

Base Briefs

FAMILY DAY FOR TEAM VANDENBERG

Col. Robert M. Worley II, 30th Space Wing commander, has declared Jan. 24 a family day for the 30th SW.

MARTIN LUTHER KING MEMORIAL SERVICE

The Vandenberg African-American Association holds the 2003 Martin Luther King Jr. commemorative service at 11 a.m. Wednesday in Chapel 1. Col. Dartanian Warr, Headquarters Air Force Material Command inspector general, is the guest speaker. Light refreshments are served in the annex immediately following the service.

CHIEF'S INDUCTION CEREMONY, DINNER

The Vandenberg Chief's Group holds the annual Chief Master Sergeant Induction Ceremony and dinner at 6 p.m. Jan. 25 in the Pacific Coast Club. Cost for the evening is \$25. Dress for military members is the mess dress or semi-formal uniform. Civilian attire is coat and tie. For more information, call Chief Master Sgt. Vee Hunt at 605-6416.

JUDGE ADVOCATE LAW SCHOOL PROGRAMS

Officers with between two and 10 years of active-duty service may apply for the Funded Legal Education Program and the Excess Leave Program. Both programs require attendance at an American Bar Association accredited law school. Upon graduation and admission to practice law before any state's highest court or federal court, candidates are eligible for designation as judge advocates. To be considered for FLEP or ELP, applicants must complete all application forms, apply to an ABA accredited law school, receive their Law School Admissions Test results, and complete a Staff Judge Advocate interview by March 1. For more information and an application, contact Maj. Lynnette Pratzner, Headquarters US Air Force Judge Advocate, at DSN 224-5941. Information is also available online at www.jagusaf.hq.af.mil and in Air Force Instruction 51-101, Judge Advocate Accession Program.

PROPER WEAR OF NEW NAMETAGS

The new service dress nametag is worn on the right side of the wearer's service dress jacket with the bottom of the nametag parallel to the bottom of the ribbons. It should be centered between the sleeve seam and the lapel. A mandatory wear date has not yet been established. The item is still in the manufacturing process. Current guidance is, "If you've got it, you can wear it," said Lt. Col. Lee Shick, Headquarters Air Force Personnel Center.

See BRIEFS Page A3

Team V delivers first launch success of '03

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

■ In a sixth and final countdown for its launch crew, Team Vandenberg successfully launched a Titan II booster from Space Launch Complex-4 West here at 6:19 a.m. Monday.

Upper level winds delayed the rocket's launch Sunday. It was also delayed in previous weeks due to weather constraints and technical problems.

According to Capt. Dan Wetmore, 2nd Space Launch Squadron, four launch attempts were scrubbed by weather issues and a fifth was called when technicians discovered a software problem with the satellite's momentum control system. The error may have prevented navigational control of the satellite had the launch proceeded as planned.

The morning of Jan. 6 dawned clear and surface winds hovered around zero, Wetmore said. At 6:19 a.m. the 330,000 pound Titan II rocket lifted off to deliver its payload to a circular polar orbit 280 miles above the Earth.

The launch is the result of a combined effort by the men and women of the 30th Space Wing, NASA, the Space and Missile Systems Center at Los Angeles AFB, the center's Detachment 12 Space Test Program at Kirtland AFB, N.M. and Naval Warfare Systems Command in San Diego.

Col. Wayne Louis, 30th Space Wing vice commander, was the spacelift commander for this mission.

The joint government and industry project named "Coriolis," placed the Navy WindSat Radiometer and an Air Force Solar Mass Ejection Imager in a low Earth, sun synchronous orbit.

The Windsat radiometer provides meteorological information on wind speed and direction



PHOTO BY THOM ROGERS

A Titan II clears the launch pad here Jan. 6 at 6:19 a.m. The rocket successfully carried two weather data gathering satellites into a circular polar orbit 280 miles above the Earth.

at or near the surface of the ocean and the Solar Mass Ejection Imager provides early warning of coronal mass ejections that affect communications and power distribution systems on earth.

Monday's launch leaves the

2nd SLS with one Titan II, one Atlas IIAS and one Titan IV remaining in its mission inventory, Wetmore said. The Titan II, mission G-9, will make its third return to the launch pad in early February. The rocket is slated for a May launch.

Technology saves two lives on Vandenberg

BY 2ND LT. JENNIFER WHITAKER
30th Space Wing Public Affairs

■ The silent killer, carbon monoxide, attempted to take lives on Vandenberg Dec. 16, but, technology and education saved a mother and her child.

At around 8 a.m. Dec. 16, a young mother awoke to the sound of the carbon monoxide alarm going off in her home in Vandenberg's main housing area. She reacted quickly, taking her baby to a neighbor's house and calling 911.

Lt. Ron Goebel, Vandenberg Fire Department and his team arrived on-scene from Fire Station No. 2 in the pouring rain with their carbon monoxide detector ready to go.

"As soon as we entered the home, our detector's alarms went off," Goebel said. "This was not a false call."

The team ventilated the home, turned off the furnace, and began to search for the cause of the leak. Their detector led them to the garage. Deadly levels of carbon monoxide were leaking into the home from the furnace.

The fire team immediately opened the garage doors to ventilate the area and called housing maintenance to respond.

Goebel said it was just a matter of minutes before carbon monoxide took the lives of the young mother and her baby.

"The levels of carbon monoxide in that house, especially the interior hallway which led to the bedrooms and nursery, were the highest levels of carbon monoxide in the home besides the garage," Goebel said. "Left unventilated, the

levels would have continued to rise because the furnace was running.

"Without that carbon monoxide detector going off in the home, it would have been a matter of a few more minutes and she and her baby would not have awakened," he said.

As it turned out, the pouring rain seems to have been the culprit in this case. Rather than allowing the carbon monoxide to escape through an outside vent, the wind and rain pushed the deadly gas back into the house, Goebel said.

When the C. Martin staff arrived, they gave the furnace a thorough check and found it in good repair. They added a second detector to the home and replaced the batteries in all.

Each year, an average of 530 people are killed by carbon monoxide. Deaths from products such as gas furnaces, gas water heaters, fireplaces and woodstoves, gas stoves, gas dryers, charcoal grills, lawnmowers, snow blowers, other yard equipment, and automobiles average 180 per year. An estimated 10,200 people are admitted to hospitals for non-fatal carbon monoxide poisoning each year.

Carbon monoxide deaths are avoidable tragedies. Every home should have a carbon monoxide detector, a \$50 to \$100 investment that can save a life. Each unit in Vandenberg family housing is equipped with a carbon monoxide detector. According to the fire department, carbon monoxide detectors should be tested monthly and batteries should be changed twice per year.

2003 brings Team V promotions

■ Congratulations to the following members of Team Vandenberg selected for promotion!

Phillip Griffin and Zachariah Ware of the 30th Space Wing were selected for promotion to captain.

The following men and women were selected for promotion to senior airman below the zone:

Branson Porter, 30th Security Forces Squadron
Adam Dufford, 30th SFS

Jacob Loya, 30th SFS
James Holcomb, 30th Civil Engineer Squadron
Shawn Mcenheimer, 30th CES
Thamar Mercado, 30th Mission Support Squadron
Carl Robinson Jr., 30th Range Squadron
Alicia Salas, 392nd Training Squadron

Check out January's promotion list on Page A3

Tax changes may bring windfall returns for some

BY 2ND LT. JENNIFER WHITAKER
30th Space Wing Public Affairs

■ Tax season is here again. It's time to grab the W-2 and tax forms and sit down to a long evening of "if the amount in block 2 exceeds \$10,000, proceed to block 4." Many people find that filling out the ominous tax form is far more taxing than they'd expected, bad pun intended.

