

## IN BRIEFS

### OKC HOLDS BOOK SALE AT MAIN EXCHANGE

■ The Operation Kids' Christmas team will be selling a variety of used books at the main exchange through Saturday from 10 a.m. - 4 p.m. For more information on the book sale call Lane Gilchrist at 606-7334.

### BAND OF THE GOLDEN WEST COMES TO VANDENBERG

■ The Travis Air Force Base Band of the Golden West and the Lompoc Pops Orchestra will perform a free patriotic concert at 6:30 p.m. Wednesday in Sesto Auditorium.

The concert is open to all people with base access. Free tickets can be picked up at the bowling center, Marshallia Ranch Golf Course, the Pacific Coast Club and the Information Ticket and Tours Office.

### INCREASING HUMAN EFFECTIVENESS CLASS UNDER WAY

■ The 30<sup>th</sup> Space Wing Manpower and Quality Office is offering registration for Vandenberg's two and one-half day Increasing Human Effectiveness course.

The course, "Managing the Rapids of Change" covers a variety of topics ranging from the potential to change to effective goal setting techniques. For more information, or to register for the course call the manpower and quality office at 606-3093.

### FIRE SEASON UNDERWAY, DANGER AT MODERATE

■ As of June 2, the fire season is officially underway. Currently, the fire danger rating signs are at moderate and conditions

.....See ➔ IN BRIEFS Page 4

# Team Vandenberg launches Titan II

## Saturday's launch marks second Titan success for '99

■ Team Vandenberg successfully launched a Titan II rocket carrying NASA's QuikSCAT satellite from Space Launch Complex-4 West at 7:15 p.m. Saturday.

The U.S. Air Force Titan II, a modified Titan Intercontinental Ballistic Missile, is 110 feet tall, provides 430,000 pounds of thrust and can place more than 4,000 pounds into orbit.

The last Titan II was removed from alert status as an ICBM on June 23, 1987 at Little Rock AFB, Ark. The missiles were refurbished for space launch by Martin Marietta.

The primary instrument aboard the satellite is "Sea Winds," a specialized microwave radar used to collect frequent, high-resolution measurements about the speed and direction of winds near the ocean surface.

The launch team consisted of members from the 30th Space Wing, NASA, Lockheed Martin and Jet Propulsion Laboratories. The spacelift commander for this mission was Col. Steve Lanning, 30th Space Wing commander.

# Phased termination of Stop-Loss begins

■ WASHINGTON (AFP) -- Two days after NATO Secretary General Javier Solana's proclamation June 20 that Operation Allied Force was officially over, the Air Force started a phased termination of its Stop-Loss program that had



➔ A Titan II blasts off from Space Launch Complex-4 West Saturday night carrying NASA's QuikSCAT satellite.

kept airmen in fields critical to the allied effort from leaving the service during the air campaign over Yugoslavia.

In its announcement June 22, the Air Force did not completely eliminate Stop-Loss, stating that both the service and people affected

by the halt in separations need flexibility to transition to pre-war operations. Stop-Loss took effect June 15.

"With the end of hostilities, withdrawal of Yugoslav troops from Kosovo and the redeployment of our forces home, it is appropriate to begin releasing

our people from Stop-Loss," said Col. Lynn Pratt, chief of the Air Force's Military Personnel Policy Division.

"Stop-Loss is terminated for everyone not

See ➔ STOP-LOSS Page 4

# CComment

## Four keys to success can make a difference

BY MAJ. MICHAEL BRICE  
30th MSS Commander

It takes hard work and commitment to succeed in any profession. Here are four keys to success I would like to share with you that I feel can help you to make a difference in your section, unit and the Air Force.

### TURN INTO THE FIGHT

No matter where you work or what your rank is, to be successful you must be able to effectively deal with problems as they arise. How you choose to handle or not handle a problem says a lot about you as a professional and leader to both your subordinates and your supervisor.

By ignoring a problem or pretending that it doesn't exist, you're turning away from the fight—and setting your organization up for defeat in the sense that even minor problems can undermine the strongest organization's ability to function and achieve results.

For example, how do you think the troops will react when you correct someone for being 10 minutes late to work for the first time when they've observed someone else in the work section routinely arrive five minutes late without any comment or action from you to correct the behavior?

Instead, think of yourself as a fighter pilot locked in a dogfight. Turn hard into the bandit (problem) immediately upon recognizing it and take the steps necessary to defeat it (correct the situation). By doing so you will keep everyone focused on the mission as well as help maintain high unit morale and standards.



### WORK YOUR BOSS' PROBLEMS

Find out what's important to your organization and your boss and work those issues hard. Go above and beyond the tasking. Anticipate questions and seek out answers. Become an expert. Provide a fair and even-handed assessment of an issue both pro and con and be prepared to recommend a primary solution and some alternatives.

Your boss will appreciate the effort and, even more importantly, you will become a valuable member of the boss' team. You will make a difference by playing a key role in helping to frame issues and influence decisions that impact your

workcenter, squadron and wing.

### TREAT PEOPLE LIKE YOU WANT TO BE TREATED

U.S. technology has made today's Air Force more lethal than ever before. In Kosovo, two F-16s were able to destroy a bridge on a single mission; in Vietnam, it took a whole squadron of F-4s flying repeated missions to do the same thing.

Just as technology has made it possible for one or two airplanes to do the impossible, it has made it possible for two or three airmen today to get the job done where six or eight used to do it. Without a doubt, everyone wearing a "blue

suit" is a critical member of the Air Force team.

The highly motivated volunteers making up today's Air Force are the envy of the other branches and the world, for that matter.

But we must not take them for granted. People make technology work; people make sacrifices; people leave their families behind to deploy; people adapt, overcome, and get the job done—not machines. Take time to thank someone for doing a good job. Recognize their effort and initiative to make a process work better. Stop and listen if they make a suggestion on how to do it better—you might be surprised.

We expect people to think—so don't stifle them by never letting them win.

If a suggestion is not a good idea, take the time to explain why it's not before you dismiss it out-of-hand and send them back to their workstation. You might be surprised if you take time to listen and analyze what they are telling you about how to do it better, smarter, faster, cheaper.

environment maximizes the potential of your most valuable resource—people.

### COMMUNICATE WELL

Communication is the forgotten key to success. The best leader in the world can't do anything if he or she can't effectively transmit to the troops clearly what needs to be done. In my opinion, good written and verbal communication skills are absolutely critical to an individual's personal and professional success in or out of the Air Force. Ninety-nine percent of the good speakers and writers you come across were not born that way. Far from it. They acquired good communication skills through plain hard work and practice. Without the ability to effectively speak and write, you are self-limiting your ability to be the best and most effective leader possible in the Air Force or any other organization for that matter.

