

Base Briefs

DEMONSTRATORS EXPECTED AT MAIN GATE

Protestors are expected at the Main Gate, Saturday at 1 p.m. Team Vandenberg members are asked to avoid this area unless absolutely necessary. General questions should be directed to 30th Space Wing Public Affairs at 606-3595, or the Rumour Control Line at 606-1857. Report suspicious activities to the 30th Security Forces Squadron at 606-3911.

VANDEMBERG HOLDS AIR AND SPACE SHOW

Team Vandenberg opens its gates to the public to celebrate the centennial of flight Nov. 2 and 3 during the Air and Space Show at the airfield here. The event is free and open to the public. Show hours are 8 a.m. to 5 p.m. both days. Guests are not permitted to bring their pets or coolers to the base. Food and drinks will be available for purchase.

STORES CLOSE ON COLUMBUS DAY

The Vandenberg Commissary and mini-comm will be closed Oct. 14 in observance of Columbus Day. The commissary will be closed Oct. 15 as well but the mini-comm will open 6 a.m. to 9 p.m.

FINANCE CLOSES FISCAL YEAR END

The finance office closes at noon today for an official end-of-year function. Staff will be available for emergency services at 698-7603 or use the pager number, 169-0056. Finance will re-open Monday at 8 a.m.

CIVIL ENGINEERS INSTALL FENCES

The 30th Civil Engineer Squadron is re-installing fences that were removed for sewer system cleaning and inspection in East Housing. Residents are asked to help by providing workers access and controlling pets. Call Mike Bird at 606-2080 for more information.

BASE RENOVATES LODGING

Twelve temporary lodging facilities will be closed until May 15, 2003 for renovation. Lodging space will be extremely limited.

Base members changing station should be prepared to stay off base. Sponsors should inform incoming families of the shortage. The lodging office will assist families in finding suitable off-base accommodations. Call Michael Green at 605-7831 for more information.

MISSION SUPPORT GROUP NEEDS EXEC

The 30th Mission Support Group is accepting applications for an exceptional captain to serve as executive officer for the 30th Mission

See BRIEFS Page 3

Former CMSAFs share philosophies with Team V

BY TECH. SGT. MARK MCKINNEY
30th Space Wing Command Section

It is the final step in the evolution of an Air Force enlisted member's career. Only 14 airmen have taken that final step to become a Chief Master Sergeant of the Air Force in our 55 years as an independent service.

All promotions are an occasion for a true sense of pride and of accomplishment.

Vandenberg's enlisted members had a once-in-a-career opportunity Sept. 27.

Chief Master Sergeant of the Air Force No. 1 Paul Airey and CMSAF No. 8 Sam Parish were here to take part in the Senior NCO Induction Ceremony at the Pacific Coast Club Sept. 27.

Sponsored by the Vandenberg Top Three Association, the ceremony gives Team V an opportunity to celebrate the entrance of new master sergeants into the ranks of the senior enlisted.

During their visit, the two CMSAFs took some time to visit with local enlisted members during two open forums with junior and senior enlisted members.

Addressing the goal of becoming a CMSAF, Parish said airmen shouldn't set their sights that high. Not because it isn't an attainable goal, but because the most important thing is to focus on the challenges at hand.

"Anyone who is looking for the road which leads to the position of CMSAF is more likely to fall by the side of that road," Chief Parish said. It is a process of development, handling each challenge at each level and learning to be the best.

In the book "The Enlisted Experience," Chief Airey rated his time as a first sergeant second only to his tenure as CMSAF, though not in importance.

"I think it's step-by-step – first sergeant, chief master sergeant, Chief Master Sergeant of the Air Force," said Airey. "But, I can't say it's a difference in importance."

While he agrees CMSAF is the most highly respected position in the enlisted force, Parish feels first sergeants are paramount to good communication.

"We need to keep them different, because, you see, the first sergeant's in a chain of command, and CMSAF is not in a chain of command," added Chief Parish. "There is a big, big difference."

Though not in the chain of command, CMSAFs are a channel for communication, he said.

"Your first sergeant is there for a reason," Chief Parish said, "because you are a part of that command or that chain."

The Chief is a cross-over, he said. The youngest airman can go directly to the CMSAF.

"Of course that chief is not going to do anything until he's asked that young airman 'Did you go to your supervisor, your first shirt, your commander?'" he said. "So there's a tremendous difference, one is a communication channel, the other is a chain of command."

Chief Parish explained that the position of CMSAF has a specific role and responsibilities per Air Force Instruction.

Both men agreed the CMSAF can only be as effective as the Secretary of the Air Force and Chief of Staff allow him to be.

"That's driven, to a large extent, by how aggressive the CMSAF approaches his job," Parish said.

In carrying out his responsibilities, the CMSAF has the freedom to travel from place to place as he deems necessary. Then he reports

See CHIEFS, Page 3

Combat ready



PHOTO BY SENIOR AIRMAN ANNE MCCORMICK

Col. Susanne LeClere, 30th Maintenance Group commander, and Lt. Col. Alan Claypool, 30th Space Communications Squadron commander, unveil the new SCS organizational flag at the Combat Wing Organization Structure ceremony Wednesday at the parade grounds here.

'Steal a meal' deal costs airman big time

BY 2ND LT. SERGIO GIUSTI
30th Space Wing Staff Judge Advocate Office

Vandenberg's legal team set a precedent when they convicted a 30th Security Forces Squadron senior airman of larceny during a summary court-martial here Sept. 11.

Senior Airman Richard Welty was convicted under Article 121 of the Uniform Code of Military Justice. He was sentenced to 20 days of confinement, reduction in grade to E-2 and forfeiture of \$500 pay.

Welty was charged with receiving meals at the Breakers Dining Facility using the Meal Card Program while he was being paid basic allowance for subsistence. This dual benefiting is illegal.

His actions were tracked by the new computer database used at the dining facility. The system uses meal card users' social security numbers to account for authorized, and in this case, unauthorized use.

Welty's name was flagged as an unauthorized

user and an investigation ensued.

In this case, disciplinary action via Article 15 was rejected by the Staff Judge Advocate's aggressive position against this integrity crime.

The overwhelming effectiveness of the computer records and an accountant's spreadsheet led to the accused pleading guilty as charged.

As an E-4 going to trial, the maximum sentence Welty could have received under a summary court-martial was:

- Reduction to the lowest enlisted pay grade.
- Forfeiture of up to two-thirds pay for one month.
- Restriction to specified limits for no more than two months.
- Hard labor without confinement for no more than 45 days.
- Confinement for one month.

Capt. Elliot Selle, the sole prosecuting attorney in this case, focused on Welty's betrayal of core values and his breach of good order and discipline.

Move over plover



PHOTO BY AIRMAN BRIDGET RAPP

Beaches re-open after nesting season

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

After a relatively peaceful seven-month nesting season, Ma and Pa Plover are ready to share Vandenberg's 12.5 miles of sandy beaches with their human neighbors.

Ninety percent of the base's beaches close during the Western Snowy Plover annual nesting season, which runs from March 1 to Sept. 30.

The U.S. Fish and Wildlife Service listed the small shorebird as a Threatened species under the Endangered Species Act in 1993.

The base's adult breeding plover population stood at 242. By 1999, the post-El Niño numbers stood at 78.

Since then, base officials have taken various measures to improve the plovers' chance at recovery.

For the last three seasons, one of the measures has been to limit public beach access to a half mile at Surf Beach, quarter mile at Wall Beach and a half mile at Minuteman Beach.

Coupled with other beach management measures, it appears the strategy is working.

"The breeding population is up, nests are up and nesting success looks like it will be very close

to last year – good," said Nancy Francine, wildlife biologist for the 30th Civil Engineer Squadron. "The estimated breeding population is 218, so the population has rebounded and is almost to the pre-El Niño numbers."

The base-wide nesting success rate this season was 47 percent, she said, and last year's 53 percent was one of the best years on record.

"We cannot say for certain, from just one or two seasons of data, whether our management actions are the reason for the increased population and improved success we've seen," Francine said. "But, we do appear to be heading in the right direction."

