



# Base Bulletin

Vandenberg AFB, CA 93437-0759



7 April 2004

No. 14

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Upcoming Food Service Events:** 11 Apr 04, the Breakers will host the Easter Meal. It is open to all ID card holders and guests. 16 Apr 04, is Eggs Benedict Day at the Breakers and Beachcomber. Eggs Benedict will be served during the breakfast meal. (30SVS/SVMF, 6-5496)

**b. Retirements & Separations Briefing:** The next briefing is scheduled for 14 Apr 04 at 1400, Bldg 11777 Rm C-211 and every other Wednesday thereafter. Please contact TSgt Diane Almodovar at 6-4948, for further information. (30MSS/DPMAR)

**c. Office Closure:** The 30th Space Wing Legal Office will be closed at 1100, 15 Apr 04. Legal Assistance will not be available. Normal Legal Assistance will be available 0830—0930, Friday, 16 Apr 04. We apologize for the inconvenience. If you need emergency Legal Assistance, contact the on-call attorney at 588-2822. (30SW/JAC, 5-6200)

**d. Retroactive Tax Benefit:** There is a retroactive tax benefit for tax years back to 1999 involving California returns. If you were a non-resident with a working spouse, the new law will subtract your military pay on the non-resident return. This change affects all non-resident returns filed for 23 different states that have used the military member's income to determine the spouse's tax bracket. Amendments for 1999 must be received by California Franchise Tax board by **15 Apr 04**. The state has yet to pass the law to comply with the Federal requirements, but will hold the 1999 amended returns for later after they reach compliance. Contact your unit tax advisor or the tax office at 6-3650. (30SW/JA)

**e. First Term Airmen Center Announcement:** Applications are being accepted for Vandenberg's NCOIC, First Term Airmen Center (FTAC). Applicants should be in the grade of TSgt or SSgt and should be of the highest caliber. The NCO selected will be assigned a Special Duty Reporting Identifier of 9F000, First Term Airmen Center, and will be assigned for a minimum of two years but not more than three years. This is a unique position and the NCO selected must be dedicated to mentoring, demonstrating core values, and serving as a positive role model. He/she will be responsible for the day-to-day operations of the FTAC and managing the activities of all assigned airmen. For more information or application procedures, please contact SMSgt Brian Robertson or TSgt Robert Vensel at 6-9815 or 6-5957. The application deadline is COB 21 Apr 04. (30SW/CAA)

**f. Earth Day 2004:** Make plans to attend Earth Day 2004 and BBQ sponsored by 30th Space Wing Environmental Management Flight and CEAC. Learn how innovation and technology helps support the mission, test drive electric vehicles, meet "Michael Recycle," and much more. When? Wednesday, 21 Apr 04, 1000—1400. Where? BX Courtyard. All are welcome! For more information contact Pat Maloy at 5-0544 or [Patrick.Maloy@vandenberg.af.mil](mailto:Patrick.Maloy@vandenberg.af.mil) (30CES/CEV)

**g. Air Force Assistance Fund (AFAF):** The 2004 Vandenberg AFB AFAF campaign runs through 7 May 04. The AFAF is composed of four affiliates: the Air Force Aid Society, the Air Force Village, the Air Force

**TEAM VANDENBERG**

Enlisted Fund and the LeMay Foundation. Contributions to these affiliates provide much needed financial assistance through numerous programs to active duty, reserve, guard, retirees and their families. Unit project officers and key workers will canvass their units for contributions during the campaign period. Only active duty personnel will be directly solicited. However, unsolicited contributions from civilians and private organizations are welcome. The installation project officer is Capt Mark Shoemaker, 5-4040. (2SLS/DOB)

**h. Change of Command:** Lt Col Steven R. DeAnda will relinquish command of the 30th Medical Support Squadron to Lt Col Thomas A. Steinbrunner on Thursday, the thirteenth of May at ten o'clock in the morning at the Pacific Coast Club, Vandenberg AFB, CA. Contact Capt Patricia Fowler, 6-3012. (30MDOS/SGO)

**i. Awards & Decorations, Air Force Expeditionary Service Ribbon (AFESR):** Effective 1 Oct 99, members who have completed contingency deployments of 45 consecutive or 90 non-consecutive days may be eligible to receive the Air Force Expeditionary Service Ribbon. Members should report to their unit CSS with deployment orders & travel voucher to check eligibility. Once eligibility is verified, members should expect to see the update to their records on or around Jun 04 and are not authorized to wear until the update has been verified as received on their vMPF record. Members who have validated eligibility and are currently wearing the ribbon are asked to remove pending the update. Questions can be directed to unit orderly room personnel or Kim Valentine, Awards & Decorations, at 6-7828. (30MSS/DPMPE)

**j. Awards & Decorations, Korean Defense Service Medal (KDSM):** Effective 28 Jul 54 members who have been assigned, attached, or mobilized to units operating or serving in the Republic of Korea and the surrounding waters for 30 consecutive or 60 non-consecutive days may be eligible for the KDSM. Members will be requested to check their vMPF records for the update in the fall of 2004. Those who feel they are eligible but the update wasn't received should notify the Air Force Contact Center at DSN: 665-5000 or 1-800-616-3775 and be prepared to provide documentation verifying their eligibility. Veterans, Retirees, or their Next of Kin can contact the National Personnel Records Center to request the KDSM be added to their records. Please contact your local MPF for more information on where to mail your requests. Air Force Active Duty, Reserve, and Guard should address any additional questions or concerns to the Air Force Contact Center at the above listed numbers. (30MSS/DPMPE)