Three rules of thumb should guide you no matter how you're communicating in the normal workday environment—get to the point, be accurate and be brief. If you work at it hard

and keep those three ideas in mind, you will be on your way to communicating well.

All four of these keys to success are so obvious they are easily

overlooked or taken for granted. Don't let that happen to you and you'll be a better leader and follower no matter where you go or what you do in the future.

.....  
➔ ... think of yourself as a fighter pilot locked in a dogfight. Turn hard into the bandit (problem) immediately upon recognizing it and take the steps necessary to defeat it (correct the situation).  
.....

By asking for someone's opinion and really listening, you make it clear through words and action that everyone is a valued member of the team. This type of

### SPACE & MISSILE TIMES

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30th Space Wing commander

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# Juneteenth: Looking back, moving forward, letting go

## Cultural celebration encourages liberty, justice for all people

BY STAFF SGT. LISA NELSON  
30<sup>th</sup> Space Wing Military Equal Opportunity

Let the celebration begin! This past weekend, many African Americans across the world celebrated their freedom. Most celebrations began by reading one of the most important documents in support of freedom for African American slaves, the Emancipation Proclamation.

Juneteenth celebrates African American freedom while encouraging self-development and respect for all cultures, and communicates the significance it holds to many African Americans.

Many of the cultural teachings go back to our elders. From them, we can learn wisdom and ways to help others become aware by educating about African American heritage before, during, and after slavery. Not only does Juneteenth provide song, food and

dance, but it also provides the opportunity to express to all the fact that African Americans are proud people with a past, a present and a future within the American society.

The Juneteenth celebration is not only a showcase for the African American community's positive contributions to the American way of life, but it also makes a statement for all Americans that the United States is truly the "Land of the Free, and the Home of the Brave."

Juneteenth is an expression and an extension of American freedom and, like the Fourth of July, a time for all Americans to celebrate their independence, their human rights, their civil rights and of course their freedom. It brings true meaning to the phrase "With Liberty and Justice for All."

Although the Emancipation Proclamation was to take effect on Jan. 1, 1863, Texas didn't immediately learn about the proclamation, leaving many African Americans slaves without their freedom for two and a half more years. On June

19, 1865, the Union soldiers were told the war had ended and that all slaves were free under the terms of the Emancipation Proclamation. Also they were informed of General Order No. 3, which states, "The people of Texas are informed that in accordance with a proclamation from the executive of the United States, all slaves are free."

So on this day, June 19, 1865, the Juneteenth celebration began when slaves of Texas and many parts of the South celebrated the Emancipation Proclamation's final execution giving them their freedom forever. This was the day the streets filled with freed slaves singing, dancing, barbecuing, making history and paving the way for the what would be a traditional celebration.

On Jan. 1, 1980, Emancipation Day (Juneteenth) became an official state holiday in Texas through the efforts of Al Edwards, African American state legislator. The passage of this bill marked Juneteenth as the first emancipation celebration granted official state recognition. The

Texas House of Representatives recognize "Juneteenth" as an annual holiday of significance to all Texans and, particularly, to the blacks of Texas, for whom this date symbolizes freedom from slavery.

As African Americans from Texas, Louisiana, Alabama and Mississippi began to travel and settle to the North, East and West, they took with them the tradition of Juneteenth. Juneteenth continues to exist as a local festival throughout the United States, and is

emerging today as a major event of African American cultural expression. Like Cinco de Mayo, Saint Patrick's Day, Rosh Hashanah and the Chinese New Year, the celebration of Juneteenth pays tribute to history, culture and freedom, vital keys to our American

society today which helps us unify our nation.

As many African Americans are remembering their heritage, they are also trying to help others understand and participate in the celebration of their freedom. As someone once said, "I have a dream, a dream that one day people would just take sometime to understand and become more aware of why the celebrations and activities go on in the world today and we as a nation can continue celebrating the



past, living in the present and preparing for the future."

## MORE

## IN BRIEFS

are right for fires to start. Base members need to be cautious while traveling off road and on secondary roads. For more information call the Hot Shots at 606-2965.

**HOT SHOTS CONDUCT WILDLAND FIRE TRAINING**

■ The fire protection flight will be conducting a series of wildland training fires Sunday through July 2 between 10 a.m. and 5 p.m. The fires will be conducted near Ocean View Road in the off-road vehicle area. A total of 30-50 acres will be burned.

The fires are used to train Hot Shot crews, newly assigned firefighters, dozer operators and helicopter pilots in the proper techniques for combating wildland fires. For more information call the Hot Shots at 606-2965.

**HARGROVE REPLACES WALKER AS OSS COMMANDER**

■ Lt. Col. Michael Hargrove will replace Lt. Col. Thomas Walker as Operations Support Squadron commander Thursday at 10 a.m. in building 1746 (base operations) during a change of command ceremony.

In case of bad weather, the ceremony will be held at building 7000. A reception will follow at the Pacific Coast Club. For information call Capt. Shawn Francis at 605-6429.

**533RD TRS CHANGES COMMAND JULY 7**

■ Lt. Col. Andrew Fowkes replaces Lt. Col. Andrew Manley as 533rd Training Squadron commander during a change of command ceremony July 7 at 10:30 a.m. in the Pacific Coast Club Ballroom. A reception immediately follows. For more information call 606-0811.

**COMBAT ARMS FIRING RANGE COMPLEX OFF LIMITS**

■ The 30th Combat Arms Firing Range Complex is off limits to unauthorized personnel. Danger signs are posted around the area. For entry or more information contact the combat arms section at 606-6130.

**↑ The new spacelift commander**

Col. Steve Lanning, 30th Space Wing commander, presided over his first launch as Team Vandenberg successfully launched a Titan II rocket carrying NASA's QuikSCAT satellite Saturday night. The primary instrument aboard the satellite is "Sea Winds," a specialized radar used to collect frequent high-resolution measurements about the speed and direction of winds near the ocean surface. The scheduled launch of an unarmed Minuteman III Intercontinental Ballistic Missile Wednesday morning aborted during terminal countdown. The mission will be rescheduled at a later date after launch analysis group resolution.

