



Base Bulletin

Vandenberg AFB, CA 93437-0759



15 September 2004

No. 37

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to 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/SCBP 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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.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. Office Closure: The 30th Comptroller Squadron, Financial Services Flight (Customer Service, Customer Support, and Accounting Liaison) will be closed on Friday, 17 Sep 04 from 1200 to COB for an official function. We apologize for any inconvenience this may cause. If emergency financial assistance is needed, you can reach us at 588-9282. (30CPTS/FMFC, 6-4630)

b. Retirement Ceremony: Please join the 30th Logistics Readiness Squadron in honoring TSgt Michael K. Wingate for his 20 years of distinguished service at his retirement ceremony, 17 Sep 04, at 1000, outside Bldg. 1749, Airfield Road, VAFB. Refreshments will immediately follow. Please RSVP to TSgt Cisney at 6-5757 or by e-mail cinnamon.cisney@vandenberg.af.mil NLT 14 Sep 04. (30LRS/LGRTA)

c. Retirement Ceremony: The 30th Launch Group cordially invites you to attend a retirement ceremony honoring MSgt John E. Goodson, Mission Assurance Superintendent, 2nd Space Launch Squadron, after 22 years of dedicated service, on Friday, 24 Sep 04, at 1400, in Bldg 8500, Readiness Review Center (RCC), Conference Rm. Reception to follow. Military attire: Uniform of the Day. Civilians: business attire. Please RSVP NLT 17 Sep 04 to Bonnie Purvis at 6-3863, or bonnie.purvis@vandenberg.af.mil. (2SLS/DE)

d. Retirement Ceremony: Please join the 30th Space Wing Command Post in honoring MSgt Mark Woodbury for his commitment to the USAF at his retirement ceremony on 30 Sep 04, 1530—1700 at the WROCC. Reception will immediately follow. Please RSVP to A1C Rhea Amante at 5-0384 or e-mail rhea.amante@vandenberg.af.mil NLT 20 Sep 04. (30SW/CP)

e. Retirement Ceremony: The 30th Space Wing cordially invites you to attend a retirement ceremony honoring MSgt Quinn A. Johnson on Friday, 1 Oct 04, at 1500, in Chapel 2. The reception will follow at the Chapel 1 Annex. The attire is Uniform of the Day for military personnel; daily attire for civilians. Please RSVP and/or provide presentation information NLT 24 Sep 04 to SMSgt Tenita Williams at 6-3077, Ms. Yolanda Colon at 5-0171, or via e-mail. (30SW/XPO)

f. Retirement Ceremony: Lt. Col William G. White, Commander, Defense Threat Reduction Agency, requests the pleasure of your company at a retirement ceremony in honor of MSgt Anthony R. Norris' 22 years of dedicated service on Tuesday, 5 Oct 04 at 1000 in the RRC room of Bldg 8500. Reception immediately following. Military attire: Uniform of the Day. Any questions please contact SMSgt Samuel L. Warren at 5-6317 or MSgt Stephen W. Davison at 5-7915. (576FLTS/TMOE)

g. 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)

TEAM VANDENBERG

2. 30th Space Communications Squadron: (30SCS)

a. Don't Be A Dead Functional Area Records Manager (FARM) Walk'n: AFMAN 37-139 was rescinded back in June 2004 and replaced by the Air Force Records Disposition Schedule (RDS) accessible on-line in Web RIMS. It provides the most up-to-date tables and rules approved by the National Archives and Records Administration. This info was disseminated to FARMs. Please spread the word now. (30SCS/SCBR, 6-4212)

b. Don't Believe The Hype: Apparently, there is word going around stating the National Personnel Records Center (NARA) is scanning all Official Military Personnel Records (OMPR) and destroying paper copies. This is not true. The NARA, responsible for maintaining archives of our OMPRs is automating their storage and management of these records. When this is complete, they plan to destroy hard copies unless requested by the veteran or a deceased veteran's family to instead send those records to them. (30SCS/SCBR, 6-4212)

c. Emission Security Announcement: If you have classified processors and have a need to switch classified and unclassified signal wire lines or share one monitor, keyboard, and mouse with a classified central processing unit (CPU) and an unclassified CPU, an A/B switch can be used. Contact TSgt Greene at 5-2352 for more information. (30SCS/SCBI)

3. Traffic Management Office: (30LRS)

a. School Bus Registration: School bus registration is at Bldg 10728, 30LRS Vehicle Operations on Tuesdays and Thursdays from 0900—1300. (30LRS/LGRVO, 6-2614)

b. 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. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900-1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPMP1)

b. MPF Weekly: For the most current Military Personnel information, please check out the *MPF Weekly*. The 10 Sep 04 edition is now posted on the Vandenberg Intranet, [MPF Weekly](#). (30MSS/DPMP)

c. Interested In Going TDY? The MPF's Personnel Readiness Function is looking for volunteers, in the rank of E-5 and below, to go TDY for approx 90 days working as a Third Country National (TCN) Escort. We are currently looking to fill 30 tasking for the AEF 3, AEF 5 and AEF 7 cycles. The benefits include traveling to another country and receiving a tax-free reenlistment bonus if you are eligible for reenlistment during that time. All TDY tasking are on a first come, first serve basis. Eligibility criteria as follows: Must not be obligated to fulfill an AEF requirement for your current AFSC and must remain eligible to support this tasking for the entire AEF cycle. Must have a Secret or Interim Secret Clearance. Must be an E-5 or below. Must have your commander's approval in writing to be eligible to volunteer for the TCN Escort deployments. For more information, please contact TSgt Leduc at 6-7574. (30MSS/DPMDX)

