will be turned over to the Air Force, the first in a visualized fleet ready for use as a first line of defense against missile attack, according to Pawlikowski.

Sometime in the next few months, the aircraft will be flown to the Boeing facility in Everett, Wash., to be sprayed Air Force gray, she said. At that time, the number 00-0001 also will be painted on the tail. The number, assigned when the aircraft came off the assembly line, signifies it is the first new military aircraft of the millennium.

After it is painted and its airworthiness certified, YAL-1A will be flown to Edwards AFB, Calif., where the other weapon system segments — lasers and optical system — will be incrementally installed and tested, the colonel said.

That process is expected to take almost two years and includes laser firings on the ground and against a number of objects in the air such as balloon-dropped target boards and short-range rockets in preparation for its major test against a ballistic missile. (Courtesy of Air Force Materiel Command News Service)

Air Force seeking elite test pilots

By SARAH ANNE CARTER
AFMC Public Affairs

■WRIGHT-PATTERSON AFB, Ohio — A select few pilots have reached stars of some form or fashion, and the Air Force Test Pilot School helped them along their way.

"About 200 of our graduates have reached the stars in some way or another," said Col. George Ka'iliwai III, TPS commandant, referring to those who have gone on to become generals or astronauts.

For those people currently

reaching for the stars, the test pilot school at Edwards AFB, Calif., is accepting applications for the July 2003 and January 2004 classes.

While the application process itself is easy and outlined in Air Force Instruction 99-107, applicants should keep in mind that applications must be received by Sept. 19 for consideration in the Nov. 4 to 9 board, said officials.

"We look at an applicant's record and assess the whole person," Ka'iliwai said. "There are a couple of areas we focus on. The most important one is the test pilot candidate's flying record."

"If the pilot was rapidly upgraded to instructor pilot and has a near perfect flying record, that shows us he or she has a tremendous piloting ability and understands the nuances of flying," he said. "We also look at their leadership potential and their academic credentials."

The AFI which outlines TPS eligibility requirements is currently being revised. The school is moving toward using more qualifications-based criteria rather than flying hours-based criteria.

Students at the school spend a typical day with several hours in

the classroom, in the air and studying, analyzing data and writing reports, adding up to 10- to 12-hour days.

During the 48-week school, students are expected to not only gain an appreciation for different types of aircraft and learn how they operate, they are expected to apply what they learn from "real-world" projects, called test management projects.

Some of these include testing spin recovery procedures for new U.S. Air Force Academy gliders, air collision avoidance systems and how safely a Wright Flyer replica can fly during the upcoming Centennial of Flight celebrations in 2003.

Test pilot school graduates join a somewhat unique group of about 2,600 people that includes approximately 100 generals, nearly every Air Force military astronaut, about 280 allied officers, and such notables as Brig. Gen. Charles Yeager and Gen. James Doolittle.

For more information on the test pilot school and application procedures, visit the school's Web site or call Maj. Tom Floring or Howard Peterson at (210) 565-2306 or DSN 665-2306.

Eagle repairs



PHOTO BY SENIOR AIRMAN STEPHEN SCHESTER

AVIANO AB, Italy — Staff Sgt. Michael Larson, a crew chief from the 493rd Fighter Squadron at Royal Air Force Lakenheath, England, does some maintenance on the engine exhaust of an F-15 Eagle June 12. The F-15 was at Aviano for mechanical maintenance on faulty landing gear, which caused the pilot to make an emergency landing June 11. The aircraft's crew was on its way home from an air show in Bratislava, Slovakia.

30th Services News

YOUTH CENTER

Enjoy your summer more with...



Offered by
Coelho Academy of Music

Individual or group guitar, keyboard, drum, flute and vocal lessons are available. To sign up, call or visit the Youth Center. For more information, call the Youth Center at 606-2152.

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Make a Difference!
Be a Family Child Care Provider!

The need for quality child care for military families has never been greater. As a Air Force Family Child Care provider, you care for military/DoD dependent children and enjoy the convenience of working at home and satisfaction of self employment.

Working with children is a career where one person really does make a difference.

Providers are needed for hourly care, shift work, evenings, special needs, and weekly care for infants, toddlers & preschool age.

As a Family Care Provider, you will receive training in CPR, first aid, record keeping and monthly child developmental training.

If you are interested in becoming a certified FCC provider contact:

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\$35 transportation only

Some things to do...

- Aquarium
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or just enjoy the ambience!

Call Tickets and Travel for more information at 606-7976.

FITNESS CENTER

VANDEMBERG TRIATHLON-

Aug. 17 at 9 a.m.
400M swim, 5K run, 20K bike ride, age categories.
Sign up by Aug. 16 at the Fitness Center.

FREE BOXING SMOKER-

Aug. 17 at 1 p.m. in Bldg 14019 (across from the commissary). For more information, call Don Green at 733-2245.