Another measure that has furthered the comeback is the enforcement of beach rules and boundaries.

In 2000, base fish and game officials began issuing citations to people who entered closed beach areas. Eventually, public outcry led officials to capitulate and issue warning letters for first-time violators.

There were 196 violations that year. This year, there were only 32.

The constant presence of Vandenberg's beach

See PLOVER, Page 2

Awareness saves lives

BY MAJ. JEAN EAGLETON
30th Medical Group

October is National Breast Cancer Awareness Month and is dedicated to increasing the awareness of breast cancer.

During 2002, an estimated 203,500 new cases of breast cancer are expected to occur in America. When detected early and treated promptly, suffering and ultimately death is significantly reduced.

Mammography is the single most effective method to detect breast changes long before physical symptoms can be seen or felt.

One mammogram should be done as a baseline for women between the ages of 35 and 39, according to the American Cancer Society. Women between ages 40 and 49 should obtain a mammogram every other year. A doctor may deem an annual exam necessary if there is a family history of cancer. After age 50, mammography should be conducted annually.

A clinical breast examination by the patient's doctor will be completed before the mammogram is ordered.

Women should conduct breast self-examinations monthly. This helps to alert her to any changes in her breasts. Self-exams however, are not a substitute for mammography and clinical breast examination for women ages 40 and older.

To learn more about detecting breast cancer, how to do breast self-exams and mammography, the 30th Medical Group will have breast

Breast Cancer Awareness Month events:

A manned breast cancer awareness display will be in the lobby of the base exchange 10 a.m. to 2 p.m. today.

Pap smears and breast exams will be available at the 30th Medical Group 8 a.m. to noon Saturday and Oct. 19. Call 605-5451 to make an appointment.

A breastfeeding basics class is 2 to 4 p.m. Oct. 11 and Oct. 25. at the Health and Wellness Center.

A class on exercise and pregnancy is 2 to 4 p.m. Oct. 25 at the Health and Wellness Center. Call 606-2221 for details.

cancer awareness static displays at various locations on base throughout October.

For details, call Sandra Conley, RN, women's health breast care coordinator, at 605-2120.

Combined Federal Campaign



Goal: \$122,000

Currently at: \$45,450 in week 5 of 7

In this issue of the



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



Guitar Mecca of the Central Coast: Lightning Joe's Guitar Heaven See Page B1.



For all your fitness needs, check out the fitness center. See Page B4.

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



Low/High
48/66

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

Airmen depend on supervisors, so be a good one

By Chief Master Sgt.
John Page

Oklahoma City Air Logistics Center

What's the difference between a supervisor and a leader?

As supervisors, you're responsible for your people's actions and for evaluating them according to standards. As leaders, you set the example by displaying integrity, honesty, dedication, fairness and concern for your subordinates. The roles of leadership and supervision go hand-in-hand.

The most important job you'll ever have is being a great supervisor. Our country and the Air Force depend on those who supervise to accomplish the mission. Supervising is a huge responsibility that can be challenging, rewarding and sometimes frustrating.

I've had 22 different supervisors during my 27 years of service in the Air Force and I can still remember each one's name. They each had a different style and taught me something through their strengths and, yes, even their weaknesses. Today, each one continues to influence the way I supervise. One of the first things I learned is great

One of the first things I learned is great supervisors lead by example. This is setting the standard and doing what you expect others to do.

supervisors lead by example. This is setting the standard and doing what you expect others to do.

If you expect those you supervise to be at work on time and ready to go, you had better be doing the same. If you encourage your troops to get involved in base and community activities, be out in front of them leading the way.

The second thing I believe a supervisor should do is keep a balance between being mission-oriented and people-oriented. This is often difficult to do, but if your focus is on nothing but getting the job done, you can fall out of touch with your people.

As a supervisor it's important to know your people and to take a personal interest in those who work with and for you. Years ago, the term Air Force family was something you never heard. Thankfully, that's changed. The Air Force knows the importance

of family and over the years has adopted many family-oriented programs. We truly are a family and must take care of each other.

Supervisors should take a sincere personal interest in their people - know their families, their goals and their other interests. Doing so makes it easier for them to approach you when something is going on in their life and they need assistance.

Do your part to keep the balance between mission and the people. You'll be amazed at the results.

A great supervisor also takes time and puts forth the effort to give honest performance feedback. I always thought providing feedback on an outstanding performer would be easy, but many times the task is much more difficult.

Performance feedbacks aren't an option for supervisors, they're a necessity. It takes considerable

thought, time and effort to give thorough and honest feedback. I encourage you to take this responsibility seriously because it really benefits the person and shows that you, as a supervisor, care.

Finally, supervisors need to recognize their people for quality work. People need to know that their contributions to the mission are valued, and that process begins with the supervisor.

Recognizing someone for outstanding work can be as informal as a "thank you" and a handshake. You can do it privately or publicly. You can devise shop-level award programs or take advantage of squadron-level and wing-level award programs.

Don't forget to recognize your entire team because it's teamwork that really makes the mission happen.

The recognition given to an individual or team is fundamental to their motivation.

So when it comes time for you to be a supervisor, be a good one. Your country, your Air Force and our future supervisors and leaders are counting on you.

(Courtesy of Air Force Materiel Command News Service)

Commander's
Action Line



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

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.

Doing good things at the Auto Hobby Shop

Dear Sir,

I am writing this to send a huge thanks to the guys at the Auto Hobby Shop. My husband was TDY and I had some parts that I needed to put on my vehicle. They lent me their technical expertise and assistance. It's often Murphy's Law when a spouse goes TDY. Thanks to the gentlemen at the Auto Hobby Shop. With their understanding and humor, the parts were put on quickly. What a great bunch of guys! Thanks.

Sincerely,

JD from Texas

PLOVER, From Page 1

patrols and the Ocean Beach Commission's decent program helped educate the beach-going public about rules and the plovers' plight.

Additionally, Francine said, this year the Santa Ynez River mouth area will remain open during the winter months. Since fall 1999, the river mouth has been closed as a prime feeding area for the hundreds of bird species that winter or migrate through here.

Now, Surf and Ocean Beach visitors can enjoy the additional 1.1 miles of beach access at Wall Beach, Francine said.

Beach reminders

Even though the base's sandy beaches are now open 24/7, people still need to follow the rules. Jim Mercier, 30th Security Forces Squadron Game Warden, said the following rules and tips will ensure continued access and safety for Vandenberg's beach visitors:

- No camping.
- No fires on the beach without a permit from the base fire chief.
- Keep pets on a leash.
- Don't litter. Pack out what you bring in.
- Swim and surf at your own risk. There are no lifeguards on duty at Vandenberg's beaches.
- If you encounter any sick sea lions, do not approach them. Call fish and game at 606-6804.

**SPACE & MISSILE
TIMES**

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Questions regarding the paper can be directed to the *Space & Missile Times* staff at (805) 606-2040.

CHIEFS, From Page 1

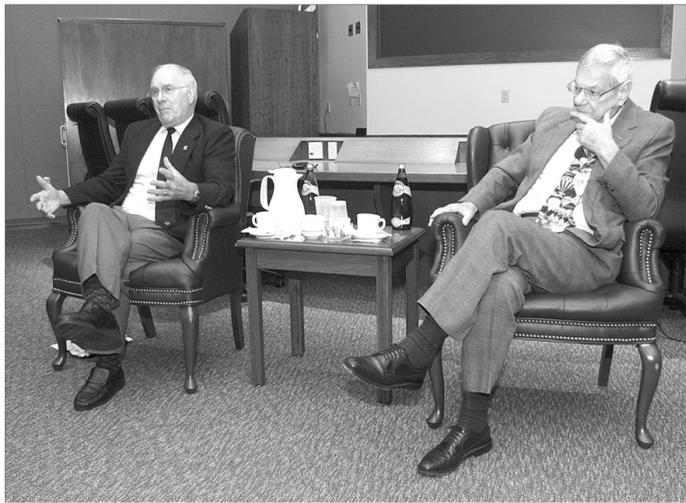


PHOTO BY AIRMAN 1ST CLASS KARA MCCORMICK

Chief Master Sgt. of the Air Force No. 8 Sam Parish (left) and Chief Master Sgt. of the Air Force No. 1 Paul Airey visited Vandenberg Sept. 27 to speak at the Senior NCO Induction Ceremony.

on enlisted issues the CSAF needs to know about.