## Case proves justice system works

COMPILED FROM REPORTS

■ In a special Court-Martial June 18, an airman 1st class assigned to the 30th Security Forces Squadron was acquitted of one charge of wrongful use of marijuana and one charge of failure to go.

The marijuana charge stemmed from statements obtained from a former 30th SFS member. The failure to go charge was added due to the airman 1st class' failure to go to physical training while awaiting trial. At trial, the former 30th SFS member testified about her

drug use with the A1C and the defense counsel called witnesses to challenge her credibility.

With respect to the failure to go, the A1C's mother testified that an attack of diarrhea prevented her son from being at his assigned place of duty. The jury, consisting of two officers and three enlisted personnel, found the A1C "not guilty." The trial was the result of an Article 15 that the A1C turned down.

Capt. Lori May, chief of military justice remarked, "Unfortunately, we have access to the whole spectrum of evidence,

some of which cannot be admitted at trial, including polygraph tests. While I respect the jury's decision, we were confident then and are confident now in the commander's decision to go to trial."

Maj. Jeffrey Palmer, the deputy staff judge advocate, later noted: "Regardless of what you believe the outcome of this case should have been, it illustrates that the military justice system is alive and well. The burden really does rest with the government to prove its case to the jury beyond a reasonable doubt."

....From → STOP-LOSS Page 1

deployed in support of Kosovo," she added. "For those deployed, Stop-Loss terminates upon return to home station."

The Air Force, she explained, could not end Stop-Loss outright and across the board because units deployed in support of Kosovo operations need time to return their people and equipment to home bases.

At the same time, the colonel added, people affected by Stop-Loss who plan to separate or retire must be afforded the same opportunity to take full advantage of the transition assistance available to all departing airmen.

There were 109 officers and 823 enlisted members of Vandenberg affected by Stop-Loss. The percentage of people at Vandenberg affected by the Stop-Loss actions was well below the Air Force average of 40 percent, said Maj. Mike Brice, 30th Mission Support Squadron commander.

## PEOPLE

## YOU MIGHT

## KNOW



↑ **Vandenberg's finest** Capt. Reginald Williams, 30th Operations Support Squadron and Guardian Challenge project officer, receives an award from Air Force Space Command for his hard work and dedication in organizing Guardian Challenge '99. Williams was appointed project officer in July 1998. He spent 11 months planning and executing the competition.

# Taps, reveille, retreat more than just music to Vandenberg's ears

## Proper courtesies rendered when music plays

COMPILED FROM REPORTS

■ The United States flag flies 24 hours a day at Vandenberg in front of building 10577, the headquarters building. Three times a day -- at 6:30 a.m., 5 and 10 p.m. -- music plays over the base's loudspeakers to mark reveille, retreat and taps.

Here are instructions on how to render the proper courtesies when we hear the music play:

### Reveille and Retreat

When outdoors and in uniform, face the flag, if visible, or face the music. Stand at attention and salute on the first note of the music. Drop your salute after the last note is played. (During the playing of "Sound Retreat," which precedes the national anthem, stand at parade rest. If in a vehicle during reveille or retreat,

pull the car to the side of the road and stop. All occupants sit at attention until the last note of the music has played. When in civilian clothes and outdoors, stand at attention and place your right hand (with a hat, if wearing one) over your heart.

### Taps

Honors are rendered during taps. Military members give a salute on the first note of the music and drop the salute when the music ends. When in civilian clothing, place your right hand over your heart.

No other flag on Earth is the subject of a national anthem; and no other flag has a Pledge of Allegiance. When we hear the music play for reveille, retreat and taps, remember to take the time to render the appropriate courtesies.

## Around the Air Force

### Reserve aircrews back

■ Command officials announced June 21 the initial return of reservists called to active duty to support NATO efforts in the Balkans. About 15 reservists from the 434th Air Refueling Wing returned to Grissom Air Reserve Base, Ind., June 19. About 50 more from the 931st ARB, McConnell Air Force Base, Kan., arrived June 21 after a seven-week deployment to Moron Air Base, Spain.

### Chief praises forces

■ Mobilized reservists deployed overseas might soon come home, but others may be asked to perform different tasks as the Air Force begins shifting gears with the end of Balkan air hostilities. In a message to major command commanders June 17, Air Force Chief of Staff Gen. Michael E. Ryan congratulated the men and women involved in and supporting Balkan operations on a job well done. He emphasized that forces will redeploy only after

the region has been stabilized by ground troops.

### Use-or-lose reminder

■ Air Force officials remind airmen that accrued leave in excess of 60 days is lost at the end of each fiscal year, unless special leave accrual applies. Leave restored under special leave accrual must be used within three years. Airmen who received SLA for fiscal year 1996 must use or lose the restored leave by Sept. 30, 1999.

### Record-breaking flight

■ The 103rd Fighter Squadron, 111th Fighter Wing, Willow Grove Naval Air Station, Pa., established the high-time, four-ship record for the final time June 9 with the retirement of Col. Jim Skiff, 111th FW commander. The four-ship, led by Colonel Skiff, broke the A-10 four-ship flight hours record established by the same four aircraft almost a year ago. Records indicate the total flight hours to be 13,783.5.

# Air Force forges ahead with EELV development, target 2001 launch

**Officials confident program will provide affordable, reliable access to space**

BY SENIOR MASTER SGT. ANDREW STANLEY

*Air Force Print News*

■ WASHINGTON -- As several investigations focus on just what went wrong in a string of recent space launches, the Air Force is forging ahead with development of the evolved expendable launch vehicle for the 21st century.

"The EELV program is poised to provide more affordable and reliable access to space for the United States," said Acting Air Force Secretary Whit Peters last fall. The plan is to eventually save as much as 50 percent over the cost of the "heritage" systems of Delta, Atlas and Titan rockets.

EELV development also represents a new approach to space-launch funding. In essence, the Air Force is buying launch services, not launch vehicles. Lockheed Martin and Boeing are each providing their own EELV versions to the Air Force, right down to different pad sites at each coast.

Air Force partnership with industry in developing the new launch capability satisfies government requirements, reduces space launch costs and greatly improves operability.

"EELV will provide cost savings of at least 25 percent initially and has the potential to reach up to 50 percent over the life of the program," said Maj. Tom Steele, EELV command lead for Air Force Space Command.

The future system will use standardized launch vehicle families instead of different versions of three

heritage systems, a single launch pad design, design reliability and completely standardized set up and launch procedures and equipment. These translate into significant savings over current heritage systems, according to the major.