**k. Recreational Vehicles, Boats And Trailers:** A recreational vehicle (RV) is defined as that which could reasonably be judged to be one or more of the following: boat, camper, cargo truck, motor home, or pickup camper if the camper or camper shell is wider or longer than the pickup bed or trailer. Store recreational vehicles and pickup trucks with campers not used as daily transportation in the RV storage area, located in the northeast corner or 13<sup>th</sup> Street and New Mexico Ave. The Outdoor Recreational Center controls the storage lot. Recreational vehicles may be parked in the housing area for a period not to exceed 72 hours for loading, unloading, or cleaning purposes. (30CES/CEH 6-3795)

**l. Lawn/Garage/Carport Sales:** Lawn/garage/carport sales are permitted twice a year and just prior to termination of your home. Limit sales to daylight hours only and no more than three consecutive days. You may display no more than 2 signs each up to four-foot square on your property to advertise the sale. Display the signs only during the hours of the sale. Signs must be removed at the end of each day of the sale. Refrain from posting any signs on telephone or power poles, street light poles, street signs, trees, mailboxes, free standing, or fire hydrants. Do not leave unsold items outside in front of your home after the sale. (30CES/CEH 6-3795)

**m. Unaccompanied Housing Residents:** A new Air Force Policy offering the opportunity to move off base for unaccompanied SrA with 3 years of service or greater has been approved. We have enough space to accommodate those who decide to stay in the dorms. If you are interested in moving, please contact your dormitory manager for more details at 5-2590 or 6-3933. (30MSG/CCH)

**n. Attention All Facility Managers:** Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call Mr. Alverson at 6-5810 or CE Customer Service at 6-0010 to verify that correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3, Attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conference room. (30CES/CEOFP, 6-0010)

**o. Are You A Dangerous Driver?** When you're driving in a crowded area and looking for a parking space, do you become oblivious to cars and pedestrians around you? The Automobile Association of America states that 20% of all auto collisions happen in the parking lot. This percentage is pretty close to on-base mishaps, as well. Bottom line: Stay alert at all times; keep your cool (when others may be losing it); and don't be a slave for time! (30SW/SEG, 6-8804)

**p. Airmen Against Drunk Driving (AADD):** Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

**2. 30<sup>th</sup> Space Communications Squadron: (30SCS)**

**a. EMSEC, COMPUSEC, IAAP, COMSEC, Network Security?** Find out more on the Air Force Space Command (AFSPC) Information Assurance web page at <https://halfway.peterson.af.mil/infoassurance/>. (30SCS/SCBI, 5-2352)

**b. Revised Instruction:** 30SWI31-101, **Installation Security Instruction**, dated 15 Mar 04 is now available from the OPR's office at 30SFS/SFO, or by calling 5-0794. (30SCS/SCSP, 6-7892)

**c. Revised Instruction:** 30SWI15-101, **Weather Support Procedures**, dated 15 Apr 04 is now available on the VEPDL at: <http://vepdl.vandenberg.af.mil/30swpubs/15series.htm>. (30SCS/SCSP, 6-7892)

**d. New Instruction:** 30SWI 32-1066, **VAFB Cross Connection Control and Backflow Protection Program**, is now available on the VEPDL at: <http://vepdl.vandenberg.af.mil/30swpubs/32series.htm>. (30SCS/SCSP, 6-7892)

**e. New IMT:** 30SW IMT 1, **Backflow Prevention Assembly Field Test Form**, is now available from AFSPC at: <https://midway.peterson.af.mil/pubs/formlinks/subord-forms/30sw/30SW0001.xfdl>. (30SCS/SCSP, 6-7892)

**f. Records Management Waiver Memorandums (IAW AFI 37-138\_AFSPCSUP1):** "NOTE 6. Two-year records may be kept in accumulating office until eligible for destruction provided no additional filing equipment or space is needed. Letter of waiver is not required. Do not stage electronic records having retention of 8 years or less. Maintain these records in accumulating office until eligible for destruction. Electronic records requiring retention of 9 years or more will be converted to a media acceptable by the Regional Federal Records Center/Washington National Records Center before retiring through local installation records manager." Bottom line: RM Waiver Memorandums are required for all records with retention periods of 3- to 8-years. (30SCS/SCBR, 6-4212)

**g. Records Management Staff Assistance Visits:** Per AFI 33-322, paragraph 6.1.9 and effective immediately; file plans received by Base Records Management that do not have a "RM SAV DATE" reflected on its cover sheet will be subjected to a staff assistance visit 30 days from date of file plan approval. This should be adequate time to ensure everything is in inspection order. (30SCS/SCBR, 6-4212)

**3. Traffic Management Office: (30LRS)**

**Attention TMO Customers:** If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact SSgt Soria, 6-0906. (30LRS/LGRT)

**4. Civilian Personnel: (30MSS/DPCE, 6-5847)**

**a. Voluntary Leave Transfer Program:** Michael Baca - HQ ARPC/MSC, Sandra Jernigan, Betty O'Herlihy, Howard Brown, and Tim Jones - Luke AFB, Glenda Bennet - Peterson AFB, Herlene Thurman and Cheryl Scott - Los Angeles AFB, Carolyn DeLaGarza - Langley AFB, Johnna DeSimone - Schriever AFB, Dionisio Esteban - Onizuka AFS, Contine Francis and Janice Shinkle - MacDill AFB, Delores Green - Dobbins ARB, Wilson Holloway and Frank Valentik - Avon Park AFR, Charles Howard - Vance AFB, Jane Kelsey and Earle Tasse - Eglin AFB, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, Mary Maurer, and Lisa Wiggs - Patrick AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw AFB, Sue Sommers - Scott AFB, Jeneke Lacy, Jacquelyn Schmidt and Carol Vilcek - AF Academy, and Mike Weatherly - Homestead ARB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form. You can access this form on the web at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf)

