

Base Briefs

FAMILY DAY

Air Force Space Command Commander Gen. Lance Lord has declared Aug. 29 a family day. Non-mission essential personnel are excused from duty. Supervisors are encouraged to use a liberal leave policy for civilians.

BLOOD DRIVE

Tri-Counties blood bank conducts a blood drive from 9 a.m. to 2 p.m. Tuesday at the Services Center. Call Master Sgt. David La Plant at 606-0278 for more information.

GATE CLOSURE

The Solvang Gate is closed through Jan. 19. The gate is closed while civil engineers complete construction on the 13th Street bridge. Call the 30th Security Forces Squadron at 605-2585 with questions.

OFFICE CLOSURE

The 30th Space Wing Legal office will be closed Sept. 15-19, due to and Air Force Space Command legal conference being held here. Normal legal assistance will resume on Sept. 22. Call the on call attorney at (805)-588-2822 for emergency legal issues only.

RECRUITING TRIP

The Air Force Honor Guard from Bolling AFB, Washington, D.C., conducts a recruiting briefing at 3 p.m. Thursday at the Pacific Coast Club.

The elite unit is looking for airmen from the ranks of senior airmen through senior master sergeants. All applicants must meet minimum time on station requirements and are encouraged to bring their spouses to the briefing. Call Staff Sgt. Virgil Peacock at 606-3654 for more information, or call Staff Sgt. Jerald Hutnik at the USAF Honor Guard directly at (202) 404-6265.

NO TRESPASSING

The 30th Security Forces Squadron Combat Arms Range Complex located off San Antonio Road West is off limits to all unauthorized personnel. Danger signs are posted around hazardous areas of the range complex. Entering into this area is illegal and dangerous. Contact the combat arms section at 606-5025 for assistance.

TRICARE ONLINE

Tricare online is available to 30th Medical Group Tricare beneficiaries beginning Sept. 1 at the Web site www.tricareonline.com. In order to schedule appointments, each person must build a profile and establish a password online.

VOLUNTEERS NEEDED

Officer volunteers are needed for Fresno State Reserve Officer Training Core Career Day from 3:30 to 6 p.m. Oct. 16 at Fresno State University. Personnel in space and

See BRIEFS Page A4

MDA booster verification test successful

COMPILED BY TIMES STAFF

30th Space Wing Public Affairs

■ Team Vandenberg successfully launched a ground-based interceptor prototype booster at 11 a.m. Saturday from north Vandenberg in support of the Ground-based Midcourse Defense program office of the Missile Defense Agency.

The booster, designed by Orbital Sciences Corp., is a three-stage system based on hardware that has flown 45 times on missions carried out by the company's Pegasus, Taurus and Minotaur space launch vehicles.

Objectives for the mission include demonstrating the vehicle's silo-launch capabilities, verifying the vehicle design and flight characteristics, and confirming the planned performance of its guidance, control and propulsion systems.

"Performance was nominal as near as we can tell at this point," said MDA spokesman Rick Lehner. "This booster was heavily instrumented so it sent back a lot of data that has to be catalogued and arranged for analysis."

This launch is a team effort between the men and women of

the 30th Space Wing, Detachment 9, Space and Missile Systems Center; the MDA, Boeing Corp., Orbital Sciences Corp., and Raytheon.

The 30th Range Squadron, who plan, schedule and execute all launch operations and testing requiring Western Range resources and support, aided in sorting out some clearance and weather issues prior to launch.

"Our operators worked closely with the user on telemetry issues, mostly signal interference, typical for a launch facility in that area," said 2nd Lt. Kelly Kakert, range control officer for the launch. "The result was a smooth count and a successful launch."

This is the second test of a booster rocket by Orbital for the GMD missile defense system. Another booster design being developed by Lockheed-Martin will launch from here later this fall.

Both booster systems are scheduled to participate in flight tests this fall from the Kwajalein Atoll in the Republic of the Marshall Islands. These tests will include a simulated intercept of a target to evaluate system performance during integrated tests.



PHOTO BY MASTER SGT. BRUCE DZITKO

Team Vandenberg and the MDA conduct a booster verification test Saturday from north Vandenberg.

111 airmen advance in August

■ Congratulations to the following Team Vandenberg airmen promoted in August!

Airman

Erik Andrade, 30th Security Forces Squadron
Paris Bush, 30th Space Communications Squadron
Tracy Chacon, 30th SFS
David Danis, 532nd Training Squadron
Luis Devotto, Detachment 1, 345th Training Squadron
Beau Eberhardt, Det. 1, 345th TRS
Jonathan Helsel, 532nd TRS
Jason Hinz, Det. 1, 345th TRS
Todd Hurt, 533rd Training Squadron
Joseph Infantini, Det. 1, 345th TRS
Joseph Lapcinski, Det. 1, 345th TRS
Kevin Lecy, Det. 1, 345th TRS
Mohammad Nadimi, Det. 1, 345th TRS
Xakhon Nguyen, Det. 1, 345th TRS
Ethan Ragsdale, 30th SFS
Shakira Ramie, Det. 1, 345th TRS
Christopher Reed, 532nd TRS
Sean Rowan, 532nd TRS
Nicole Sigler, Det. 1, 345th TRS
Brittany Spoutz, Det. 1, 345th TRS
Latasha Thomas, Det. 1, 345th TRS
Anthony Velazquez, 532nd TRS
Alicia Villarreal, Det. 1, 345th TRS

Airman First Class

Alvaro Alanis-Hernandez, Det. 1, 345th TRS
Edgar Anguiano, Det. 1, 345th TRS
Garren Bartrell, Det. 1, 345th TRS
Honey Beekhuysen, 2nd Space Launch Squadron
Jason Berks, Det. 1, 345th TRS
Andrew Boone, 532nd TRS
Nicholas Bream, Det. 1, 345th TRS
Jason Brennan, Det. 1, 345th TRS
Rachel Claire, 30th SFS
Kevin Clark, Det. 1, 345th TRS
Marhea Dalton, 30th SFS
Jason Daniels, Det. 1, 345th TRS
Brad Davis, 532nd TRS
Carol Deleon, 576th Flight Test Squadron
Jason Dietz, Det. 1, 345th TRS
Luke Ellicott, 532nd TRS
Jason Finley, Det. 1, 345th TRS
Jennifer Garcia, 532nd TRS
Tristan Gatineau, Det. 1, 345th TRS
Jarret Gordon, Det. 1, 345th TRS
Cristina Gutierrez, 30th Mission Support Squadron
Michael Hay, 533rd TRS
Kenneth, Henderson, 532nd TRS
William Henry, 532nd TRS
Michael Honeycutt, Det. 1, 345th TRS
Johnathon Horner, 532nd TRS
Frederick Jaehnig, 533rd TRS

See PROMO Page A4

Operation KUDO informs, entertains

BY SENIOR AIRMAN BRIAN HILL

30th Space Wing Public Affairs

■ Seven-year-old Daniel Maleika summed up Operation KUDO in three words.