The Volunteer Income Tax Assistance program is a tax service available to all active duty, reserve, and retired military members free of charge. It consists of a group of trained volunteers who help people prepare state and federal tax returns, said Ann Fox, 30th Space Wing Judge Advocate's office.

Representatives of the Internal Revenue Service and California Franchise Tax Board train volunteers on a wide variety of forms. Vandenberg has more than 55 volunteers with up to eight years of tax filing experience.

Fox said VITA's services include electronic and paper tax filing for Federal and state forms. By sending both Federal and state forms at the same time, the waiting period for receiving a state refund is reduced to only two to three weeks. The average

wait for a Federal return is 12 days.

"VITA processed nearly 2,500 returns in Fiscal 2001, saving more than \$267,000 in preparation fees and totaling more than \$2 million in refunds," Fox said.

To participate in the program, tax clients should have a social security number for all dependents, W-2, bank statements, student loan interest documentation, mortgage and real estate tax forms, day care providers' social security numbers and amount paid, and any income or deduction information when they attend their appointment.

The tax filing process is fairly quick with VITA's help.

"Actual time required varies, with a simple return taking 10 - 20 minutes. Depending on the complexity of the return, most can be completed in 30 minutes, with more complex ones involving additional time," Fox said.

She said that in fiscal 2002, many enlisted members might be eligible to receive an earned income credit.

"Earned income credit is for certain

See TAXES Page A3



PHOTO BY TECH. SGT. MITCH GETTLE

Gen. Lance Lord, Air Force Space Command commander, visits with airmen from the 320th Expeditionary Maintenance Squadron Nov. 26 during his visit with the troops of the 320th Air Expeditionary Wing at a forward deployed location.

Lord visits deployed troops

BY MASTER SGT. AUSTIN CARTER
Air Force Space Command Public Affairs

■ Gen. Lance Lord, commander of Air Force Space Command, spent Thanksgiving with family though he was 7,000 miles from home.

The general traveled to Southwest Asia Nov. 23-29 to visit some of his Air Force family — Air Expeditionary Force troops in the field. He went to get an overview of how space operations fit into the AEF structure.

"I spent a good portion of my life with our people doing their jobs at an in-place mission — ICBM and space-based operations — 24, 7, 365. So I thought it was important for me to visit the people who are part of our Air Expeditionary Force deployed in the Southwest Asia theater to get a look at how space is being integrated into the operational framework," he said in a Dec. 4 interview. "I certainly wanted to see how it was integrated in the Combined Air

Operations Center and make sure the space teams had everything they needed to support ongoing operations. Over the last year we've seen how space is a critical element in support of U.S. national objectives. Space capabilities are accepted, trusted and relied on. They want us; they like us; they want more of us."

The general visited forces in Kyrgyzstan, Afghanistan, Oman, United Arab Emirates, Qatar and Saudi Arabia.

He returned, not only with a picture of space integration, but also with a profound regard for the enlisted and officers in the field and the job they are performing every day.

"What I was impressed with was the spirit, the esprit de corps and the morale of the airmen under very severe circumstances — deployed, separated from their families," he said. "They were really working well together. We saw combinations of active, Guard and

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In this issue of the



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



Air Force artist preserves Vandenberg's heritage in Pacific Coast Club painting. See Page A3.



76th Helicopter Flight replaces eight tiny reindeer and ferries Santa to local Vandenberg schools. See Page A4.

Weekend forecast
Rainshowers Friday. Mostly cloudy Saturday. Partly cloudy Sunday.
Low/High
43/66
For a full Vandenberg weather report, visit
www.vandenberg.af.mil/30sw/organizations/30og/weather/weather

Commander challenges Team V

By COL. ROBERT M. WORLEY II
30th Space Wing commander

Happy 2003 Team Vandenberg! I trust everyone had a chance to rest, spend some time with family and friends and enjoy the blessings of the holiday season.

During my leave, I had the chance to visit "Ground Zero," the site where the World Trade Center buildings once stood. One has to see it first hand to believe the magnitude of the devastation and to even begin to comprehend that so many people lost their lives right there, on that fateful day in Sept. 2001.

Of course seeing this site brought many emotions—

sadness, anger, and patriotism among them. I also felt a great deal of pride in our Armed Forces because of the way we have stepped up to the challenge of fighting a war unlike any we've fought before.

We remain a nation at war, and I remind you of the President's words, "We will not falter... we will not fail."

I am especially proud of the Air Force and the men and women of Team Vandenberg for our role, not only in the war on terrorism, but for our outstanding mission accomplishment in launch and range operations in 2002. Thank you for your outstanding commitment to

excellence.

As we look to the future, 2003 holds many exciting challenges for us. We've already started the year off right with the successful launch of the next to last Titan II to be launched from Vandenberg.

Next is a Delta II, then a Taurus, Pegasus and Peacekeeper taking us up to Guardian Challenge 2003 (where the goal is simple: Schriever Trophy THREEPEAT!).

Summertime will see us finishing out the last Titan II and Atlas II launches. Cycle 4, AEF 3 support will also hit about that timeframe.

One of the things I have been impressed with through my

tenure here is the mission focus and immense talent of our people through even the busiest and most intense times. We will need every bit of that focus and talent as we execute our mission in 2003, and I am completely confident you will deliver.

As a closing thought, I want to make a personal appeal to each one of you to make safety a mindset, employ risk management in all you do, and never, ever drink and drive.

You are Team Vandenberg's most valuable resource — take care of yourselves and take the time to help take care of others. Together we will make 2003 the best year yet for Team V!



The 30th Space Wing Commander's Action Line is your direct communication link to your wing commander.

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



Col. Robert M. Worley II
Commander



The 30th Space Wing Mission:

To provide combat capabilities through launch, range and expeditionary operations.

Team V must EAT for mission success

By LT. COL. CLINTON CROSIER
2nd Space Launch Squadron commander

High operations tempo, wide-scale deployments, undermanning and limited financial resources...when I came on active duty 15 years ago those things were the exception rather than the rule. The landscape has certainly changed. In today's environment, those are the kinds of challenges we face everyday. As we wage our continued war on terror and face belligerent dictators and nuclear threats

abroad, it will likely continue that way for the foreseeable future.

Given those high stressors, and many more, how do we ensure mission success, and personal sanity, during such a busy and challenging period...we have to EAT! That's right, I said EAT...**Effort, Attitude and Teamwork!**

Effort: I knew a squadron superintendent once who had a sign on his desk that read, "There's no substitute for daily effort." How true.

The only way to face a huge

challenge is with a huge effort. Sometimes that means longer hours, but it doesn't always have to.

We recently implemented a new training database in my squadron that saves our training managers 4-5 hours per day. We now use that time to tighten up our training programs to ensure our team is more proficient in conducting launch pad operations.

When longer hours are the only answer, we have to meet that challenge head-on. We have to

remember that we are military warriors, not corporate managers. We have all sworn to support and defend the United States, and when our nation calls, we have to be ready to answer.

