

SPACE & MISSILE TIMES

Friday, July 28, 2000

Vandenberg AFB, Calif.

Vol. 10, No. 27

Vandenberg supports fire-fighting efforts throughout state

Base helicopter crews, firefighters battle blazes, provide medical evacuation support at California wild fires

TECH. SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ Brush fires at Vandenberg this fire season have been relatively small and have presented no serious threat to life or property.

This is due in a large part to the preseason preparation by the Vandenberg fire protection flight and their quick response in extinguishing brush fires on the base, said Tom Stevens, base fire chief.

Although it has been a very busy fire season in the state and the southwest, Vandenberg has had only two small brush fires on base so far, Stevens said.

The last fire was caused by a child playing with matches July 7.

However, members of Team Vandenberg have been supporting fire-fighting efforts throughout the southwest this fire season.

The Vandenberg Hot Shots were dispatched Saturday to help combat a 9,000-acre fire in the Sequoia National Forest, Stevens.

The Hot Shots are not the only ones fighting fires up and down the coast.

The 76th Helicopter Flight dispatched a helicopter



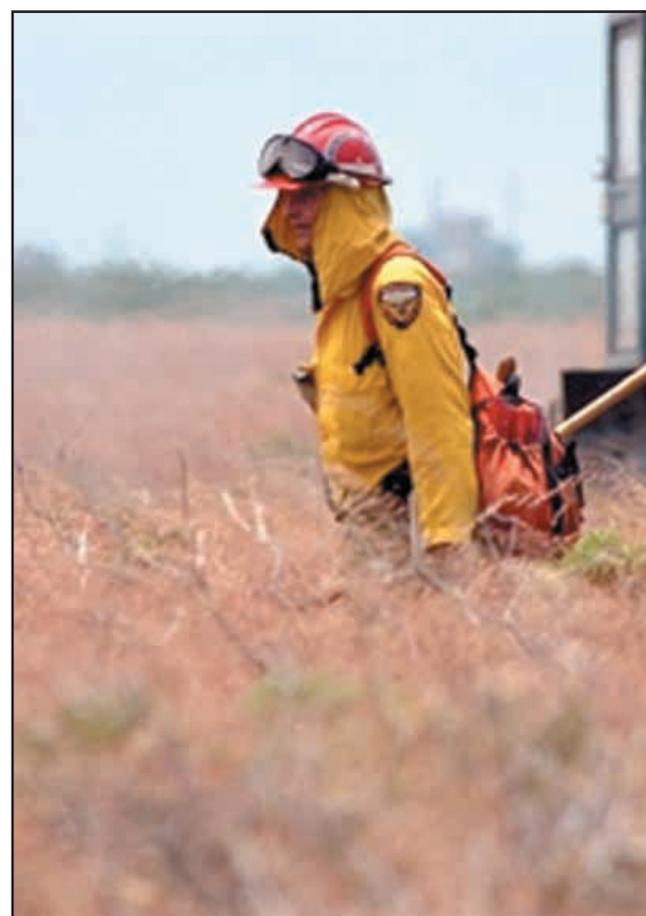
FILE PHOTOS BY 30TH COMMUNICATIONS SQUADRON

(Above) A helicopter assigned to the 76th Helicopter flight scoops a pail of water from a bladder to help Vandenberg Hot Shots fight the Halloween fire in 1997. (Right) An unidentified Hot Shot member prepares to cut a firebreak to contain the blaze.

crew to Fort Hunter Liggett near Monterey, Calif., Monday, said Maj. Bruce Hellen, 76th HF operations officer. The crew was dispatched to provide 24-hour medical evacuation coverage, he added.

Stevens said that two Vandenberg firefighters were also dispatched with the helicopter and its crew.

It is important for everyone to be aware of the increased fire hazards during the fire season, said Stevens.



The fire season normally lasts from June to early December. At Vandenberg, the threat of wildland fires is particularly acute during August, Stevens concluded.



AIRMAN 1ST CLASS DAVID LUKAS

'Tops in Blue' to entertain Vandenberg

Local performers entertain home crowd during Sunday's show

BY STAFF SGT. ANDREW LEONHARD
30th Space Wing Public Affairs

■ The 2000 edition of Tops in Blue, "If You Believe," will entertain Team Vandenberg Sunday in the Minuteman Theater at 8 p.m.