**b. Thrift Savings Plan (TSP) Open Season:** During this open season, 15 Apr - 30 Jun 04, FERS employees may elect to contribute up to 14 percent of their basic pay and CSRS employees may contribute up to 9 percent of their basic pay. The new contribution amounts will be effective dependent upon the date the employee makes their contribution election. **FERS** employees affected by the annual limit on elective deferrals should be cautious regarding the effective date of an increase in their contribution amount. Timing is extremely important to ensure these employees do not reach their annual limit prior to the end of the year. The Internal Revenue Service annual limit on elective deferrals increased to \$13,000 in 2004. Federal civilian

employees can use the Benefits and Entitlements Service Team (BEST) automated system, 1-800-616-3775, or the TDD number, 1-800-382-0893. They may also access it through the EBIS website, which is a secure web program. As a result, before you can access EBIS you must log into the AFPC Secure Web via CAC card or regular User ID and password. To get started, go to [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm). Once within EBIS, you'll enter your social security number (SSN) and BEST personal identification number (PIN) -- another method of ensuring the security of your personal records and benefits transactions. Your **BEST** PIN is the same for both EBIS and the BEST phone system. To allocate the funds you are contributing to, access the TSP website at <http://www.tsp.gov>. (30MSS/DPCE, 6-5847)

**c. Catch-Up Contributions** - If you are age 50 or older and you are already contributing the maximum amount of regular TSP contributions for which you are eligible, you may elect to make up to \$3,000 in catch-up contributions for 2004. Since this limit changes each year, you must make a new election each calendar year. (30MSS/DPCE, 6-5847)

**d. Civilian TSP Participant Members Of The Ready Reserve** - If you are a civilian TSP participant with an outstanding TSP loan and are placed in a non-pay status to perform military service, make sure your agency provides the TSP with documentation to certify your status and suspend loan payments. The Internal Revenue Code allows the TSP to suspend loan payments for all participants placed in non-pay status for up to one year of non-pay. However, participants placed in non-pay status to perform military service for more than one year are authorized suspension of loan payments for the entire period of military service. For more information, see the Fact Sheet, Effect of Non-pay Status on TSP Participation. (30MSS/DPCE, 6-5847)

## 5. 30<sup>th</sup> Medical Group: (30MDG)

**a. Clinic Access:** During the weeks of 29 Mar 04—9 Apr 04, the access to our clinics will be limited to same day booking. We will take **Active Duty only** from **0645—0845**. Thereafter, we will open the appointment lines to all AD dependants and TRICARE Prime beneficiaries. Due to the limited services available during this time frame we will not be able to see non-prime enrollees. As we partner together we ask for your patience during the above time frame. We are committed to maintain our peacetime mission, yet we will be in the midst of having our wartime readiness inspected. This may cause delays in the times you are to be seen, however, we are dedicated to your healthcare needs and we will see you on the day of your appointment. (30MDG/SGO, 6-8804)

**b. Clinic Closure:** The Vandenberg Clinic will be closed 22 Apr 04 for Mandatory Medical Readiness Training. For urgent needs please call 606-CARE or 888-252-3299. Please plan ahead for appointments and pharmacy refills. For more information contact Capt Starks at 6-3308. (30MDOS/SGO)

**c. Mammography Services Moving Downtown:** Beginning 1 Apr 04, the 30th Medical Group will refer all mammography services to the civilian community due to the loss of the mammography technician. Active Duty personnel require a referral from their Primary Care Manager prior to going downtown. Other TRICARE Prime beneficiaries may be eligible to self refer to a network facility, as part of their annual well visit. TRICARE will not cover screening mammography for asymptomatic women less than 35 years of age. Additional information is available by visiting the TRICARE Service Center or calling 1-800-242-6788 or online at <http://www.tricare.osd.mil/>. (30MDG/SGO, 6-3308)

**d. TRICARE Services:** TRICARE counseling is available. Contacts are Bonnie Robles 6-7483, [Bonnie.Robles@vandenberg.af.mil](mailto:Bonnie.Robles@vandenberg.af.mil) or Judith Monroe 6-6785, [Judith.Monroe@vandenberg.af.mil](mailto:Judith.Monroe@vandenberg.af.mil) Fax 5-4785. (30MDOS/SGO, 6-3308)

**e. TRICARE Services:** TRICARE Management Agency-The Fiscal 2000 National Defense Authorization Act mandated the establishment of Beneficiary Counseling and Assistance Coordinator (BCAC) positions, full time at lead agent office and collaterally at Military Treatment Facilities (MTF) worldwide. BCACs are a congressionally mandated initiative, implemented by the TRICARE Management Activity to improve customer service satisfaction, enhance beneficiary education, and help reduce the volume of Congressional inquiries from beneficiaries. Also, to assist TRICARE beneficiaries with resolving debt collection issues, the Under Secretary of Defense for Personnel and Readiness has established a Debt Collection Assistance Officer Program at every lead agent office and at every MTF worldwide. BCACs will provide priority assistance when presented documentation verifying that a collection action has been started or that negative information is reflected on beneficiaries credit reports as a result of late or non-payment for medical or dental care received through TRICARE. BCACs act as a preventive mechanism for trouble-shooting all TRICARE and Military Health System Health System issues and concerns. The local BCAC contacts are Bonnie Robles 6-7483, [Bonnie.Robles@vandenberg.af.mil](mailto:Bonnie.Robles@vandenberg.af.mil) or Judith Monroe 6-6785, [Judith.Monroe@vandenberg.af.mil](mailto:Judith.Monroe@vandenberg.af.mil) Fax 5-4785. (30MDOS/SGO, 6-3308)

**6. 30<sup>th</sup> Security Forces Squadron:** (30SFS)

**Firearms Registration:** IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

**7. Air Force Reserve:** (30MSS/ISR)

**Briefing:** The next Air Force Reserve briefing is 13 Apr 04, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

**OFFICIAL**

**FRANK GALLEGOS**  
Colonel, USAF  
Commander

**Mary E. Meyer**  
Chief, Publishing Management

**SECTION III — UNOFFICIAL****General Information:**

**a. Base Theater Marquee:** The following movies will be shown at the Base Theater, Bldg 13750 the weekend of 9-11 Apr 04. Call 606-5565 for recorded movie information only.