"With the life of the program expected to run through 2020, these numbers are significant, equating to a projected savings of \$5 billion to \$10 billion," Steele said.

But the dollar savings are only part of the story. The design reliability portion also represents a desire to acquire safer, more responsive and reliable launch vehicles.

"We're looking at a 98 percent design reliability," Steele said, describing the key performance parameter condition set forth in the operational requirement document.

"The initial launch services cover the period from 2002 to 2006 and a total of 28 launches, with Boeing receiving a contract for 19 launches and \$1.38 billion, while Lockheed Martin's contract is for nine launches at \$649 million," Steele added.

EELV design and development began in 1995, with the first commercial launch planned for 2001 and the first government (medium lift) launch set for the following year. Steele said if all goes according to plan, the EELV will replace the heritage systems completely by 2006.

"It's possible the system could come on line early

to meet some commercial launch needs prior to government flights," he said. "The sooner a less-expensive and more reliable launcher is proven, the better for the military and commercial interests awaiting their chance at the launch pads.

"However, this early operational capability is not a government requirement, and targeting government missions for early transition is not in our plan at this time," he added.

The EELV represents a major step forward in the commercial use of space and ensures that the United States will remain

a world-class commercial space launch provider, according to Steele.

"The partnering with Boeing, Lockheed-Martin and the Air Force, having each invested \$1 billion in EELV development costs,

means the United States -- military and civilian -- will enter the 21st century with very capable, affordable expendable launch technology," said Peters.

In the shadow of some recent amazing feats such as international space station construction and reorbiting an aging American space hero, the development and ultimate use of the evolved expendable launch vehicle represents yet another step in the continuing conquest of space.

The experts agree that the next chapter of American space launch ingenuity can mean a bright future for military and commercial use of that final frontier, well into the next century.

➔ With the life of the program expected to run through 2020, these numbers are significant, equating to a projected savings of \$5 billion to \$10 billion.

Maj. Tom Steele, EELV command lead Air Force Space Command



U.S. AIR FORCE PHOTO

### ↑ **Counting Deer**

Airfield operations and flight safety are in need of volunteers to help conduct a census of deer inhabiting the airfield. The results will be used to quantify the risk of a wildlife-aircraft strike hazard at Vandenberg. Volunteers will be expected to drive on the runway and taxiways during evening and record deer activity. Substantial activity may result in a need for wildlife control. If interested contact 6-2556 or 6-6941.

## EQUAL listing for overseas returnees due out July 20

### New assignments will be released on or about August 26

■ RANDOLPH AIR FORCE BASE, Texas (AFPN) -- The latest Enlisted Quarterly Assignment Listing of available overseas returnee enlisted assignments becomes available at military personnel flights and on the Air Force Personnel Center's World Wide Web home page July 20.

This list includes assignments for people eligible to return from overseas in November through January.

Personnel officials recommend assignment preferences be updated by Aug. 2 to ensure the information is updated in the computer system before actual assignments are made. Officials with AFPC here said assignments will be released on or about Aug. 26.

EQUAL advertises upcoming assignment requirements by Air Force specialty code and rank, and gives people a chance to update their assignment preferences to more real-

istically match vacancies that will be filled in a particular cycle.

Local military personnel flights offer a publication, "Enlisted Overseas Returnee Counseling Handout" which explains how to use EQUAL.

New listings are released quarterly for assignments available at overseas locations as well as assignments available for those returning from overseas areas. All special duty assignments appear on EQUAL-Plus and are updated weekly.

Military personnel flights and commanders support staff offices have copies of the listings and can help people update their preferences. People who are on temporary duty during the advertising period should contact the nearest personnel office for assistance.

People can access the list on the AFPC WWW home page at <http://www.afpc.randolph.af.mil> then click on the "military assignments" link. (Courtesy of AFPC News Service)

NEWS

YOU CAN

USE

### Air Force recruiting new recruiters

• RANDOLPH AIR FORCE BASE, Texas (AFPN)-- Air Force Recruiting Service has about 200 openings for recruiters across the United States.

• Benefits include \$375 per month in Special Duty Assignment pay; a unique, semi-autonomous work environment, four-year tour stability, choice of assignment from available locations and the reward and satisfaction of sharing Air Force opportunities with young people.

• Senior airmen through master sergeants with less than 16 years of active duty are encouraged to apply.

• For more information, visit your military personnel flight or contact the Recruit-the-Recruiter Team at DSN 487-3511/12, commercial (210)652-3511/12.

• (Courtesy of Air Education and Training Command News Service)

# 381st becomes newest CCAF affiliate

## Enlisted members now earn credits toward associates degree

BY CAPT. RICH SHEDON  
*381st Training Group*

■ The 381st Training Group was recently notified that it is the newest affiliate member of the Community College of the Air Force. This is the final step in the training group's effort to achieve status as a full member of the Air Force training community.

CCAF membership will have a significant impact on enlisted personnel in the space and missile community. Now,

individuals successfully completing any of the 55 CCAF degree courses and ten CCAF certificate courses offered by the 381st are ensured of receiving associate level college credits. Air Force enlisted personnel who attend training at the 381st will be able to apply credits from their courses to career-relevant civilian study programs and CCAF associate degrees.

Affiliation with CCAF is an accomplishment that speaks volumes about the dedication and commitment of every member of the training group. This is a tremendous accomplishment for every instructor

and the training group that will pay dividends in the space and missile career field for years to come.

The final step in the CCAF evaluation was the 381st fulfilling the requirement for more than 90 percent of its instructors to possess degrees. All instructors assigned to the training group are required to earn a minimum of an associate's degree within one year of reporting for duty. The requirement to earn a degree is in addition to completing instructor certification and qualification in the respective courses, as well as the full time job of teaching

courseware development, and training program maintenance. Air Force Education Training Command compensates these individuals with 100 percent tuition assistance, books, and fees for the associate's degree.

Initiated in 1971, the CCAF is an Air Force program designed to integrate on-duty technical education with off-duty educational opportunities into coherent and career-relevant study programs. The Secretary of the Air Force approved the college, and CCAF was officially activated on April 1, 1972. In December 1973, the CCAF became an accredited member of the

Southern Association of Colleges and Schools ensuring its educational quality to the public and other institutions.

In 1977, the president of the United States signed a law authorizing the commander of Air Training Command to confer associate degrees upon enlisted personnel who have successfully completed programs of study prescribed by the CCAF.

If you have questions about 381st courses you have taken in the past or will take in the future, and what credits you may earn towards your degree, see your unit training manager or the base education office.