The only way we can do that is to stay on top of our game and put forth maximum effort, every single day.

Waiting until the night before a test to start studying didn't work in high school (personal experience here), and it won't work in the Air Force either.

See SUCCESS, Page A3

Deployed Team V member sends thanks

Team Vandenberg, I would like to express my deepest gratitude to the men and women who took the time to send this care package to me. When you are deployed, mail is one of those things that you look forward to.

Enjoy the time you have with your family and friends. I was married Sept. 30 and was sent to my current location Nov. 8. We will spend our first Christmas apart.

I hope that all of you have

a safe and happy holiday season. There are many men and women even more forward deployed than myself. Keep us all in your hearts, thoughts and prayers.

We are all fighting the war on terror in our own unique way. Thank you for all you folks do stateside to keep us safe.

Sincerely,
Jennifer Vasquez, 384th Expeditionary Security Forces Squadron, and Military Working Dog Duuk



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30th Space Wing Commander

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

Pacific Coast Club art commemorates Vandenberg's heritage in wood, paint

BY 2ND LT. HEATHER NEULEIB
392nd Training Squadron

■ The Pacific Coast Club reached a milestone in the months of work on aesthetics in its lobby with the dedication of two pieces of artwork Dec. 16.

On one side is an intarsia, a three-paneled mosaic worked in wood, depicting a history of Vandenberg AFB. The work also includes a look at Vandenberg's future. A red-tailed hawk watches over the base's past, present, and future from its vantage point on the center panel.

The painting opposite the intarsia was the last piece of artwork completed by artist Nilo Santiago, a visual information specialist for the Air Force before his retirement. The painting is also a three-panel work. It depicts the Santa Maria Gate complete with the Avenue of Flags. The background includes each of the rockets and missiles that have lifted off here.

Santiago was commissioned in April to paint something depicting Vandenberg's splendor.

"For the last six months the club has been making great strides," said Maj. Thomas Reppart, 30th Services Squadron commander, explaining the reasons for the facility's renovations. The club has instituted new programs such as satellite TV in the lounges and quarterly theme nights.

"But none of these initiatives mean anything if people don't enjoy the atmosphere of the club," Reppart said.

Col. Robert M. Worley II, 30th Space Wing commander, called Santiago's painting breathtaking and said it's an honor to have an artist of such caliber to commemorate Team Vandenberg.

Lori Worley was equally



PHOTO BY STAFF SGT. LEE OSBERRY

Artist Nilo Santiago attends the ceremony unveiling his final work Dec. 18 at the Pacific Coast Club.

enthusiastic about the artwork.

"My husband and I wanted the people of Vandenberg to feel a sense of pride and belonging in the heritage of the base," Worley said. "The club is a social focal point with all the big events [held in the club] and needed something to show that heritage." She said she hopes the art will show the importance of Vandenberg not only to the community, but also to the nation.

Santiago shared his experience in completing the painting.

He said he was actually ready to retire before he was asked to do the painting. But once he learned of the opportunity, he simply couldn't resist.

Santiago said he loves the Air Force although he actually began his Air Force career by accident.

One day he was offered the job at the Pentagon. He tried working for other services and said he had to come back to the Air Force because it was "ahead of all the

other branches."

While painting this piece, there were some compromises to be made, Santiago said. His first idea was to paint the main entrance including the Avenue of Flags with the Minuteman at the end.

He spent time on base attending tours to get a better idea of the mission. Vandenberg being a space base, Santiago customized the painting by putting all the different launch vehicles in the background. His original idea included a Pegasus in the center, but replaced it with a Red Tail Hawk in attack position since the Pegasus is no longer used.

The entire project took Santiago three months to complete.

The artist said he enjoyed completing this last painting for the Air Force. This one makes more than 200 paintings for the service.

To view some of these paintings, visit Santiago's Web site at www.nilosantiago.com.

In his retirement, Santiago plans to travel and paint for fun.

BY 2ND LT. KELLY GABEL
30th Space Wing Public Affairs

■ An intarsia, or mosaic worked in wood, now hangs in the entry hall of Vandenberg's Pacific Coast Club giving testament to the base's rich heritage.

"Every single image in the intarsia was chosen for its significance to the base," said Lori Worley, 30th Space Wing commander's wife.

Spearheaded by Worley, the intarsia was definitely a team effort.

Francisco Gomez, exhibit maker, modeler and project supervisor, used fifty-four different species of wood from around the world in the finished project. What he didn't use were any kinds of stains or paints; all of the colors found in the artwork are from the natural woods themselves.

The eight-person team used 1,038 hand-carved pieces of wood in this exhibit.

The project took a total of 865 hours to complete, said Gomez, who has 25 years of woodworking experience.

Staff Sgt. Jesse Justice, 30th Space Communications Squadron, created the design. The three panels of the art represent the base's past, present and future.

This intarsia might just be one of the largest of its kind, said Dell Barritt, the director of Vandenberg's Training Device Design and Engineering Center. Most are around 20 inches total.

"If you took the three separate sections, plus the 6-foot red-tailed hawk hanging on the top of the middle section and lined them up end to end," Gomez said, "it would total 22 feet."

"Part of our commitment has always been providing the best value for the taxpayer in everything we do here," Barritt said. This is certainly true for the intarsia.

If a local artist were to create the same piece of art, it would cost around \$80,000, Gomez said.

"We finished it for just under \$2,000," said Barritt.

And they're not finished yet. Another intarsia, being planned for the 30th Mission Support Squadron, is still in the conceptual stages, Gomez said.

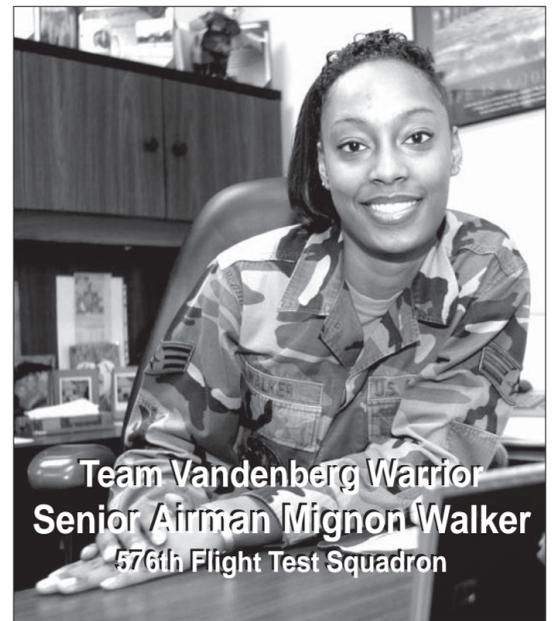


PHOTO BY AIRMAN 1ST CLASS MICHELLE MIRANDA

Team Vandenberg Warrior
Senior Airman Mignon Walker
576th Flight Test Squadron

Duty Title: Commander's Support Staff technician

Hometown: LaFayette, Louisiana

Time in Service: 3.5 years

Time on Station: 3 years

Hobbies: sewing, writing poetry, singing, dancing, reading

Education Goals: currently pursuing a Bachelor of Science degree in sociology and a Community College of the Air Force degree in personnel management

Favorite part of job: the sense of self-accomplishment

Supervisor's comments: "Senior Airman Walker is the oil in the machine that makes the 576th FLTS Commander's Support Staff run smoothly," said Tech. Sgt. Kenneth Davis, NCO in charge of the 576th FLTS Commander's Support Staff. "She is a top-notch airman who constantly strives for excellence."

