



# Base Bulletin

Vandenberg AFB, CA 93437-0759



22 October 2003

No. 43

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 Friday, the week before you want your item to appear. 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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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. Publishing Office E-Mail:** Please note that you are receiving the Base Bulletin via the new e-mail account at [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil). Please submit all new notices and advertisements to this new account. The old e-mail account is obsolete. If you want to hand deliver an item for the Bulletin, the Publishing Office has moved to Bldg 6525, Rm B-27/B-29. (30SCS/SCSP, 6-7892)

**b. Interested In Deploying?** The MPF's Personnel Readiness Function is looking for two Active Duty Air Force volunteer, one in the rank of Major (O4), Signals Intelligence Officer, and one in the rank of Captain (O3) any AFSC to go TDY January 2004 for approx 179 days working as a United Nations (UN) Observer. The following AF requirements apply: pinned on Major (O-4, AFSC 14NX) and pinned on Capt (O-3 any AFSC), secret security clearance, meet service height and weight standards, passed appropriate service PT test within the last 90 days, official passport, and civilian driver's license valid through assignment. An official volunteer package will need to be submitted NLT **31 Oct 03**. For more information regarding this TDY and Volunteer package criteria, please contact TSgt Leduc at ext. 6-7574. (30MSS/DPMDX, 6-7574)

**c. Interested In Deploying?** The MPF's Personnel Readiness Function is looking for twelve Active Duty Air Force volunteers, in the rank of E-6 and below, to go TDY to the Washington DC area from 26 Jan 04 to 26 Apr 04 for approx 90 days as Spanish Linguist support augmentees. The following AF requirements apply: must possess a current Defense Language Proficiency Test (DLPT) score of 2+/Listening and 2+/Reading (PDS code F) or better, must have tested within the last year, secret security clearance, meet service height and weight standards, and must have a Government Credit Card before arriving at DIA. An official volunteer letter will need to be submitted NLT **31 Oct 03**. For more information regarding this TDY and Volunteer letter criteria, please contact TSgt Leduc at ext. 6-7574. (30MSS/DPMDX, 6-7574)

**d. Promotion Ceremony:** Team Vandenberg's November Promotion Ceremony will be held 3 Nov 03, 1530 at the PCC. All Inductees/Promotees must be in place at 1430. All Inductees and Promotees will wear Service dress. Questions should be directed to your First Sergeant or MSgt Wingett 6-7358. (30CES/CCF)

**e. Joint Pacific Area Scheduling Office (JPASO) Conference:** The next JPASO conference is scheduled at 6 Nov 03 at 1000 in the Bldg 7025 auditorium. There will be a special Western Range Operations Communications and Instrumentation (WROCI) presentation by Mr. Ken Cinal of InDyne Inc. In addition several range scheduling briefings are planned with presentations by JPASO Pacific area range representatives including PMRF Barking Sands Hi, Naval Air Pt. Mugu CA, 22 Space Operations Squadron, Peterson AFB CO, Reagan Test Site U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. For more information call, Russ Johnson at 6-8985. (30RANS/DOUS)

**f. Legal Assistance:** Military members, dependents, and retirees are eligible for free legal assistance. Legal assistance hours are 0830-0930 Monday, Wednesday, and Friday and 1530-1630 Tuesday and

**TEAM VANDENBERG**

Thursday. The legal office can draft wills, as well as provide advice on numerous topics such as consumer law or landlord/tenant issues. Powers of Attorney and notary services are also available. No appointment necessary, clients are seen on a first come, first serve basis. The Legal Office is located in Bldg 10577, Suite C-100. (30SW/JA, 5-6200)

**g. Unauthorized Commitments and Ratifications:** An unauthorized commitment is an agreement between the Government and a contractor that is not binding, solely because the Government representative who made it lacked the authority to enter into that unauthorized agreement on behalf of the Government. Ratification is the act of approving an unauthorized commitment by an official who has the authority to do so. Unauthorized commitments are strongly discouraged and can indicate serious employee misconduct. Individuals making unauthorized commitments may be subject to disciplinary action, and the issue may be referred to the Office of the Inspector General. Only Contracting Officers acting within the limits of their delegated authority are authorized to commit the Government. If you are unsure of your authority, before directing a contractor to take any action, call your Contracting Office at 6-6120, for assistance. (30CONS/LGCP, 6-6120)

## 2. 30<sup>th</sup> Space Communications Squadron:

**a. Virus Software For Home Computers.** The DoD antivirus software license agreement with Network Associates, Trend Micro and Symantec allows active DoD employees and Members of the Military to use the antivirus software for home use. Home use of the antivirus products will lessen the threat of employees bringing malicious logic into work and infecting DoD networks. Because downloading from the DoD-CERT web site is limited to .mil domains only, home use requires DOD employees to download the antivirus software at work prior to installing the software on their home PCs. It is suggested you copy the downloaded files to a CD. Use the Symantec, MacAfee or Norton, your choice. The downloads are available at: [http://www.cert.mil/antivirus/symantec\\_index.htm](http://www.cert.mil/antivirus/symantec_index.htm). (30SCS/SCB, 6-3078)

**b. Network Security Reminder:** Please remember that securing the network is **EVERYONE'S** responsibility. Incidents are still occurring on the network that could damage and even bring down the entire network. Please remember the following concerning network security: 1- Do not attach any system to the network that has not been updated with all current security updates (patches). 2 - Make sure the Norton Antivirus (NAV) Signature Files are up-to-date. The following is an example of what **not to do** and the correct action to take: Example: connecting a laptop to the network that has been sitting in a closet for the last 3 weeks. Correct action: take the laptop to your WGM/UCM to ensure all patches and current NAV signature updates are installed before use. (30SCS/SCBI, 6-9500)