On the topic of Air Force warrant officers, both CMSAFs emphatically agree.

“One of the best things the Air Force ever did was to let the warrant officer program fade out,” Chief Airey said. “When you have the warrant officer, it’s one more rank between the enlisted and officers.”

“To a certain degree, you could say the warrant officers pushed down the responsibility and authority of the chief master sergeant,” he said. “The senior NCOs in the Air Force took the place of the warrant officer program.”

Chief Parish touts the technical expertise of today’s junior and senior enlisted members as the primary reason for not needing a warrant officer program.

“We don’t need to toss in another layer between the enlisted force and our commissioned officers!” the eighth CMSAF said.

“If we need something for our enlisted people to aspire to, then let’s start working,” Chief Parish said. “Let’s start looking to a program that the Navy has that would be great for our Air Force.”

The limited duty officer program, he explained, would allow for enlisted and commissioned officers.

“I’ll agree with that,” Chief Airey added. “A program (for) senior NCOs who no longer meet the age criteria to be commissioned (allowing) them have a way to still get a commission as a specialist. I don’t mean a commission as a second lieutenant, but as a first lieutenant or possibly even a captain.”

These two leaders, though retired from the Air Force for many years, continue to care, continue to influence and continue to motivate the airmen of today. Their spirit, the true spirit of the Air Force, is reflected in our motto – “America’s Air Force – No One Comes Close.”

Promotions mean more responsibility for Team V

SPACE & MISSILE TIMES STAFF

■ The following Vandenberg AFB men and women pin on their new rank during the month of October.

“I am very proud of each of the promotees and I congratulate them,” said Col. Robert M. Worley II, 30th Space Wing commander. “This recognizes the confidence the Air Force has in you to lead your team on to greater success!”

- Airman Christopher Bradshaw, 532nd Training Squadron
- Rebecca Cheves, 392nd Training Squadron
- Cristina Gutierrez Fuentes, 30th Mission Support Squadron
- Derrick James, 392nd TRS
- Ian Johnston, 532nd TRS
- Michel Liron, 30th Logistics Readiness Squadron
- Joel Llacuna, 392nd TRS
- Joanna Nolasco, 30th MSS
- Sheila Richter, 30th Space Wing
- Jesse Schroeder, 532nd TRS
- Airman First Class Jean Felix, 30th Civil Engineer Squadron
- Jermonte Rushing, 30th Security Forces Squadron
- Timothy Trbovich, 30th SFS Senior Airman
- Anthony Brown, 30th SFS
- William Duncan III, 532nd TRS
- Jerelle Faust, 30th SFS
- Matthew Fuller, 576th Flight Test Squadron
- Wendy Goff, 30th SFS
- Marques Granderson, 30th CES
- Jason Kovack, 30th SFS
- James Mason Jr., 30th SFS
- Aaron Samora, 30th LRS
- Evan Simpson, 30th Space Communications Squadron
- Stephen Tucker, 30th SFS
- Kevin Willhite, 30th SFS
- Staff Sergeant Phillip Cimei Jr., 30th SFS
- Jay Fullwood, 30th LRS

- Daniel Gatz, 30th SFS
- Philip Goodrich, 30th SCS
- Kavita Patel, 534th TRS
- Kavita Patel, 30th SFS
- Christopher Paterson, 30th SFS
- Sara Weeks, 30th Medical Operations Squadron Technical Sergeant
- Roy Beard Jr., 30th SW
- Andrew Lewis, 576th FLTS
- Felicita Shorty, 30th CES
- Shannon Starr, 30th SCS
- Master Sergeant Eugene Brown Jr., 614th Space Operations Squadron
- James Huffer Jr., 614th SOPS
- Senior Master Sergeant Daniel Cook Jr., 576th FLTS
- Major Joseph Battle, 30th Mission Support Group
- Lieutenant Colonel William Moschelle, Det. 9, Space and Missile Center
- Thomas Reed, 14th Air Force
- GS-06 Suzy Daniels, 30th MSS
- GS-07 Vicente Rodriguez, Air Force Office of Special Investigations
- GS-09 Mark Mackley, 30th SCS
- Aaron Taubman, 30th SCS
- GS-12 Michael Huggins, 30th Maintenance Group

Reservists must look closer at health benefits

By RUDI WILLIAMS

American Forces Press Service

■ **WASHINGTON** – When some reservist and guardsmen who are sick, injured and suffering from some disease return from deployments or training, they don’t know which way to turn for medical care.

Kathleen Woody, director of DoD Reserve Affairs’ Reserve Medical Readiness and Programs, said not knowing what their benefits are can be a big problem for reserve component personnel.

Woody spoke at the seminar entitled “Post-Deployment Care Risk Communication and Terrorism: New Clinical Approaches.”

Active duty service members have access to military treatment facilities whereas healthcare providers for reserve component personnel are in the civilian community. Therefore, reservists’ exposure to military healthcare is limited, Woody pointed out.

A critical information pipeline is needed to ensure that reserve component personnel are educated about their medical benefits before and after they’re deployed, she said. “In their post-deployment, they may not be sensitive to the fact that whatever symptoms they’re manifesting might be related to their deployment,” said Woody, an Air Force Reserve colonel who has served as a critical care nurse and nurse educator in civilian life.

Reserve component personnel are only entitled to military medical or den-

tal care for any injury, illness or disease incurred or aggravated in the line of duty. That includes travel to and from military duties. But they must be tested to ensure the injury, illness or disease happened while they were on active duty, the colonel noted.

“But, for example, if you feel that your illness is related to your deployment, you can ask for evaluation and treatment of that medical condition. You don’t have to be in an active duty status to do that,” Woody explained. “Often the reserve member doesn’t know that. And it’s very important for commanders to know the process and pass the information on to their troops.”

Since reserve component personnel are stationed around the world, Woody said it’s important from a risk communication standpoint that they’re given the right information about their medical benefits.

“When they’re finished with their deployment, all they want to do is to go home – back to the reserve community and their jobs,” she noted. “So they’re probably not going to report or be aware of a lot of things that happen post-deployment.”

“There needs to be a comprehensive communications plan to reach out to Reserve members in their civilian communities,” she added.

Educational programs should be targeted to military healthcare providers as well as commanders, service members and civilian healthcare providers, Woody said.

Past meets present at VAFB

By Tech. Sgt. Mark McKinney

30th Space Wing Command Section

■ When two former Chief Master Sergeants of the Air Force speak, people listen.

During their visit here for the 2002 Senior NCO Induction Ceremony, Chief Master Sergeant of the Air Force No. 1 Paul Airey and CMSAF No. 8 Sam Parish took time to visit with Team V’s enlisted force Sept. 27.

Heading into the two open sessions, the excitement and anticipation of those who recognized the opportunity that they were about to seize was self-evident.

One airman was openly giddy over the chance to speak these two distinguished visitors.

“This is unbelievable, two chiefs in one meeting and I’m here for it,” one NCO said.

Chief Parish responded to “What would you do if you were CMSAF today?” by saying, “There are two things I would fix – tomorrow – political correctness.

I would absolutely, totally and completely abolish it in the senior NCO ranks,” he said. Parish doesn’t believe senior NCOs can be as forthright as they need to be for the officers and enlisted people they serve when they have to factor political correctness into the leadership equation.

“The second thing I would do is re-tool,

or re-gear, that thing we call – and I don’t even like to use the word – mentorship program.

“I would take that program and place it back where it belongs ... with the individual,” he said. He doesn’t advocate the “checklist variety” of mentoring.