"This is cool," he said as he tried on a gas mask and a kevlar helmet.

Daniel wasn't on his way to the desert. He's getting to know how it feels to deploy though, and he's not alone.

More than 80 children of Team Vandenberg airmen had the opportunity to witness firsthand how their parents prepare for deployments Tuesday, at the Kids Understanding Deployment Operations event.

Held at the chapel and the base parade grounds, more than 40 volunteers from a variety of career fields set up a mock staging area and processing line.

Briefings were given on weather, intelligence, safety and public health. Chaplains (Capt.) Zeb Beck and (Maj.) David Terrinoni spoke and gave an explanation of the role of the chapel in a contingency.

Col. Frank Gallegos, 30th Space Wing commander, spoke on the importance and the reasons our airmen deploy.

"We deploy to protect our way of life. Many of you have had parents who've deployed in the past and many of you know your parents will be deploying in the future. This is a good opportunity to see what your parents go



PHOTO BY STAFF SGT. EDWARD BRALY

Tech. Sgt. Debra Wheeler and her sons Zachary, 9 and Joshua, 7 make identification cards in preparation for mock deployment.

through, but also to see how we take care of our fellow airmen and their families."

For eight-year-old Jerome Papa - who's father, Tech Sgt. Joselito Papa from the 30th Logistics Readiness Squadron just returned from a deployment to Southwest Asia - deployments are very important "to help our country."

Representatives from the fire department, security forces, services, The American Red Cross, D.A.R.E., transportation, and civil engineers set up displays at the parade grounds. Children lined up to get a taste of an MRE, or meals ready to eat.

This is the first Operation KUDO at Vandenberg.

Team V welcomes new wing command chief

BY MASTER SGT. LLOYD CONLEY

30th Space Wing Public Affairs Office

■ The new 30th Space Wing Command Chief, Chief Master Sgt. Kevin Ludwig, has settled in and taken the reins of leadership at the nation's only space and missile port on the west coast.

"Chief Ludwig is the ideal person for command chief of such a dynamic wing," said Col. Frank Gallegos, 30th Space Wing Commander. "He has broad experience to include command chief at Ali Al Salem Air Base, Kuwait or ten months prior to his assignment with Team Vandenberg."

"I'm glad to have him as part of our Vandenberg family," concluded Gallegos.

Ludwig says he's looking forward to working with Team Vandenberg.



PHOTO BY STAFF SGT. EDWARD BRALY

Chief Master Sgt. Kevin Ludwig settles into his new position as 30th Space Wing command chief, after arriving at Vandenberg at the end of July.

"The last few years have not been boring," The chief said.

"I've had some great opportunities and worked with

some fantastic people."

The chief says he is a big proponent of the Air Force's force development initiative in defining

core processes to employ our airmen in a better, truer war-fighting role.

And he speaks from experience. His last two assignments have found him at the forefront of national events.

He was working at the Pentagon as the transportation career field manager at the time of the Sept. 11, 2001 terrorist attacks.

His subsequent assignment found him as command chief for the 386th Air Expeditionary in Kuwait.

"That was about a mile south of the Iraq and Kuwait border," he said. At the height of Operation Iraqi Freedom the base population had swelled from 1,800 to more than 13,000. "So for a brief point in history Ali Al Salem was actually

See CHIEF Page A4

Board selects four Team V captains for school candidacy

■ Congratulations to the following Team Vandenberg members selected by the P0403A Major Central Selection Board

for intermediate level school candidacy.
Capt. Dewitt Morgan III, 30th Space Wing /14th Air Force
Capt. Stephen Kravitsky, 576th Flight Test Squadron
Capt. Michael Manor, 614th Space Operations Squadron
Capt. William Heuck Jr., Detachment 9, Space and Missile Systems Center

In this issue of the



Also view
The Space & Missile Times at
www.vandenberg.af.mil and click
the Space & Missile Times button.



Team Vandenberg airmen eat breakfast together at the monthly prayer breakfast in Chapel 1 here. See Page A4.



Destinations Central Coast hangs out at Vandenberg's lakes to get the catch of the day. See Page B1.

Weekend forecast
Morning low clouds and fog
Saturday. Afternoon sun and low clouds Sunday.
Low/High
53/68
For a full Vandenberg weather report, visit
www.vandenberg.af.mil/30sw/organizations/30og/weather/weather

Commander's Action Line

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

By performing Vandenberg's mission safely and effectively, Team V provides proof of their commitment to do the right thing.

Two-way communication is paramount to continued mission success. The 30th Space Wing Commander's Action Line is your direct link to me.

Through the action line, you can congratulate your teammates on a job well done, affect change and express productive points of view.

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

Working together, we will enrich the 30th SW mission performance and the quality of life of our airmen.

When calling the action line, leave your name and phone number in case more information is needed.

I'm calling about the alarm system at Vandenberg Middle School going off whenever there is a power fluctuation or the power goes off and then back on. I've lived here near the school for two years

and this has been a constant.

Each time it occurs I call law enforcement, the fire department and the command post. Not one of them seems to have an idea of what to do. The 30th Security Forces Squadron usually comes out and says it's an alarm, but they indicate they don't have any contact numbers to get the alarm turned off.

Therefore, we end up listening to it for several hours, usually at night. I've called the VMS principal and she indicates that she has provided the contact numbers to 30th SFS several times. Something needs to be put in place so that law enforcement always has numbers so that we don't have to listen to the alarms anymore.

I'm sorry you and your family were inconvenienced. Our security forces squadron has contacted the Vandenberg Middle School and obtained a current list of emergency contact personnel.

These numbers have been posted at the Security Forces Control Center. Should this incident occur again, please contact the center at 606-3911 and they will make the appropriate notifications.

We will expedite our notifications to ensure the disruption to our housing residents is minimal. Thank you for allowing us to correct this problem and please feel free to contact me in the future should this situation occur again.

Command provides focus, direction for future airmen

By COL. FRANK GALLEGOS
30th Space Wing commander

Today's space professionals face new challenges and decisions every day. But because our Air Force is the best trained in the world, we successfully meet those challenges.

Other challenges we face are a bit more ethereal than just hands on, day-to-day training. There is the responsibility of every space professional to become better educated in all facets of Air Force and space development and history and what space power has accomplished throughout the years. In other words, we have to be the space experts!

Next year marks the 50th anniversary of the military space program. We have come a long way from our early days as the Western Development Division in Los Angeles in 1954 to today's capabilities of global deterrence through our intercontinental ballistic missile force and assured access to space. We have entered the new age of the space warfighter--we are the "wizards" who will continue to make advances in space power for the future.