BRIEFS:

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SPECIAL OBSERVANCES WOMEN, HOLOCAUST

The Vandenberg Military Equal Opportunity office is seeking volunteers to chair the following special observances: Women's History Month in March and Days of Remembrance of Victims of the Holocaust in April.

Volunteers may be military or civilian. They do not have to be a member of a particular group to

chair an observance. For more information, call the MEO staff at 606-0370.

MEDICAL GROUP TRAINING DAY CLOSURE

The 30th Medical Group will close for training the fourth Thursday of each month beginning Feb. 27. For emergencies, a threat to life, limb or eyesight, patients should call 911 or go to the nearest emergency room. For urgent care only, call 800-252-3299 or 606-2273. For more information, call 1st Lt. William Menza at 606-1407.



This intarsia, or wood mosaic, hangs in the entry of the Pacific Coast Club here.

Duty: Relocation Assistance Program specialist
Time in service: 7 years civilian and 29 years active duty
Time on station: 7 years civilian and 4 years active duty
Hobbies: street rods and travel
Favorite part of the job: "It's a great feeling to provide people with information about their next assignment and assist them in that move," Brown said. "It's a service that was not available when I was on active duty."
Supervisor's comments: "We call Bob Mr. Customer Service!" said Sally Galligan, acting Family Support Flight chief. "He's the epitome of friendly service, which is noted repeatedly in customer service feedback. He's a real team player, which resulted in a professional team award for the office during the last inspector general inspection."

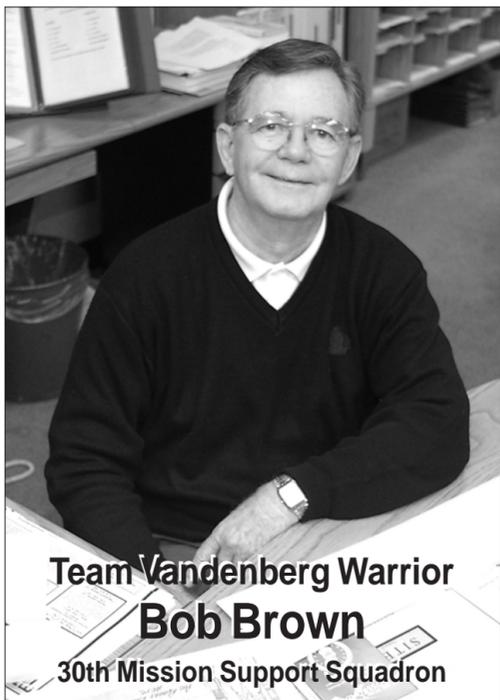


PHOTO BY AIRMAN 1ST CLASS MICHELLE MIRANDA

Team Vandenberg Warrior
Bob Brown
30th Mission Support Squadron

COMMANDER:

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Reserve working side by side with each other. Even though they each wanted to go home when it was time, while at their deployed location, no one was wishing they were somewhere else."

Wherever he found AFSPC troops, he said, he saw them performing their jobs with verve and confidence with other services and international host nationals, as well.

"They were like every other 'hero' in the theater," he said. "They were doing

their job, working in their skills for a deployed configuration. The same great job they were doing here, they're doing there. Whether they're enlisted or officer, they're all doing the things we expect of them. We not only have in-place missions where we perform critical jobs...we also have people from those missions who are critical and vital for deployment as well. We have a lot of heroes in a lot of places."

Morale was extraordinarily strong among the troops, added Chief Master Sgt. Ronald Kriete, AFSPC command chief, who accompanied the general on the tour.

"They were very mission-focused,"

SUCCESS:

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Neither can we cram a year's worth of inspector general preparation into the last 30 days before the inspection team shows up and expect to be successful. We have to come to work every day ready to dig in and get busy.

Attitude: You've all heard the old saying that "it's your attitude that determines your altitude."

That couldn't be more true.

Show me an organization where the troops don't get along with each other and grumble and complain about their

circumstances without doing anything to change them, and I will show you a substandard, marginally performing unit.

Great leaders inspire their troops to believe they can overcome any hurdle and accomplish any objective, and, great subordinates put that inspiration to work by making positive changes to fix broken processes and procedures instead of simply complaining about them.

We are members of the greatest, most powerful Air Force in the history of this planet, and each of us has a critical role to play. Be proud, be positive, and be active. When we believe we can win

Kriete said. "They're also starting to understand the AEF construct better."

Whether they're space weapons officers, first sergeants, security forces or any other job in AFSPC, being involved in AEF is as much a part of the job as the day-to-day mission, the general said.

"Deployments are part of our business; it's part of the Air Force construct," Lord said.

"[AEF] is part of who we are as a command and in the Air Force. An expeditionary mindset is something we have to adopt. This is the kind of tempo we're going to live with in the future. We

and get excited about our mission, great accomplishments will follow.

Teamwork: Team...Together Everyone Accomplishes More.

Our wing commander talks about this all the time, and our wing motto, "Team Vandenberg," gets to the very core of how important teamwork is.

The greatest quarterback in the world can't win if his linemen let the defense come pouring in on every play. And the greatest front line in the world can't win if the running backs and receivers don't know their assignments or keep dropping the ball.

Team Vandenberg is the greatest

have to keep our edge to make sure we're ready to do whatever we're called to do."

But, he concluded, after touring the outposts of Southwest Asia where AFSPC members are living and working, there were no doubts in his mind about the ability of those in the command to thrive in that tempo.

"This expeditionary business is really growing on us, not only on the Air Force, but certainly on Air Force Space Command," he said. "While continuing our great day-to-day space and missile mission, we're doing AEF better and better and our people are on the front lines."

launch organization in the world, but we can only be successful when every unit executes its assigned mission with vigor and professionalism. We must stick together, work together, and make opportunities to play together too. When everyone contributes, shares a common goal, and puts the needs of the group ahead of their own, the whole team wins.

If we come to work every day ready to put forth maximum **Effort**, cultivate a positive, can-do **Attitude**, and train and work as a **Team** with the common goal of 100 percent mission success, there will be no stopping us.

TAXES:

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people who work and have one or more qualifying children and meet certain income requirements," Fox said.

Another tax break is in store for military members.

"Beginning with 2002 tax year returns, military Basic Allowance for Subsistence and Basic Allowance for Housing amounts will no longer be included to figure earned income.

This will increase refund amounts for many military members whose income falls within the guidelines," Fox said.

To set up an appointment with a VITA volunteer, call the tax office at 605-3668. For specific tax filing questions and requirements, consult your unit tax advisor or the tax office.

30th Space Wing Vision:
America's finest professionals building the best spaceport and test range in the world.

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

Huey replaces Santa's sleigh

Santa visits local schools with help from the 76th Helicopter Flight

By 2ND LT. MICHELLE MAYO
30th Space Wing Public Affairs

■ Santa Claus traded in his reindeer for a UH-1N Huey helicopter as he made his rounds at three local elementary schools Dec. 20.

Since 1999, the 30th Operations Support Squadron and the 76th Helicopter Flight here have made it an annual tradition to fly Santa via helicopter to Vandenberg Middle School and Los Padres and Crestview elementary schools on the last day of school before the winter break.