d. NCO Retraining Program: Air Force officials have announced the start of the FY05 NCO retraining program. The FY05 NCORP will target approximately 1,098 NCOs (SSgt, TSgt, MSgt) to retrain from AFSCs with NCO overages to AFSCs with NCO shortages. The voluntary phase of the program runs now through 30 Sep 04. Some restrictions apply, depending on your grade and AFSC, if necessary, an involuntary phase will be implemented on any AFSC that did not meet voluntary retraining-out program objectives. Contact Personnel Employment at 6-8739 or 6-7681 for complete details. (30MSS/DPMAE)

e. Academic Year (AY) 2005 Olmsted Scholar Program: The Olmsted Scholar Program provides the opportunity to study abroad, obtain a masters degree in a foreign language, and gain an in-depth understanding of the history, social, political, cultural and economic characteristics of a foreign country. Eligibility criteria forthcoming for Junior Line Officers <http://www.afpc.randolph.af.mil/pme/0-Olmsted.htm>. Contact is MSgt Jesse J. Langhorne, Superintendent of Customer Support, 6-7387. (30MSS/DPMP)

f. Master Personnel Record (MPR) Changes: There will be a temporary suspension of providing documents from the Master Personnel Record (MPR). Effective 15 Sep 04, AFPC will start the conversion of their current database to a new and improved storage and retrieval system. The conversion will last for approximately 45 days in which AFPC will be unable to access documents from MPRs. If anyone is working projects requiring documents from their MPR prior to the conversion process, they should make the request

as soon as the need is identified. Customer Service will assist all Airmen as best as possible during this AFPC conversion. Contact Customer Service at 6-2276. (30MSS/DPMP)

5. Civilian Personnel Flight: (30MSS/DPCE)

a. Voluntary Leave Transfer Program: Christine Holly-Vickers-30SW/JA and Timothy L. Lovelace-30CES/CEOF2 Vandenberg AFB, Tony Wright-Mildenhall AB, Starlene Holley-Clear AFS, Ronald Mosley-Selfridge ANGB, Michael Baca - HQ ARPC/MSC, Sandra Jernigan, Betty O'Herlihy, Howard Brown, & Tim Jones-Luke AFB, Glenda Bennet & Lori J. Anderson-Peterson AFB, Herlene Thurman & Cheryl Scott-Los Angeles AFB, Carolyn DeLaGarza-Langley AFB, Johnna DeSimone-Schriever AFB, Dionisio Esteban-Onizuka AFS, Contine Francis & Janice Shinkle-MacDill AFB, Delores Green & Emily Knecht-Dobbins ARB, Wilson Holloway & Frank Valentik-Avon Park AFR, Charles Howard-Vance AFB, Jane Kelsey & Earle Tasse-Eglin AFB, Melanie Brown, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, Mary Maurer, Lisa Wiggs & Richard Hinshaw-Patrick AFB, Earl Mikula-Buckley AFB, Dotsy Parnell-Shaw AFB, D'Sitra Scott-Willow Grove ARS, PA, Sue Sommers-Scott AFB, Fred Haas, Jeneke Lacy, Jacquelyn Schmidt, Carol Vilcek, Linda Solomon, Rebecca Barner-USAF Academy, Traci Teachout & Carolyn Wallace-McConnell AFB, Mike Weatherly-Homestead ARB, Barbara Holley-Pittsburg IAP ARS, William Held-AF Audit Agency, and Bernadette Stein-Randolph AFB 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. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf

b. Federal Employees Group Life Insurance (FEGLI) - 2004 Open Season: For the first time in five years, the FEGLI Program is having an Open Season. The Open Season begins on Wednesday, 1 Sep 04 and ends on Thursday, 30 Sep 04. This Open Season gives Federal civilian employees, who are eligible, the opportunity to enroll in the Program for the first time, or to change or increase their current FEGLI coverage. Eligible employees may elect FEGLI coverage without having a physical examination or answering any medical questions. Effective 1 Sep 04, you may visit www.fegli2004.opm.gov for additional information about the FEGLI Open Season. Note: This web site will not be available prior to 1 Sep 04. (30MSS/DPC, 6-5847)

6. 30th Medical Group: (30MDG)

a. Clinic Closure: The Vandenberg Clinic will be closed 23 Sep 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 Clemens at 6-7440. (30MDSS/SGSAP)

b. Attention Vandenberg Patients: Beginning 1 Oct 04, to be compliant with Air Force requirements, the Vandenberg Clinic will close at 1530 and in order for the Pharmacy to participate, the following changes have been made: The Pharmacy hours have changed to 0730—1630, Monday through Friday. We will no longer accept new prescriptions after 1530 Monday through Friday. The new refill cut-off time will be 1330, Monday through Friday. Please plan accordingly. Thank you for your patronage! (30MDG/SGSP, 6-7440)

c. TRICARE Outreach: Free flowing opportunity to learn about your TRICARE options and address any concerns in an open-forum environment. Children are welcome and no RSVP is required. Visit us every Wednesday through Oct 04 from 1400—1600 in the Staff Auditorium at the 30th Medical Group for information covering the following list of topics: TRICARE in Transition, Access Standards and Accessing Care, New Claims Processors (Health Care Claims/TRICARE for Life/Pharmacy), and Preventative Care (Well visits/Immunizations). Subject will repeat every 15 minutes. Direct questions to Ms Bonnie Robles, Beneficiary Counseling and Assistance Coordinator, 6-7483. (30MDG/SGSP, 6-7440)