Day	Date	Movie	Rating	Opens	Starts
Friday	9 Apr 04	"Eurotrip	Rated R	1830	1900
Saturday	10 Apr 04	"Confessions Of A Teenage Drama Queen"	Rated PG	1330	1400
Saturday	10 Apr 04	"Twisted"	Rated R	1830	1900
Sunday	11 Apr 04	Closed Happy Easter!			

E-mail Vanessa Probert at [ProbertV@aafes.com](mailto:ProbertV@aafes.com). (AAFES)

**b. Air Force Sergeant's Association Meeting:** The AFSA, Chapter 1356 is conducting a general membership meeting at 1530, 13 Apr 04, Services Center, Bldg 10122, corner of Washington Ave and California Blvd. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA Chapter 1356 needs Team Vandenberg's support. For more information, contact MSgt Norstebon at 5-2774. (30SCS/SCBH)

**c. Would You Like To Provide A Foster Home For A Kitten Or Puppy?** Do you have a little extra room in your home and heart to help an orphaned kitten or puppy? Santa Barbara County Animal Services needs foster homes **now** for kittens & puppies. They will stay in your home from one to five weeks. It's fun, rewarding, and you make a difference. For more details on fostering kittens or puppies, please contact Sara Wall at 681-4332. Please remember to contact the Base Veterinarian Office at 6-3019, first, to find out if you need to register the animal. (30MSS/DPMD)

**d. Donations for Animal Services:** Animal Services is in need of donations of items for pets, such as food, toys, etc. If you would be interested in donating items for pets, please mark Saturday, 10 Apr 04 on your calendars. Junior Girl Scout Troop 748 will be in front of Wal-Mart (in Lompoc) accepting pet item donations for the Animal Shelter on Saturday, 10 Apr 04 from 1100—1500. All donations will be given to the Santa Barbara County Animal Services. If you have any questions about donating items for pets, please contact Wendy Wilkerson at 588-5400. (30MSS/DPMD)

**e. Krispy Kreme Doughnut Sale:** Pre-order sales have been extended to 12 Apr 04!!!! The Vandenberg African-American Association is sponsoring a base wide Krispy Kreme sale on 16 Apr 04 to help fund

scholarships we provide to aspiring students in our local community. Classic glazed doughnuts will be sold for \$6 a dozen and assorted doughnuts for \$7 a dozen. Contact SSgt Sneed at 6-7105, SrA Nurse at 6-5525, or your unit representative and get your pre-orders in right away! (576FLTS/TMRI, 6-7105)

**f. Kids Day In the Park Volunteers:** The North County Rape Crisis and Child Protection Center needs approximately 200 volunteers from Vandenberg AFB and the local communities to help organize and operate Kids Day in the Park - the annual fundraiser for the Child Safe Program on 18 Apr 04. Volunteers are needed at Waller Park in Santa Maria to help set up, work shifts in the various booths and games, and clean up the park at the end of the day. NCRCCPC supports Vandenberg schools and provides puppet shows and other demonstrations to help educate our children on how to be safe. For more information or to sign up as a volunteer, please contact Arlene at 736-8535.

**g. Kids Day in the Park:** Fly Away to Kids Day in the Park, Sunday, 18 Apr 04, at Waller Park in Santa Maria! North County Rape Crisis and Child Protection Center is holding it's 19th Annual Kids Day in the Park. Bring your family to Waller Park from 1000 to 1600 and enjoy the live entertainment, carnival games, safety booths, free give-a-ways, great food and much more. For more information, call 736-8535.

**h. American Lung Association Asthma Walk:** The American Lung Association of Santa Barbara and Ventura Counties is sponsoring an Asthma Walk on Saturday, 1 May 04, from 0830-1300 at Ryon Park in Lompoc. Everyone is invited to take part in this event and help raise money to defeat asthma. You can start your own team or join ours! For more information, please contact Shilo Lucyk at 734-1265, email: [ps.lucyk@verizon.net](mailto:ps.lucyk@verizon.net) or Breea Lemm at 6-8631, e-mail: [Breea.Lemm@vandenberg.af.mil](mailto:Breea.Lemm@vandenberg.af.mil). (30WS/DOV)

**i. Looking for a Volunteer Activity To Share With Your Children?** If you're interested in a worthwhile volunteer program for your son or daughter, Civil Air Patrol may be exactly what you've been looking for! CAP's cadet program has more than 27,000 members, ages 12 to 20, throughout the nation. Parents of cadets credit our program with communicating to their children the importance of personal integrity, accountability, self-discipline and respect for others. Because CAP includes both cadet and senior members, this can be an outstanding volunteer activity for your whole family. You can work together to serve your local community, learn new skills and share a common commitment to making our nation stronger and more secure. Want to learn more, contact the Squadron Commander, Lt Col Erich Schatzle, at 5-3015 or DSN 275-3015 or via e-mail: [sq101@kawg.cap.gov](mailto:sq101@kawg.cap.gov). Stop by a meeting Wednesday nights, 1830—2100, 1st & 3rd weeks at Bldg 9360 and 2nd & 4th weeks at Santa Maria Airport. Also check us out on the web at [http://www.vandenberg.af.mil/associate\\_units/civil\\_air\\_patrol/101/](http://www.vandenberg.af.mil/associate_units/civil_air_patrol/101/) or <http://www.cap.gov>. (CAP)