Instead, he said, “... challenge people to get them to accomplish or do those things that they thought they weren’t capable of doing – that’s true mentorship.”

When a Team V technical sergeant asked Chief Parish, “What professional organizations would you suggest getting involved?”

“All of them!” responded Parish. “I am a member of most of them.”

The topic of senior airmen promotions to staff sergeant with only a few years of service was a hot topic.

“I’m not against that,” Chief Parish said. “They earned it. How many of you in this room think you were ready to be an NCO when you became a staff sergeant?”

“None of us were,” he said. “But then that’s what the older staff sergeants and technical sergeants are for, that’s one of their primary purposes – to help them become NCOs.”

When Chief Parish was asked “What would you do to encourage young airmen to stay in the Air Force?” his response was

to the point.

“Not a darn thing.

“In all of my years of service, I never once attempted to talk a young airman ‘with a plan’ into staying in the service or talk them out of their decision to end their term of service,” he said. “If they truly have a specific plan, I would thank them for their four years of service and wish them the best for their future.

“Now, on the other hand, an airman who doesn’t have a plan and says ‘I’m going to go to school or I’m going to get a job,’ that’s a little different,” the chief said. “It’s my responsibility to counsel them and make sure that they have all the facts straight, prior to making their decision.”

Both CMSAFs have remained active in their local and Air Force communities since their retirements.

They both pointed out that what they do as former Chief Master Sergeant’s of the Air Force is something that no other branches retired senior enlisted leadership does – travel around the world sharing their insights with the next generation of Air Force enlisted leaders.

It was a rare opportunity for Team V’s enlisted members to learn from two of the 14 men who’ve borne the enlisted message for generations. CMSAFs Airey and Parish are true enlisted pioneers.

BRIEFS, From Page 1

Support Group.

The executive officer is responsible for leading a group command section administration support staff serving more than 1,700 military and civilian personnel.

The officer will serve as advisor, consultant and action officer to the commander. Call Capt. Joe Battle, 606-8700, to apply.

MEDICAL GROUP CLOSES SHORT TERM

The 30th Medical Group closes at

noon Oct. 23 for an official function. The Clinic will open normal duty hours Oct. 24.

NEW ID CARD ISSUE

Mass issue of the new AF ID card, the Common Access Card, takes place Nov. 8 to Dec. 13. Because of the extended length of time it takes to issue the new Common Access Card, active duty personnel in uniform have priority for issues between 11 a.m. and 1 p.m.

People with questions should call 2nd Lt. Amy Garrett at 606-2276.

UPC CONDUCTS ELSA TRAINING

The staff at United Paradyne Corporation here conducts daily training on emergency life support apparatus, or ELSA, and on the hooded demand valve, or HDV. Training is conducted at 7:30 a.m. in building 871 on South Vandenberg. Participants must bring their assigned respirator and all associated equipment to the class. Training can also be scheduled in the work center for larger groups. Call 605-1069 to make an appointment.



Team Vandenberg Spotlight
Master Sgt. Frederick Smith
30th History Office

Duty: 30th Space Wing Chief Historian
Time on Vandenberg: 2 years, 9 months

Time in Service: 20 years, nine months

Hobbies: foreign languages, travel, school and chess

Favorite part of the job: The best part of my job is knowing I am helping to create the official history of the 30th Space Wing for the generations that follow. Few Air Force specialties give people the opportunity to leave behind such an important legacy.

Supervisor’s comments: Since retraining from Vehicle Maintenance in October 1999, Smith has completed 7-level upgrade, a Community College of the Air Force degree in Aerospace History, and a deployment to Operation NORTHERN WATCH. He is a tremendous asset to the Air Force History Program and is truly driven by a commitment to absolute professionalism!

Lymphatic system a key to health

By LINDA FISHER

Lymphatic Wellness Center, Santa Maria

Our immune systems can hardly function properly under the barrage of bacteria, viruses, pesticides, soaps, perfumes, and chemicals that we breath into our lungs each day.

Then we sustain physical trauma such as surgery and accidents, and add insult to injury with pain killers and medications which also have to be eliminated through the lymphatic system.

All this greatly interferes with the physiological path of the lymphatic system. It’s no small wonder that the lymphatic system, this marvelous conduit to health is, truly, the modern day savior to our health and wellbeing.

So what is the lymphatic system? It’s such an immense, complex capillary structure that if possible, one could set it outside the body and it would look just like a person. Approximately 80 percent of this structure is just beneath the surface of the skin.

All along this capillary system there are detox stations known as nodes, that range in size from smaller than a pin head to as large as a kidney bean. The largest lymph nodes in the body are found deep in the abdomen. The average person has between 650 and 800 nodes, with 200 of these from the base of the neck up. The more lymph nodes we are blessed with, the stronger is our immunity to disease.

So where does lymph fluid come from, and what is it?

Lymph is an alkaline fluid, usually clear and colorless. Once this fluid is pulled into the capillary structures, it moves by way of pressure exerted from large-muscle movement, deep breathing, etc. through the lymph nodes, and on until it reaches the thoracic ducts, which drain directly into the heart.

Conditions such as lymphedema, aller-

gies, acne, arthritis, pain, inflammation, fatigue, hepatitis, lyme disease, breast conditions, PMS, in fact all states of disease, respond remarkably well to lymphatic therapy.

If currently in a state of ill health, people can enhance the immune system with lymphatic drainage therapy. The goal in this regard is to lighten the load of toxins in the lymphatic capillaries, thus allowing the thymus and other immune organs to work at their highest level of efficiency. However, here are several helpful tips that can be accomplished in privacy at home.

■ Drink plenty of pure, clean water. Add fresh squeezed (not bottled or frozen) lemon juice to a couple of glasses a day.

■ Eat only fresh, unprocessed foods.

■ Brush dry skin at least once per day with a light touch, preferably before a shower.

■ Practice deep belly breathing at least once every day, for 12 to 15 breaths.

■ Practice some form of slow, rhythmic exercise – yoga and Pilates are excellent, as is walking.

■ Bouncing on a trampoline is excellent – there’s no need to jump.

■ Those without heart problems can practice hydrotherapy in the shower. While under the water, turn it as hot as comfortably possible for a count of 12, then immediately turn the water completely to cold for a count of four. Continue several minutes, ending with cold.

■ Practice positive self-talk. Cellular intelligence is listening!

Creating free lymphatic movement through the body is a vital part of any healing process. A lymphatic therapist can increase the body’s lymph flow by up to 15 times, from four ounces per hour to more than 60 ounces per hour.

Linda Fisher is a therapist at the Lymphatic Wellness Center in Santa Maria.

Force Protection Tip: Report suspicious people, vehicles or packages to authorities.

ALCON: Bravo

A DUI or alcohol-related incident has occurred with no injuries.

Days since last DUI: **5**

DUI totals for the Year: **25**

Saves by AADD: **48**

Operations Group	0
Maintenance Group	3
Mission Support Group	8
Medical Group	0
30th Space Wing Staff	1
14th Air Force	0
381st Training Group	2
576th Flight Test Squadron	3
Detachment 9	1
Others	7

Around the Air Force



PHOTO BY SENIOR AIRMAN CHUCK WALKER

Airman 1st Class Carlos Ramos (left) and Staff Sgt. Nicholas Hovingh, both from the 8th Aircraft Maintenance Squadron, load a Joint Direct Attack Munition bomb on an F-16 Fighting Falcon at Kunsan Air Base, South Korea.

Pacific theater pilots use warfighter JDAMs in training

BY 1ST LT. HEATHER HEALY
8th Fighter Wing Public Affairs

■ **KUNSAN AIR BASE, South Korea** — Pilots in the 35th Fighter Squadron here are the first in Pacific Air Forces to drop Joint Direct Attack Munition bombs. The opportunity came during a training mission Sept. 24.

The JDAM is a low-maintenance weapon that is consistently used by fighters and bombers in the war in Afghanistan. But with all its perks and practicality, almost none of the pilots here have had the chance to drop one.