**c. Revised Publication:** The following product has recently been updated on the VEPDL: 30SWVA 32-5, Commanders Environmental Policy. If you have any questions please contact Publishing Management. (30SCS/SCSP, 6-7892)

## 3. Traffic Management Office:

**a. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

**b. It's Your Move:** If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be e-mailed to your computer. (30LRS/LGRT, 6-6932/33)

**c. Shipping Your Pet:** If you are PCSing overseas with your pet, the following website contains useful information and web links: <https://amclg.scott.af.mil/cgi-bin/index.pl?dd=/don/lgtp&ti=HQ+AMC/LGTP+-+Passenger+Policy>. HQ AMC Pet Brochures are available at TMO Passenger Travel, Bldg 11777, Rm C-113. (30LRS/LGRT, 6-6932/33)

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

**a. Voluntary Leave Transfer Program:** Carl A. Boettger—Vandenberg AFB, Michael Baca—HQ ARPC/MSC, Glenda Bennet—Peterson AFB, Ethel Carter, Richard Porterfield, and Sue Sommers— Scott AFB, Betty Dean—Dyess AFB, Carolyn DeLaGarza—Langley AFB, Contine Francis and Janice Shinkle—Macdill AFB, Delores Green and Yvonne Williams— Dobbins ARB, Wilson Holloway and Frank Valentik—Avon Park AFR, Jane Kelsey and Earle Tasse—Eglin AFB, Roberta Clark, Eileen Clemmons, and Theresa Currier—Patrick AFB, Stephanie Manning—Sheppard AFB, Earl Mikula—Buckley AFB, Dotsy Parnell—Shaw AFB, Jacquelyn Schmidt—AF Academy, Roland Younger—Malmstrom AFB, and Michael Zarbo— Ramstein AB 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 may pick up and turn in your form in Bldg 11777, Rm B-103. You may 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 next open season, 15 Oct - 31 Dec 03, 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 who are 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 has announced the annual limit on elective deferrals will increase to \$13,000 in 2004. . Federal civilian employees can use the Benefits and Entitlements Service Team (BEST) automated system, **1-800-997-2378**, or the EBIS website [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm). EBIS 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 [www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm), or click on the EBIS link provided on the BEST Homepage. 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>.

**c. Catch-Up Contributions** - Catch-up contributions are additional tax-deferred contributions, separate from regular TSP contributions. TSP participants who are age 50 and over and already contributing the maximum amount to the TSP without exceeding the \$12,000 IRS limit.. Elections may be made via the BEST automated phone system by dialing 1-800-997-2378. The maximum allowable amount for catch-up contributions for 2004 is \$3,000. Catch-up contributions will automatically stop with the last pay date in the calendar year (19 Dec 03) or upon reaching the maximum catch-up dollar limit for the year, whichever occurs first. Participants must make a new election each year. Elections for the year 2004 may be made beginning 30 Nov 03. For those employees who turn age 50 between 1 Jan and 31 Dec 04, you may submit your election on or after 1 Jan 04. You may access the following website for more detailed information on the TSP catch-up contributions: <http://www.afpc.randolph.af.mil/dpc/BEST/Catch-Up.htm>

**d. Federal Employees Health Benefits Open Season:** The annual Federal Employees Health Benefits Program open season begins on 10 Nov 03 and ends at the close of business on 08 Dec 03. During open season, eligible employees may enroll in a health insurance plan for the first time, or make desired changes in current enrollments by contacting the Benefits and Entitlements Service Team at 1-800-997-2378, or at this web site [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm). A Health Benefits Fair will be held 5 Nov 03, 0900 until 1400, at the Education Office student lounge, Bldg 14002, 144 Wyoming Ave (across from the commissary). Representatives from several of the health insurance carriers will be available to explain their plan's benefits and services. CIGNA Health Plan has notified enrolled employees they have to choose a new carrier since CIGNA will no longer be offered in our area, so if you have concerns or questions about your health coverage, please attend and talk to the available representatives themselves. The fair is open to both current and retired civilian employees. Supervisors are requested to encourage participation. Participating employees may be excused from duty without charge to leave.

## 5. 30th Civil Engineering: (30CES)

**a. Welding and Hot Work Permits:** The Fire Prevention Office requires two business days notice before issuing a welding permit. This allows time to fit the requests in to our daily calendars. Individuals requiring a permit can stop at the Fire Prevention Office, Bldg 10660, Fire Station Two, or call 6-4680 to schedule an appointment. Contact the Fire Prevention Office for additional information. (30CES/CEF, 6-4680)

**b. Biodegradable Yard Waste Bags:** Free biodegradable bags for MFH residents available at the Self Help Store! Use for yard waste such as grass clippings, tree trimmings, and other foliage. The bags are made with organic materials that break down fast and can be mixed with other green waste to produce mulch and clean fill. Pick up your free bags today at the Self Help Store! (30CES/CEV, 5-0544)