# Help finance your education through U.S. savings bonds

## Bond campaign ends Wednesday

BY CAPT. JIM KUBINSKI  
*VAFB campaign coordinator*

■ Vandenberg is conducting its annual U.S. Savings Bond Campaign this month. This is the fourth in a series of articles explaining the benefits of savings bonds.

In addition to the safety, ease of purchase, and liquidity of U.S. Savings Bonds, there is another feature unique to savings bonds—the tax advantages available when using savings bonds to finance education. Here's how it works.

The education bond program is aimed at helping lower and middle income

Americans pay for post-secondary education. If all conditions are met, interest on Series EE bonds you purchase on or after January 1, 1990, is eligible for a special federal income tax exclusion when you use the bond redemption proceeds for higher education.

You may exclude interest on these bonds from income for federal income tax purposes if you pay tuition and required fees at colleges, universities, and qualified technical schools during the year the bonds are redeemed (costs of room, board and books do not qualify as educational expenses for this purpose). The exclusion applies to the post-secondary educational ex-

penses of the bond owner, his or her spouse, and any legal dependent.

To qualify for this exclusion, the bonds must be issued in the name of a person who is 24 or older on the first day of the month in which the bonds were purchased. Bonds issued in the name of a child as owner or co-owner are not eligible for this education tax exclusion, but a child may be named as the beneficiary.

You can exclude interest on bonds from income for federal income tax purposes if the qualified tuition and fees you paid during the year are equal to or greater than the redemption proceeds (principal and interest) of the bonds. If tu-

ition and fees are less than the redemption proceeds for the year, the amount you can exclude from income is proportional to the share of the proceeds that you used for tuition and fees. For example, if you are eligible for the full income exclusion and if you redeemed \$10,000 worth of bonds during the year but tuition and fees total only \$8,000, you can exclude 80 percent of the interest income on the bonds from federal income tax.

In the year of redemption, bonds owners must meet certain income limits. For single tax payers, the limit for a full exemption is \$53,100 modified adjusted gross income

(MAGI). The exclusion phases out up to \$68,100 above which no exclusion is allowed. The range for married taxpayers is \$79,650 to \$109,650 joint MAGI. Married couples must file jointly. Modified adjusted gross income includes the accumulated interest on bonds redeemed during the year before exclusion. (Income limits specified are for 1999.)

So, if you want a tax-free investment to help finance the education of your child, spouse or even yourself, consider purchasing U.S. savings bonds. For information contact your unit savings bond representative, or talk with me at 605-5374.



PHOTOS BY AIRMAN SUZANNE JENKINS



↑ **Crisis in Balkans** (Top) Airman 1st Class Yvonne Jude, 30th Mission Support Squadron, assists Tech. Sgt. Dalton Tisdale, 30th Security Forces Squadron, with his deployment preparations. (Bottom left) A few of the 45 members of the 30th SFS, locked and loaded, ready to go. (Bottom right) Staff Sgt. Matthew Digati, 30th SFS, looks over important information prior to deploying to the Balkans in support of Operation Shining Hope June 17.

## Programs aid families of deployed forces

Compiled from staff reports

■ With the recent deployment of more than 50 members of the 30th Security Forces Squadron to the Balkans, how Team Vandenberg cares for the family members of its deployed spouses is critical. The 30th Medical Group and Vandenberg's Community Support Center have valuable programs for spouses and children while the active-duty member completes their deployment or remote assignment.

— Tech. Sgt. Joel Brady is the person to call with questions about health care ser-

vices, access to health care and even transportation for children with an appointment to the pediatrics office.

"I'm the 'answer man' with information for family members about health care," Brady said. Assigned to the patient advocate's office in the 30th Medical Group, Brady can be reached by call 606-8042 from 7:30 a.m. to 4:30 p.m., Monday to Friday.

He also would like family members to use the Healthwise line whenever they're unsure if they require emergency, same day or home care. The Healthwise number

is toll free 1-888-252-3299 and connects callers to a Healthwise nurse.

The staff at Vandenberg's Community Support Center has several programs in place to ease the strain of military separation for the active-duty person and their family. For all of these programs, the spouse must provide a copy of the active-duty members military orders, explained Tech. Sgt. Andrea Spencer.

— The Hearts Apart program allows the immediate family of active-duty members serving a remote or de-

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## New EAGLS software helps commanders track VISA cards

■ WASHINGTON (AFP) -- In much the same way as the speed of electronic checking eliminated the practice of writing a "hot" check, the Electronic Account Government Ledger System, known as EAGLS, is predicted to stop the practice of using the government travel card for seemingly innocent, yet unofficial purchases.

Initiated by NationsBank for the government travel card program, EAGLS is an online, real-time Internet-capable, point-and-click software program that can provide commanders immediate access to individual accounts. It also allows them to track transactions on an almost daily basis.

This is light years ahead of the former paper-based system that provided a monthly print-out of each cardholder's activities, according to Michael Weber, program manager for the Air Force travel card program.

"EAGLS can provide information on transactions less than 24 hours after a card is used," he said.

According to Weber, elimi-

nating abuse through better tracking is just one of the many ways EAGLS is going to help commanders, agency program coordinators and cardholders better manage the government travel card program.

The ability to perform immediate, online maintenance is another.

"For example," he said, "if a card holder's ATM limit needs to be raised or lowered, the change will be effective overnight after the agency program coordinator types in the information." In much the same way, the commander can also limit spending by card abusers and turn cards off and on electronically.

While EAGLS is currently only available to commanders and their agency program coordinators, Weber said it ultimately will be available to every cardholder.

This will give cardholders the convenience of accessing NationsBank newsletters, checking their balance and even printing out a copy of the monthly statement before it arrives in the mail.

## Global positioning system tested for Y2K compliance

■ PETERSON AIR FORCE BASE, Colo. (AFP) -- Air Force Space Command will conduct year 2000 compliance testing of the global positioning system between June 22 and the end of July. The test involves a single satellite and should not interfere with day-to-day use by GPS users.

The upcoming test is the second Y2K test slated for the GPS system. The first test occurred from late April to mid-May.

During the tests, the clock on one GPS satellite will be moved forward to specific dates to be tested in a Y2K environment. Before moving the clock forward, the satellite will be temporarily set "unhealthy" so that its signal cannot be used by GPS receivers made in accordance with manufacturing specifications.

There are currently three more GPS satellites on-orbit than required for the full constellation of 24 satellites. Even with one set "unhealthy," GPS users will continue to receive navigation information that exceeds accuracy the Air Force has committed to provide, said officials.