In fact, Lt. Col. John Colombo, 35th FS commander, is the first F-16 Fighting Falcon pilot in the command to drop a JDAM in this part of the world. Because the JDAM is being used in actual combat, it is difficult to get a training allotment, said Colombo. Finding available ranges to drop these weapons has also been a challenge.

The bomb uses a guidance tail kit that converts the standard "dumb" bomb into a "smart" bomb using an inertial navigational system and a global positioning guidance control unit.

With dumb bombs, said Colombo, the location of the drop has to be very precise and any number of errors could change the path of the bomb once it's left the plane.

"The beauty of this weapon is the fact that it's going to go where I told it right before I released it. This is truly a release-and-forget weapon," Colombo said.

One of the major factors in employing any bomb

has always been weather, but with the JDAM, that factor is all but eliminated.

"For a general-purpose munition, we'd build one for good weather and one for bad weather," said Airman 1st Class Michael Schroeder, 8th Maintenance

"It's a really eloquent solution to give us all-weather capability," Colombo said. "But it required a tremendous amount of work from a lot of people to put this together."

The simplicity of the bomb is something the conventional maintenance crew workers truly appreciate.

"It is extremely different than other bombs," said Senior Airman Hunter Wray, of the 8th MXG. "You put in six set screws, and you're done."

Not only is the process of putting the tail kit on the bomb body less work, but the extended service life of a JDAM allows large groups of these bombs to be built and put aside until needed, said Airman 1st Class Jake Masterson, 8th MXG.

"For example, a GB-12 has to be taken apart and inspected every 180 days," Masterson said. "We inspect about 10 bombs a week and a lot of our time is spent just doing that."

Most of the wing people who had the chance to be a part of the JDAM drop will agree that it is impressive on the ground and in the air.

"It's great to go do something you've only read about," said Colombo. "I know how it's supposed to work, but to actually have it work...it went extremely well." (Courtesy Air Force Print News)

100-percent tuition assistance now available

■ **WASHINGTON** — Beginning Oct. 1, Air Force people can take advantage of a new Department of Defense tuition assistance policy that pays 100 percent of the cost of tuition for off-duty courses, according to Air Force education officials.

"The policy pays tuition costs and mandatory fees for up to a maximum of \$250 per semester hour, or \$750 per three-hour course," said Jim Sweizer, chief of the Air Force voluntary education branch at the Pentagon.

The policy also includes a \$4,500-per-year tuition assistance ceiling.

"In the past, we only paid instructional fees, such as a lab fee for science courses," Sweizer said. "Under the new policy, as long as the total cost falls under the authorized total, the student doesn't have to pay any money out of (his or her) pocket."

Tuition assistance still cannot be used to pay for textbooks unless they are included in an academic institution's published tuition rates, he said.

Sweizer is concerned that with 100-percent tuition assistance available to airmen, some people may opt to waive contributing to the Montgomery GI Bill. He encourages airmen to take advantage of the GI Bill's benefits.

"Not everyone will be able to complete his or her education while on active duty," he said. "Having the MGIB as an alternative for later use is a wise investment."

Local education centers have more information regarding the new tuition assistance policy. (Courtesy of Air Force Press News)

New TV ads available online

■ **SAN ANTONIO** - The latest Air Force television commercials are now available online.

The four-spot series, which continues the "Cross Into the Blue" theme, depicts teen-agers with particular skills or interests applying them in an Air Force specialty. The commercials tell viewers, "We've been waiting for you."

In one spot, a young girl fixes her family's satellite TV dish and later applies those skills for Air Force Space Command. In another, a young boy who loves remote-control airplanes later finds himself as an unmanned aerial vehicle pilot. A third spot depicts a teen-ager who loves speed and extreme sports finding the ultimate thrill flying the F/A-22 Raptor. The last commercial follows a daring young man as he rescues his sister's backpack on a family camping trip, later using the same skills as a special operations pararescueman.

The new commercials are geared toward the Air Force's future — America's young people, said Col. Frederick Roggero, director of the Air Force's integrated marketing division.

Roggero said the Air Force has three objectives for this campaign:

encourage young men and women to learn more about serving in the Air Force, retain current Air Force members, and increase public awareness of the Air Force mission.

The new commercials began airing Sept. 16 on network and cable television and are scheduled to run during programming that will target young adults. One of the commercials will also be shown in movie theaters later this year. (Courtesy of Air Force Press News)

Tuition assistance increases for undergraduate program

■ **ROBINS AFB, Ga.** - For the second year in a row, Air Force Reserve Command is boosting the amount of help offered through its Tuition Assistance Program for undergraduate work.

Starting Oct. 1, the Reserve will increase a student's maximum assistance per semester from \$187.50 to \$250 for undergraduate work, reimbursing reservists for 100 percent of the tuition cost up to \$4,500 annually for education programs offered by Defense Activity for Non-Traditional Education Support.

Last year AFRC raised the maximum annual aid for reservists from \$2,500 to \$3,500 and expanded tuition assistance for the DANTES distant learning program to include master's degrees.

The master's degree program will remain the same this year, with the Reserve reimbursing reservists up to 75 percent of the tuition costs. Participants may get up to \$187.50 per semester hour or a maximum of \$3,500 annually to complete their degrees.

As in the past, the changes are part of the Reserve's ongoing effort to attract recruits and bolster retention.

Unit reservists can learn more about the eligibility requirements and program features from wing education and training offices. If they need additional information,

they may contact Master Sgt. Dave Rollins of the training division in the AFRC headquarters directorate of personnel here. The AFRC/DPTS telephone number is (800) 223-1784, Ext. 7-0384, or DSN 497-0384.

Individual mobilization augmentees can obtain assistance from Delaina Hull of the military training division at Air Reserve Personnel Center in Denver. ARPC/DPAT's phone number is (303) 676-6396 or DSN 926-6396. (Courtesy of AFRC News Service)

ROTC offers airmen education, commissioning opportunities

BY CAPT. TRAVIS TOUGAW

Air Force ROTC Detachment 470, University of Nebraska at Omaha

■ **MAXWELL AFB, Ala.** - Enlisted people interested in becoming commissioned officers may want to consider Air Force ROTC.

Airmen have four Air Force ROTC commissioning programs from which to choose. If selected, they will enroll and will receive a commission when they complete the program.

The programs are the Airman Education and Commissioning Program, the Airman Scholarship and Commissioning Program, the Scholarships for Outstanding Airmen to ROTC, and the Professional Officer's Course-Early Release Program.

The AECP allows airmen to remain on active duty and continue to receive an income while going to school full time. People selected for AECP receive a tuition and fees scholarship for up to \$15,000 per year, as well as a textbook allowance of \$510 per year. Those selected may participate for up to three years, depending on their degree programs and previous academics.

For more information about Air Force ROTC, call (866) 4AFROTC or visit www.afrotc.com. (Courtesy of Air Education and Training Command News Service)

Final Flight



PHOTO BY SUE SAPP

ROBINS AFB, Ga. — Master Sgt. Michael Keith guides the last B-1 Lancer housed and flown by the Georgia Air National Guard's 116th Bomb Wing as it prepares to leave here. Robins' last B-1B departed for Davis-Monthan Air Force Base, Ariz., on Sept. 20, clearing the way for 116th Bomb Wing members to start their Joint STARS mission and become the Air Force's first "blended" wing.

Powell: U.N. needs to issue new, tougher inspection rules to disarm Saddam

By GERRY J. GILMORE

American Forces Press Service

■ WASHINGTON — U.S. Secretary of State Colin Powell dismissed Iraq's offer to allow U.N. weapons inspectors back in saying the United States "will not be satisfied with Iraqi half-truths or Iraqi compromises or Iraqi efforts to get us back into the same swamp that they took the United Nations into back in 1998."

Any new inspections, Powell said, must be backed with U.N. resolve that all sites are subject to search, with clearly stated consequences if Iraq doesn't comply.

The United States would continue to pursue a new U.N. resolution with the Security Council, Powell said during a State Department briefing, Oct. 1.