**c. Proper Ventilation:** Due to our location mold and mildew can become a problem, but proper ventilation can prevent it. Turn on the bathroom exhaust fan and/or open a window in the bathroom during and after a shower or bath. If no window in the bathroom, leave the bathroom door ajar following the shower or bath and open windows in other rooms to create a cross draft for about 10 minutes. If mold and mildew manage to develop anyway, open windows in the affected area to facilitate drying, and scrub the area with a solution of one-cup bleach and one gallon of water, rinse and wipe dry. In the case of mold on painted

surfaces, allow this solution to soak in before scrubbing lightly, rinsing and drying. If your carpet gets wet, dry it quickly to prevent the growth of mold under the carpet. You can use a fan directed at the wet area of the carpet to dry it and prevent the growth of mold. (30CES/CEH, 6-3477)

#### 6. 30<sup>th</sup> Medical Group: (30MDG)

**a. Optometry Appointments Available:** Just a reminder that the VAFB Optometry Clinic is open to all active duty, and TriCare Prime dependents (active or retired). Some "space available" appointments are available for all other categories of DoD beneficiaries. Per TriCare Prime guidelines, dependents of active duty are authorized one eye exam every twelve months; TriCare Prime retirees and their dependents are authorized one eye exam every twenty-four months. To schedule an appointment, please call the 30<sup>th</sup> MDG Optometry Clinic at 6-0468. (30MDG/SGGFE)

**b. Ordering Gas Mask Inserts:** All active duty that require spectacles for distance vision need to have a usable pair of gas mask inserts. If you need to order gas mask inserts, please stop by the Optometry clinic with your medical record, or call 606-0468 for an eye exam. (30MDG/SGGFE)

**c. Operation Baby Launch:** Monday, 17 Nov 03, 1700, Vandenberg AFB Clinic Auditorium. Pregnant??? Planning a family? You are invited to attend Operation Baby Launch sponsored by the 30<sup>th</sup> Medical Group. This is a great opportunity to learn about resources available from civilian representatives from our two local hospitals, TRICARE financial concerns, Vandenberg AFB Family Practice Clinic and much more. Receive a free formula kit, gifts and a free raffle from representatives. Spouses and partners are welcome, no registration is necessary. For additional information call Cpt Rosales, 5-8254 or Nancy Sias, at 6-8217. (30MDOS/SGO)

**d. Donate A Cell Phone:** Family Advocacy is joining large corporations, small businesses and individuals in the national "Donate a Phone Call to Protect" campaign. The purpose is to collect old wireless phones, which provide domestic violence victims with a lifeline in case of an emergency. In the hands of domestic violence victims, wireless phones are a potential lifesaver. Even though the phones are deactivated, people can still call 9-1-1. This program, started by the Wireless Foundation, Motorola and National Coalition Against Domestic Violence is designed to collect old wireless phones, refurbish and reprogram them to distribute to people at risk. October, Domestic Violence Awareness Month, will be the start of the Family Advocacy phone collection program. You can organize and collect phones through your squadron and call us at 6-8217 to pick them up. Or drop them in one of our boxes at the commissary, BX, and medical clinic. All donors should deactivate service, include phone battery and charger, and bag the items to keep them from separating. For more information about "Donate a Phone Call to Protect". Call Family Advocacy at 6-8217 and ask for Eileen Fox, Outreach Manager. (30MDG/SGOMH)

#### 7. Air National Guard Opportunities:

**Alabama Air National Guard Part-Time Vacancies:** Are you planning Palace Chase, Palace Front, or Separating? Would you like to continue receiving most of your active duty benefits and have a great part-time job? The Alabama Air National Guard units in Montgomery have the following part-time vacancies: 2A0X1B-Av Test Station, 2A3X2A-Av System Spec, 2A333B-F-16 Crew Chief, 2A6X1A-Jet Engine Mech, 2A6X2-Age Mech, 2A6X3-Aircrew Egress, 2A6X4-Aircraft Fuels, 2A6X5-Aircraft Hydraulics, 2A6X6-Acft Elec/Envirn, 2A7X1-Acft Metal Tech, 2A7X3-Struc Spec, 2E1X1-Sat/Com Wideband, 2E1X3-Ground Radio Comm, 2E1X4-Visual Imagery & Intrusion Detection, 2E2X1-Elec Comp & Switching System, 2E6X3-Telephone Systems, 2FOX1-Fuels Spec (POL), 2ROX1-Maint Data Sys Spec, 2T3X5 - Vehicle Body Maint, 2WOX1-Munitions, 3E0X1-Elec Systems Spec, 3E0X2-Power Production, 3E1X1-HVAC, 3E2X1-Heavy Equip Opr, 3E3X1-Structural Spec, 3E4X1-Util Sys Spec, 3POX1-Sec Forces Spec, 3V0X3-Visual Info, 4A0X1-Medical Admin Spec, 4A1X1-Medical Supply, 6C0X1-Contracting. Please contact MSgt Vonsetta Roberts DSN 358-9191, commercial 334-394-7191, or 1-800-368-4481 or email at [vonsetta.roberts@almont.ang.af.mil](mailto:vonsetta.roberts@almont.ang.af.mil) for more information. (187th FW/DPMR)