**j. Santa Barbara Area Special Olympic Games:** The Santa Barbara Area Special Olympic games will be held at Vandenberg AFB on Saturday, 15 May 04. Volunteers are needed to setup and tear down equipment, escort athletes and work individual events. If you would like to volunteer or have any questions please contact Capt Mike Mench at 5-6279 or Capt Jeremy Olson at 5-6345. (576FLTS/TEO)

**Health and Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Tobacco Cessation Classes:** The HAWC now offers evening Tobacco Cessation classes from 1600—1700 at the HAWC, the class dates are as follows: 25 Mar 04—29 Apr 04, 17 Jun 04—2 Jul 04, 12 Aug 04—6 Sep 04, 7 Oct 04—8 Nov 04. For those individuals unable to attend the day or evening classes, a take home CD-Rom version of the class is also available. For more information please contact the HAWC at 6-2221.

**b. HAWC On-line Class Sign-ups:** For the following classes please go to [www.php-ids.com](http://www.php-ids.com) to register as a new student and sign up: Fitness Improvement Program (FIP), Healthy Living Workshop (HLW), and Body Composition Improvement Program (BCIP). For more information regarding any of these classes, please call the HAWC at 6-2221.

**Chapel:** (30SW/HC, 6-5773)

**a. Worship Schedule: Catholic Mass:** Saturday, 1615—1645 confessions; 1700 Chapel 2; Sunday, 1000, Chapel 1, Daily Mass 1130 M-F, Chapel 2. **Protestant:** Praise & Worship 0830 Sunday, Chapel 2; Gospel 1130 Sunday, Chapel 2; Traditional 1130 Sunday, Chapel 1.

**b. The Vandenberg Jewish Community:** Hebrew and Bar Mitzvah classes are ongoing on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

**c. Vandenberg Officer Christian Fellowship:** Vandenberg Officer Christian Fellowship (OCF) is a non-denominational bible study meeting Thursday nights, 1900, at the home of Maj Keith and Christy Keana, 612 Cherry St. Come join us for a time of study, fellowship and prayer. Please contact Maj Keana or Christy at 734-0696 (home) or 6-6461 for more information or e-mail [Keith.Keana@vandenberg.af.mil](mailto:Keith.Keana@vandenberg.af.mil)

**d. Protestant Holy Week Schedule:** On 8 Apr 04 at 1800 at Chapel 2, there will be a Maundy Thursday Service. On 9 Apr 04 at 1800 at Chapel 2 there will be a Good Friday Service. The Protestant Easter Sunrise

Service will be held at the Chapel 1 patio at 0630 on 11 Apr 04. Easter Services: 0830 Praise & Worship service at Chapel 2, 1130 Traditional Service at Chapel 1, and 1130 Gospel service at Chapel 2.

**e. Catholic Holy Week Schedule:** 8 Apr 04, is Holy Thursday with the "Washing of the Feet" at 1900 at Chapel 1. The Adoration of the Blessed Sacrament will be from 2000 to 2400. The Veneration of the Cross will be on Good Friday, 9 Apr 04 at 1900 at Chapel 1. The Easter Vigil will be 10 Apr 04, at 1900 at Chapel 1. Easter Sunday is 11 Apr 04, and Mass will be at 1000 at Chapel 1.

**Family Support Center:** (To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit [www.php-ids.com](http://www.php-ids.com) (30MSS/DPF, 6-0039).

**a. Office Closure:** The Family Support Center is closed for staff training every Monday from 0730—0930. Personnel requiring emergency Air Force Aid will be assisted. Call 6-0039.

**b. Computer Resource Room:** The Family Support Center's Computer Resource Room is now open to customers needing to access the Internet for job searches, relocation assistance, or to stay in touch with the family if separated because of military obligations. Walk-ins are accepted from 0800—1600.

**c. Bundles for Babies:** Friday, 9 Apr 04, 1400—1600 at the Family Support Center. This workshop will cover various topics to help prospective parents be better prepared for the birth of their baby. Also through Air Force Aid Society, Air Force families will receive a bundle of goodies for their baby. To register call 6-0039 or go to [www.PHP-IDS.com](http://www.PHP-IDS.com).

**d. Stress/Self Management:** This 6 week class will begin 12 Apr 04, and meets every Monday afternoon, 1400—1600 at the HAWC. The class will give you a variety of tools to cope with stress and also anger management. To register call 606-0039 or go to [www.PHP-IDS.com](http://www.PHP-IDS.com).

**e. 2004/2005 General Henry H Arnold Education Grant Program:** You applied for the AFAS General Arnold Education Grant...and by return mail you got a packet with something called a Family Financial Data Form (FFDF) seeking specific financial information, and a grade point average verification form. The FFDF is different than other financial aid forms and is scored differently because you're Air Force...and it is part 2 of a complete application. Complete both forms and mail them in right away! The receipt deadline is 15 Apr 04!

**f. Franklin Covey's Program:** Join us for Franklin Covey's program designed specifically for Air Force families on 30 Apr 04, 1800—2100 and 1 May 04, 0800—1700 at the Family Support Center. Dinner and lunch will be provided. Saturday lunchtime will include "Family Table Time" enrichment activity. Children's activities will be provided. Limited to enrollment for 10 families with school-age children. To register call Family Support at 6-0039

**g. Deployed Spouses Support Group:** Come have lunch with other spouses in the Family Services area. On-site childcare will be provided. Reservations are required, call 6-0039.