## Family members can use free car care, health services, morale calls

### ➔ DEPLOYED

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ployed assigned to make morale calls from their homes using the Defense Switched Network, or DSN.

Immediate family members of deployed or remotely assigned active-duty members can call overseas using DSN. They must provide a copy of their spouse's orders to the Family Support Center and complete an Air Force Form 2800. The form is available at the FSC and on the Air Force CD-ROM.

Calls are limited to 15 minutes twice a week. Routine calls can be placed from home to the base operator at 606-1110. Callers may be asked to call at a later time, or their call may be interrupted. If a call from an immediate family member is interrupted before three minutes, they can call base operator and ask to be re-

connected. Reconnections do not count as a separate call. All calls are subject to monitoring.

This program does not replace the use of normal emergency communication channels, Spencer said. In the event of an emergency, family members can contact their spouse through their first sergeant or the American Red Cross.

For information about the program, call Master Sgt. Chauncey Rivera or Spencer at 606-0039, or call Waiting Spouse Chairwoman, Barbara Gimer at 606-5484.

— "Car Care Because We Care" is a program designed to keep the primary car or truck of those families of active-duty members in top condition. The free preventive maintenance includes:

— oil and oil filter change, lubrication and vehicle safety

checks.

Call the Community Support Center at 606-0039 or 605-58551 for information.

— Waiting Spouse is a support group for spouses and the families while the military spouse is deployed, on remote assignment or extended TDY. At least two activities are scheduled each month for the Waiting Spouse program that spouses and family members can attend. The next event is a social held Saturday from 6-8 p.m. at Family Services in the back of building 10525. For more information, call Gimer at 606-5484 or Family Services at 606-4225.

— The Videophone Program gives the immediate family of active-duty members who are deployed, TDY or remotely assigned an opportunity to talk with their spouse face-to-face. Call Spencer, 606-003 for information about signing up.

# Peters confident in Air Force's space launch capability

BY TECH. SGT. TIMOTHY HOFFMAN  
Air Force Space Command Public Affairs

■ PETERSON AIR FORCE BASE, Colo. (AFPN) -- Space launch range modernization, the Broad Area Review of recent launch failures and money for critical space systems were topics discussed by Acting Secretary of the Air Force Whit Peters, during his visit here June 21 and 22.

The secretary attended the semiannual Commercial Space Industry Leaders Conference here and visited Air Force Space Command's 11th Space Warning Squadron at nearby Schriever Air Force Base, Colo. The 11th SWS provides theater ballistic missile warning.

One concern brought up during the visit was the progress of the Broad Area Review that was directed by Peters and Air Force Chief of Staff Gen. Michael Ryan. The review's charter is to look at recent launch failures and recommend changes in practice, procedures and operations to prevent launch failures in the future.

"Right now, I don't see a systematic problem with our launch capability. Everything looks like separate and distinct problem(s)," said Peters. "The real questions that seem to be coming up are: Have we lost an important experience base, and have we stopped doing some procedures that we once did that would protect us from this?"

The working assumption, said Peters, is that there have been a lot of retirements and separations since the draw-down and that consolidation in the defense industry has had the same effect. In slang terms, there has been a brain drain on the whole space industry.

"So at least one theory is that we've had a tremendous loss of corporate knowledge," he said. "If this assumption is true, then we need to go back and assess our processes and make sure we meet the standards."

Another point of concern has been the Air Force's move



U.S. AIR FORCE PHOTO

▲ A Titan IV lifts off from a space launch complex at Vandenberg. Team Vandenberg recently successfully launched the first Titan IV-B from the West Coast.

from direct oversight of quality to insight in the contractors' quality control practices.

"I'm not sure we are doing either at this point," said the secretary. "All insight does is put on the Air Force's shoulder the burden to look at the overall quality procedures, rather than do the quality tests ourselves. We look to make sure the basic safeguards are in place for the contractor. I still think that is the right way to go. However, the fundamental question is, do we have the right quality procedures today, given the work force today, to assure launch? Again, the theory is we've lost a lot of experienced people -- so before this loss of experience it didn't really matter what the procedures were, because our veteran work force would catch the problems. There is some belief that we now have to rely on those procedures more. But

all of this is a guess."

From the findings so far, Peters is confident that there are no major problems with the hardware design of the nations space launch vehicles.

"What I see is, whenever you have humans involved, there's a chance for error," he said. "What we need to do is make sure the fundamental systems are basically OK. So what I see our problems boiling down to is, given the current work force, do we have the correct standards and procedures to give us consistent quality?"

Another challenge facing Air Force Space Command is upgrading the two ranges it operates. The Eastern range center at Patrick AFB, Fla., and the Western range, run from Vandenberg AFB, Calif., are both in need of major upgrades.

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## No 'systemic problem' with launch capability

### ➔ LAUNCH

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"We have range modernization programs in place, but there's a historically very high risk that they will slip. Not because the programs are at fault, but because we keep taking the money for more high priority problems," said Peters. "I think ultimately we need to look at a different funding mechanism."

Range funding was one of the issues discussed with industry leaders during the conference.

"The basic economics at this point is we are putting in 100 percent of the dollars, but not using 100 percent of the capability. However, the way legislation is set up today, it is not clear that we could recover much of the cost we put into modernization," said Peters.

The key is to balance what is good for the Air Force and what is good for the commercial space industry when paying for and upgrading the ranges.

"We need to look at two conflicting priorities: one is getting reimbursed for those costs, but second keeping the costs of launch low enough that we keep the bulk of our launches here in the United States," said Peters. "We agreed today to hold a conference to look at our current cost of operations and to look at some industry ideas on how we might allow them to invest in the ranges, and reshape the way we get reimbursed. This is a hard area, but range modernization should help everyone cut costs in the long run."

"Suppose we cut the cost of launch by \$1, and we ask industry to contribute 50 cents," the secretary continued.

"Now, the Air Force is better off by 50 cents and industry is better by 50 cents. So that is one of our fundamental economic questions we have: As we modernize, are we cutting the cost to launch? If the answer is yes, then we should share the burden. This would also make it easier for me to hold on to range modernization money in the budget.

These issues need extended discussion and it is happening. There is a White House working group looking at these

kinds of questions about government and industry."

Peters said he was encouraged by the progress of the Evolved Expendable Launch Vehicle and hopes the new system will cut down on cost and improve reliability.