"And so, we will continue to work with our Security Council colleagues to come up with such language in the form of a resolution,"

Colin Powell
U.S. Secretary of State

"We believe strongly that we have to keep moving in this direction because, as we have seen in the last several weeks, pressure works, and we have to keep the pressure up," he said.

U.N. envoy Hans Blix announced Tuesday that Iraq had agreed to allow in U.N. arms inspectors back into the country for the first time since 1998.

Blix said inspectors could be back in Baghdad within two weeks.

The United Nations is now working to craft a tougher resolution or resolutions to force Saddam to disarm and give up his weapons of mass destruction; if approved, it's expected that they would become active upon any new inspections in Iraq.

According to Powell, a new, tougher U.N. resolution will provide Blix and weapons inspection teams "rigid procedures, the highest standards for Iraq to meet in

order to satisfy the international community that they do not have, or are not developing weapons of mass destruction, and that which they do have, can be destroyed."

The United States will work with the Security Council to put in place a new resolution "... that also has to have associated with it consequences for failure on the part of the Iraqis to act and to respond to the requirements of the international community," Powell said.

Such a new resolution is needed "so that we can have consequences associated with failure to perform on the part of the Iraqi government," he pointed out.

Powell said Blix is doing a fine job, adding, "We look forward to receiving a briefing from Dr. Blix, as a member of the Security Council, when he briefs the Security Council later this week."

Blix and his team, Powell added, need "additional guidance and instructions from the Security Council in the form of new resolution language.

"And so, we will continue to work with our Security Council colleagues to come up with such language in the form of a resolution," the secretary concluded.

Northern Command established in Colorado

By JIM GARAMONE

American Forces Press Service

■ WASHINGTON — Deputy Defense Secretary Paul Wolfowitz called the activation of U.S. Northern Command "historic" and said the new command is charged with "the momentous responsibility to help deter and defend against attacks on America's home soil."

Wolfowitz and Chairman of the Joint Chiefs of Staff Air Force Gen. Richard Myers participated in the command's activation ceremony at Peterson Air Force Base, Colo.

Air Force Gen. Ralph Eberhart is the commander of the new combatant command.

At the same time, Myers helped "case" the colors of U.S. Space Command. Some of the functions that unified command performed have merged with U.S. Strategic Command based at Offutt AFB, Neb.

Wolfowitz said the new command will focus aerospace, land and sea defenses, and provide critical support for U.S. civil authorities in times of national need.

"In standing up Northern Command, we are effecting a real transformation — a transformation that will leave us better organized, better trained, and better prepared to meet the security environment that will define the 21st Century," he said.

The deputy secretary said that Sept. 11th has taken its place alongside Dec. 7th as a date that will live in infamy. But both events have their lessons for the United States.

"The larger lesson we may draw from these attacks remains unchanged and clear: we must be prepared for surprise — from wherever it may appear and however it may threaten," he said.

The United States must now be prepared for attacks on the United States and its people. The new command will help plan for these contingencies.

During World War II, Wolfowitz said, the term "home front" dealt with U.S. citizens who worked to build the equipment and supplies for U.S. forces and their allies to fight overseas. The home front today is an actual battlefield, he said. While U.S. forces will continue to defend the United States in places like Afghanistan, other forces must concentrate on preventing more attacks from being launched against the United States.

Wolfowitz said the men and women of the new command have a big job ahead of them, but that they are up to the challenge.

"There is no question that each one of you here will help shape America's future," he said. "Each one of you here will help America and her allies win this war. And let there be no doubt — we will win this war."

SPACE & MISSILE

FEATURES

Destinations Central Coast @

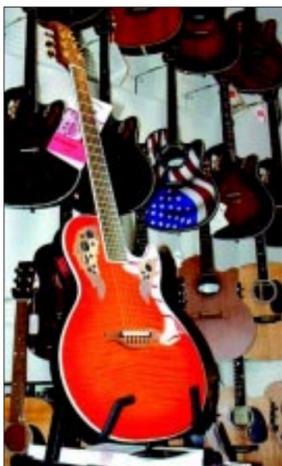
BY SENIOR AIRMAN BRIAN HILL
30th Space Wing Public Affairs

Some people like to hit a punching bag and others prefer a long bike ride, but after a long day at the office, sometimes a nice drive and a stop at Lightning Joe's Guitar Heaven is the perfect stress release for me.

Lightning Joe, his wife and two children own and operate the shop in Arroyo Grande, and have been there for 15 years.

The assortment of new, used and vintage guitars give visitors a chance to really find an instrument that speaks to them. On my most recent trip up there I had a beautiful green Ovation calling out, "Brian! Play me! Play me!" Of course I picked it up.

For all guitar players and would-be guitar players, this is the guitar Mecca of the Central Coast -- and it's only getting better. In a few months, renovations will be nearly finished on a new musician's community center, to include a stage.



Lightning Joe's keeps about 1,000 new and used guitars in the store at any given time, like this Ovation acoustic/electric.

This will allow people to come in during business hours and spend some time strumming and picking with other local musicians. It is free and self serve. In addition, lesson rooms are in the works for group and private study, and a group of instructors is being assembled to teach mandolin, banjo, ukelele and guitar.

"Nobody has ever done this around here," said Lightning Joe Daoust, who's been mastering his guitar-playing skills for 38 years.

Plans are also in the works to install a Museum of Guitar History in the shop, which will be increased from 2,500 to 5,000 square feet when everything is

completed.

One of the cornerstones of the museum to be is already hanging around the shop. Hiding above the stair case to the upstairs acoustic room is a 1933 Vivitone solid-body electric guitar. Labeled No. 79, it is one of the first electric guitars and was created by Lloyd Loare. It is extremely rare and will be on display when the museum opens around January 2004.

"I've never come across another Vivitone," added Daoust.

In addition to the rare finds and interesting stories that hang on the wall waiting to be told, Lightning Joe's also houses the most Martin guitars in five states.

In total, about 1,000 guitars are housed in the store -- with about a 50:50 ratio of acoustics and electrics, including a few that aren't for sale, such as Lightning Joe's very first guitar.

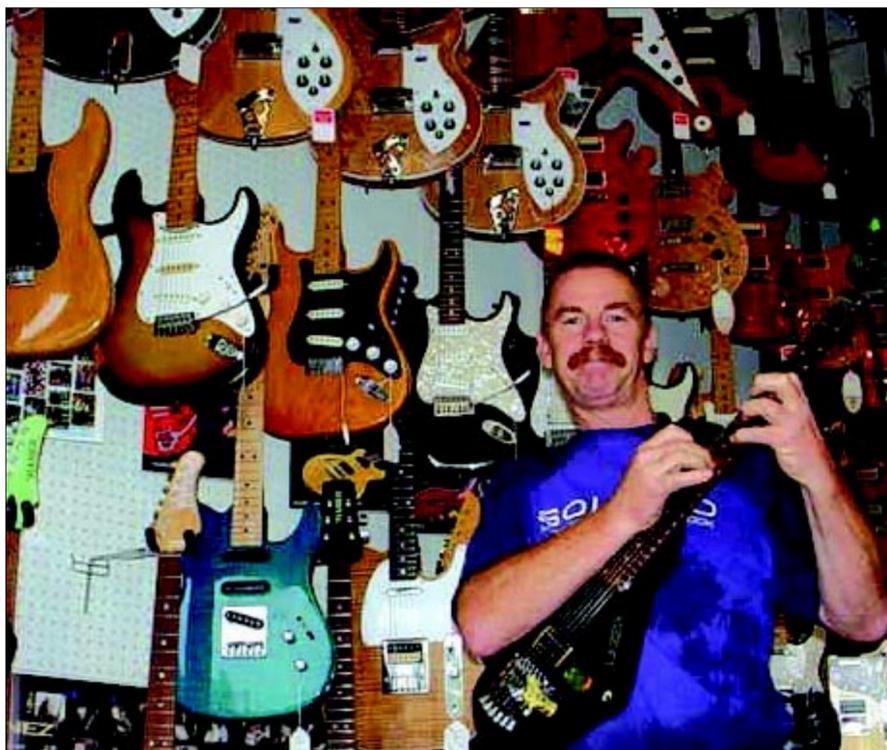
"I told my dad I wanted to play guitar after watching The Beatles on Ed Sullivan," said Daoust. "He said, 'The Hell you will!' I got my first guitar for Christmas in 1965."