**OFFICIAL**

**FRANK GALLEGOS**  
**Colonel, USAF**  
**Commander**

### SECTION III — UNOFFICIAL

#### General Information:

- a. LRS 8th Annual Haunted Trail:** 24, 25 Oct 03 and Halloween Night from 1800 to 2300. Family hour from 1800 to 1900. Hot Dogs, Sodas, & Baked Goods too! \$4.00 Adults & \$2.00 for kids. (30LRS)
- b. Lompoc Food Pantry:** Our Food Pantry was notified by the City of Lompoc that they will be doing road work on Chestnut Avenue from 20 Oct 03 through 3 Nov 03. It may be quite difficult or next to impossible to drive and/or park near the Food Pantry building on a few of those days. (Catholic Charities, 736-6226)
- c. Golf Tournament:** The Guardian Programs Boosters would like to invite you to our golf tournament benefiting the Guardian Challenge Volunteer Support Program. The Golf tournament will be held 23 Oct 03, at Marshallia Ranch, Vandenberg AFB. The tournament will be a 4-man best-ball competition with a shotgun start of 1300. The cost is only \$10 per person, plus green fees, and there will be many prizes available. Registration requests and questions can directed to 2LT Phillip Patrick via e-mail or at DSN 275-8292 or 5-8292. (392TRS/DOA, 5-8292)
- d. Santa Barbara County Search and Rescue Recruitment at VAFB:** Santa Barbara County Search and Rescue (SBCSAR) is an all-volunteer professional rescue team serving the entire Santa Barbara County. As a member of the Mountain Rescue Association we strive to maintain the highest levels of training possible. We are on call 24/7, 365 days a year and provide all services without cost. This is a special SBCSAR Recruitment at VAFB for personnel and contractors at VAFB. If you are in the USAF, SBCSAR requests that your time at VAFB or the Santa Barbara County area be for a minimum of two years. Attendance of the SBCSAR Academy begins in January 2004 and is for 6 months (one weekend day per month). Minimum training, experience and callout response may take up to one year. We ask that you will be able to "give back to the Team" that one year. Hence "1+1=2" years. The last Recruitment meeting of the year for potential members is on Thursday 23 Oct 03, 1400, Bldg 6525, Conference Room C-13, 13th Street at New Mexico (NE corner of the Bldg). All you need to do to begin the process is to attend the Recruitment meeting. You must be 18 years or older and have a desire to help others. For further information contact Eva Korientz at 6-1499 or 805 934-1810. See you there! We have a need for responding members from the North County area. (SLRSC - ITT, 6-1499)
- e. Pizza Eating Contest:** The 30<sup>th</sup> Medical Group Spouses are hosting a Pizza Eating Contest for all Active Duty E-4 and Below on Thursday, 23 Oct 03 at 1730 at GI Java. Sign up at GI Java or call 734-1651 for information. (30MDG/SGAH, 6-3308)
- f. 5<sup>th</sup> Annual Texas Blowout:** 2003 Fundraiser for Operation Kids Christmas. It will take place on Friday, 24 Oct 03 at Cocheo Park. Beginning at 1100 and running until 1600. There will be hot dogs, burgers, adult beverages, live music, dancing, games, prizes, and much more! This years events will include a jail, fear factor, horse ropin', and horseshoe throwin'! To sign up, call your Units' Texas Blowout contact. Cost is \$7 and covers food and drinks. Get ready to have a grand ol' time. Any questions contact Capt Eddy at 6-2184 or Capt Patrick at 6-1542 x3210. (392TRS/DOA)
- g. National Disability Employment Awareness Month:** The Base Supply Store located in Bldg. 5500 will have an Open House/JWOD Appreciation Day on 27 Oct 03 from 0900 to 1200. October is National Disability Employment Awareness Month and is the perfect time to recognize and celebrate a unique program. The theme of this year's National Disability Employment Awareness Month is "America Works Best when All Americans Work." It serves as a poignant reminder that the vast majority of Americans with disabilities, some 70%, are jobless. For decades, the Javits-Wagner-O'Day (JWOD) Program has tried to break down the barriers that people with disabilities face in securing employment, which leads to greater independence. Today, in more than 600 community-based nonprofit agencies nationwide, the JWOD Program provides nearly 40,000 Americans who are blind or who have other severe disabilities with the job skills and training necessary to receive good wages and benefits, and reduce their dependence on government benefits. Since 1949 Industries for the Blind, Inc. - Milwaukee, who operate the Base Supply Store on base, has been providing vocational training and employment for people who are blind or who have other disabilities. Currently, 8 people are employed within the Base Supply Store Division and are working on JWOD projects for Vandenberg AFB and other Military Bases. In fiscal year 2003, Team Vandenberg purchased over \$260,000 in JWOD/SKILCRAFT products through the Base Supply store. The efforts by Team Vandenberg to follow the JWOD Act will sustain employment for Blind American Workers now and into the future. Please plan to attend and show your support for the Blind American Workers. (30CONS/LGCB, 5-0488)

**h. Scuba Diving Class:** Starts 30 Oct 03 and costs \$175.00. All books, material equipment and certification card will be provided. This is a fully certified PADI Scuba Course. For more information call Bob Johnson at 452-6218, Base Pool Scuba Instructor.

**i. Company Grade Officer's Obstacle Course Run-Time Change!** The new time is 1530 every Wednesday. Meet at the O-course. Build camaraderie and get a good workout! We run it at your pace. Call 2Lt Korinne Houston for questions at 5-0782 or 588-7445. (30SFS/SFOC)

**j. Santa Barbara County Public Health Offers Free Flu Shots:** Visit the following locations for persons age 60 and over or for younger persons with doctor's verification of chronic illness. (30MDOS/SGO, 6-3308)

**Santa Maria**

Oasis Senior Center, 420 Soares St., Orcutt

Friday, 24 Oct.03, 1300—1600

Monday, 10 Nov.03, 1300—1600

Mussell Senior Center, 510 E. Park St.

(Co-sponsored by City of Santa Maria Parks & Rec. Dept.)