**h. BabyMeet:** This group is in need of a volunteer to oversee this fun activity. If you are interested call Lora. They meet Tuesday and Thursday at 0900 at the Religious Education Center, Bldg 16140. If you are pregnant or the parent of a baby between the age of newborn to 2-years, this is an opportunity to get together with other families for discussions and socialization. If you are interested in helping out with the group contact Linda Bastine at 6-0039.

**i. Playtime for Tots:** This group is in need of a volunteer to coordinate this fun activity. They meet Wednesday mornings at 1000. This playgroup is for parents and the children ages 2 to 5. If you are interested in helping out with the group contact Linda Bastine at 6-0039.

**30<sup>th</sup> Services Squadron:** (30SVS/SVK, 6-0276)

**a. Auto Hobby Shop:** (30SVS/SVRA, 6-6014)

- **Used Car Lot:** Try selling your used vehicle through the Auto Hobby Shop. Place your vehicle on the used car lot for \$6 per two weeks. You also have the option of listing your vehicle on the Services Squadron website.

**b. Surf Lanes Bowling Center:** (30SVS/SVRB, 6-3209/734-1310)

- **Surf Lanes Invitational Tournament:** 10—11 Apr 04. Trios and Singles Event all in one tournament! Stop by Surf Lanes for more details and entry forms.
- **Learn From A Pro:** 24 Apr 04. Get yourself ready for State's Professional Bowlers Tour player Mark Baker will be on hand to give one-on-one private lessons. Reserve your half-hour block for \$30. Signups are underway at Surf Lanes.
- **Airmen's Night:** Thursday, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Friday, 2200—0100, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

**c. Breakers Dining:** (30SVS/SVMF, 6-7540)

- **Easter Meal:** 11 Apr 04.
  - **Dial-a-Menu:** Call our telephone menu service and find out what's being served in your dining facility. The number is 6-8234.
  - **Deployed Spouses:** Thursday, 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.
- d. Child Development Center:** (30SVS/SVYC, 6-1555)
- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out how you can qualify.
  - **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.
- e. Family Child Care:** (30SVS/SVYD, 6-3255)
- **Provider Training:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.
- f. Fitness Center:** (30SVS/SVMP, 6-3832)
- **Target Blue 5K Run:** 9 Apr 04, 1100.
  - **Racquetball Tournament:** 17 Apr 04, 1100. Open to all who are willing to play. Please sign up at the front counter.
  - **Pick-up Basketball:** Monday-Friday from 1100—1300, and Tuesday-Thursday from 1600—1700 at the Fitness Center.
- g. Library:** (30SVS/SVMG, 6-6414)
- **Patch Club Meeting:** 30 Apr 04, 1700 at the Library. The Patch Club is a book club for students from grades 2 to 5. Each month we pick a theme and participants read a book relating to that theme. Call the library for more information on how you can be involved.
  - **Pre-School Storytime:** Thursday at 1000. It is appreciated if you can sign up if you are attending to help plan for supplies, but walk-ins are welcome.
  - **Dial-a-Story:** The phone number is 6-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.
  - **Book Clubs:** Interested in a Book Club? The library is seeking facilitators for new reading groups in women's literature, kid's reading patch clubs, mystery and adventure.
- h. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
- **Green Fee Renewals:** Make sure to avoid the long lines. Annual advance green fee cardholders can start renewing their fees for 2004.
  - **Youth Golf Lessons:** Saturday, 1330. Lessons are available for youth ages 8 years and up. Cost is \$5 each session including use of rental club set and range balls.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
- **Sailing/Whale Watching:** Santa Barbara sailing trips are back! The next sailing dates are 10, 17, 18, 24, 25 Apr 04. The sign up deadline is the Wednesday prior to that weekend's trip. Cost is \$45. Trips depart VAFB at 1030 and return at 1730 with a sailing time of 1200—1600.
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)
- Entertainment/Events:**
- **Around The World:** Join us as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two-week period. Pick up your passport today!
  - **Over the Hump Night:** Wednesday in the E-Lounge. Free wings and things starting at 1700 until gone. DJ and drink specials from 2000—2400.
  - **Latino Night:** 9 Apr 04, 2100—0100, in the E-Lounge.
  - **DJ Night:** 9 Apr 04, 1900—2300, in the Officers' Lounge.
  - **18 & Over Night:** 10 Apr 04, 2200—0300, in the Enlisted Lounge. The best of R&B, Hip-Hop and old school. Drink specials and give-a-ways. Club members - Free, Others - \$3.
- Menu:**
- **Mongolian BBQ:** 7 Apr 04, 1800—2000.
  - **Easter Sunday Brunch:** 11 Apr 04, 1000—1400. Reservations are recommended; please call the PCC at 734-4375.
  - **Weekly Lunch Buffets:** Tuesday - Mexican, Italian, or Oriental Buffet (rotates weekly), Wednesday - Santa Maria BBQ Buffet, Thursday - Chicken and Ribs Buffet, Friday - Seafood Buffet.
  - **Monday Madness:** Monday evenings. All-you-can-eat pizza buffet with drink. Regular - \$7.00,

Members - \$5.00, children under 12-years of age - \$3.00. (No coupons)