d. Automated Refill System Clarification: It has come to our attention that there is a need for clarification on the automated refill system at the Vandenberg Base Pharmacy. When a refill is called into the system at 605-0200, the automated voice will tell you when the medication will be ready for pick-up or if it's too early to fill. Normally, as soon as 75% of the medication is used up, it can be called into the system. This automated system makes the decision to fill/not fill a medication based on the calculated "day supply" for each product. The "day supply" for each medication is calculated when it is first typed into our system. The calculation is based on the directions the doctor wrote and the amount of medication in each product. For example, for asthma inhalers, there are a set number of actuations (or puffs) per box. Let's say there is a prescription turned in for Inhaler XYZ, which has 200 puffs per box. If the directions say to use "1 puff every 4-6 hours and dispense a 90 day supply" then since one box contains 200 puffs, a 90 day supply would require 3 boxes. Maximum use of 6 puffs per day & 200 puffs per box: $200/6 = 33$ days per box. Therefore, since the automated system knows that the medication should last 90 days, it will allow for a refill at the 67th day mark. If you run out of medication before the refillable date then you need to re-evaluate how you are using the device or whether or not you are following the directions correctly. If there are any further

comments/questions regarding this topic, please feel free contact the pharmacy at 606-7440. (30MDG/SGSP)

7. 30th Security Forces Squadron: (30SFS)

a. 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)

b. Off Limits Area: The 30th Security Forces Squadron Combat Arms Range Complex located off San Antonio Road West, is **off limits** to all unauthorized personnel. Danger signs are posted around the hazardous area of the range complex and entering into this area is not only illegal, but is also dangerous. For authorized entry, please, contact the Combat Arms Section at 5-5025. (30SFS/SFTC)

c. Base Obstacle Course Access: The Base Obstacle Course is **off limits** to all personnel who have not received the required obstacle course training from the 30th Security Forces. All personnel wishing to use the obstacle course must contact SSgt Chris Correia at 5-2087. (30SFS/SFTT)

8. 30th Civil Engineering Squadron: (30CES)

a. 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 A1C Rodriguez at 6-3152 or CE Customer Service at 6-0010 to verify the 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/CEOFF, 6-0010)

b. Appliance Safety: Any person who discards, abandons or leaves in any place accessible to children refrigerators, freezers, clothes dryers, washing machines or other appliance having a capacity of one and one-half cubic feet or more and that have not had the door removed to prevent closing and latching of the door, is guilty of a misdemeanor. Any person who knowingly permits such an appliance to remain on premises under his or her control without having the door removed to prevent closure and latching is also guilty of a misdemeanor. Therefore, the refuse contractor will not pick up any appliances in the housing area that have not had the door removed. Contact Capt Jokinen, 6-3477. (30CES/CEH)

c. Base Civil Engineer Work Request: The new 30SW Form 35, Base Civil Engineer Work Request, dated 1 Nov 03 is available on the [VEPDL](#). All previous 30SW Form 35's are no longer valid. (30CES/CEOFF, 6-0010)

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, 17—19 Sep 04. Call 6-5565 for movie information or e-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	17 Sep 04	The Manchurian Candidate	R	1830	1900
Saturday	18 Sep 04	The Village	PG-13	1830	1900
Sunday	19 Sep 04	No Showing			

b. Food Service Events: For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMX)

Day	Date	Event	Start Time	Location
Wednesday	15 Sep 04	D. F. Advisory Board Meeting	1000	Beachcomber
Thursday	16 Sep 04	Birthday Meal - 3rd quarter	1730	Beachcomber
Friday	17 Sep 04	POW/MIA Recognition Day Meal	1100	Beachcomber
Saturday	18 Sep 04	Air Force Birthday Meal	1100	Beachcomber
Tuesday	21 Sep 04	Birthday of the Ice Cream Cone	1100/1630	Beachcomber
Thursday	30 Sep 04	Hispanic Heritage Month Meal	1100	Beachcomber

c. General Membership Meeting: The Vandenberg AFB African-American Association general membership meeting is Thursday, 16 Sep 04, at 1130 at the Library in Conference Room A. All active duty members, spouses, civilians, and retirees are welcome. For more information contact MSgt Dexter King, 532TRS/DOBD at 6-5551. (2SLS/MAFD)

d. General Membership Meeting: The Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530, on 16 Sep 04, at Supply-Bldg 8339, 2nd Floor, Rm 2, located on the corner of 8th St and New Mexico Avenue. 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 additional information, please contact the AFSA President, SMSgt Williams, 6-1568. (30SCS/SCBH)

e. Vandenberg Spouses' Club: Join us for our Annual Membership Night on 21 Sep 04, at 1830 at the Pacific Coast Club. We will play Bunko, and eat pizza & salad; all for \$10.00 with cash prizes. Great Special Interest Groups to join. R.S.V.P. by 17 Sep 04 by calling Leigh Ann at 734-1911.

f. Rescheduled Quarterly Birthday Meal: On Thursday, 23 Sept 04, we will be holding The Quarterly Birthday Meal for Enlisted BAS or Meal Card holders that celebrated birthdays in July, August or September, at the Beachcomber Dining Facility. Doors open at 1700 and the meal is served at 1730. Each birthday member is allowed to bring one guest. You will be served by Commanders, Chiefs and First Sergeants from Team Vandenberg. There will be entertainment, prizes and a sundae bar. The menu choices are: Prime Rib, Shrimp Scampi, Cornish Hen or Pasta and Vegetable Medley. All meals include: soup or salad, baked potato or rice pilaf, vegetable medley, fresh bread, cake and beverages. Please contact the Food Service Office at 6-3219 or 6-5496 by 21 Sept 04 to sign up! (30SVS/SVMF)

g. Moms, Pops & Tots: A new base group sponsored by the all-ranks Vandenberg Spouses' Club, we are geared towards spouses with children ages 0-5. The playgroup meets at the Fitness Center Annex every Tuesday, from 0930—1130. The Fitness Center Annex is on Wyoming Street across from the commissary. A small snack is provided so bring your sippy cups. Lots of toys and room to run! This group is meant to be informal & meet your needs. Also includes field trips, speakers and holiday parties. For details call Linda Benz, 734-2448/e-mail: benz3.0@netzero.com.