Tuesday, 28 Oct. 03, 1300—1600

Board of Supervisors, 511 E. Lakeside

Thursday, 30 Oct 03, 1300—1600

**Lompoc**

Lompoc Public Health, 301 N. "R" St., Conference Room

Tuesday, 28 Oct. 03, 1300—1600

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

**a. Breast Cancer Awareness Workshop:** The HAWC is offering this workshop on 23 Oct 03 from 1130-1230. Stop by and speak to experts in the field, learn what the signs and symptoms are and learn how to properly perform self-exams. Early detection is the key.

**b. Tobacco Cessation Class:** A six-week class held on Tuesday from 1200-1300 geared toward helping individuals quit tobacco for good. For class dates and more information please contact the HAWC at 6-2221.

**c. Sensible Weigh Program:** A four-week class held at the HAWC on Wednesday from 1400-1530 and on Thursday from 0800-0930, (class #3 is held at the Commissary). This class helps individuals lose weight and learn healthy eating habits. For more information and to sign up, please call the HAWC at 6-2221.

**d. Breastfeeding and Infant Care:** This class is offered to help new Moms with the proper tips and techniques of breastfeeding as well as Infant Care (Dads are highly encouraged to attend). Class is offered quarterly, for more information please call the HAWC at 6-2221.

**e. Exercising During Pregnancy:** This class gives expectant Moms the guidelines for staying fit while pregnant and is offered quarterly. For more information please call the HAWC at 6-2221.

**f. Risk Reduction Series:** A series of 3 classes offered on Thursday at the HAWC from 1400-1600. The first Thursday covers Diabetes, the second Thursday covers Cholesterol/Heart Disease, and the third Thursday covers High Blood Pressure. For more information or to sign-up please call the HAWC at 6-2221.

**g. The HAWC conducts Body Fat Taping** every day during the following hours: Monday, Wednesday & Friday from 1000-1100 and Tuesday, Thursday from 1300-1400.

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

**a. Worship Schedule: Catholic Mass:** Sat, 1615 – 1645 confessions; 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II -- **Protestant** – Praise & Worship 0830 Sun, Chapel II; Gospel 1130 Sun, Chapel II; Traditional 1130 Sun, Chapel I.

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

**c. Fall Festival** will be on 26 Oct 03. There will be carnival games, a dunk tank, bounce houses, hot dogs, cotton candy, snow cones, popcorn and a whole lot of fun!! Hours are 1400-1600 at Chapel 1. For more information call the Base Chapel at 6-5773.

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

**a. Bundles for Babies:** Date has been changed from Friday, 10 Oct 03 to Friday, 24 Oct 03 1400-1600 at the Family Support Center. This Air Force Aid Society Program covers proactive informational topics such as financing for expectant parents, lifestyle changes, infant CPR, Nursing Moms Program, and Give Parents a Break Program. Learn parenting skills, meet other expectant parents and receive a free gift for your precious bundle. Class is open to all ranks and is not limited to a first pregnancy. Bundles For Babies is for active

duty Air Force members and/or their spouses (Marines, Army, Navy, and Coast Guard Personnel may attend, but are not eligible to receive a bundle). Please be advised not to bring children to the program. Call Lyn Smith at 6-0039 for registration.

**b. Single Parents Support Group:** Meets the fourth Tuesday every month, 1130 to 1300 at the Services Center. This is an opportunity for single parents to meet other single parents as well as discuss any stressors with their responsibilities at home or at work. Contact Linda Bastine at 6-0039. No registration is required.

**c. Sponsorship Training:** Tuesday, 28 Oct 03, 1500-1600 at the Family Support Center. Learn sponsor responsibilities, relocation resources, and tips to assist your newcomer. Also offered as a tutorial on the "Intranet" or website <http://intranet/sponsor/index.htm>. Call 6-0039 for more information.

**d. The Mechanics of Resume Writing:** Wednesday, 29 Oct 03, 0900-1130 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. Contact Teresa Orozco at 6-0039 to register for this informative workshop.

**e. Women, Infants, & Children (WIC):** Thursday, 30 Oct 03. A satellite office is at the Family Support Center from 0800-1630 for Vandenberg personnel who meet program requirements. WIC is a nutrition education program which provides supplemental food which promotes good health for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information call 6-0039 or the Lompoc WIC office at 737-6470 for an appointment.

**f. Office Closure:** The Family Support Center will be closed for an official function on 23 Oct 03, 1130-1300, To request emergency Air Force Aid service, call the Command Post, 6-9961

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

**30<sup>th</sup> Services Squadron:** (30SVS/SVK, 6-276)

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

- **Auto Safety Class:** 27 Oct 03. "Vehicle Safety Inspection" Call the Auto Hobby Shop to sign up.
- **Early Bird Shop:** Tuesday through Thursday, shop opens at 1000.

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

- **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:** Thursday, 1800-2100. Friday, 2200-0100. Saturday, 2100-2400.

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

- **AETC Dining Closure:** Effective 15 Aug 03, the 'Launch Pad' dining facility will undergo renovations lasting about 4 months. This closure will impact the meal periods scheduled at the Breakers.
- **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, starting at 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 child care per month for parents who need a break. Give us a call and find out if you 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:** 21 and 23 Oct 03, call to register. 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.
- **Mildly Ill Program:** Take advantage of this great Air Force initiative. Parents can leave their 'mildly ill' children with a certified caregiver so they will not have to take time off from work. To be eligible your child must be enrolled with the Child Development Center (CDC), Youth Center or a Family Child Care (FCC) home.