As Santa and his crew circled overhead, the children lined the schoolyards below waving frantically.

"It makes the last day of school special for the kids," said Master Sgt. Richard Sweezer, 30th OSS chief of Airfield Management.

Once on the ground, Santa Claus gave lots of candy canes, and even more hugs, to the excited children.

The 30th OSS and 76th HF began the program three years ago at the request of the schools. Vandenberg provides Santa and the helicopter, while the schools and Parent Teacher Association provide the candy canes.

"The 30th OSS is honored to do this every year and strengthening our relationship with the local schools," Sweezer said.

"Not to mention it's fun to give the students something to remember on their last day of school before the Christmas break," added Tech. Sgt. Darryl Revier, 30th OSS chief of Base Operations.

Where were Santa's reindeer during all of this?

"Ho! Ho! Ho! I'm giving my



Above: Santa arrives in style in a UH-1N. Inset: Santa surveys Vandenberg housing during his flight. Left: Students like Johnny Vasques are thrilled to see Santa at school.

reindeer a little break before Christmas," cried Santa Claus, also known as Capt. Dan Weak of the 30th Space Wing Plans and Programs Office. "They've got a big night ahead of them, so I'm putting them on crew rest," he added as he boarded the helicopter before heading to the schools.

In lieu of reindeer, 76th HF pilots Maj. Tim Zacharias, 1st Lt. Joe Augustine and 1st Lt. Gage Bryson

escorted Santa to the schools. "It was fun, yet rewarding to be Santa's pilot," Augustine said. "Seeing the kid's excitement over Santa really got me in the Christmas spirit!"

"This also gives us a chance to show the families and kids of Vandenberg how much we appreciate their support of us and the other military members on the base," he said.

Ceremony honors heroes

By 2ND LT. JENNIFER WHITAKER
30th Space Wing Public Affairs

■ The Vandenberg Fire Department remembered its fallen brothers in a ceremony Dec. 20 at Fire Station No. 2 here.

The memorial was held in honor of four men who died in a 1977 wildland fire on South Vandenberg: Col. Joseph Turner, Jr., Vandenberg commander; Billy Bell, fire chief; Eugene Cooper, assistant fire chief; and Clarence McCauley, bulldozer operator.

The firefighters' wives and families were present for the ceremony along with Team Vandenberg leadership and personnel.

"Their battle was not fought on foreign soil but right here at Vandenberg. They died protecting our vital missions, homes, schools, communities, and lives," said Col. Robert M. Worley II, 30th Space Wing commander. "Their sacrifice was not in vain, but acted as a catalyst for a wildland fire program that's second to none."

Mark Farias, Vandenberg fire chief, said the fire changed the way Vandenberg deals with wildland fires.

"We're not here to mourn their passing, but to celebrate the mark they left behind," Farias said. From the fire, Vandenberg began such

programs as the Hot Shots, an annual wildland fire academy, a fields management program, and many other education and protection programs.

"We've had worse fires since the Honda fire, but we've had no serious injuries or death because of the tremendous efforts that have been put toward our fire programs," Farias said.

"There is no greater legacy than that of the countless lives spared because we did not allow their passing to be in vain."

The Vandenberg Hot Shots, which grew out of the tragedy, train daily to combat wildland fires.

Karl Gessel, a member of the Hot Shots, said they do plenty of running, hiking, and safety training.

"Probably 90 percent of what we do is PT (Physical Training)," he said. "I think it's great they honor the people who died in the fire. We should never forget."

Helen Bell, wife of fire chief Billy Bell, is also grateful that her husband's death was not futile.

"The fire department was his life," she said. "He would have appreciated this ceremony."

STRIPES:

From Page A3

- Jumar Garcia, 30th SFS
- Anthony Harbor Jr., 30th SFS
- Adam Heffley, 30th SFS
- Nicholas King, 30th SFS
- Derek Laux, 30th SFS
- Yong Lor, 30th Medical Operations Squadron
- Nimfa Mananggit, 30th LRS
- Michelle Miller, 30th SFS
- Ninanona Payongayong, 30th SFS
- Ryan Roberson, 30th SFS
- Michael Rooney, 30th CES
- Robert Rudd, 30th SFS

Staff Sergeant

- Rene Canales, 576th Flight Test Squadron
- Ray Cardona, 30th CES
- Erika Curiel, 30th SFS
- Harmony Dunning, 30th SFS
- Misty Gallegos, 30th Aeromedical Dental Squadron

- Michael Hosmon, 30th SFS
- Jesse Martinez, 576th FLTS
- Erin Panas, 30th SFS
- Stephen Short, 30th CES
- Stacy Wilfong, 30th MSS

Technical Sergeant

- Michael Buchanon, 532nd TRS
- Arthur Camargo, 595th Space Group
- Brian Jackson, 30th Comptroller Squadron
- Derrick McNair, 30th CPTS
- Gary Moorhead, 30th Range Management Squadron

- Alan Palazo, 30th SCS
- Joselito Papa, 30th LRS
- Scott Seyer, 30th SCS
- James Vanderlinden, 534th TRS

Avery Wright, Detachment 3, 17th Test Squadron

Master Sergeant

- Thomas Clary, 576th FLTS
- Tony Greer, 30th MDSS
- Rodney Jones, 30th SCS
- Philip Nixon, 30th CES

Senior Master Sergeant

- Karl McDonald, Detachment 1, Launch Communications



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ALCON: Normal

Days since last DUI **5**
DUI totals for the Year **1**
Saves by AADD this year: **0**

A general condition reflecting responsible alcohol use.

30th OG	0	14th AF	0
30th MXG	0	381st TRG	0
30th MSG	1	576th FLTS	0
30th MDG	0	Det. 9	0
30th SW Staff	0	Others	0

Whole lifestyle change key to family's diabetes fight

Chase family walks, eats together for weight loss success

By Tech. Sgt. Mark McKinney

30th Space Wing Command Section

Team Vandenberg family member Tracy Chase received a bombshell in April last year. She was diagnosed with type 2 diabetes.

This is a disease in which the body is still able to make some insulin, but the body's cells are not able to use the insulin properly. Type 2 diabetics are often overweight and over age 40. The disease can frequently be controlled with weight loss, nutrition and exercise.

Tracy is a testament to the effectiveness of this strategy, but her story is much more than that. The story of the entire Chase family is one that celebrates the resolve, determination, and belief that a bad circumstance can be overcome with hard work and a positive attitude.

As far back as the early 90's Tracy was experiencing some of the signs of diabetes, but it wasn't immediately diagnosed as such.

"I was feeling bad much of the time as far back as '92 or '93," Mrs. Chase said. "It's hard to explain, but I just didn't feel well. My energy was low and I was kind of out of it a lot of the time. When I went to get checked out I was initially diagnosed as hypoglycemic. Basically that means that my blood sugar was low. So, I began to eat whenever I wasn't feeling well and what I was eating were foods high in sugar content."

The dogged determination that would later serve her so well began as a trait that could have led to a devastating development for Tracy. Because she didn't feel bad all the time, she didn't always fill up on those sugar-filled foods. That may have saved her! A primary need for diabetics is to control their intake of the types of foods that raise their blood sugar level.

"I was doing the opposite of what I actually needed to do," Tracy said. "When I was pregnant with my youngest daughter Adriana, I was diagnosed with gestational diabetes and obviously, you would expect that if you do the things you need to during the pregnancy to control the gestational form, the diabetes will be alright after you give birth."