While most of our Air Force historical education takes place in formal channels and the various professional military education schools we attend, it is up to us as individuals to learn as much as we can because we are all leaders. The unique challenge for AFSPC airmen is to find resources clearly outlining the beginnings and contributions of space on today's battlefield.

It is also crucial that today's airmen stay aware of the direction of the command under

which they serve. We have entered an age of transformation—a philosophy involving adapting and integrating what we do, say, and use to master the delivery of space power to the battlefield.

Here in Air Force Space Command, General Lance Lord, AFSPC commander has outlined his strategy for transformation "Commanding the Future" using seven strategic thrusts or focus areas. All airmen should be familiar with these thrusts and think about how they fit into our daily duties and overall, support to space power:

- ♦ **Enterprise:** operationally responsive command, skilled in the application of space power, a good steward of resources and well-integrated

- ♦ **Partner:** civil commercial and military partnerships, relationships and support for the AFSPC mission and the future

- ♦ **Unleash Human Talent:** Cultivating and managing space professionals

- ♦ **Command the Future:** Develop strategies focused on the thrusts and specific actions with success measures

- ♦ **Warfighters:** Seamlessly integrating space forces in war and crisis conditions

- ♦ **Wizards:** Encourage, challenge space professionals and academics

- ♦ **Technology to Warfighting:** Integrate space modernization planning, research and development and acquisitions organizations and processes with the end-focus on warfighting

These seven thrusts are in direct correlation with the vectors provided by Chief of Staff of the Air Force

which represent the Air Force's core competencies of **developing airmen**, the heart of combat capability; **technology-to-warfighting**, the tools of combat capability and **integrating operations**, maximizing combat capabilities. Hopefully you see a resemblance to our "HAWKS" acronym I introduced at my first Commander's Call.

This big picture look at what your command is saying, doing and supporting is important to know. Because it outlines where you as airmen--as space professionals--are going in the future. We have entered an age where joint forces and our allies don't want to go to war without space and we will only improve from here.

By thinking about where we fit into the picture now and where we can be in the future you will soon realize that the future of space power is bright across the full spectrum of military operations from war to humanitarian relief, to global deterrence.

The key to our continued success is not technology or money, but rather it is the talent of YOU the space professionals.

30th Space Wing vectors

Unleash **H**uman talent
Airmen
Wing mission
Knowledge to command the future
Safety



SPACE & MISSILE TIMES

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For information about the Space & Missile Times, call the staff at (805) 606-2040.

Students critical to Team V success

By 2ND LT. THERESA CUNNINGHAM
30th Space Wing Public Affairs

Transition students from the 392nd Training Squadron are in big demand on Vandenberg. Capt. Craig Narasaki, 392nd TRS flight commander, said there are about 100 students on transition status at any one time temporarily assigned to one of 80 units while awaiting training or transfer to other assignments.

Narasaki said that since the demand for transition students is always greater than the number available, the transition office prioritizes the requests.

Operational units such as the 30th Operations Group, the 576th Flight

Training Squadron and the 76th Helicopter Squadron get first priority and have positions set up for these students to man.

The 76th HF has a standing request for transition students and considers them an integral part of their operation, said Maj. Joshua Jones, 76th HF director of operations.

"Our guys have quite a level of responsibility... and they become part of the unit," Jones said.

At the 76th HF, transition students have direct link to the helicopters and are the first line of contact for position reports.

"This is an essential task to ensure

flight tracking," said Jones. "In the event of an aircraft emergency it ensures rapid response and narrows the search area."

He said that transition students man positions that would otherwise be filled by pilots on a rotating basis. This helps to free pilots for more sorties.

"The transition students do the job better than we do since they do it every day," Jones said.

A couple of transition students have earned achievement medals while assigned to the 76th HF. Transition students have distinguished themselves in other units as well.

2nd Lt. Dex Easler, 533rd Training Squadron, was recognized for

meritorious service while on transition status at Det 1, 22nd Space Operations Squadron and Tracking Station for assisting in the Space Shuttle Columbia disaster investigation. Det 1, 22 SOS was the only Air Force Satellite Control Network location to track the shuttle during its final approach, Easler said. He assisted in providing vital data to NASA.

Easler also led pre-inspection activities and authored the units first Self-Inspection Program Operating Instructions.

Easler was first assigned there while awaiting the Officers Space Prerequisite Course. His outstanding performance

ensured that he was requested back to Det 1 when he returned to casual status following OSPT.

Narasaki's office cited many other instances where students have made significant impact on units they were assigned to while in transition.

"These students are critical," said Narasaki.

Narasaki said that while a request for a specific transition student is rarely fulfilled, the transition office does its best to match the students' abilities and interests with unit placement. He said the vast majority of these students are well utilized and serve a necessary role at Vandenberg.

Vandenberg airmen: 'Fast and furious' car enthusiasts

AIRMAN 1ST CLASS BRYAN FRANKS
30th Space Wing Public Affairs

The import car scene has been quite busy during the last few years. Even before "The Fast and The Furious" hit theaters, young and old alike were embracing this new hobby.

While there might not be any small four-cylinder cars blazing down California Boulevard for pink slips, the drive to have the fastest and most individual car is alive and well at Vandenberg.

For import enthusiast Senior Airman Matt Laurico, 30th Medical Group, the import scene is something he's been around for a while and has watched grow.

"It was popular before either of the movies came out, but now it's huge," he said.

No amount of improvements to these cars can keep their owners satisfied for very long. Having changed the paint job four times on his car, Laurico said replacing the engine is just something he does to try to stay different.

"People get bored with their car and they want to keep upgrading it to be different from the rest," he said.

While the average muscle car junkie may sneer at these import's toy-like size, don't be fooled. These diminutive cars

can sometimes pump out more than 400 horsepower and that's not all.

In the world of imports, the sky is the limit or rather, the pocket book is the limit. In a recent magazine article a fixed up Civic Hatchback was worth more than \$250,000. That's not bad when you consider a stock Civic is only \$15,000.

The drive to have the nicest ride on base can still be expensive for the average airman. Laurico purchased his Civic for \$5,000 and has since dumped more than \$10,000 into his ride.

"The last major upgrade I made to my car was putting in a

Japanese Domestic Market engine," Laurico said. "Other people may not know I have a JDM, but me as a driver and an enthusiast, know what I have and I'm proud of it and it's still not enough."

The JDM's were made for the Japanese market where as the United States Domestic Market are sold for the U.S. market. The difference is that the horsepower stock the USDM will put out at best 125 horses, while the stock JDM will come out screaming at 160 horses. You can make quite a few improvements on that.

For most, the look is what they're after.

"People want to separate their car from the rest by changing the looks of the stock car making it more personalized," Laurico said. "Not everyone has the same taste and that's where the variety in the cars come in."

While some are dropping their imports down, others are lifting them up.

Airman John Sellers, 30th Logistics Readiness Squadron, has taken his import to the other extreme.