h. Catholic Single Young Adults: Are you Single? Between the ages of 21- and 40-yrs-old? And looking for a place to meet other Catholics with similar interested? Join the new Central Coast Catholic Young Adult Singles every second Thursday of the month, 1830—2030 at St Louis de Montfort in Orcutt (bring a dish to share) and fourth Thursday of the month at St Mary's in Santa Maria, 1830—2030 (cost \$5 at door for drinks & snacks). Along with our regular bi-monthly events we have one social event every month. Call or e-mail for information about our bi-monthly events, October Wine Tasting/Tour or the CCCYA Cruise to Ensenada from 29 Oct 04 to 1 Nov 04. Contact: Kellee Bartha at CentralCoastCatholicYoungAdults@yahoo.com or 264-4659.

i. Santa Maria Memory Walk: Come take steps to end Alzheimer's! This year's Santa Maria Memory Walk benefiting the Alzheimer's Association will be Saturday, 16 Oct 04, from 1500—1900 at beautiful Waller Park. Adults, children, and dogs are all encouraged to register online at www.centralcoastalz.org or contact the event coordinator for more information: Kari Kwinn at 922-4132.

j. Big Brothers Big Sisters: Big Brother Big Sisters matches kids with adult volunteers who share friendship, fun and a positive role model. Come learn how to become a Big Brother or Big Sister, broaden a child's horizon, and bring a little magic into both of your lives. Our new Volunteer Orientation and Training will be held on 06 Oct 04 from 1130 to 1300 at the Family Support Center office located at 723 Nebraska Ave, Bldg. 10525 Vandenberg AFB CA. Or, please call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister. RSVP!

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

a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education: When it comes to breastfeeding and childcare, not everyone is a natural and even those that are have questions that need to be answered. The HAWC offers several, in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up the informative books and pamphlets that the HAWC offers.

b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education: Weekly classes, Thursdays 1400-1600, 120 minutes each, instructed by a Registered Nurse, Registered Dietitian and Diet technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday of the month Cholesterol, 3rd Thursday of the month is the High Blood Pressure Education.

c. Tired of fad diets and no results? Then come on in and learn from scratch about fitness, behavior change and nutrition. See how you can improve your body, mind and soul. Three classes to choose from, Fitness Improvement (FIT) at the Services Center - 2 hour covering exercise, Healthy Living Workshop (HLW) at the HAWC - 2 hour class covering a little bit of fitness, behavior change and nutrition, Body Composition Improvement (BCIP) - a 2 part 2 hour class covering nutrition. <http://www.php-ids.com/> to sign up.

d. Shape Your Future...Your Weigh! Help to keep yourself in shape right from your own home! Try this link that includes sites for a 7-day Food and Exercise log, BMI calculator and table, http://airforcemedicine.afms.mil/idc/groups/public/documents/webcontent/knowledgejunction.hcst?functionalarea=ShapeYourFuture&doctype=subpage&docname=CTB_018453

e. New To The HAWC: Gastric Bypass support group. A peer support group for individuals how have had bariatric weight loss surgery or interested in information. Meets in the HAWC conference room the last Monday of each month at 1900—2000, for more information contact Mrs. Rande VanNess, 734-3311.

Chapel: (30SW/HC, 6-5773)**a. Worship Schedule:**

Catholic Mass:				Protestant Services:			
Confessions	Saturday	1700	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Saturday	1615—1645	Chapel 2	Gospel	Sunday	1130	Chapel 2
Daily Mass	Sunday	1000	Chapel 1	Traditional	Sunday	1130	Chapel 1
	Mon-Fri	1130	Chapel 2				

b. Change In Services: Only 1 Protestant service will be held on every 3-day (holiday) weekend. Sunday worship will be held at Chapel 1 at 1130.

c. Jewish High Holiday Observance Schedule:

Day	Date	Jewish High Holiday	Time	Location
Wednesday	15 Sep 04	Erev Rosh Hashanah	1900	Chapel 1
Thursday	16 Sep 04	Rosh Hashanah	1000	Chapel 1
Friday	17 Sep 04	Rosh Hashanah	1000	Chapel 1
Friday	24 Sep 04	Yom Kippur & Kol Nidre	1830	Chapel 1
Saturday	25 Sep 04	Yom Kippur & Break-Fast to follow	1000	Chapel 1

d. Vandenberg Jewish Community Classes: The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, Adult Hebrew and religion classes. Classes start again on 21 Sep 04 at the Vandenberg Religious Education Center and are held every Tuesday night at 1800. Please call Rande Van Ness at 734-3311, for more information or to enroll.

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

a. Office Hours: Family Support Center's customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training 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—1530.

c. BabyMeet: 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. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

d. Playtime for Tots: They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

e. PALACE CHASE (Force Shaping) Separates: Are you separating under the newest PALACE CHASE (Force Shaping) program? If so, you need to get to the Family Support Center (FSC) now! You must accomplish your mandatory Pre-Separation Briefing at least 90 days prior to separation. You can schedule yourself for this briefing by accessing www.php-ids.com. Do not wait until you have your out-processing checklist to get this briefing. If you need assistance please call the FSC at 6-0039.

f. Global Hearts Group: The Global Hearts Group invites families of deployed members, personnel serving remote, and on 30+ days TDY for a fun time at the bowling center, Sunday, 19 Sep 04 at 1500. Fee is \$1.00 per game. Our traditional Sunday dinner at AETC dining facility will immediately follow at 1700. Please call TSgt White at 6-0039 to sign up.