That didn't happen for Tracy.

"While we were over in the Azores, I was still out of it much of the time," she said. "One of the symptoms I had a lot was blurred vision. The doctors said that my diabetes was probably stress related, so one of the things they prescribed was meditation therapy for relaxation purposes. That helped a little, but I still felt I wasn't right ... I wasn't okay."

After a move to Oregon, the Chases found that Tracy was still experiencing the symptoms that would later be discovered to be associated with diabetes.

After arriving at Vandenberg and determined to find out what was really ailing her, Tracy made an appointment that would serve as the beginning of her recovery. After some critical testing, she was informed that she did indeed have diabetes ... type 2 specifically.

"At first I was a bit shocked to find out that I actually had diabetes," Mrs. Chase said. "The next feeling was that it was a blessing to finally know exactly what it was I was dealing with. My father is a diabetic, insulin dependent, so I was a little familiar with it, but I was determined to become more than just a little familiar. I started to study and find out what I could do."

The next factor in the Tracy Chase story was Vandenberg's Health and Wellness Center.

The HAWC has many wellness related programs, one of

them diet and nutritional counseling with Beverly Calderon.

"Tracy is an amazing woman," Calderon said. "She is a bit different than the average person we work with here at the HAWC. Tracy actually became very proactive and sought out information that would aid her in controlling her type 2. She soaked in the information we provided, took it seriously, and began to work with the plan we developed together."

The plan called for diet and nutrition education, better understanding of food types and reading of associated package nutritional labels, and most important, a life-style change.

Not only did Tracy take the ball and run with it, her husband, Tech. Sgt. Aaron Chase of the 532nd Training Squadron, also got into the swing of things by determining that whatever it took to help his wife, he was going to get it done.

"Everything that Tracy was going through was tough," said the 14-year career NCO. "At first I just wanted to help her, but as things began to unfold, I realized that I could use the information for myself as well. I've struggled with the (Air Force) weight standards pretty much as long as I've been in and, quite frankly, I was getting a little tired of dealing with it."

Aaron admitted that he had been on the borderline of not making Air Force weight standards for much of his career.

"With another five or six years remaining before I could retire, I wasn't sure I wanted to keep going through this," he said. "I thought I was predestined to be big because my entire family has struggled with their weight, so it just seemed to make sense that I would continue to struggle as well. That just isn't true! Regardless of my family's history, I realized that I still had a say in

my weight."

Many Air Force members speak of not having or simply not taking the necessary time to eat meals and Tech. Sgt. Chase is one more to add to that list.

"My biggest problem was one of not eating," he said. "I would go through an entire day without eating and I mean not eating anything at all ... that's so bad for you and now I know that. I would wait until I made it home at the end of the duty day and then begin to eat. I was in the habit of eating a big dinner and then I would have a late night snack."

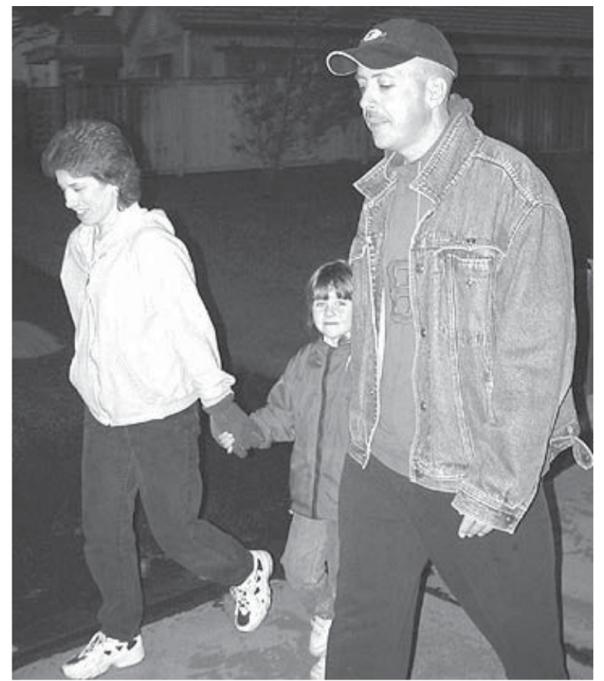
Husband and wife both realized that some changes were in order — the husband because he wanted to help his wife, and the wife because she discovered that a lifestyle change was critical.

"We both loved to eat and that was something that wasn't helping either one of us," Tracy said. "Loving to eat is not a bad thing unless you don't exercise some control of it. My mother had always told me that instead of eating really big meals, the key was to eat more frequently, but eat smaller portions."

That's where the experts came into play. Calderon gave Tracy and Aaron the tools they both needed in order to make their lifestyle change. The other vital bit of information provided by Calderon was in the form of a referral. She referred the couple to Florence Padgett of the 30th Medical Group. Padgett provided the added motivation to pursue the needed lifestyle change, by using her expertise on type 2 diabetes to give the Chase's a picture of what they were facing.

With all the pieces to the puzzle now laid out on the table, the next move was up to Tracy.

"The most important thing from my standpoint is that I must be on top of it," Tracy admitted. "I mean stay on top of my eating schedule ... eat when I need to eat and then control the cravings. The best way we found to control cravings was to keep the foods we craved the most out of the house. Then, if we really want to have something we crave, like cookies, we have to go and buy some ... just a small portion though."



(Left to right) Tracy, Adriana and Aaron Chase, 532nd Training Squadron, walk together as part of a whole lifestyle change to kick diabetes.

According to the Chase's, it's not all about deprivation though.

"It's important to understand that you can still have some of the 'fun' foods," encouraged Mrs. Chase. "That said, you have to be willing to pay the price for your indulgence. I'm not saying suffer the consequences, but what I am saying is, if you are going to treat yourself, you absolutely have to be willing to take that next step and exercise."

Aaron claims the exercise as his personal favorite part of the whole process.

"The biggest thing is the walking," he said. "We walk at least 30 minutes sometime after we eat dinner. We even go out and have another walk a little later some times. We vary the routes we take and it's just a chance to get out of the house, get some exercise and enjoy the base and our family. Our daughter Ashley comes with us some of the time and our youngest, Adriana, actually seems to enjoy it most of the time."

Tracy agreed with her

husband, "I hate working out or exercising, but it's something that I have to do — it's part of the plan," she said. "The key is to find something that you like to do. I don't like walking around a track and I definitely don't like working out at the gym, but what I do enjoy is our walks. It's made a big difference and is something I look forward to."

The results can't be argued! Tracy Chase has lost 56 pounds since her diagnosis and Aaron has lost more than 35 pounds. Tracy's diabetes is under control and Aaron is ready to re-enlist with no worries of meeting Air Force standards.

The Chase's, along with Calderon, made it clear that it is not just a matter of losing some weight, changing eating habits or starting an exercise program. It's a whole lifestyle change.

The Chase's story is not unlike the old Jimmie Stewart Christmas movie classic 'It's A Wonderful Life.' In that classic tale, a difficult time is followed by joy and now, the Chase family has written their own script.