His all-wheel drive Subaru Brat is made for off-roading. Part truck and part car, this machine will take him anywhere he wants to go.

"I was into computers before I got my first car, after that it's been all cars," Sellers said.

Having made modifications to his Brat, like the steel brush guard on the front of it, Sellers does it for the use and not the looks.

"I like coming up with new ideas for my car, then turning those ideas into reality," Sellers said.

Whether it's racing down the track, rolling down the street or barreling down a dirt road, people's cars are as individuals as their cars are and there's no telling what they're going to think of next.



CONTRIBUTED PHOTO

Hometown: Medford, Oregon
Time in Service: 2 years, 2 months
Time on Station: 14 months
Role in mission: Milstar Satellite Systems Operator
How do you contribute to the wing mission? I provide the nation's highest priority satellite communication to various military and Department of Defense agencies.
What do you like best about the Air Force? The best thing about the Air Force is the opportunities it provides, which include the opportunity for job experience, college funding, leadership skills, and the opportunity to do things that cannot be done elsewhere.
If you could change one thing about the Air Force what would it be? I would like to see more money devoted to space exploration and research missions sometime in the near future. The future of space has endless possibilities.
How do you fulfill core values? Integrity is in everything we do. In my job, I exercise my integrity by staying proficient with my mission knowledge and responsibilities. Nothing short of excellence is acceptable in space operations, an error could be extremely costly, or even irreparable.
What's the most exciting experience you've had so far in

the AF? Being directly involved with Milstar satellite operations. It's a tremendous responsibility having a multi-billion dollar satellite constellation at your fingertips.
How would you improve life at Vandenberg AFB? I would possibly create more base functions for assigned personnel.
Who is your role model and why? My two older brothers because they embody the personal characteristics that I respect the most.
Who is your favorite leader in history and why? Martin Luther (the German Priest) because he stood up against the Church of Rome against what he knew was wrong, namely the selling of indulgences to fund the construction of St. Peter's church, even though in doing so he risked his life and was heavily persecuted for it.
Favorite movie/book? The movie Braveheart and the book Dune by Frank Herbert
Hobbies: Soccer, surfing, basketball, skiing, hiking, mountain biking, rock climbing, and reading
Supervisor's comments: Senior Airman Abbott is probably the most outstanding airman I have had the pleasure of supervising in my 20 years of service. He is extremely conscientious, responsible, and deeply committed to our mission, a true role model for other young airmen to follow.

Nourishing the body and spirit



PHOTO BY STAFF SGT. EDWARD BRALY

More than 20 airmen, commanders and chiefs gathered for the monthly prayer breakfast 6:30 to 7:30 a.m. Aug. 14 at the Chapel 1 Annex. The chapel holds the breakfast on the second Thursday of every month. A different guest speaker provides insight into a variety of topics every month. The prayer breakfast is open to all Team V members.

ALCON: Normal

A general condition reflecting responsible alcohol use. No alcohol related driving incidents have occurred recently and no additional external factors exist.

Days since last DUI: **21**
DUI totals for the Year: **12**
AADD saves this Year: **198**

30th OG	1
30th MXG	1
30th MSG	4
30th MDG	0
30th SW	0

14th AF	0
381st TRG	2
576th FLTS	1
Det. 9	1
Others	2



CLIP AND SAVE!

DON'T DRINK AND DRIVE

Call Airmen Against Drunk Driving

For a free and confidential ride home, call Airmen Against Drunk Driving at 606-AADD or 605-AADD (2233).

Crimebeat...

COMPILED BY MASTER SGT. WESLEY ASLESON

30th Security Forces Squadron

Aug. 14 Foul play - 11:03 a.m.
An airman reported he believed someone entered his office illegally in Building 11777. Upon entering his office in the morning he discovered it in a state of disarray. It was not in the same condition he left it on 13 August. There were no signs of forced entry.

Unattended item -

11:22 a.m.
A civilian employee reported an unattended baby stroller in building the Base Clinic. The stroller was examined and seized as found property. An airman's wife claimed the stroller later in the day.

Loud noise - 7:33 p.m.
An anonymous caller reported loud music from a Jupiter Dormitory room. The airman occupying the room was directed to lower the music and he complied.

Aug. 15 Missing child - 12:30 p.m.
An airman reported his 7-year-old child was missing from their quarters on Korina Avenue. Investigation revealed the child was nearby. She was returned to her parents.

Driving under the influence - 1:50 p.m.
An airman reported a 2001 Ford at Cocheo Park struck his parked 2002 Toyota. Investigation revealed the airman who struck his vehicle was responsible for a vehicle accident just two hours

earlier. The airman reported she was consuming multiple medications. She was apprehended for driving under the influence of drugs. She was released to her chief enlisted manager. The Toyota received scratches, dents and a broken turn signal. The Ford received several scratches and a large dent.

Loud noise - 10:45 p.m.
An airman reported loud music from a quarters on Yucca Street. An airman at the home was directed to lower the music and she complied.

Aug. 16 Concerned driver - 3:10 a.m.
The Timber Lane Gate sentry reported a driver stated the occupants of the vehicle in front of him appeared to be having an altercation. Patrolmen contacted the occupants, a sailor and his wife, and found everything in order.

Aug. 17 Deer strike - 12:20 p.m.
An airman reported striking a deer with his government vehicle on Bear Creek Road adjacent to Coast Road. The airman stated he was driving with caution due to a deer on

the right side of the road when another deer ran into the roadway from his left side. The vehicle's hood was damaged.
Aug. 18 Concerned neighbor - 7:41 p.m.
An airman reported he was concerned for two pets at a neighboring home on Catalpa Street. The airman stated the occupants went on vacation approximately two weeks ago and did not believe anyone was caring for the dogs. Investigation revealed the pets appeared in good health and food was present.

BRIEFS:**From Page A1**

missile operations, security forces and intelligence are needed. Call public affairs at 606-3595 to volunteer.

EQUAL RELEASE

The Enlisted Quarterly assignment listing for April-June 2004 is available on the Air Force Personnel Center Web site. To view the list, visit the assignment management system website at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm>.

TRAVEL VOUCHERS

All military members using a government travel card are required to split disburse all charges made on the card.

Travelers are also required to have their supervisor or approving official sign all travel vouchers.

Travel vouchers without split disbursement or supervisor signature will not be accepted. For more

information, contact 2nd Lt. JoAnne Finan at 606-4606.

BUS REGISTRATION

Parents of Los Padres Elementary and Vandenberg Middle School seeking assistance for school bus registration, may register from 9 a.m. to 1 p.m. Monday through Wednesday at building 10728. Call 734-1583 for more information

SCHOOL PHYSICALS

The 30th Medical Group holds school and sports physicals 4 to 6 p.m. Sept. 5 in the Family Practice Clinic by appointment only. Children ages six to 18 enrolled in Tricare Prime are eligible.