"Boeing's EELV facilities already under construction at Patrick, and Lockheed Martin is waiting for a Titan to launch so they can begin construction on their EELV facilities," said Peters. "The ground construction is ongoing and looks like it is on schedule. It is our hope the standardization of the EELV processes will improve reliability and cut cost."

The Air Force's stable and reliable intercontinental ballistic missile force of Minuteman III and Peacekeeper missiles are also facing challenges.

"I'm told we have a broken budget for the guidance and propulsion programs for the Minuteman, and we are trying to fix that," said Peters. "Both are programmed at the minimum economic order quantity. As it turns out, we need to do the guidance upgrade before the propulsion, but at the moment the propulsion contract is executing slightly ahead of the guidance upgrade. So we are going to have to reorganize those programs to get them back on track."

The 50 Peacekeepers in silos at F.E. Warren AFB, Wyo., face an uncertain political and operational future. The system is scheduled to be eliminated by the START II treaty, but Russia has not ratified the treaty yet. This makes the funding for the system a year-to-year problem.

"I raised that issue with OSD (Office of the Secretary of Defense) the other day. We are looking at more than \$100 million a year to keep the system viable and effective," said the secretary. "So far, I think the feeling is that it is money well spent. We are going to keep this funding level until we see whether we are going to move through START II to START III. It's very expensive to maintain, but on the other hand, it serves a very important overall strategic objective of reducing nuclear weapons." (Courtesy of AFSPC News Service)

# VAFB Red Hawks win Santa Maria roller hockey championships

COMPILED FROM REPORTS

■ The Vandenberg AFB Red Hawks roller hockey team won their division championship June 16 at the Central Coast Sports Arena in Santa Maria, California. The victory comes in the Hawks second

Team captain Rob Wilson, 30<sup>th</sup> Communications Squadron, added, "Everyone on the team felt the pressure of having to rise to the occasion. Going in as the favorite, everyone knows it's your game to lose, whereas the underdog

Aerospace Medicine and lead scorer for the Hawks. Surra said, "Vandenberg has a lot of talented players for a sport that is still gaining popularity with military athletes. Next season, we hope to form a travelling team to compete against the local military installations that already have a designated roller hockey area on the base."

Surra added, "You don't think about it until after the game, but when you represent your Wing, and the Air Force in these local leagues, it almost seems like you're playing for more than just the team. Even if the people on base don't know when our games are, the people downtown see Vandenberg personnel playing good clean hockey and showing good sportsmanship. They almost expect that from us. I think it's good that we have that reputation in the community."

The Red Hawks championship team consisted of Rob Wilson, Joseph Krafchak, 30<sup>th</sup> Communications Squadron, Jose Tovar, Vince Surra, and Marlon Robles, 30<sup>th</sup> Medical Group, Mark Curley, AFOTEC, Timothy Harris, 30<sup>th</sup> Space Wing protocol; Bill Bott, 30<sup>th</sup> Services Squadron and J.J. Dotzer.



↑ The Vandenberg Red Hawks won the 1999 Santa Maria roller hockey league championship.

season with the league, and concludes their 11 and 1 record for the regular season. Even with a near perfect record, the Hawks were not a shoe-in for victory.

Jose Tovar, 30<sup>th</sup> Medical Group, explained, "In one-game-playoffs, any team can step up and send you home. We had won the majority of our games, but we rarely had a commanding lead and always felt pressure from the other teams." Tovar plays forward and scored twice in the finals.

has the mindset of having everything to gain. It's a slight difference in your state of mind that can mean the difference between status quo and giving that extra effort to win. We knew that we were the team to beat, and took the challenge very seriously."

Most of the Red Hawks will take the summer off and return to defend their championship next season, but a few players will play summer hockey in the Vandenberg Village League that kicks off next Wednesday. "I'd play every night of the week if someone offered it and I could afford it," said Vince Surra, 30<sup>th</sup>

## SPORTS

### SHORTS

#### SUMMER LEAGUE HOOPS SEASON BEGINS

♦ Summer league basketball began Tuesday. The six-team league plays every Tuesday and Thursday at 5:30, 6:30 and 7:30 p.m. This extramural basketball season is open to all active-duty, family members and civilian employees.

#### EXTRAMURAL SOFTBALL STARTS UP JULY 9

♦ Women's softball season begins July 9. There are three teams: 576th FLTS, 30th CS and 30th TRANS. Games are played Friday at 5:30 and 6:45 p.m. on Field No. 2. To join a team, call Senior Airman Jessyca Castillo at 606-3832.

#### SOCCER LETTERS OF INTENT DUE TO FITNESS CENTER

♦ Letters of intent for intramural soccer are available at the fitness center.

#### FITNESS CENTER SPONSORS FREEDOM RUN JULY 2

♦ A 5-kilometer and 10-K Freedom Run takes off from the front of the fitness center July 2 at 11:30 a.m.

#### BASE POOL OPENS FOR SUMMER BUSINESS

♦ The base pool is now open. Cost is \$1 for children under 14, and \$2 for anyone 15 years and older. The pool is open Monday through Friday from 1 - 4 p.m. and Saturday, Sunday and holidays from noon - 5 p.m.

## Intramural Softball

### NATIONAL LEAGUE

	W	L
30th MSS #1	5	0
576th FLTS #1	4	0
30th CES #2	4	1
30th TRANS	3	1
2nd SLS	3	2
392nd TRS	3	3
532nd TRS	2	4
576th FLTS #3	1	4
533rd TRS	1	5
614th SOPS	0	6

### AMERICAN LEAGUE

	W	L
30th CES #1	5	1
576th FLTS #2	4	1
30th SFS	3	1
NRO	2	1
Det. 9	2	1
30th MDG	3	2
534th TRS	2	4
30th CS	1	3

As of June 17

## Fitness goals mark progress

COMPILED FROM AMERICAN MEDICAL ASSOCIATION REPORTS

### STRENGTH

Strength is the muscle's ability to exert force. Although we equate large muscles with strength, that is not necessarily so.

Strength is not directly proportional to the size of a muscle. First, you need to decide which muscles you want to strengthen, then find the best way to exercise those muscles so they will respond with increased strength. Then keep increasing the weight load to challenge the muscles.

For instance, add 1 pound now and another pound in a month, and so on. The more you load the muscles, the stronger they will become. Muscles respond quickly, providing you give them adequate rest and sound nutrition.