Fueling the fight



PHOTO BY STAFF SGT. CHERIE THURLBY

OPERATION ENDURING FREEDOM — Staff Sgts. Ben Hritz (left) and Dave Follmuth help pull a 900-pound fuel bladder into place at Al Udeid Air Base, Qatar. Both are fuels technicians with the 379th Air Expeditionary Wing. Fuels workers currently maintain fuel for KC-10 Extender and KC-135 Stratotanker aircraft at the base supporting Operation Enduring Freedom. (Courtesy of Air Force Print News)

Servicemembers heading toward Persian gulf

By JIM GARAMONE

American Forces Press Service

■ WASHINGTON, D.C. — Thousands of American servicemembers are deploying to the U.S. Central Command area of operations.

The largest deployment is that of the Army's 16,500-man 3rd Infantry Division to Kuwait.

The Army troops will draw pre-positioned equipment in the region and be ready for any eventuality, Defense Department officials said. Certain division assets must be shipped to the region, however. Helicopters and certain other pieces of equipment will be shipped from Georgia and South Carolina, officials said.

Some 3,500 sailors and Marines of the Tarawa Amphibious Ready Group left San Diego on Jan. 6. The 15th Marine Expeditionary Unit will join almost 1,000 members of the

1st Marine Expeditionary Force already in the region. The amphibious assault ship USS Tarawa and the dock landing ships USS Mount Vernon and USS Rushmore form the core of the ready group.

The Air Force is also deploying personnel and aircraft to the region.

Airmen from the 1st Fighter Wing at Langley Air Force Base, Va., will deploy with F-15 Eagles.

Moody Air Force Base, S.C., is deploying HH-60 Pave Hawk helicopters and C-130 Hercules aircraft to the region.

The 4th Fighter Wing of Seymour Johnson Air Force Base, N.C., will deploy with F-15E Strike Eagles.

Airmen from Nellis Air Force Base, Nev., will deploy with the 15th Reconnaissance Squadron, the 58th Rescue Squadron and the 66th Rescue Squadron.

The 28th Bomb Wing at Ellsworth Air Force Base, S.D., will deploy about half its B-1B Lancer bombers.

E-8C Joint Surveillance Target Attack Radar System aircraft from Robins Air Force Base, Ga., will deploy to the region, as will F-16 Fighting Falcons from the 52nd Fighter Wing at Spangdahlem Air Base, Germany.

Special operations aircraft, such as AC-130 gunships, MC-130 Combat Talons and MH-53 Pave Low helicopters, will deploy from Hurlburt Field, Fla.

More deployment announcements are expected, said DOD officials. (Courtesy of American Forces Press Service)

President orders smallpox vaccination

By MASTER SGT. SCOTT ELLIOTT

Air Force Print News

■ WASHINGTON, D.C. — Air Force members will soon begin receiving smallpox vaccinations, as directed by President Bush Dec. 13.

The president, citing an increased bioterrorism threat since

Sept. 11, 2001, ordered military members and others in high-threat areas to receive the smallpox vaccination.

While Air Force plans for the vaccination schedule are still being worked out, the program's director said inoculations should begin in the next few months.

"We'll start as soon as possible," said Brig. Gen. Robert Smolen, director of nuclear and counterproliferation at the Pentagon.

Smolen said inoculations will be given in phases, but will initially target the active duty force.

The smallpox vaccine is a "live-virus" vaccine that uses vaccinia virus; however, people cannot contract smallpox from the vaccine, said Lt. Col. (Dr) Kelly Woodward, chief of preventive medicine at the Air Force Medical Operations Agency.

Since it is a live-virus vaccine, there can be occasional "big problems," he said. One such problem, though extremely rare, is when the virus erupts widespread over the body, as opposed to staying limited to the vaccination site.

People who received the shots as children (the United States stopped its routine vaccination program in 1972) must still receive the inoculation.

For more information visit the official Department of Defense smallpox vaccine Web site at www.vaccines.army.mil/smallpox.asp.

For these stories and more, check out Air Force Link at www.af.mil.

SPACE & MISSILE

FEATURES

Destinations *Central Coast on the hunt for a pair of Docs*

By SENIOR AIRMAN BRIAN HILL
384th Air Expeditionary Wing Public Affairs

Now that I'm deployed to Southwest Asia I don't have many shopping options besides the base exchange tent or the occasional traveling bazaar that comes to our camp.

Around Vandenberg, shopping can be a problem too. There's the Wal-mart, the Best Buy and the Target up in Santa Maria, but when I went looking for a pair of black Doc Martin shoes a few weeks



PHOTOS BY 2ND LT. MICHELLE MAYO

Shoppers can see the influences of Spanish art adorning everything from storefronts to fountains.

back, I found myself a little challenged.

It was early on a Saturday afternoon and I made the 30-minute drive to Santa Maria to check the mall. The word mall is used loosely here because it really is only a couple of department stores, a bookstore, a poster/frame shop and a few snacking places. The Robinsons-May store, to their credit, did have a nice selection of sandals, but sorry to say no Doc Martin's anywhere to be found.

The Sears had nothing either and the one shoe store I found in the Santa Maria mall had two pairs of Doc Martins, but they were kids sizes. They said they could order them for me if I wanted.

I remember thinking, "Where am I? Alaska? This is California. Next to England, where the shoes are made, you'd think California would have the biggest selection anywhere. It's the fifth biggest economy in the world."

So I stopped into the music shop and bought a copy of Star Wars Episode II and asked the person at the counter if there were any shoe stores in Santa Maria I'd overlooked. She didn't really have to think about my question. She just said no.

I didn't have anything better to do with my day, so the next stop was Santa Barbara. If there is a pair of black Doc Martin low-cut shoes for sale on the Central Coast, they're probably in Santa Barbara.

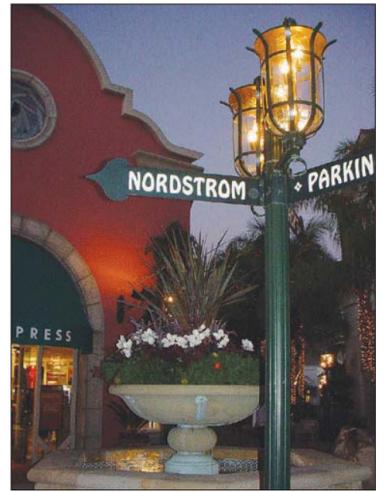
I drove down and got off at the State Street exit. At that point you're on what's called upper State Street. It's away from the harbor area, or lower State Street. There are basically two malls along that street: one called La Cumbre



Plaza, and one closer to the beach called the Paseo Nuevo Mall.

I started at La Cumbre Plaza with the Robinsons-May and found no Docs. There are a couple of shoe stores but one was mostly athletic shoes. The other, Pacific Sunwear, surprised me. I thought for sure I'd find what I was

Left: Shoppers take a leisurely stroll through the ivy-covered courtyards at Santa Barbara's Paseo Nuevo Mall. This outdoor mall attracts shoppers from all over California's Central Coast. Right: Paseo Nuevo offers everything from big department stores to one-of-a-kind specialty shops.



looking for because I'd bought Docs in a Pacific Sunwear before, but again, no luck.

I was sent in the direction of the other mall on State Street. Someone told me the Nordstrom there had a selection of

Docs.

Parking at Paseo Nuevo is not fun. There are a couple of underground lots if you turn south on Ortega Street then right onto Chapala. On a weekend though, it's anyone's guess how long you'll be searching for a parking spot. If you have the means, bring your weekend

sports car with you instead of the SUV. There are definitely some tight squeezes.