Picking up the out-of-tune guitar, Joe managed to find the notes for the song Taps.

In 1983, he took a chance at the Nipomo swap meet and bought a bunch of guitars - Lightning Joe's Guitar Heaven was born.

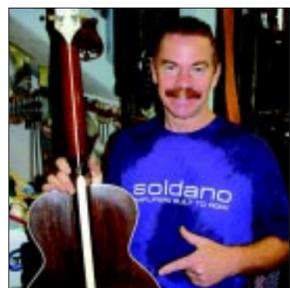
The drive up there is about 30 minutes. Take the first Arroyo Grande exit and just keep going straight. Lightning Joe's will be on the righthand side. Anyone with an interest in guitars like I do will definitely enjoy this place!

Where: 100 East Branch St.
Arroyo Grande
Phone: 805-481-2226
Web: www.lightningjoes.com



PHOTOS BY SENIOR AIRMAN BRIAN HILL

Lightning Joe's Guitar Heaven is the Central Coast's guitar player Mecca, with plans in the works to create a self-serve, free musician's community center with the remaining 2,500 square feet on the second floor of the building open during business hours. The center will eventually include a museum of guitar history and lesson rooms for group and private study.



A very rare 1933 Vivitone will be housed in the Museum of Guitar History.

Community Calendar

4 FRI **Cinema Under the Stars** - 6:30 p.m. today and Oct. 18 behind the fine arts building at the Allan Hancock College Santa Maria Campus. Today's movie is "Breakfast at Tiffany's." The Oct. 18 movie is the Alfred Hitchcock thriller, "Notorious." Recommended for people 18 years and older. Call (805) 922-6966.

5 SAT **Grapes and Grains Festival** - 10 a.m. to 4 p.m. Saturday at Santa Maria's Historic Civic Center. Tickets are \$20 per person at the door and \$15 in advance. Order tasting tickets at (800) 331-3779 Ext. 814.

"The Nerd" - Presented by The Lompoc Civic Theater plays this weekend at the Lompoc Civic Auditorium. Show time is 2 p.m. Saturday and Sunday. Tickets are \$10 at the door. Purchase tickets at the Vandenberg Services Center, Longs Drugs and Baker's Square.

Volunteer needed - The Vandenberg Food Pantry needs a volunteer for a 50-hour-per-week position. The position entails stocking, keeping inventory,

and distributing food via scheduled appointments. Call 606-0039.

Tax volunteers - The American Association of Retired Persons needs volunteers to prepare tax returns. Volunteers receive free IRS-certified tax training. Call (888) 227-7669.

Santa Barbara trolley tours - 90 minutes, 10, 11:30 a.m.; 1, 2:30, 4 p.m. Call (805) 965-0353.

One-on-One marriage enrichment counseling - Call 606-9958.

Military care packages - the family support center staff is accepting donations to support deployed troops. Call 605-8553.

Introduction to disaster services class - 6 to 9:30 p.m. Monday in the American Red Cross Lompoc District Office, 312 North H Street. The class is free and designed to prepare people for participation as volunteers in disaster relief operations. Call 736-5110.

Self-defense workshop - 6:30 to 8:30 p.m. Mondays and Tuesdays for women and girls 12 years and older at the

North County Rape Crisis and Child Protection Center. Call 736-8535.

Jiu-Jitsu self-defense classes - 7 to 9 p.m. Mondays and Wednesdays at the Unified Center for Martial Arts, 1766 S. Broadway in Santa Maria. Call (805) 934-2158.

Indoor cycling classes - 6 a.m. Mondays, Wednesdays and Fridays; noon Fridays; 4 p.m. Tuesdays and Wednesdays; and 8 a.m. Saturdays in the services center.

Relaxation Room - 8:30 a.m. to 3:30 p.m. Monday - Friday at the Health and Wellness Center. Call 606-2221.

Pre-separation Briefing - 8 a.m. Tuesdays in the family support center. This is a required briefing at least 90 days prior to leaving the service.

Single parents support group - 11:30 a.m. to 1 p.m. Tuesday in the services center. Call 606-9958.

Testing times change - Tuesday at the base education center for CLEP, DANTES and PME testing. New test

times are as follows: 1 p.m. Mondays and Wednesdays, 8 a.m. Tuesdays and Thursdays. Call 605-5900.

Box aerobics classes - noon Tuesdays and Thursdays, 9 a.m. Saturdays. Call 606-7979.

Allan Hancock College - Offers more than 70 Fast Track and Term 2 classes at its Santa Maria campus beginning Oct. 21. Students can register at any Allan Hancock College location during mail-in registration through Tuesday, walk-through registration Oct. 15 and 16 from 12 to 6 p.m., and during late registration Oct. 21-23 from 12 to 6 p.m. The class schedule is available online at www.hancockcollege.edu. Call 922-6966 or (866) 342-5242 Ext. 3248.

Mass care overview - 6 to 9:30 p.m. Wednesday at the American Red Cross Lompoc District Office, 312 North H Street. The class is free and designed to prepare people to participate as volunteers in disaster relief operations. Call 736-5110 to for more information.

AL-ANON - 7 to 8

p.m. Wednesdays at the family support center. Call 734-0784.

Riders in the Sky - 8 p.m. Thursday at the Clark Center in Arroyo Grande. The Grammy Award winning radio and TV stars provided music for the movie, "Toy Story 2." Call (805) 489-9444.

Space and Sea Girl Scouts - sign up by calling the Scout Hut, 605-2217, or leave a message, 734-5545.

Central Coast College Fair - 5 to 7 p.m. Oct. 13 at the Allan Hancock College Santa Maria Campus student center. More than 60 colleges and universities will be represented.

Job fair - 11 a.m. to 5 p.m. Oct. 16 at the Santa Maria Town Center Mall. There will be 50 - 60 employers on hand representing aerospace, manufacturing, healthcare, service industry, security and government. Free resume reviews will be conducted.

College of Agriculture open house - 9:30 a.m. Oct. 18 in the farm shop at the Cal Poly College campus in San Luis Obispo. The event

introduces students to career and education opportunities in agriculture. Call 756-2161.

Air Force Association Chili Cookoff - Oct. 19. Submit three or four-person team entries to 2nd Lt. Chad Melone, 606-1957.

Free concert - 10 a.m. Oct. 19 at Trinity Church of the Nazarene in Lompoc. Call 733-2125.

Multi-lingual Moms, Pops & Tots Group - 9 to 10:30 a.m. Oct. 23 in the family services center aerobics room. English, Spanish and Tagalog speakers comprise the group. Call 606-5338.

Vandenblood Manor - 6 to 10 p.m. Oct. 25 - 31 at 174 and 176 Willow Street in East Housing. Cost is \$3 for those 13 years and older; \$2 for children 6 to 12 years old and free for children 5 years old and under.

American Sign Language Skill Builder - Nov. 1 - 2. The class is offered through Allan Hancock College's community education program. Cost is \$40.

Harbor and boat cruises - at Adventure Marina in Morro Bay. Call (805) 772-9463.

Chapel Notes

EVENTS

- ♦ **Parish potluck** - following 5 p.m. service Saturday in the Chapel 1 Annex.
- ♦ **Combined worship service** - 11:30 a.m. Sunday in Chapel 1. The Protestant Women of the Chapel will lead the service. A fellowship luncheon follows.
- ♦ **G.I. Java coffeehouse** - open 5 - 9 p.m. Monday-Saturday in the Delta Dormitory. To volunteer, call 606-5773.
- ♦ **Vandenberg food pantry drive** - first weekend of each month. Call 606-5773.
- ♦ **Weekly Prayer Focus** - The chapel staff will pray this week for those who are currently TDY and for their families.
- ♦ For information on other chapel activities and religious denominations, call 606-5773.