- **Fried Chicken Buffet:** Tuesday evenings. Try our Pacific Fried Chicken Buffet with dessert. Regular - \$8.95, Members - \$6.95, children under 12-years - half-price, children 4-years and under - free.
  - **Kids Night:** Wednesday evenings. Children under 12-years-old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
  - **Pasta Mania Buffet:** Thursday evenings. Regular - \$8.95, members - \$6.95, children under 12-years of age - half-price, children 4-years and under - free.
- k. Rod & Gun:** (30SVS/SVRR, 6-4560)
- **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.
  - **Skeet Leagues:** Skeet leagues are forming now! Anyone interested in forming 5 man teams to begin in April may sign up at the Rod & Gun Club or call 6-4560.
  - **Sporting Clays:** 11 Apr 04, 0900. Signups at 0830, competition begins at 0900. Sporting clays shoot runs the second and fourth Sunday of the month.
- l. Services Center:** (30SVS/SVYR, 6-7976)
- **Six Flags Marine World:** Tickets are now on sale at the Services Center.
  - **Universal Front of the Line Pass:** Enjoy priority access to the attractions, reserved seating at the most popular shows, plus behind-the-scenes privileges. Tickets are on sale at the Services Center for \$65.
  - **Spring Arts Festival:** Carnival wristband certificates are available for the 18th annual Spring Arts Festival. Certificates will be exchanged for a one-day use wristband for any carnival ride. Cost is \$15 at the Services Center.
  - **Sierra Summit Lift Tickets:** Sierra Summit ski lift tickets are available at the Information, Ticket and Travel (ITT) office. Cost is \$38.50 per person.
  - **Travel Specials:** Complete air and land travel packages for Mexico and Hawaii, plus special rates on 3 and 4 day Baja Mexico cruises. Call Edwina at 606-1675 for more information.
  - **Discovery Dining Books:** Now available at the Services Center for just \$15.00.
- m. Skills Development:** (30SVS/SVRS, 6-6438)
- **Stained-Glass Workshop:** 7 Apr 04, 1700. \$2.50 per hour + cost of materials.
  - **Scrapbooking Workshop:** 8 Apr 04, 1800—2000. \$2.50 per hour + cost of materials.
  - **Spring Arts Festival:** Registration is underway at the Skills Development for vendors.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
- **Pool is Currently Closed:** Due to repairs, the pool is closed until further notice.
- o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)
- **Clinic Day:** Thursday is the normal clinic day. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.
- p. Youth Center:** (30SVS/SVYY, 6-2152)
- **Easter Egg Hunt:** 10 Apr 04, 0900.
  - **Preteen Dance:** 16 Apr 04, 1800—2000, in the Youth Center Gym.
  - **Salute To Youth:** 17 Apr 04, 1300—1500. Join us for Salute to Youth 2004 at the Youth Center. Find out more about the various youth programs and enjoy some fun performances at this annual event. Admission is free.
  - **Teen Adventure 4H Camp:** HQ USAF will be funding the Youth Programs to send two lucky teens (ages 14—18) to the 4H Adventure Camp located at the University of Arkansas 4H Center. Camp dates are 27 Jun 04 to 2 Jul 04. Selected teens will be required to be part of the T.R.A.I.L. program when offered at Vandenberg. For more information on how to nominate your teen, please contact Kristi at the Youth Center (6-2152) before 13 Apr 04.
  - **Summer Camp Registration:** It's time for Summer Camp registration at the Youth Center. Summer Camp starts 14 June 04 and runs through 20 Aug 04. We offer all kinds of fun activities to include swimming, bowling, field trips, theater and fine arts, science, cooking, gardening and fitness clubs. Priority registration for those already enrolled in the school age program is 19—23 Apr 04. To reserve your slot you must return your registration package with a \$20.00 non-refundable registration fee that will be applied to your first week of camp. Open enrollment is 26—30 Apr 04 based on a first come first served basis.

**Education Center:** (30MSS/DPHE, 5-5904)

- a. Civilian Education, License, And Certification Updates:** Any requests to update a civilian employees education, license or certification must be faxed to AFPC at DSN 665-2937 with an Optional Form (OF) 612

and a legible copy of the document along with a specific fax cover sheet. A copy of the fax cover sheet can be obtained by contacting the Civilian Training Office at 5-5913. (30MSS/DPHE)

**b. Air and Space Basic Course (ASBC) and Squadron Officer School (SOS) In-Residence Programs for Civilians:** The call for nomination packages for civilians to attend ASBC and SOS in residence is out. Nomination packages must be submitted to the Careers Program Office at AFPC by 31 May 04. All packages must be routed through the Civilian Training Office for review. SOS packages must also be staffed Wing/CC endorsement. In-residence ASBC is a six and a half week program. For ASBC, applicants must be a PALACE Acquire, COPPER CAP, or Base Level Intern with at least six months of service by the beginning of FY05. In-residence SOS is a five-week program. Air Force civilian employees in the grade of GS-09 through GS-12, with at least three years of continuous civilian service by the beginning of FY05 are eligible to attend. Possession of a bachelor's degree and a secret clearance is highly desired. Procedures, the nomination form (AF Form 4059) and physical requirements can be found at: <http://www.afpc.randolph.af.mil/cp/guide/sec-4.htm>. Further questions can be directed to Ms. Barbara LeFebvre, Civilian Training Manager at 5-5913. (30MSS/DPHE)

**Computer Training:** (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg 9360, InDyne, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771, or e-mail: [lexi.schwartz@vandenberg.af.mil](mailto:lexi.schwartz@vandenberg.af.mil)

**b. First Tip: Launch A Mini Slide Show So You Can Edit On The Fly In PowerPoint** - Have you ever wished there was an easier way to view the results of your edits without having to launch your slide show and then toggle back to PowerPoint to make additional changes? Well, editing on the fly really is easy in PowerPoint if you know the shortcut command. Simply hold down the CTRL key while you either click on 'Slideshow' on the View menu, or click on the Slide Show view button in the bottom-left corner of the PowerPoint window and a miniature, yet fully functional, slide show appears in the upper corner of the screen. Now you can make changes to your slides in PowerPoint, such as adjusting borders or updating hyperlinks, and see how they affect your presentation without having to relaunch the slide show, and all edits are applied to the mini slide show as soon as you make them. **Second Tip: If It's Hidden...Keep It!** - Suppose you have hidden one or more columns or rows in Excel and you want to copy a range of cells (to paste elsewhere), which includes hidden cells, but you don't want the hidden cells to be pasted. To paste ONLY the exposed cells: 1. Select the range, including the hidden cells. 2. Press **ALT + ;** (semicolon). Excel eliminates the hidden cells from the selection. (You see a white line indicating the unselected hidden cells.) That's it!