Children should be dressed in gym shorts, T-shirts, or sweats and must be accompanied by their parents. Shot records and a school physical form are also required.

Call Capt. Stacy Rosales at 605-8254 for more information. Call 606-2273 to schedule an appointment.

CHIEF:**From Page A1**

classified as the largest air base in the world."

The command chief said that experience gave him the opportunity to work not only issues impacting the Air Force but also the Army, Navy and Marine Corps as well as coalition forces.

He considers the assignment one of the crowning moments of his career because it gave him the opportunity to serve in a combat zone.

"I've always considered myself a big (advocate) of training and preparedness," Ludwig said. "Air Force training and preparedness is on target when it becomes second nature."

"When they say alarm red, bunkers now, bunkers now, and you know there's incoming," training and instinct kicks in.

Ludwig said that in the future, honing our combat readiness skills will be approached with a different perspective based on his experience with the execution of

abilities to survive and operate under attack.

"I like to structure training under the pretense that there are no second chances," said the chief.

Ludwig says that his primary goal while here is to execute the wing commander's vision. He adds that his focus will be on things that will enhance Vandenberg.

"I'd be doing the enlisted corps a disservice were that not the case."

He adds that 30th Space Wing commander Col. Frank Gallegos' wing vectors help to sum up the vision: Unleashing human talent, Airmen, Wing mission, Knowledge to command the future and Safety.

He adds that he plans to work for the commander through, firmness, fairness, honesty and consistency. To convey his thoughts to supervisors the chief recalls a quote from our 26th President, Theodore Roosevelt.

"The best thing you can do is make the right decision. The next best thing you can do is make the wrong decision. And the worst thing you can do is make no decision."

"Supervisors," Ludwig said, "experienced and inexperienced, need to lead and make a decision. They don't need to hang back."

"I see it around Vandenberg and I saw it in Kuwait during Operation Iraqi Freedom. People are leaders and when they find themselves in those situations, they step up and take charge, he said.

"It boils down to our core values: Integrity first, Service before self and Excellence in all we do."

Ludwig points out that the airmen and junior NCOs look up to senior NCOs as the standard of conduct and discipline.

Senior NCOs set the example. Their influence, whether directly or indirectly, among the enlisted corps is pervasive, ongoing and highly impressionable, he said.

To junior NCOs, very much the heart of the enlisted force, he says they shouldn't be satisfied with simply meeting the standards, but challenge themselves to exceed the standard.

He stresses that junior NCOs can take care of their technical

proficiency, but their off-duty education and the personal health and well being of themselves and their families is vitally important and is not to be neglected.

To the airmen he says Team Vandenberg is as strong as the weakest airman and one person does make a difference.

"Our Air Force is going to transform," said the command chief.

The expeditionary air forces are here to stay, he continues. It means austere locations and time away from our home station.

"I don't think they'll (career airmen), regret their decision (to join) when you look at what the space missions have to offer us," he said.

"Coupled with the broad challenges of the global war on terrorism our airmen are going to experience some unique things the next 10 to 15 years."

"I've had some great supervisors and mentors," said the 25-year Air Force veteran and Lock Port, Ill. native. "I'd probably do it all over again the same way."

Douse it!

PHOTO BY MAJ. ROBERT COUSE-BAKER

OPERATION ENDURING FREEDOM – Staff Sgts. Don Doose and Jerry Bowling douse a training fire at a forward-deployed location in Southwest Asia. They are firefighters deployed to the 380th Expeditionary Civil Engineer Squadron. Doose is from the 934th Civil Engineer Squadron at Minneapolis-St. Paul International Airport Air Reserve Station, Minn., and Bowling is from the 94th Civil Engineer Squadron at Dobbins Air Reserve Base, Ga.

PROMO:**From Page A1**

Richard Kellerhouse, Det. 1, 345th TRS
Emon Leatham, Det. 1, 345th TRS
Stuart Liron, 30th Logistics Readiness Squadron
Kami Lucontro, 30th LRS
Matthew Maynard, Det. 1, 345th TRS
Davis McClain, Det. 1, 345th TRS
Brandon Mcpherson, Det. 1, 345th TRS
Christopher Meade, 533rd TRS
Jairo Medina, Det. 1, 345th TRS
Robert Mohr, Det. 1, 345th TRS
Robert Mondragon, Det. 1, 345th TRS
Matthew Nelson, Det. 1, 345th TRS
Joanna Nolasco, 30th MSS
Paul Perez, Det. 1, 345th TRS
Tabbatha Pollardgraham, Det. 1, 345th TRS
Zachary Powell, Det. 1, 345th TRS
Sheila Richter, 30th Space Wing
Michael Root, Det. 1, 345th TRS
Jose Sanchez, Det. 1, 345th TRS
Christopher Smith, 532nd TRS
David Stauffer, Det. 1, 345th TRS

Wade Stull, 532nd TRS
Matthew Weiss, Det. 1, 345th TRS
Paul Wick, Det. 1, 345th TRS
Kyle Wilson, 532nd TRS
David Wright, 30th Civil Engineer Squadron
Jill Yarnell, Det. 1, 345th TRS

Senior Airman

Mirza Baig, 30th SFS
Raquel Becerra, 4th Space Operations Squadron
Jennifer Eason, 30th CES
Blaine Heywood, 30th CES
Patrick Hurley, 30th CES
Jose Manriquepalma, 30th Aeromedical-Dental Squadron
Christopher McClean, 30th CES
Christopher Nguyen, 30th SFS
Jesse Owen, 30th CES
Larry Robertson, 30th SFS
James Salavarrria, 30th CES
Reyel Santos, 30th LRS
Iris Sarzoza, 532nd TRS
Yubelka Torres, 381st Training Squadron
Victoria Zappas, 30th ADOS

Staff Sergeant

Jenya Bukrinsky, 30th ADOS
Steven Duaine, 30th SCS
Oscar Gomez, 30th Contracting Squadron
James Mclendon, 30th LRS
Doris Pottle, 30th SW
Michael Provenzio, 30th CES
Benjamin Quesinberry, 30th Weather Squadron
Christopher Rackley, 30th SFS
Jeffrey Ross, Det. 1, 345th TRS
Courtney Swales, 30th ADOS
David Villanueva, 30th SFS
Alison Villarruel, 532nd TRS
Technical Sergeant
Todnee Boyd, 614th Space Operations Squadron
David Kelley, Det. 1, 345th TRS
Guyland Patton, 532nd TRS
Kevin Richardson, 30th SFS
John Staunton, 2nd SLS
Master Sergeant
Roland Jennings, 30th SCS
Daniel Ricker, 30th Operations Support Squadron

**SPACE & MISSILE
TIMES**

WANTS YOUR

Destinations Central Coast

Have you visited a Central Coast destination lately? Share it with the rest of Team V! Send in a 400 - 600 word rough draft about your adventure! Send submissions to: smt@vandenber.af.mil

Around the Air Force

Officials release fitness-test details

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

■ **WASHINGTON** — Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high-blood pressure and high cholesterol."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition

and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal, and less than 70 is poor, Schmidt said.