**f. Fitness Center:** (30SVS/SVMP, 6-3832)

- **Total Body Conditioning:** 22 Oct 03, 1730-1830 at the Services Center. This is a Fitness Improvement Program (FIP) Class.

- **5 On 5 Soccer Tournament:** 24 Oct 03, 1800, at the base field.
  - **Indoor Cycle:** 25 Oct 03, 0800-0845 at the Services Center. This is a Fitness Improvement Program (FIP) Class.
  - **Step/Strength Interval:** 27 Oct 03, 1730-1830 at the Services Center. This is a Fitness Improvement Program (FIP) Class.
  - **Fitness Contest:** 27 Oct 03 to 19 Dec 03. 'Walk your way through the holidays' - Join us for this 8-week long walking contest. Sign up at the Fitness Center or the HAWC.
  - **Pumpkin Fun Run:** 31 Oct 03, 1200.
  - **Spin on a Schwinn:** 3 Nov 03 to 19 Dec 03. Take a 10-minute ride on our new stationary bike from Schwinn, then tell what you think with a quick survey and you'll have a chance to take the bike home with you!
  - **Tennis Tournament:** 8 Nov 03, 1000. The Fitness Center is organizing a tennis tournament. Sign up by 5 Nov 03.
- g. Library:** (30SVS/SVMG, 6-6414)
- **Pre-School Story Time:** 23 Oct 03, 1000.
  - **Teen Mystery Night:** 25 Oct 03, 1800. Sign up at the library. For teens grades 6-12. Dinner theater mystery 'Rock N Roll Over Dead' with free pizza and soda.
  - **Dial-a-Story:** The phone number is 6-4300 (Available 24/7, changes each Sunday).
- h. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
- **Youth Golf Lessons:** Saturday at 1330. For youths ages 8 years and up. Cost is \$5 each session, includes use of rental club set and range balls.
  - **Demo Day:** 1 Nov 03, 0930-1400, Marshallia Ranch driving range. This is an excellent opportunity for golfers to come out and try golf equipment from the Precept Golf Company. Precept Golf will give away golf balls to those who try their equipment. The demo day is free of charge, and Precept will have clubs for every golfer.
  - **'Fall Open' Results:** Overall winner in the gross division (without handicap) was Dave Jarrell with a total of 149 for the 36-hole event (74-75). The Overall winner in the net division (with handicap) was Al Wong who had a total net score of 137 (70-67). Winners in each flight were: Championship Flight - Gross Division - Dave Jarrell; Net Division - Chris Denz; First Flight - Gross Division - Tom Williams; Net Division Hank Becker; Second Flight - Gross Division Mits Fujita, Net Division Al Wong; and the Ladies Flight - Gross Division Lita Simerson, Net Division Ernie Hayne. Closest to Pin Winners were: Hole # 3 - Suzi Meyer; Hole # 7 - Billy Creamer; Hole # 13 - Ralph Reiger; Hole # 17 - Preston Davidson.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
- **Horseback Ride:** 8 Nov 03, 1330-1445, at Pacific Dunes Ranch. Cost is \$38, sign up by 31 Oct 03.
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)
- Entertainment/Events:**
- **Soul/R&B:** 24 Oct 03, 2100-0200, in the Enlisted Lounge.
  - **Karaoke & DJ:** 24 Oct 03, 1900-2300, in the Officers' Lounge.
  - **Mug Night:** 25 Oct 03, 2100-0300, in the Enlisted Lounge.
  - **Football Frenzy:** 27 Oct 03, 1700. Miami Dolphins vs San Diego Chargers.
  - **Spooky Family Night:** 30 Oct 03, 1700-2000. Pasta buffet with free goodie bags for the kids! Special Halloween movie on the big screen. Any "kids" (1 to 100 years old) in costume get a free dessert!
  - **Halloween Party:** 31 Oct 03, 1900, in both lounges. Best costume contest!
  - **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for just \$1 per ticket! You can win up to \$1000.
- Menu:**
- **Fried Chicken Night:** 21 Oct 03, 1600-2100.
  - **Kid's Night:** 22 Oct 03, 1600-2100.
  - **Pasta Mania Buffet:** 23 Oct 03, 1700-2000.
  - **Mongolian BBQ:** 29 Oct 03, 1800-2000.
  - **Weekly Lunch Schedule:** Monday-Lunch Special, Tuesday-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesday-Santa Maria BBQ Buffet, Thursday-Chicken and Ribs Buffet, and Friday-Seafood Buffet.
- k. Rod & Gun:** (30SVS/SVRR, 6-4560)
- **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.
- l. Services Center:** (30SVS/SVYR, 6-7976)
- **Knott's Halloween Haunt:** 24, 31 Oct 03. Tickets are available at the Services Center for \$35.