SWIMMING POOL

YOUTH WATER POLO-

Sign up now! There are still openings available in this class. The fundamentals and conditioning of water polo are being offered to boys and girls, ages 8 to 14. Three-week session runs through Aug. 9. Sessions are held Mondays, Wednesdays and Fridays from 6:15 to 7:15 p.m. The cost is \$20 per person. For additional information, call 606-3581.

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Come out and have some fun! Food! Games! Prizes! Music!

Lots of free fun! Jumping Castle! Face Painting! Carnival Games! Contests!



Join us in celebrating
National Kid's Day!
at the Picnic!

Donald Willis'

'WORLD of PUPPETS'

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11:30 a.m., 1 p.m. and 2:15 p.m.

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Live Entertainment and Music!

Thunder Alley/Rock 300 at the **BOWLING CENTER**

Bowl for \$1 per game

11 a.m. to 3 p.m.

Snack Bar Hours:

- Breakfast, 6:30 a.m. to 10:30 p.m.
- Lunch: Closed (10:30 a.m. to 4 p.m.)
- Dinner: Regular hours, 4 p.m. to midnight

PLEASE NOTE:

The Services Center will be closed 11 a.m. to 1 p.m.

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includes chips, beans & drink.

DUNK TANK
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VOLLEYBALL
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and more!

This Week's Places to Play!

Today through Thursday

TODAY -

- Fitness Center - All day
- Golf Course - All day
- Library - All day
- Outdoor Rec - Camping Package Rental
- Rod & Gun - All Day
- Lunch & Learn - Word Tables, Bldg 9360, 11:30 a.m. to 12:30 p.m.
- Family Support Center - VA Home Loan Class, 1:30 to 3:30 p.m.
- Pacific Coast Club - Social Hour (members), 5 p.m.
- Swimming Pool - Dive-In Movie Night, 7:30 to 9:30 p.m.

SATURDAY -

- Bowling Center - Youth Bowl
- Golf Course - Youth Golf
- Skills Auto Hobby - All day
- Outdoor Rec - Santa Barbara Sailing Trip

SUNDAY -

- Foggio's - Family Dining

MONDAY -

- Services Center - Indoor Cycling, 6 to 6:45 a.m.
- Pacific Coast Club - Newcomers' Orientation, 8 a.m. to 12:15 p.m.
- Pacific Coast Club - Lunch, 11 a.m. to 1 p.m.
- Lunch & Learn - Office: Routing Documents, Bldg. 9360, 11:30 a.m. to 12:30 p.m.

TUESDAY -

- Bowling Center - Eat all day
- Child Development Center - Career Day
- Family Support Center - Pre-Separation Briefing, 8 to 9 a.m.
- Family Support Center - Financial Basics, 11 a.m. to noon.
- Family Support Center - Sponsorship Training, 3 to 4 p.m.
- HAWC - Stress Management, 2 to 4 p.m.

WEDNESDAY -

- Equipment Checkout - Rental Day
- Golf Course - Lunch, 11 a.m. to 1 p.m.
- Lunch & Learn - Photo Restoration & Redeye, Bldg. 9360, 11:30 a.m. to 12:30 p.m.

THURSDAY -

- Bowling Center - Bowl All day
- Leisure Travel - Tickets All day
- Skills, Arts & Crafts - All day
- Breakers - Lunch, 11 a.m. to 1:30 p.m.

Go to 30svs.com for more ways to play!

Youth Soccer

Sign ups:
Monday to Aug. 16
Ages 5 to 12 - Coed Teams

All games played on base

Register at the Youth Center

Monday through Friday, 7 a.m. to 5 p.m.

Cost: \$55

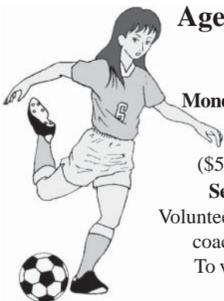
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Season: **September to November**

Volunteers are needed: league commissioner

coaches, referees and field managers.

To volunteer or for more information, call 606-9374 or 606-2152.



GOLF

FRIDAY-

Retired Military Shotgun Tournament starts at 7:30 a.m. Open Play at 12:30 p.m.

SATURDAY & SUNDAY
Summer Open Tournament

TUESDAY-

Intramural Golf noon to 1 p.m.

WEDNESDAY
Ladies Priority 8:32 to 9:04 a.m.

Kickball Tournament



TODAY
6 p.m.
Fitness Center

Call Brian for more information at 606-3834.

PACIFIC COAST CLUB

Tonight!

DJ in the E-Lounge
7 p.m. to midnight
KARAOKE in the O-Lounge
6 to 10 p.m.

CLUB CARD DRAWING between 5 and 8 p.m. (Must be present to win)