"Scores based on health provide an opportunity for earlier intervention," Schmidt said. "If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress." People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, Schmidt said.

Intervention for people scoring in the poor category involves the

healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, Schmidt said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

Airmen's scores on the new fitness test will also determine how often they need to retest. People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. Schmidt's office has developed draft charts for the composite score. The fitness standards on the draft charts are tailored to both age and gender. While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now, Schmidt said.

"If you are not doing anything now and have concerns, see your doctor first," she said.

Running 411: What new runners should know

By SENIOR AIRMAN CAT TROMBLEY
8th Fighter Wing Public Affairs

■ **KUNSANAB, South Korea** — Running long distances can be an intimidating task, especially to airmen who have not stepped foot on the track since basic training.

But, for those who want to start running, there are ways to start a program so runners can meet their target distance and time without injury.

"There are many methods to follow when starting a program," said Capt. Huey Latham, 8th Medical Operations Squadron physical therapist and marathon runner. "Most people do 'walk and run' in which they walk a distance, then run a certain distance."

"Another method is to run for a specific time and then walk for a specific time."

"When people are starting a training program they should follow the 'FIT' principle," Latham said. FIT stands for frequency, how often you run; intensity, how hard you run; and time, length of activity, Latham said.

"Only one of these variables should be increased in a week, and the increase should not exceed 10 percent of what you were doing the previous week," he said.

New runners have to be especially careful not to cause injury. Accelerating a running program too quickly can cause a number of injuries, he said.

Latham said when runners make

changes to their routines, they should only step it up slightly.

"Too much, too soon, too often causes overuse injuries. The most common injuries are muscle pulls of the lower extremities — more often the hamstrings, quadriceps and the calf muscles," Latham said. Some of these injuries include:

- ♦ Runner's knee, pain around the kneecap caused by tight tissues on the outside of the knee and weak muscles on the inside.

- ♦ Iliotibial Band Syndrome, pain on the outside of the knee caused by running downhill or on banked curves, like on the side of the road.
- ♦ Shin splints, pain in the lower leg caused by excessive pounding.

"Adhering to the FIT principles is the best way to avoid injury," Latham said.

If injured, rest, increase flexibility, medicate, ice, maintain strength and endurance of leg and hip muscles, and gradually return to activity with respect to pain.

These are the best ways to treat an injury, Latham said. Almost any runner will tell a "wannabe" runner, having the right shoes is important.

Go to a running store to find running-specific shoes. Some base exchanges have a chart about running shoes and shoes on display. Spend 30 to 40 minutes at the store.

Take time to look at all the shoes and prices.

Wear the kind of socks you are most comfortable running in. The wrong socks can alter the fit of the shoes.

Selecting a running shoe is based on three basic foot types: flat feet, normal- and high-arched.



PHOTO BY MASTER SGT. JIM VARHEGYI

BOLLING AIR FORCE BASE, D.C. — Technical school airmen here participate in a physical-fitness routine, which mirrors the proposed Air Force fitness standards.

"Runners with flat feet tend to (land on the outside edge of the foot and roll inward) and need a motion-control shoe."

Most people have a normal arch and need a shoe providing stability. Runners with high arches need a cushioned shoe," he said.

If the sole of the shoe is straight, it is for flat feet and motion control. If the sole is semi-curved, it is for normal arches and provides stability. If the sole is curved, it is for high arches and provides cushion.

By following steps to ease into a running program and having the right gear, a new runner should be able to get to their target distance and time, injury-free.

Base lakes provide loads of fishing fun

BY AIRMAN 1ST CLASS BRYAN FRANKS
30th Space Wing Public Affairs

I woke up early Saturday morning for a fishing trip to the Pine Canyon Lakes here. As I rolled out of bed, I looked at the clock, which read 9:05 a.m. Okay, so I thought it was early, are you going to let me finish my story?

Anyway I quickly put on my clothes and headed out to the lakes. The sun shone bright, having burned off the fog that Californians call a "marine layer," and reflected off the clear water of Pine Canyon's Lake 1.

I had recently purchased a fly rod and I wanted to take this opportunity to try out this simple but complicated type of fishing out on the local bass population. Along with my small arsenal of tackle boxes and fishing rods I loaded the boat that was on loan from the base bass club and headed out on the water.

For the first hour I fished with my fly rod exclusively, struggling to even get a nibble from the sneaky little bass that infest the base lakes. Finally, after wasting an hour of good fishing and time on my fly rod, I put it down and picked up "old reliable."

Immediately the bass began to reel as one by one they were lifted from the grass covered water into the boat. Having caught five or 10 bass in 20 minutes, I switched to other new techniques, trying to improve on my fishing abilities and as usual, some worked and some didn't. You know I say five or 10 because the longer it's been since a fishing trip; the larger and

more numerous the fish become. Well, back to the story.

As the day passed, the fishing stayed pretty much consistent with a few small lulls throughout the day.

As the sun dropped behind the hills the bass responded by rising to the surface, striking at almost anything that crossed their paths. I fished until dark and then the pesky bugs reminded me that I didn't have bug spray. Fighting through the mosquitoes I continued to fish for 30 more minutes until I became weak from the pint of blood they'd drained from my body.

I quickly loaded the boat on to the trailer, simultaneously swatting the micro vampires away, and headed home. Arriving home, I left everything where it fell, drained from the 12 hours of fishing and the loss of blood.

I collapsed on the couch only to watch three taped fishing shows. Man, am I addicted or what?



Pine Canyon's Lake 1 is one of 3 lakes that make up Pine Canyon. The three lakes are less than a mile and a half apart.



PHOTOS BY AIRMAN 1ST CLASS BRYAN FRANKS

Calvin Long, 30th Medical Group spends his day gathering as many fish as he can at Pine Canyon here. The lakes have a bountiful supply of large mouth bass, black crappie and blue gill fish. The lakes are open 24 hours a day.



The Services Outdoor Recreation office provides rental equipment from boats to fishing poles.

VAFB fishing protocols

Fishing is permitted in the following Vandenberg lakes: Punch Bowl and Pine Canyon lakes. These lakes provide an abundance of fish for those wishing to experience the joys of fishing at Vandenberg. The types of fish in the lakes include,

large mouth bass, black crappie, and blue gill fish. The lakes are open all day and night unless otherwise specified due to mission essential reasons.

Active duty, retirees, dependants, reservist, National Guard, GS employees, Chumash tribal members, DoD civilian employees, NAF civilians and AFFES employees working for Vandenberg

are allowed to fish at the specified Vandenberg lakes.