- **Dining Books:** The 2004 Discovery Dining Books are available at the Services Center for \$19.95.
  - **Natural Knead Massage:** New extended hours! Monday-Friday open until 1900. Custom gift baskets, gift certificates, and couples massage packages are available.
- m. Skills Development:** (30SVS/SVRS, 6-6438)
- **Stained-Glass Workshop:** 22 Oct 03, 1700. \$2 per hour + cost of materials.
  - **Scrapbooking Workshop:** 23 Oct 03, 1800-2100. \$2 per hour + cost of materials.
  - **Arts & Crafts Faire:** The deadline for vendors to reserve a space in this year's faire is 24 Oct 03.
  - **Ceramics Course:** 5, 12, 19 Nov 03, 1730-2030. Catch this 3-part ceramics class at the Skills Development Center. Cost is \$25, register by 22 Oct 03.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
- **Pool Closed:** 23-31 Oct 03. The pool will be closed due to resurfacing maintenance.
  - **Lap Swimming:** Mon-Fri, 1000-1300.
  - **Water Aerobics:** Mon, Wed, Fri, 1300-1345.
- o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)
- **Clinic Days:** Thursday are the normal clinic days. 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)
- **Harvest Celebration:** 25 Oct 03, 1600-1800 for ages 10-13, 2000-2200 for ages 13-18.
  - **Dragon's Lair:** 27-30 Oct 03, 1800-2100 at the Fitness Center Annex. Experience this interactive adventure for young children of all ages. Admission is \$4, first 100 kids age 12 and under get a free pumpkin.
  - **Youth Basketball:** Registration is underway at the Youth Center until 31 Oct 03, or until teams are full. Stop by Mon-Fri from 0730-1700 and sign up. Open to boys and girls grades K-8.
  - **Before & After School Programs:** Spots are still available in these Youth Center programs. Enroll your child at the Youth Center... the school year is here!

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

- a. For Active Duty Military Only:** 1 free **SAT** per lifetime. Next testing date is 24 Oct 03, 0800, Testing Room B-1 at the Base Education office, 144 Wyoming Ave. Bldg 14001. Call 5-5904 for an appointment.
- b. Test Prep & Study Skills Seminar:** The Education Services Office will be conducting a Test Preparation & Study Skills Seminar. The seminar will focus on: The Myths of Test Taking, Learning and Study Skills, Test Taking Skills, and Testing Strategies. Please call Ms. Jacquie Estrada at 5-5903 if you have questions or to sign up for a slot by 31 Oct 03. The seminar is scheduled for 03 Nov 03 from 1200-1300. This seminar is open to all students, military, civilian, and contractors.
- c. Spouse Scholarship Available:** Please stop by the Education Services Center to pick up information on the Spouse Scholarship Program funded by the Aerospace Education Foundation. Applications can be found at Bldg. 14001, 144 Wyoming Avenue, Education Office (across the street from the Commissary). Applications are accepted from 1 Nov 03 – 30 Jan 04. The 30, \$1,000 scholarships will be awarded in March. Every applicant will receive notification of their application status by the Aerospace Education Foundation. For more information, please call Ms. Jacquie Estrada at 5-5903.

**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 for more information, or e-mail: [lexi.schwartz@vandenberg.af.mil](mailto:lexi.schwartz@vandenberg.af.mil).
- b. Computer Tips: First Tip:** Using a scroll mouse for easy navigation in PowerPoint - A scrolling mouse gives you some additional shortcuts if you use PowerPoint on a Windows operating system. If you scroll up or down while you're in Slide View, you can move through all of your slides sequentially. Additionally, if you want to zoom in on an area of a slide (and zoom back out again), simply hold down the Alt key as you work the scrolling wheel. **Second Tip:** Browsing the Web with keyboard shortcuts for Internet Explorer and

Netscape Navigator - There are many ways to navigate through cyberspace. Browser buttons usually do the job fine, but sometimes it helps to have a few keyboard shortcuts at your disposal. With this in mind, we've collected a few you can use with Internet Explorer:

- [Backspace]: Return to the previously viewed page
- [Alt](Left arrow): Return to the previously viewed page
- [Shift][Backspace]: Advance again after previously backing up
- [Alt](Right arrow): Advance again after previously backing up
- Arrow keys: Scroll slowly through current page
- [Spacebar]: Scroll down one page length (same as [Page Down])
- [Shift][Spacebar]: Scroll up one page (same as [Page Up]) (IE only)
- [End]: Move to the bottom of the page
- [Home]: Move to the top of the page
- [Tab]: Select the next link, button, or text box
- [Shift][Tab]: Return to the previous link, button, or text box

**c. Class Schedule:** The following are classes scheduled for the next two weeks which have open slots:

Class	Date(s)	Time
Certification & Accreditation	10/22	08:00-11:30
PowerPoint - Custom Animation	10/22	11:30-12:30
Outlook Email Only	10/23	13:00-16:00
PWRR	10/24	13:00-16:00
Access Lab	10/24	08:00-11:00
Word - Forms & Tables	10/24	11:30-12:30
Excel 2000	10/27-29	13:00-16:00
Photoshop Elements	10/27-31	08:00-11:00
Word - Columns	10/29	11:30-12:30
PWRR	10/30	13:00-16:00
Outlook Email Only	10/31	13:00-16:00
Internet Explorer - Tips and Tricks	10/31	11:30-12:30
Photo - Working With Layers	11/3	11:30-12:30
Access 2000 Basic	11/3-7	13:00-16:00
Workgroup Managers Course	11/3-7	08:00-16:00
PowerPoint 2000	11/3-7	08:00-11:00
EMSEC Training	11/5	08:00-11:30
Windows - Tips and Tricks	11/5	11:30-12:30
Photo - Special Effects I	11/7	11:30-12:30

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

**American Red Cross:** (ARC, 736-5110)

**Disaster Training Classes:** The Santa Barbara County Chapter is offering a number of courses to train volunteers to assist in a disaster. Courses will rotate between Santa Barbara, Lompoc, Santa Maria and Buellton locations. To register for any of these classes call, or e-mail to [disaster@sbaco-redcross.org](mailto:disaster@sbaco-redcross.org).