Well, I finally found what I was looking for, but one thorough check of the malls and shops on State Street changed my mind. And it was a pleasant drive back up to the base, much better than the three days I spent on planes getting to where I am now.

Shopping may be a little limited around Vandenberg, but a short drive down to Santa Barbara can solve all your shopping dilemmas.

At first, I wasn't sure I'd find what I was looking for, but one thorough check of the malls and shops on State Street changed my mind. And it was a pleasant drive back up to the base, much better than the three days I spent on planes getting to where I am now.



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

The Vandenberg Thrift Shop is open
Tuesdays, 9:30 a.m. to 2 p.m.
Thursdays, 11 a.m. to 6 p.m.
Call 606-3128 to find out more.



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: space&missiletimes@vandenberg.af.mil

Community Calendar

10 FRI **Lompoc Community Concert** - 7:30 p.m. today at Trinity Church of the Nazarene, 500 E. North Ave. in Lompoc. Today's performer is baritone Robert Sims noted for his performance of African-American spirituals. Tickets are available at the door.

Air Force Spouse's Scholarships - A \$1,000 scholarship is awarded to spouses of Air Force active-duty, reserve, and Air National Guard members annually. Applications are available at the base Education Center in building 14001. Apply by Jan. 31. Call 605-5904.

American Military University - offers free undergraduate tuition to spouses of active duty members who attend the college as undergraduate students through the Spouse Schoolmates Scholarship program. Call (703) 330-5398.

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 606-5484.

10 FRI **Win a Super Bowl party** - The commissary holds its Football Fan of the Year contest through Jan. 17. Turn in a short essay of justification for a chance to win.

Host families needed

The Cultural Homestay Institute is looking for families to sponsor junior-high and high-school age Japanese students March 26 through April 3. Call Diana Gellentien at 735-9168 or 735-2771, Ext. 238 by Feb. 21 to sponsor a student.

Cal Poly handmade book sale - Now through Jan. 17, 10 a.m. to 2 p.m. Monday through Friday in the Kennedy Library at Cal Poly, San Luis Obispo. Call Catherine Trujillo at (805) 756-2305.

10 FRI **Dads to new dads program** - this mentorship program offers support to new dads. Call Nancy Sias at 606-5338 for more information.

Moms to new moms program - this mentorship program

10 FRI **Allan Hancock College spring credit classes** - Fast Track and semester-length credit courses are available at the AHC Vandenberg AFB Center. Classes begin the week of Jan. 21. For tuition assistance information, call 605-5904. For information on spring registration, call 734-3500, Ext. 3248. Walk-through registration by appointment is Monday and Tuesday, 9 a.m. to 7 p.m. Open registration is Wednesday, 9 a.m. to 7 p.m. Call (805) 922-6966.

Military care packages - The Family Support Center staff is accepting donations to support deployed troops. Call 605-8553.

10 FRI **Food Pantry** - The Family Support Center provides emergency food assistance and distributes food via the USDA Food Program. Donations are always needed. Call 606-2960.

Free car seats - available for single-

10 FRI **One-on-one marriage enrichment counseling** - at the Family Support Center. Call 606-9958.

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

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

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

Yoga Fitness classes - 9 a.m. Fridays, 6 p.m. Tuesdays and Thursdays at the Services Center.

11 SAT **Global Hearts spaghetti dinner** - 5 to 8 p.m. Saturday at the Chapel 1 annex.

13 MON **Partners Assisting in Reading** - orientation is at 3 p.m. Monday at Crestview Elementary School. Volunteers read with one student for 30 minutes each week from Jan. 21 - April 9. Call 734-1651 to sign up.

TOPS (Take Off Pounds Sensibly) - 7 to

8 p.m. Mondays at the Health and Wellness Center. Call the HAWC at 606-2221.

14 TUE **Single Parents Support Group** - meets from 11:30 a.m. to 1 p.m. Tuesday at the Services Center. The group meets the second and fourth Tuesday of every month. No registration is required.

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

Thrift Shop hours - 9:30 a.m. to 2 p.m. Tuesdays and 11 a.m. to 6 p.m. Thursdays.

Pre-separation Briefing - 8 a.m. Tuesdays in the Family Support Center. The briefing is required 90 days prior to leaving the service. Call 606-0801.

14 TUE **Air Force Sergeants Association** - general membership meeting at 3:30 p.m. Tuesday in the Services Center. Membership is open to all active-duty and retired enlisted members. Call Tech. Sgt. Scott Astrosky at

15 WED **Manage Your Move** - 8:45 to 11 a.m. Wednesday at the Family Support Center. The workshop includes briefings on housing, traffic management, finance, legal and TriCare. Spouses are encouraged to attend. Call 606-0801.

21 TUE **College Orientation Workshop** - Jan. 21 and 22 at Allan Hancock College's Santa Maria campus and Lompoc Valley center. Workshops cover college facilities and services including counseling and university transfer services. Call (805) 922-6966, Ext. 3248 for more information.

Community Education Classes - register now for classes beginning Jan. 21. Call (805) 922-6966, Ext. 3209. Classes include: attracting birds and butterflies to your garden, Cha Cha fitness, power walking for the lunch bunch, Cajun and Creole cooking, floral design for Spring, how to write like a lover and how to sell your writing. Many classes are free. 606-8700

Chapel Events

For other denomination worship services and events, call the chapel at 606-5773.

• **G.I. Java** - 5 to 9 p.m. Monday - Saturday for dorm residents. Volunteers and cookies needed. For information call Senior Airman Mary Straub at 606-5773.

Catholic Notes:

• **Bible Study Groups** - 7 p.m. Mondays or Thursdays in the religious education building. Call 734-4202.
• **CCD classes are underway** - Sunday mornings at 8:30 a.m. in the religious education building.

WORSHIP SERVICE TIMES

Sunday
8:30 a.m. Praise and Worship, Chapel 2
10 a.m. Catholic Mass, Chapel 1
11:30 a.m. Traditional Protestant, Chapel 1
11:30 a.m. Gospel, Chapel 2
Monday - Friday
11:30 a.m. Catholic Mass, Chapel 2
Saturday
5 p.m. Catholic Mass, Chapel 2

• **Confirmation** - 12:30 p.m. Sundays in Bldg. 16130. Call 734-0474.
• **Catholic Women of the Chapel** - meets at 7 p.m. the second Wednesday of each month in the Chapel 1 Annex.

Call 606-5773.

• **Catholic Youth Choir** - practice is 4:15 p.m. Fridays in Chapel 1. Members needed. Call 734-5503.

Protestant Notes:

• **Brothers and Sisters in Christ** - 5:30 p.m. Sundays in the religious education classrooms. Call 606-5773.
• **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.
• **Women's Weekly Bible Study** - 9:30 a.m. Fridays at the religious education complex. Childcare provided. Call 734-0683.

At the Movies

Today The Emperor's Club

A passionate professor finds his tightly-controlled world shaken when a new student walks into his classroom. Rated PG-13

Saturday The Truth About Charlie

A young woman in Paris is about to divorce her husband when she discov-

ers he's dead and all their money is gone. Rated PG-13

Sunday Extreme Ops

A film crew travels to the Alps to film three extreme sports enthusiasts for a commercial. They accidentally catch a Serbian war criminal on film and a mountain chase ensues. Rated PG-13

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