All persons ages 16 and up wishing to fish in the lakes must obtain a California fresh water license along with a UC stamp. The stamp can be purchased at the base exchange for \$13.

For more information or directions to the lakes, call the Fish and Wildlife office at 606-6804.

Community Calendar

22 FRI

CAL-VET Home Loan Class - 1:30 to 3:30 p.m. today at the family support center. Call 606-0039

The Vandenberg Jewish community - is starting Hebrew and Bar Mitzvah classes on base. These classes are open to all children with base access. Call Randee Van Ness at 734-3311 for more information.

Free car seats - to E-4 and below. Call 606-5338.

Got School Supplies - Boxes are located at the Commissary and Base Exchange to donate school supplies to the Homeless Education Liaison Project in Lompoc.

Space and Sea Girl Scouts - needs members ages 6 to 18 and adult volunteers. Call 606-1119.

22 FRI

Family readiness reunion briefing - for servicemembers and their families who have questions or concerns about planning homecoming, reuniting and relationship building. Call 606-1607 for an appointment.

Allan Hancock

22 FRI

College late registration - 11 a.m. to 7 p.m. Monday through Thursday, 11 a.m. to 4 p.m. today, 11 a.m. to 6 p.m. Monday through Thursday, and 11 a.m. to 4 p.m. Aug. 29. Schedules are online at www.hancockcollege.edu. Call 605-5915.

CLEP tests - College-Level Examination Program pre-tests are available online at www.petersons.com/airforce/testprep.html. Register using activation code FL4610.

Educational scholarships - available from the Vandenberg Top-3. All enlisted members, regardless of rank, are eligible for one of three \$200 scholarships. Deadline is today. Call Senior Master Sgt. Paul McGinnis at 606-6571 or 606-3459 for more information.

22 FRI

The Vandenberg Airmen's Attic - needs donations of items necessary to set up a household.

The program is open to military personnel E-5 and below with an Air Force Form 552 from their first sergeant. Call

22 FRI

606-5484. **G.I. Java seeks musicians** - G.I. Java is looking for local musicians to play at the coffeehouse during business hours. Solo performers and bands are welcome. Call the Chapel at 606-5778 for an audition.

Gift of Groceries program - The Defense Commissary Agency offers a gift certificate program that allows anyone to purchase commissary gift certificates to donate to military families through charitable organizations or give directly to military friends and family.

Gift certificates are available online at www.commissaries.com.

Marriage enrichment counseling - offered on a one-on-one basis for married and unmarried couples. Call 606-9958.

23 SAT

Twilight beach horseback rides - at Pacific Dunes Ranch in Oceano. Beginners are welcome. Call (805) 489-8100.

Office closure - The family support center is closed for staff training from 7:30 to 9:30 a.m.

25 MON

Mondays. Those requiring emergency Air Force Aid will be assisted. Call 606-0801.

Take Off Pounds Sensibly - 7 to 8 p.m. Mondays at the Vandenberg Health and Wellness Center.

Relaxation room - 8:30 a.m. to 3:30 p.m. Monday through Friday at the HAWC. Call 606-2221 for an appointment.

REDUX - 11 a.m. to noon Tuesday at the family support center. Trade retirement pay for lump sum. Call 606-0039 for more information.

Single parents support group - Meets at 11:30 a.m. to 1 p.m. Tuesday at the family support center. Call 606-0039.

Sponsorship training - 3 to 4 p.m. Tuesday at the family support center. Learn sponsor responsibilities, relocation resources, and tips to assist your new comer.

Yoga class - 6 to 7 p.m. Tuesdays and Thursdays at the Services Center.

Indoor cycling - 4 to 4:45 p.m. Tuesdays and Thursdays at the Services Center.

Pre-separation

26 TUE

briefing - 8 to 9 a.m. Tuesday at the family support center. Call 606-0039.

Vandenberg Retiree Activities Center - Open 10 a.m. to 2 p.m. Tuesday through Friday in building 10346 in the Vandenberg Base Exchange shopping center. Call 606-5474 for more information.

Start your own business - 1:30 to 3:30 p.m. Wednesday at the family support center. This seminar covers the basics of getting a small business up and running. Call 606-0039

The mechanics of resume writing - 9 to 11:30 a.m. Wednesday at the family support center. Call 606-0039

Catholic Summer Fellowship - noon Wednesdays at Cocheo Park.

Chapel singles group - 6:30 p.m. the 2nd and 4th Thursday of the month at G.I. Java.

Risk Reduction classes - 2 to 4 p.m. Thursdays at the HAWC. Call 606-2221 to sign up.

Car wash - 1 to 5 p.m. Thursday in the Vandenberg Visitors Center parking lot. Call

29 FRI

606-4308. **Financial planning** - 11 a.m. to noon Aug. 29 at the family support center. Call 606-0039.

Golf tournament - 9 a.m. Aug. 29 at Marshallia Ranch Golf Course. Call 606-4517 or 606-1938. Proceeds benefit Operation Kids Christmas.

SEP 4 THU

Combined Federal Campaign kickoff, charity expo - 10 a.m. Sept. 4 in the Pacific Coast Club.

5 FRI

Cinema under the stars - 7:30 p.m. Sept. 5 at Allan Hancock College. Call (805) 922-6966 for more information.

8 MON

Operation Baby Launch - 5 p.m. Sept. 8 in the Vandenberg Clinic Auditorium. Call 605-8254.

20 SAT

Ethel Pope Auditorium Foundation fundraising event - 5 p.m. Sept. 20 at the Santa Maria Inn.

27 SAT

Frankenstein traveling exhibition - Sept. 27 through Nov. 1 at the Allan Hancock College Santa Maria Library.

OCT 10 FRI

Base lake clean-up - 7 a.m. to 5 p.m. Oct. 10 at Pine Canyon Lakes. Call 606-3013 to volunteer.



Hi-Way Drive-in
Santa Maria Ph. 937-3515
GEN. ADM. \$5.00 KIDS 4-11 \$1.00

THE MEDALLION PG-13 8:00 p.m.
S.W.A.T. PG-13

Parks Plaza Buellton
Buellton Ph. 688-7434

OPEN RANGE R
DAILY 4:00-7:00-9:30 SAT-SUN 1:00
WHALE RIDER PG-13
DAILY 2:00-4:30-7:00-9:30 SAT-SUN 11:30
UPTOWN GIRLS PG-13
DAILY 2:15-4:45-7:15-9:30 SAT-SUN 11:45
FREAKY FRIDAY PG-13
DAILY 2:15-4:45-7:15-9:30 SAT-SUN 11:45
SEABISCUIT PG-13
DAILY 4:00-7:00-9:30 SAT-SUN 1:00
General Admission \$7.00 Kids and Seniors \$5.00 All Shows Before 5:30 p.m. \$5.00. Movies and Times Subject to Change

Movies Gemini
Lompoc Ph. 736-1306

THE MEDALLION
DAILY 2:00-4:30-7:00-9:00 SAT-SUN 11:30
FREAKY FRIDAY PG-13
DAILY 2:00-4:30-7:00-9:00 SAT-SUN 11:30

Movies Lompoc
Lompoc Ph. 736-1558

FREDDY vs. JASON R
DAILY 2:15-4:45-7:15-9:30 SAT-SUN 11:45
S.W.A.T. PG-13
DAILY 2:00-4:30-7:00-9:30 SAT-SUN 11:30
SPY KIDS 3D PG
DAILY 2:15-4:45 SAT-SUN 11:45
OPEN RANGE R
DAILY 4:00-7:00-9:35 SAT-SUN 1:00
GRIND PG-13
DAILY 7:00-9:30
Call Edwards Santa Maria 10 for movie listings (800) 326-3264



The Vandenberg Thrift Shop is open Tuesdays, 9:30 a.m. to 2 p.m. and 4 to 6 p.m. Call 606-3128 to find out more.