g. Volunteers Wanted: The American Red Cross is looking for volunteers to assist with producing bi-monthly cable television show, "Saving Lives", featuring news on Red Cross activities in Santa Barbara County. Training for positions behind the camera will be available. Two hour evening tapings take place twice a month. Contact Coleen Hefley (samhefley@juno.com) or Lucy Popova (805-687-1331 ext. 11 or lpopova@sbaco-redcross.org) if you are interested or need additional information.

h. Thrift Savings Plan: Thursday, 16 Sep 04, 1100—1200 at the Family Support Center. This 401K-type plan will allow military members the opportunity to accumulate long-term, tax-deferred savings. Get the information you need on enrollment, and investment vehicles. Check out Thrift Savings Plan at: www.tsp.gov.

i. CAL-VET Home Loan: Friday, 17 Sep 04, 1330—1530 at the Family Support Center. One of the major Veterans' benefits is the Veteran's Home Loan Guaranty. It is made to Active duty members, retirees, and Veterans for the purchase of homes, townhouses and condominiums. Learn the application procedures & understand the basic CAL-VET Home Loan process and be cognitive of potential pitfalls.

j. Pre-Separation Briefing (DD Form 2648): Tuesday, 21 Sep 04, 0800 at the Family Support Center. This **mandatory** briefing is for military members scheduled to retire or separate and **must be completed at least 90-120 days prior to departure**. Subjects covered include benefits in employment, relocation, education/training, medical, financial, disability, and more. The DD Form 2648 acts as a checklist to identify Pre-Separation subjects of interest as a basis for development of an Individual Transition Plan (ITP). The completed form is required for final out-processing. No registration is required! You can schedule yourself for this briefing by accessing www.php-ids.com.

k. Financial Basics: Tuesday, 21 Sep 04, 1100—1200 at the Family Support Center. Need financial advice? Learn financial basics such as checkbook maintaining, credit spending, choosing a financial institution, credit pitfalls, decoding financial terminology & making your paydays count! Contact Jimmy Camacho at 6-0039.

l. The Mechanics of Resume Writing: Wednesday, 22 Sep 04, 0900-1100 at the Family Support Center. Prepare or update your resume for your job search, separation, or retirement! Learn about different types of resumes, resume do's and don'ts, and tips on building a powerful resume that will get you an interview. Participants will compile a rough draft of their selected format. Workshop is open to all active duty personnel, family members, retirees, and DoD civilians.

m. Women Infants and Children (WIC): WIC is moving!!! WIC appointments will start on Thursday, 23 Sep 04 at the Health and Wellness Center (HAWC). You can get a map and directions from the WIC room or the front desk at the Family Support Center.

30th 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 web site.

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

- **Youth Leagues Kick-Off:** 26 Sep 04. Sign up for the Youth Bowling (YABA) leagues at Surf Lanes.
- **Airmen's Night:** Thursday, 1800—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Friday, 2100—2400, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

c. Breakers/Beachcomber Dining: (30SVS/SVMF, 6-7540/734-1901)

- **Breakers Renovations:** The Breakers dining facility is currently closed for renovations to the heating, ventilation and air conditioning system. Consolidated dining will be available at the Beachcomber (Bldg 9190) on Nevada St in the 381st Training Group area.
- **POW/MIA Recognition Meal:** 17 Sep 04.

- **Air Force Birthday Brunch:** 18 Sep 04, 0800—1200.
- **Quarterly Birthday Meal:** The Birthday meal schedule for 16 Sep 04 has been postponed to 23 Sep 04, 1730. Doors will open at 1700.
- 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 become a licensed child-care provider. Call Gwendolyn Jones at 6-4639 or 6-3255.
- f. **Fitness Center:** (30SVS/SVMP, 6-3832)
 - **Women On Weights:** 22 Sep 04, 1000.
 - **Fitness Assessments:** 28 Sep 04, 1000—1400.
 - **'Operation Stay Fit' Triathlon:** The triathlon scheduled for 25 Sep has been postponed to 16 Oct 04.
- g. **Information, Tickets & Travel:** (30SVS/SVRO, 6-7976 or 6-1675)
 - The ITT office and Leisure Travel are now located at Outdoor Rec (Bldg 10250).
- h. **Library:** (30SVS/SVMG, 6-6414)
 - **Story Time:** 16 Sep 04, 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 606-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.
- i. **Marshallia Ranch Golf Course:** (30SVS/SVBG, 6-6262)
 - **BBQ Lunch:** 16 Sep 04, 1100—1330.
 - **Marshallia Masters:** 17—19 Sep 04. Sign up at the Pro Shop.
 - **Course Aerification:** 20—24 Sep 04. Aerification of greens, tees and fairways.
 - **Scotch Foursome:** 26 Sep 04, 1030.
- j. **Natural Knead Massage:** (30SVS/SVMP, 5-4748)
 - Natural Knead massage is now open in its new location at the Health & Wellness Center (HAWC), Bldg 8505. Watch for our Squadron of the Month Special. Just make an appointment and then stop by with an item (hat, coin, etc.) showing your squadron emblem, and you can get a discount price on any massage (except 30-minute). The squadron for Sep 04 is 30 CES.
- k. **Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Hiking at Montaña De Oro:** 25 Sep 04, 0800. Sign up by 23 Sep 04. Cost is \$15.
- l. **Pacific Coast Club:** (30SVS/SVBO, 734-4375 or 734-4376)
Entertainment/Events:
 - **Fajita Dinner:** 15 Sep 04, 1700—2000.
 - **Boss & Buddy Night:** 15 Sep 04, 1630—1830, expanded social hour in the E-Lounge. Karaoke from 1700—2100, snacks and drink specials.
 - **DJ Night:** 17 Sep 04, 2100—0200, in the E-Lounge.
 - **Karaoke Night:** 17 Sep 04, 1900—2300, in the Officers' Lounge.
 - **DJ Guy:** 18 Sep 04, 2100—0200, in the E-Lounge. Catch the groove with Hip-Hop, R&B, Old Skool, and New Skool from DJ Guy.
 - **Football Frenzy:** 20 Sep 04, tailgate party starts at 1700. Catch the Monday Night Football action as the Minnesota Vikings take on the Philadelphia Eagles.
 - **Mongolian BBQ:** 22 Sep 04, 1700—2000.
 - **Comedy Night:** 25 Sep 04. Doors open at 2000, laughs begin at 2100. BET Comedy View & Def Jam All-Stars featuring Tommy Chunn and Smokey Deese. Hosted by D'Militant, with music and after party by DJ Krazy J. Cost is \$10 at the door. Call the PCC for more information.
 - **Kids Night Out:** 27 Sep 04, 1700—2000. Special buffet and entertainment.
- Menu:**
 - **Monday Madness:** Mondays from 1700—2000. Enjoy our all-you-can-eat pizza and spaghetti buffet with drink and soon to be famous pizza dessert. Regular - \$7.95, Members - \$5.95, children under 12-years of age - \$3.00. (No coupons)
 - **Fried Chicken Buffet:** Tuesdays from 1700—2000. Pacific Fried Chicken Buffet with dessert. Regular - \$8.95, Members - \$6.95.