### ENDURANCE

This is the ability to exert force over a period of time. It is a combination of :

- the capacity of muscles to perform repeated contractions
- the ability of the lungs to supply the muscles with adequate quantities of oxygen and remove adequate quantities of waste
- the heart pumping blood that carries the oxygen and carbohydrates necessary to provide energy to the muscles and carry away carbon dioxide, water, lactic acid, and waste products

### AEROBIC CAPACITY

Aerobics are exercise activities that are sustained by oxygen. In aerobic activity muscles are used strenuously over periods of time: 30 to 60 minutes or more. As muscles are required to use



oxygen, at the same time they also increase their capacity to use more oxygen. This goes for the heart, too, since it is a muscle. In aerobic activity, the heart uses more oxygen and becomes able to pump more blood to the lungs to obtain more oxygen. The lungs, in response increase their capacity to provide oxygen to the bloodstream.

### FLEXIBILITY

Flexibility has less to do with muscles than with joints and the range of motions through which the joints can move. This refers not only to the obvious joints such as fingers, wrists, elbows, shoulders, hips, knees, and ankles, but also to the vertebrae in your back.

"Use it or lose it" applies not only to muscles but also to joints. The body stiffness we usually attribute to aging is more often caused by inactivity. Muscles and their tendons that are not used much become shorter and weaker; likewise, the ligaments that hold joints together also shorten and weaken when they are underused.

In most cases, stiffness can be reversed and flexibility restored by exercising and stretching. The increased flexibility protects muscles and tendons against possible injuries such as pulls and tears. Physical activity can also help arthritic joints from the "freezing" that results from the cycle of pain-disuse-weakness-pain, and so on.

The best exercises for flexibility are low-intensity cycling, walking, calisthenics, dance, and yoga. Flexibility is also aided by warmth. So work out in a warm environment. Do your stretching in a sauna, steam room, or whirlpool bath. You can also do as the professional dancers do: lightly wrap stiff joints with special stockings to help hold in body heat. Massage also helps restore flexibility.

It's important for you to remember that stiffness didn't happen overnight, so don't expect to become flexible overnight. If you try too hard and work too fast, you may injure muscle or tendon tissue. Do your stretching and flexibility exercises slowly and gently at first and gradually intensify them.

## Community Calendar

### FAMILY ADVOCACY

◆ **Stress management** is a 1-1/2 day class that uses the stress processing report and the self development guide to identify thinking patterns and 19 areas of thought which may be limiting your level of personal effectiveness and causing you distress on the job, with your health, or within your family. Call Newt Ferris at 606-5338/9958 for dates.

◆ **Baby Meet** is held every Thursday at 10 a.m. A parent participation group with babies between the ages of newborn to two years of age. Meet with other parents and their babies for discussion and socialization. For more information, call 734-0908.

◆ **Playtime for Tots** is held every Tuesday 10 a.m. A parent participation support group for parents and their tots under the age of five. For more information, call 734-2512 for locations.

◆ **Marriage Enrichment:** An eight-week course which will help couples work toward building basic communication skills- how to talk, listen and fight fairly, as well as work on commitment, teamwork and friendship. Available for any couple from the newly engaged as well as long-time partners. Call 606-5338/9958 for dates and information.

### THE RED CROSS

◆ June classes given by the Red Cross are:

**Infant and Child First Aid and CPR** will be held Tuesday and Thursday at 6 p.m.

**Community first aid**

**and training** includes adult, infant and child CPR and basic first aid certification. The class is scheduled for Saturday at 8:30 a.m.

**Basic Aid Training** is a first aid class for youth in grades three to five. It is

must be provided by licensed family day care providers on base. Pick up certificate of eligibility and a list of providers at the CSC's relocation office. Bring a copy of your orders.

which has expanded to include many new rides and shows.

◆ **Santa Barbara Greek festival**, July 31-- \$46 includes bus transportation from the base to Guadalupe and Amtrak from Guadalupe to Santa Barbara. At the festival, you can sample Greek food and dancing.

### @ THE MOVIES

#### Idle Hands

Friday  
Rated: R  
Anton wakes up Halloween morning to discover that his right hand has developed a bloodthirsty mind of its own. Starring Devon Sava and Seth Green

#### Black Mask

Saturday and Sunday

Rated: R  
Before he was "The Mask", Tsui was part of 701 squad, an elite military force of supersoldiers who were rendered void of physical or emotional pain. Demoralized, Tsui escapes from mainland China and attempts to live a normal life in Hong Kong. But there is trouble lurking nearby. Starring Jet Li and Lau Ching-Wan

#### Ravenous

Thursday  
Rated: R  
Isolated with eight others in a snowbound fort in the Sierra Nevada's, circa 1847, an army captian must fight the ravenous cannibalistic hunger raging within, as well as the enemy without, a powerful psychopathic killer. Starring Guy Pearce and Robert Carlyle.

■ The box office opens at 7:10 p.m. and movies start at 7:30 p.m. unless otherwise posted.



↑ **Beach patrol** Staff Sgt. Kenneth Crerend of the 30th Security Forces Squadron checks the bag limit on fishermen at Ocean Beach Park June 12. The mounted horse patrol falls under the Fish and Game section of the 30th SFS.

scheduled for Tuesday at 9 a.m.

For more information call 606-1855.

### COMMUNITY SUPPORT CENTER

◆ **Newcomer Spouse Orientation** will be held Monday from 7:30 a.m. to noon at the Pacific Coast Club. Call 606-0801 to register.

◆ **Videophone communication** is available for the immediate family of military members who are deployed, remote or TDY. Call Tech. Sgt. Andrea Spencer at 606-0039 to sign up.

◆ **Child Care for PCS** is a program that provides 20 hours per child is paid for with Air Force Aid funds within 30 days of arrival or departure with PCS orders. This program is available to military members E-5 and below and others in unique circumstances. Child care

### HEALTH AND WELLNESS CENTER

◆ **Weight Management Class** is 90-minute class instructed by an Air Force diet therapist. Individuals will identify principles for safe weight loss, weight control and apply these principles to themselves. Individuals will receive a follow-up with a diet counselor within a two to four week time frame to monitor weight loss and discuss behavior modification. Call Nutritional Medicine 606-3375 for information.

### VAFB LEISURE TOURS

◆ **Dodgers vs Giants-** July 3, \$39, transportation and reserved blue-level seating.

◆ **Universal Studios and City Walk-** July 14, \$35, transportation only. Buy your discount ticket for Universal Studios at the Ticket and Tours desk-City walk is free. A special mid-week trip to avoid the crowds and enjoy this park