The shop is located next to the skills development center in Bldg. 11180. They always need volunteers.

The Vandenberg Food Pantry

Needs food donations

Items needed are:

Sugar, Bisquick, Pasta sauce, Pancake mix, Hamburger Helper, Evaporated milk, wiper, Crackers, Macaroni & Cheese, vegetables, Rice, Flour, Tuna, Peanut butter & Juice boxes, Cake

Chicken Helper, Baby Soups, Complete meals, Brown Sugar, canned Pasta, Peanuts, mixed nuts, Jelly, Diapers; sizes 3, 4, 5, mixes & frosting and canned fruit and vegetables

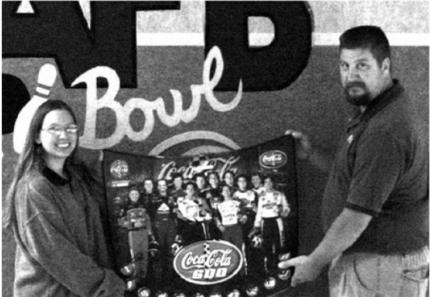


The food pantry is located behind the family support center. For more information on hours of operation call 606-2960.

30th Services News

SURF LANES

FAST LANES



Congratulations to Jennifer Palmer, winner of a miniature NASCAR replica hood in the Fast Lanes contest.

Surf LANES PRO SHOP is now open!

ATTENTION: Bowlers!

Surf Lanes will be closed for lane resurfacing Saturday and Sunday. The center will reopen on Monday with normal hours. Call Surf Lanes for more information at 606-3209.

SKILLS DEVELOPMENT

N.O.T.I.C.E

The Skills Development facility will be closed Aug. 29 and 30 for inventory. Call 606-9487 for more information.

LIBRARY

Dial-A-Story

This week's story is "The Lion and the Mouse." This no-cost service is for children of all ages and is available 24/7. Call 606-4300 to hear Dial-a-Story!

AF Library and Information Services has made available a large block of ebooks for the military community, (including a dictionary). Go to www.netlibrary.com user name: fl4620, password: fl4610 for reading on-line or downloading. Call 606-6414 for more information.

YOUTH CENTER

Kindergarten before-and-after school program

Sign your children up now for this program! School starts Wednesday and we have just a few openings left. Call 606-2152 for more information.

PACIFIC COAST CLUB

70s & 80s NITE

featuring DJ Layton with KSMY 106.7

My 80s... My 90s, My Music

Tonight!

E-Lounge • 9 p.m. to 2 a.m.

No Federal Endorsement Intended.

The Club and Foggio's will be closed Aug. 31 and Sep. 1 for Labor Day weekend. We will be open regular hours on Sep. 2.

30TH SERVICES SQUADRON



Play **ATWIND**
Around The World In Ninety Days

Week No. 13 places to play...

- Today**
Library - 3 p.m. to close
- Saturday**
Surf Lanes - youth bowl, all day
Golf - youth, all day
Auto Skills - 3 to 6 p.m.
- Sunday**
Aquatic Center - family swim, all day
Foggio's Pizza - order one pizza, get one game piece
- Monday**
Fitness Center - 8 to 11 a.m.
Services Center - indoor cycling, 6 to 6:45 a.m.
Surf Lanes - lunch, 11 a.m. to 1 p.m.
Aquatic Center - water aerobics, 11:30 a.m. to 12:15 p.m.
- Tuesday**
Services Center - 2 to 5 p.m.
Pacific Coast Club/Foggio's lunch, 11 a.m. to 2 p.m.
Aquatic Center - Preteen/Teen back-to-school BBQ 6 p.m.
- Wednesday**
Rod & Gun - 9 a.m. to noon
Outdoor Rec - any rental, get one game piece
Golf Course - lunch, 11 a.m. to 2 p.m.
Lunch & Learn - Windows Explorer "Tips and Tricks" 11:30 a.m. to 12:30 p.m.
- Thursday**
FAMCAMP - 12 to 3 p.m.
Skills Arts & Crafts - 3 to 6 p.m.
Library - Storytime, 10 a.m.
Breakers - lunch, 11 a.m. to 1:30 p.m.
Services Center - box aerobics, 12 p.m.

Last week to play ATWIND!
Did you know you can sign up your family members?

Contest ends Aug. 31

Sponsored in part by

• Sprint • Rocky Mountain Blue at Keystone • US Airways • Tyson • Coca-Cola • Aspen Marketing Services
No Federal Endorsement Intended.

YOU CAN WIN...

BIG CASH,
Plus Great Vacation Trips!

CASH PRIZES
US Airways Tickets & More!

5
Different Grand Prize Drawings!

WE'RE 3% AWAY FROM REACHING OUR GOAL!
LET'S GO TEAM VANDENBERG!

Play **ATWIND** by logging onto www.atwind.com or call 1-888-597-9960.

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We Salute You!
With Special Homecoming Military Discounts to celebrate a Job Well Done!

CARNIVAL CRUISE LINES IS OFFERING A DISCOUNT PROGRAM for U.S. MILITARY PERSONNEL

Book up to four 'Fun Ship' staterooms at savings of up to 50% off published fares. Reservations must be made by Dec. 31, 2003. The discounted rates start at \$110 per person for three-day cruises. Military personnel must sail to be eligible for discounts on additional staterooms purchased. Sailing dates are limited! Book now!

Visit our website at www.aftouronline.com or contact your local office at 805-606-1675 Bldg 10122, corner of California /Washington Vandenberg AFB, CA 93437

30TH SERVICES SQUADRON

Come celebrate another season of ATWIND!

ATWIND Ice Cream Social



August 29 • Services Center 11 a.m. to 3 p.m.

Come to the Services Center for free ice cream with toppings and get an ATWIND game piece! first 20 people who are new sign ups will get one free 30-minute Sprint Calling Card! First 5 people to bring in a new player will get an ATWIND T-shirt!