- **Kid's Night:** Wednesdays from 1700—2000. Children under 12-years-old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
- **Pasta Mania Buffet:** Thursdays from 1700—2000. Regular - \$8.95, members - \$6.95, children under 12-years of age - half-price, children 4-years and under - free.
- m. Rod & Gun:** (30SVS/SVBR, 6-4560)
 - **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.
 - **Sporting Clays:** 25 Sep 04, 0830.
 - **Pistol Action Shoot:** 26 Sep 04, 0830.
- n. Skills Development:** (30SVS/SVRS, 6-6438)
 - **Basic Framing & Matting:** 21 Sep 04, 1800—2030. Class will work on an 8" by 10" project. Cost is \$20 plus materials.
 - **Stained Glass Instruction:** Saturdays from 1100—1300. Sign up 2 days prior to first class.
 - **Children's Ceramics:** Saturdays from 1100—1330. This class is designed to introduce children to the art of ceramic casting. Cost is \$15.
- o. Swimming Pool:** (30SVS/SVRO, 6-3581)
 - **Lap Swim Schedule:** Monday-Friday, 0630—0800, 1045—1245, 1745—1900; Mon/Wed/Fri, 1745—1900 and Saturday-Sunday, 0800—0945.
- p. Veterinary Clinic:** (30SVS/SVBV, 6-3019)
 - **Pet Registration:** All cats and dogs residing on Vandenberg AFB must be registered with the Veterinary Treatment Facility (VTF). All vaccinations including rabies and distemper combinations, must be up to date and kept on file. Please bring your animal's medical records to the VTF on an off-clinic day to register you pet.
 - **Pet Protection:** Protect your pets against fleas, ticks and heartworms with Frontline Plus and Heartgard, both available at the Vet clinic.
- q. Youth Center:** (30SVS/SVYY, 6-2152)
 - **Pre-School Orientation:** 15 Sep 04, 0900—1000 for 3-year-olds and 1000—1100 for 4-year-olds.
 - **Basketball Leagues:** Registration for Youth Basketball begins 20 Sep 04 at the Youth Center. Cost is \$55 (Members \$50) includes uniform and team pictures. Sign-ups will be taken Mon through Fri from 1100—1300 and 1600—1800.
 - **Donation Drop Box:** The Torch Club Members at the Youth Center are asking for donated items to send to the troops serving in Iraq. Stop by the Youth Center with any donated items.

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

a. Allan Hancock College Fee Increase - Military Tuition Assistance: Effective 31 Aug 04, the state of California increased the enrollment fee for its community colleges from \$18 per unit to \$26 per unit. Contrary to previous guidance, students who used military tuition assistance to pay for Fall 2004 courses **will** receive a bill for the difference. Students **do not** have to get additional tuition assistance forms but must **personally** go to any Allan Hancock College location to **clear** the bill. **Do not ignore the bill. Failure to clear it will prevent any future registration requests either in person or on-line.** For more information please call 5-5915 or 734-3500. (30MSS/DPH)

b. Education Fair: Come one, Come all, to the Annual Education Fair on Wednesday, 29 Sep 04, from 0900—1400 in the Education Center Student Lounge, Bldg 14002, 144 Wyoming Avenue! Representatives from base and local area colleges and universities will be present. Contact the Education Center at 5-5904 for more information. (30MSS/DPHE)

c. Civilian Tuition Assistance (TA): We have an abundance of FY04 civilian TA funds remaining for use by DoD civilians. It's not too late to have the Air Force assist you in paying for those classes you need to get your Associates, Bachelors, Masters or Doctorate degree. The Air Force will pay tuition costs, not to exceed \$187.50 per semester hour or \$124.50 per quarter hour and up to a maximum of \$3,500.00 per fiscal year. Stop by the Education Center today to sign-up and use TA for your classes or call 5-5904 for additional information. (30MSS/DPHE)

d. Caveat Emptor (Buyer Beware): An old scam has resurfaced, once again preying on unsuspecting junior enlisteds. Epic International advertises itself as a CLEP exam preparatory program. In reality, they sell overpriced encyclopedias and promise students if they simply read their books and follow their "study guides" they can earn a college degree through testing without further course work. They usually direct students to Excelsior College, implying they have some sort of agreement with the school (totally false). They also use Servicemember's Opportunity College (SOC) literature whenever they can obtain it and tell students to call SOC if they have any questions. SOC usually receives these calls after the service member has signed a contract and been given a non-working phone number so the contract cannot be cancelled. Remember, if it