Training Course	Date	Time
<b>Santa Maria Office</b> , 222 W. Carmen Lane, 928-0778		
Shelter Operations # 3068-11	Thurs., Oct 23	1800-2200
Providing Emergency Assistance to Families #3072	Sat., Oct 25	0900-1700
Shelter Simulation #3068-12	Tues., Oct 28	1800-2200
Disaster Action Team (DAT) Workshop #4001	Thurs., Oct 30	1800-2100
<b>Specialized Course</b> , Weapons of Mass Destructions/ Terrorism (WMD/T) #3079-2F	Mon., Nov 10	1800-2200

**Buellton Senior Center.** Please contact any office for information. Santa Barbara 687-1331, Lompoc 736-5110, or Santa Maria 928-0778

All of the above courses are free of charge. They are designed to prepare individuals and groups to participate as volunteers in Red Cross activities. Be part of the solution! Call to register today or email us at [disaster@sbaco-redcross.org](mailto:disaster@sbaco-redcross.org).

**For Sale:** 2001 Ford Mustang; 37,000 Miles; under 7/70,000 warranty; new tires; excellent condition, \$11,500 OBO. 1959 VW Beetle, CA original; has the 1300cc motor, rebuilt 2x; runs great. An antique, only serious inquires please. Call Meredith @ 734-0215 FMI

**For Sale:** 2001 Pontiac Montana - Loaded, clean, new tires and low mileage. PCSing and must sell. \$14K OBO. Call 734-1228 or 588-7061.

**For Sale:** 1999 Mitsubishi Eclipse GS Special Edition, Silver w/ Black Leather, Automatic, Sunroof, OZ Racing Rims, 118,000 Miles Asking 13,900 OBO. Call 530-682-2727.

**For Sale:** 1997 Ford Explorer XLT - 4 door, 2 wheel drive, winter green, light gray leather, 6 disc CD player, many extras. 77K miles - Original owner - well maintained, excellent condition. Asking \$10,500 OBO. Call Ken at 735-9140, leave message.

**For Sale:** 1990 Toyota P/U, 4 cyl., 160K miles, 4 speed, new head gasket & radiator, new tires, no a/c, asking \$2,800 OBO, 735-3592

**For Sale:** 1988 Chevy Silverado K5 Full Size Blazer. Classic older SUV. Asking \$5200 OBO. Home audio set of Klipsch speakers (three speakers total: right, left & center channel). Great speakers in excellent condition. Upgraded my speakers. Asking \$500 for all three. (original cost: over \$1100).

**For Sale:** 2001 Kawasaki ZX-9R. Excellent condition, 16k miles, well maintained, Lots of power. Come see, I live on main base. \$6000 FIRM. Call 588-2001.

**For Sale:** 2000 Suzuki Hayabusa GSX-1300R. Garage kept, never been down, only 4500 miles, 40 pounds lighter than stock, bought for \$10,700 in Aug 2000, lots of after-market parts--\$8,500. Must sell! Call Donovan at 734-0132.

**For Sale:** 1999 Harley Davidson Sportster XLH 883. Less than 3,000 miles. Screamin' Eagle Intake and Drag Specialties Straight Pipes. Very clean & sounds great. Good starter bike for commuting to work. Asking \$6,000 OBO. Call Joe or leave a message at 734-0317.

**For Sale:** \$600, Motorcycle- Yamaha Seca 400, '82. Runs great! Perfect first bike! Gets around 45 miles to the gallon. Looks great, some surface rust. I upgraded. Call 440-7624.

**For Sale:** Glass Topped Dining Room Table and Six Chairs. Table and chairs are custom made Philippine Rattan. Chairs swivel and have arms w/blue cushions. Asking \$300.00 OBO. Call Roy Allison at 614-9249.

**For Sale:** 4 piece furniture set for bedroom, chest, dresser, bed and nightstand. Mattress and box spring included. \$500 OBO. Blue couch in good condition, \$75 OBO. Home stereo system/make offer. 739-5447

**For Sale:** Maytag Washer and Dryer, approx. 7 years old. Beige, good condition. Call 734-0993, Debbie or Matt. Asking \$150.00 OBO for both. Small GE Microwave oven, white, Used 6 months, \$30.00 OBO.

**For Sale:** Double reclining couch, great shape. \$50.00 OBO. 734-1139

**For Sale:** Craftsman 5.0 HP Front Tine Tiller with Reverse (26 Inch Tine Width - Gas Powered). \$125.00 OBO -- Call Walt at 736-1401 after 4:30PM for more information.

**For Sale:** Sleeper sofa, 4 years old. Contemporary style, red/tan/green plaid fabric. \$150. 734-0241.

**For Sale:** Four original equipment 8 spoke alloy rims for a Saab 900, 9000, 9-3, or 9-5. May fit other vehicles. 15" Diameter with 5 bolt lug pattern. Has Michelin Pilots mounted, but they don't have too much life left on them. Asking \$150.00 for all four. If interested call 734-1767.

**For Sale:** Entertainment Center \$55.00 OBO. Washer/Dryer-Gas (dryer works but has mechanical problems) \$80.00 OBO for both. Blinds- assorted sizes take ALL for \$30.00. If interested call 734-4199.

**Yard Sale:** Saturday 1 Nov 03, 0800-1030. 216 Entrada Ct. Directions—Take Montana to Parkview to Entrada Ct. 734-1323.