**c. Available Classes:** Following are classes scheduled for the next two weeks, which have open slots:

Class	Date(s)	Time
Forms, Styles and Table of Contents	6 Apr 04	1300—1600
ISSO Training	7 Apr 04	0800—1130
Photo - Panorama	7 Apr 04	1130—1230
LAN Access Training	9 Apr 04	0800—1100
Office - Customizing Toolbars	9 Apr 04	1130—1230
Access 2000 Basic	12-16 Apr 04	0800—1100
Photo - Special Effects I	12 Apr 04	1130—1230
Excel 2000	12-14 Apr 04	1300—1600
Internet Explorer - Using Search Engines	14 Apr 04	1130—1230
LAN Access Training	15 Apr 04	1300—1600
PWRR	16 Apr 04	1300—1600
Photo - Special Effects II	16 Apr 04	1130—1230
Word 2000	19-21 Apr 04	0800—1100
Office - Object Linking & Embedding	19 Apr 04	1130—1230
Front Page 2000	19-21 Apr 04	1300—1600

**Note:** Walk-ins are always welcomed!

**Items For Sale:**

**For Sale:** 2001 Pontiac Grand Am SE 4 Door, 66,000 miles. XLNT condition, new tires. All service records, custom stereo equipment, and removable luggage rack. \$7,500. Available May 04. Call 478-2805.

**For Sale:** 2001 Ford Mustang, red; 41,500 miles; V6/Man; 7/70,000 ext warranty; new tires; NADA value \$10,500, asking \$9,800/obo. For further information call 734-0215.

**For Sale:** 2000 Mitsubishi Eclipse GS, red w/tan interior, 5-spd, P/S, P/B, P/W, keyless entry/alarm system, sun roof, alloy wheels, premium sound, 1 owner, 58,500 miles. Asking \$10,000. Call 736-9482.

**For Sale:** 1998 GMC ext. cab 4x4, 7" lift 35x12.50 tires new, sprayed in bed liner, color matched camper shell, power everything, engine upgrades, must see, great condition, \$13,500/obo. Call 757-7890.

**For Sale:** 1996 Dodge Grand Caravan ES, fully loaded, premium sound, leather, front/rear air/heat, captains chairs, rack, privacy glass, etc. Great condition. \$7,500. Call 934-0832 after 1500.

**For Sale:** 1995 Mitsubishi 3000GT, 5-spd, 222 hp V6, blue w/gray leather interior, AC, P/S, P/W, P/L, P/B, alloy rims, premium sound system, alarm system, cruise, 100k mi/1 owner. \$7,500/obo. Call 736-9482.

**For Sale:** 1993 Camaro Z28, only 49,000 miles. 6-spd, P/S, P/B, P/W, aftermarket SS rims. Excellent condition! \$8,500/obo. Please call Daniel or Sabrina at 734-1766 after 1700 or 530-863-0488 anytime.

**For Sale:** 1984 Mercury Cougar, 8-cylinder, power everything, keyless entry, leather interior and new tires. Good Condition, \$900. Call 733-3275.

**For Sale:** Two 2002, 660 Yamaha Raptors and one 6.5ft X 12ft Carson trailer. One Raptor has twist throttle installed and sand tires-\$5,300/obo the other is basic-\$5,000/obo. Trailer \$700/obo. Call Matt 734-1404.

**For Sale:** 2002 Honda 400ex, very low hours on engine, nerf bars, K&N air filter, only ridden one summer, garaged, extra wheel and tire, great condition, \$3,100/obo, call 757-7890 any time.

**For Sale:** 2000 Kawasaki 1500cc Vulcan Nomad, 19,200mi, EFI, Shaft drive, silver on red w/gold trim. Easy to open hard bags, brand new tires. Always garaged. \$7,995/obo. Call 937-9026 after 1630.

**For Sale:** 1999 H-D Sportster, XLH 883. Excellent condition. Only 3,000 miles. Screamin' Eagle Intake. Straight Drag Pipes. Asking \$5,500/obo. If interested call Joe at 734-0317.

**For Sale:** 1981 Honda Trail 110, street and off road legal, great condition, very low miles, great gas mileage, garaged, emergency fuel tank, runs great, \$800/obo, call 757-7890 any time.

**For Sale:** PCS sale, General Electric washer/dryer. Price: \$225. Contact Karon Williams at 588-5382 ASAP.

**For Sale:** Weider Crossbow, 6-months-old, good condition, some wear from use, original price \$650 with lat bar, asking \$400/obo. Very flexible with price. Call 805-588-4753.

**For Sale:** Bissell steam cleaner, \$100. Green loveseat w/oak trim \$75. Oak end table matches loveseat, \$15. Matte black entertainment center w/glass doors \$50. Faux granite entertainment Ctr. \$35. Call 478-0563

**For Sale:** Large dog house, \$50. Medium size pet carrier, \$15. Microwave stand w/storage \$25. Portable basketball hoop \$50. Phone stand \$10. 3-tier corner shelf, \$10. Exercise bike, \$25. Call 478-0563.

**For Sale:** Matching sofa and loveseat, beige with multi-colored pattern, in good condition, includes throw pillows. Need to sell right away to make room for new furniture. \$200/obo. Call 934-4762 in the evenings.

**Free:** 10' X 10' Dog Kennel. Call Matt or Debbie at 734-0993 for more information.