sounds too good to be true, it probably is! If you're unsure, check with the Education Center, 5-5904 before you commit yourself. (30MSS/DPHE)

e. CLEP/DANTES/Excelsior Exam Information: For those students who want to earn a college degree through testing and without further or limited coursework, **free** CLEP (14 tests are offered), DANTES Subject Standardized Tests (DSST) or Excelsior study information can be found at www.freeuniv.com/, www.getcollegecredit.com/ (click on Fact Sheets) and www.excelsior.edu/, respectively. Tests can be scheduled by calling the Education Center 5-5904. Tests are administered at 1300 on Mondays/Wednesdays and 0800 on Tuesdays/Thursdays in classroom B-1, Bldg 14005 of the Education Center. The tests are free for active duty military, National Guard and reservists. The cost for civilians to take CLEP tests is \$120.00 and \$60.00 for DSSTs. Excelsior College and Prometric Technology Centers have an exclusive agreement for testing of civilians through Prometric Technology Centers in CONUS. (30MSS/DPHE)

Computer Training: (InDyne, 6-3771)

a. Personal Computer Systems Training: Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000; Palm PDA Beginning; Project 2000; Publisher 2000; Outlook 2000; and LAN Access Training (a class specifically for those in process of getting an e-mail account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, InDyne, Inc. also reserves 3 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 in the morning and afternoon time frames. Call 6-3771 for more details, or e-mail: james.wooding@vanderberg.af.mil. **Note:** Walk-ins are always welcomed!

b. First Tip: Jump to any slide during a PowerPoint presentation with a keyboard shortcut - What do you do if an audience member asks you a question during your slide show that refers to a specific slide in your Presentation? You could quickly navigate forward or backward through your slides until you reach the desired slide, but there's a simpler, smoother, and quicker method. Simply type the number of the slide you want to display and then press the ENTER key! You can use this technique to bring up any slide in your presentation in the blink of an eye. **Second Tip: Entering Symbols in Excel Worksheets** - To type a trademark symbol in any text label, type "(tm)" (without the quotation marks). To type a registered trademark symbol in any text label, type "(r)" (without the quotation marks). To type a copyright symbol in any text label, type "(c)" (without the quotation marks). (If the symbol doesn't appear, go to Tools \ Autocorrect and put a checkmark in the "Replace text as you type" checkbox.)

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

Class	Date(s)	Time
Intro to Computers	14 Sep 04	0800—1100
Information Technology EC Training	15 Sep 04	0900—1100
Excel - Conditional Formatting	15 Sep 04	1130—1230
Toolbar Mastery	16 Sep 04	0800—1100
LAN Access Training	17 Sep 04	0800—1100
Access Lab	17 Sep 04	1300—1600
Outlook - Calendaring & Meeting Planner	17 Sep 04	1130—1230
PowerPoint 2000	20-24 Sep 04	1300—1600
Excel 2000	20-23 Sep 04	0800—1100
Word - Columns	20 Sep 04	1130—1230
Office - Customizing Toolbars	22 Sep 04	1130—1230
IAAP Managers	22 Sep 04	0800—1130
Excel - Filtering, Sorting, and Subtotals	24 Sep 04	1130—1230
LAN Access Training	24 Sep 04	0800—1100
Internet Explorer - Tips and Tricks	27 Sep 04	1130—1230
LAN Access Training	27 Sep 04	0800—1100
Access 2000 Basic	27-1 Oct 04	1300—1600
Workgroup Managers Course	27-1 Oct 04	0800—1600
Outlook	28-30 Sep 04	0800—1100

Items For Sale:

For Sale: 2002 Toyota Camry LE, beige exterior/interior, excellent condition, P/S, ABS, dual-side airbags, cruise control, CD and cassette player, and more! Keyless entry and alarm systems (not standard on LE. Both were installed by Toyota—not aftermarket). 35K+ miles. Asking \$12,500/obo. Call 588-1604.

For Sale: 1998 Ford F-150, V6, truck, good on gas, 2 tone black/tan, tinted windows, CD player, chrome wheels, bed cover, in great condition, 75K miles, \$8K/obo. Call Tom at 291-0347.

For Sale: 1997 Ford Expedition (gold), 5.4L 8 cyl, 4x4, 61k miles, automatic, P/S, D, W, cruise, premium sound, alarm, ABS, dual air bags, tinted glass, trailer connections, F/S spare, New tires, shocks and brakes! Excellent condition! Asking \$12,250/neg. Call Rich at 588-7530.

For Sale: 1993 Toyota Previa LE, Kelly Blue Book value \$4,500, asking \$3,500/obo. Runs great, near new condition. Can be seen at VAFB Car Lot. Call 734-7465/588-4031 for more information.

For Sale: 1992, Toyota Celica GT, sunroof, CD player, rims, runs good but needs paint job, 172K miles, \$1,900/obo. Located in Lompoc, call 736-5221.

For Sale: 1991 Toyota Celica, red 2-door coupe, runs well but is a "fixer-upper." 5-speed, sun roof, cassette player. Needs body work & will need a new or rebuilt transmission. Only asking \$500/obo. Call 588-1742.

For Sale: 1970 Plymouth Duster, yellow w/black top, 340 w/Holley 650 carb/Edelbrock LD 340 intake, AT, bucket seats, 8 3/4 rear-end w/3:91 gears Mopar Rallye wheels. Many new parts, have all receipts. Runs good, asking \$6,350/obo. Call Dave Wagle at 734-0990/757-1736.