PROTESTANT

- ♦ **Chapel Community Night** - 5:30 - 7 p.m. Sundays in the religious education classrooms.
- ♦ **Brothers and Sisters in Christ** - 5:30 - 7 p.m. Sundays in the religious education classrooms. Call 734-1360.
- ♦ **Women's Evening Study** - Call 734-3788.
- ♦ **The new apologetics Bible study group** - 7 p.m. Monday in the REA building.
- ♦ **Protestant adult and youth Bible study** - 7 p.m. Tuesday in the Chapel 1 Annex. Call 605-7564.
- ♦ **Men's weekly Bible study** - 6 p.m. Wednesdays in the Breakers Dining Facility. Call 606-5773.
- ♦ **The Vandenberg AFB Officers' Christian Fellowship** - 7 p.m. Wednesdays. Call 734-0696.
- ♦ **Protestant Women of the Chapel beginner quilting classes** - 10 a.m. Thursday in the Chapel

WORSHIP SERVICE TIMES

Praise and Worship - 8:30 a.m. in Chapel 2
Traditional Protestant - 11:30 a.m. in Chapel 1
Gospel - 11:30 a.m. in Chapel 2
Catholic Mass - 10 a.m. in Chapel 1
Daily Mass - 11:30 a.m. in Chapel 2
Saturday Mass - 5 p.m. in Chapel 2

- 1 annex. Call 733-2630.
- ♦ **Women's Saturday morning bible study** - 10 a.m. third Saturday of the month in the religious education administration building. Call 734-1693.

CATHOLIC

- ♦ **New Bible study group** - 7 p.m. Mondays in the religious education administration building. Call 734-4202.
- ♦ **Fellowship Thursdays** - 7 p.m. Thursdays in the REA building. Call 734-4202.
- ♦ **CCD classes** - 8:30 a.m. Sundays in the REA building. Call 606-5773.

JEWISH

- ♦ **Jewish community Torah study session** - Sunday evening. Call 605-7564 or 736-5822.

At The Movies

All movies start at 7:30 p.m. unless otherwise noted.

Today
XXX
Rated PG-13

Saturday
Signs
Rated PG-13

Sunday
Signs
Rated PG-13

Oct. 11
Fear.Com
Rated PG-R

Oct. 12
Men in Black II
Rated PG-13

30th Services News

ITT

Wanting to GET AWAY???
Choose your trip
and sign up at ITT today!

LAS VEGAS TURNAROUND -
 Oct. 13 and 14, \$40 per person

PRICE IS RIGHT!
 Oct. 15, \$42 per person

GETTY MUSEUM -
 Nov. 7, \$35 per person



TICKETS -

Legoland	\$23	Oct. 31
Disneyland	\$33	Dec. 1
Universal Studios	\$30	Jan. 31, 2003
Knotts Berry Farm Halloween Haunt		
	\$32	Oct. 11, 12, 18
	\$35	Oct. 19, 25, 26

New Hotel Voucher, Las Vegas -
 Hampton Inn Tropicana
 \$60 weekday \$89 Weekend

San Diego -
 Woodfin Suite Hotel \$79

For more information, call ITT at 606-7976.

SERVICES CENTER

COUNTRY WESTERN DANCE LESSONS -

Free, Country Western Dance Lessons are back every Wednesday! Lessons for couples, line and open dancing will be held in the Services Center beginning at 6 p.m. Call Mike Renner at 606-7976 for more information.

FAMILY CHILD CARE

BE A FAMILY CHILD CARE PROVIDER
 Have a profitable career caring for children in your home! The FCC program provides a lending library for resources, such as child-size furniture and other materials at no expense to you!!!

HOW DO YOU QUALIFY?

- Complete:**
- An application package
 - Family Child Care orientation training
 - Training in CPR, First Aid and rescue breathing
- Obtain:**
- A valid food handler's certificate and health certificate
 - Liability insurance
- Have** approved monthly home inspection/background screening.
- Be responsible** for monthly training
- For more information on becoming a licensed FCC provider, contact FCC Coordinator, Gwen Jones at 606-4639/606-3255 or FCC Food Monitor: Cindy Castillo at 605-4950.

GOLF

TODAY -
Chief's Group Annual Golf Tournament
 12:30 p.m. Open play shotgun, 7:30 a.m.

SATURDAY & SUNDAY -
Men's Club Championship

TUESDAY & THURSDAY -
 Intramural Golf, noon to 1 p.m.

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

OUTDOOR REC

VOLUNTEERS WANTED!

Outdoor Recreation is working to create a volunteer program for the future!
 We would like to train volunteers to provide a wider variety of programs.
 We need volunteers experienced in outdoor programs such as rafting, horseback riding, snow skiing, camping, biking, hiking, etc. to ensure the outings are more successful.
 Also needed are volunteer drivers with a Class B license (California or out-of-state) to drive participants to scheduled Outdoor Rec programs.
 If interested, please call Curtis Dunster at 606-5908 for more information.

Members
First

At Your Pacific Coast Club

Margaritaville

WITH A TWIST!

A MEMBERSHIP APPRECIATION & THEME NIGHT

SATURDAY, 7 p.m. Open to all Ranks



Visit us on the web at www.30svs.com



Sunday Brunch

Join us this Sunday at the Club for Brunch, 10 a.m. to 1 p.m.
 \$13.95 Adults, show your Club Card for member value price.
 Call 734-4375 for reservations, (not required, but highly recommended!)

YOUTH CENTER

FAMILY SKATING NIGHT



TONIGHT, 5 to 8 p.m.

in the Youth Center Gym, \$1 per skater.

All children 10 and under must be accompanied

by a parent. The snack bar will be open.

Call Kim or Wendy at 606-2152

for more information.

WHAT'S NEW at the Library?



ROAD MAP EXCHANGE

Did you take a vacation this summer?
 Just move to Vandenberg?
 Traveled to another state, country?
SO NOW YOU HAVE
 old road maps just lying around the house,
WELL ... how about donating them to the
Base Library's Road Map Exchange?

Do you need a road map?
 Stop by the Library and check out the Road Map Exchange.

Call the Library at 606-6414 for more information. (We especially need California maps but any map or map book accepted, even outdated ones)

New Reading Group for FANTASY

(maybe science fiction, too!)

Come join us in forming a new reading group. Organizational meeting is **October 17th, noon.**

Base Library, Brown Bag Lunch
 Call the Library at 606-6414 if you are interested or call Doyle Stricker, 734-5610 for more information.

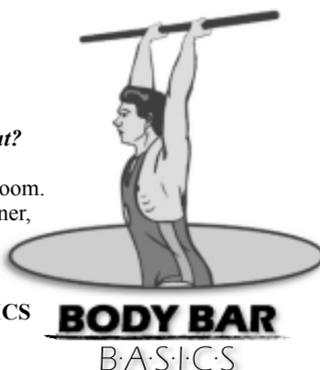


FITNESS

TODAY -
TUG-A-WAR COMPETITION
 6 p.m., Fitness Center.

TUESDAY -
Have questions about your workout? ASK A TRAINER!
 5 to 7 p.m., Fitness Center Weight Room.
 Free. Pam, a Certified Personal Trainer, will be on hand to answer your questions.

THURSDAY - BODY BAR BASICS
 7 p.m., Fitness Center. Free.
 Call 606-3832 for more information on these programs.



BODY BAR
 B:A:S:I:C:S

BOWLING CENTER

WEEKLY LUNCHTIME BOWLING TOURNAMENT -

Starts Monday, 11 a.m. to 2 p.m. and runs every week, Monday through Friday. The tournament is a 3-game series, open to any and all authorized users for a \$10 entry fee. Come on out, have lunch and enjoy some friendly bowling competition! **SUNDAY is FAMILY DAY at the Bowling Center** from noon to 7 p.m. All bowling is \$1.50 per game per person. Shoe rental is \$1. Bring your family in on Sunday and enjoy the fun of bowling!