For Sale: 1998 Honda Shadow Ace Tourer 1100. 21K miles, asking \$6,400. Jet kit, new tires, highway pegs, sissy bar, throttle lock, hard bags, windscreen. Call Derek at 291-1750.

For Sale: 1994 Honda Magna 750, with extended warranty to Feb 2006! New tires, custom seat, very clean, only 16900 miles. Asking blue book \$3,800/obo. Call Jason at 734-5584.

For Sale: 1992 Honda Shadow 1100cc, has new voltage regulator, needs a new back tire. Runs very well. Asking \$1,800. Ask Steve at 934-7882.

For Sale: (2) Boats: (1) 1973 Larson, 18', sturdy construction, needs inboard engine \$990. (1) 1974 Thunderbird, 18', 75HP off board. Asking \$1400. See at Base Used Car Lot. Flip Down TV w/DVD player 10" brand new, excellent viewing for the family in the car/van/SUV. Asking \$470. Call 734-2299.

For Sale: Maytag washer & gas dryer set. Only 10-months-old! Must be able to pick up in Lompoc. \$300 for both. Call Gary or Danielle at 735-1175.

For Sale: Murray women's mtn bike \$50, Nishiki men's mtn bike, paid \$350, sell \$125, Hoover upright vacuum, needs belt, \$15, roll-top desk w/drwrs \$150, steel storage shelf, 6' tall 5 shelves \$15, call 736-9697.

For Sale: Stiga table tennis table w/cover. Brand new, only used twice, \$200. Call 733-5538 after 1700.

For Sale: 1930's antique gas pump model Tokheim 36B, 1930's GE refrigerator with compressor mounted on top, neon clock, 1950s Coca-Cola machine, other items, call for info 736-9697.

For Sale: Burgandy leather sleeper sofa. Excellent condition. Wood slats instead of springs for pull out bed and thicker mattress, \$800. Belgian dining rm table & chairs. Heavy oak table that opens up to seat 12. Has 8 padded oak chairs, \$2,900/obo. Belgian oak coffee table, \$700/obo. Please call 734-1767, leave msg.

For Sale: Belgian oak wall unit, 1-2-3 system. Has mini-bar, book case, display cases, entertainment ctr, etc. Use any config. or pieces stand alone. Buy all for \$15,000 or in pieces. Price negotiable. Call 734-1767.

For Sale: White English bedroom suite includes dresser, mirrored wardrobe, queen size bed w/drawers. Padded headboard w/shelf, mirror & light, w/wardrobe & drawers on each end. \$1,500/obo. Call 734-1767.

For Sale: Mattress & frame without box spring. Make offer, in Lompoc, can deliver. Call Tom at 291-0347.

For Sale: Size 18-months, girls outfits, all in excellent condition, \$1.00/piece/obo for all. Size 5 shoes too! Changing table, \$10. Junior size sweaters, make offer. All in excellent condition, call Stephanie at 588-8153.

For Sale: Graco 6-speed infant swing with songs and timer. "Winnie the Pooh" theme for boys or girls. In like new condition, has been lightly used and cleaned thoroughly, only \$40. Contact Bernice at 588-5839.

For Sale: Evenflo Exersaucer Ultra, three height settings & 11 separate activities. For use by children from 4 months of age until they can walk. Great condition! Purchased new, \$80 asking \$60. Call 934-8451.

For Sale: (1) 55 gal & (1) 20 gal fish tank w/complete accessories & fish to include (1) full grown Oscar, (1) 8" by 5" Pacu, & (2) almost full grown gold fish. Good home only, \$180/obo. Call 734-0199 after 1700.

For Sale: Australian Cattle dogs (4) male, \$300 and (1) female, \$400, blue (some tri) Queensland heelers, from good working bloodlines, ready 9 weeks, docked and 1st shots. Leave message at 717-3337.

For Sale: Hewlett Packard 48G Scientific Graphing Calculator, \$50/obo. Call 734-1133.

For Sale: 50-Pack DVD+R's for sale, \$20. Call 717-1255, from 0730—1630 and 734-6765 after 1630.

For Sale: Custom Oklahoma roping trailer, 19' hitch to rear, 2' nose for cargo, 6' covered w/2 horse stalls, and 8' open for calves, hay, etc. pulls good, \$1,500/obo. Hardwood maple T&G flooring, from 1915 Internat'l Expo in San Diego, approx. 1400' sq., \$350. Leave message at 717-3337.

Free: (3) Cats, free to loving home or no-kill agency w/pet accessories. (1) Spayed petite female cat, approx. age 3-years-old . (1) Spayed female cat, approx. age 3-years-old. (1) Neutered elder male cat, approx. age 10-years- old. All are clawed. Moving, please call and leave a message for Erin Stewart at 736-0813.

Free: (4) Hand tamed, domestic female fancy mice, approx. 1-year-old. Non-aggressive, friendly, curious, and energetic. Xlnt as school room pets, very low maint. Call & leave message for Erin Stewart at 736-0813.

Free: Looking for the perfect home for a male golden retriever, approx. 3-yrs-old. Great w/kids. Needs lots of space for running. Call 734-1180 after 1800 FMI.

Wanted: Vandenberg Middle School Competitive Cheerleading Squad is looking for an assistant coach. If interested contact TSgt Sheila Mercier at 934-9916.

Wanted: Interested in joining a gaming club? From board games to role-playing. Any thoughts about dues or locations for meeting would be welcome. Contact Brendon Robertson at brenrober@hotmail.com.

Yard Sale: Saturday, 18 Sep 04, 0800—1300, at 617 Arbor Drive, Main Base Housing. Items for sale: bedroom furniture, clothing, bikes, and other misc. articles. Contact Quinn or Olivia at 734-1044 FMI.