The group will put on a 90-minute performance with a variety of music styles such as big band, pop, country, rhythm and blues, contemporary latin, and nostalgic rock and roll. One of this

year's highlights will include music from animated movies.

A few of Team Vandenberg's own are featured among this year's 35-member team.

Staff Sgt. Kenneth Myers, 30th Civil Engineer Squadron, electrical power production journeyman, plays woodwinds. Airman 1st Class Monica Leger, 576th Flight Test Squadron, peacekeeper instrumentation flight safety systems member, and Airman 1st Class Mindy Kruty, 30th Security Forces Squadron installation entry controller, are both Tops in Blue vocalists.



Col. Steve Lanning
Commander,
30th Space Wing

606-7850

Commander's Action Line

As the wing commander, my primary focus is on the mission and I believe that our mission success will be based on how well we care for our people on and off the job.

The Action Line is your direct link to me. It provides an avenue for you to voice your concerns, share constructive ideas or give your fellow base members a pat on the back. The Action Line is not a replacement for using the chain of command.

Callers are asked to leave their name and contact number in case more information is needed.

I want Vandenberg to continue to be the best Air Force base in the world. Working together, it will be.

Handy phone numbers

Poison Control.....800-777-476
Clinic Appointments.....606-4077
Healthwise Line.....888-252-3299
TRICARE Services.....800-242-6788
Law Enforcement.....606-3300
Housing Maintenance.....734-5586

Space & Missile Times.....606-2040
Launch Update Line.....606-1857
MPF Customer Service.....606-7756
Pest Control.....606-1936
Visitor Control.....606-7662
Chaplain.....606-5573



STAFF SGT. JENNIFER WALLIS

Latest honorary jeep chief

Col. Ken Cinal, former 30th Operations Group commander, receives his honorary chief's headdress from 30th Space Wing Command Chief Master Sgt. Paul Krim and Chief Master Sgt. Richard Vassaur, Detachment 9 SMC, in a ceremony at the Pacific Coast Club.

Military members receive protection under UCMJ

BY LT. COL. LAURA BATTLE

347th Wing Staff Judge Advocate

Suppose you are suspected of committing a crime. You've heard the allegation and now you want to know what your rights are and how you can defend yourself. Military members have more rights than they may know under the Uniform Code of Military Justice.

Before the UCMJ, the Articles of War and the Articles for the Government of the Navy were the legal foundation for maintaining discipline. However, this system was vulnerable to manipulation and didn't value the rights of the accused. President Truman signed a law making the UCMJ effective May 31, 1951.

F. Lee Bailey, a famous civilian criminal defense attorney, once said if he were accused of a crime he would rather be tried in a military court than in any other system of justice because of the protections afforded the member.

Many people don't know that as soon as they become a suspect their rights must be read to them before

questioning. Article 31 of the UCMJ gave people that right 16 years before the U.S. Supreme Court agreed in a case called "Miranda."

The UCMJ provides that military suspects are also entitled to the services of a lawyer at no cost, regardless of rank or economic level. The U.S. Supreme Court did not guarantee that right to civilians until 12 years later, and only then if the accused could show he was needy.

Military people can ask to be represented by a military attorney anywhere in the world and, provided they are reasonably available, they will defend the member. The Area Defense Counsel is available to help people facing all types of disciplinary or adverse actions as well as criminal charges.

The base ADC does not work for

the staff judge advocate, nor does the installation commander rate him or her.

The ADC reports to a separate chain of command to maintain autonomy.

The area defense council does not work for the staff judge advocate or the base commander. The ADC reports to a separate chain of command to maintain autonomy

While the SJA at a base typically nominates a judge advocate to serve as the ADC, higher headquarters actually selects the ADC with input from the numbered Air Force, major command and chief circuit defense counsel at Bolling

Air Force Base, Washington, D.C., who supervises the base ADC.

People charged with a crime that could result in a general court-martial are entitled to be present when an impartial officer investigates the case. Civilians facing a grand jury indictment do not have such a right. Nor do civilians have the same strict speedy trial standards as the military.

The government generally must try a

military accused within 120 days.

Similarly, commanders who intend to impose nonjudicial punishment are accountable for acting swiftly, within mandated time standards.

These economies exist so commanders can maintain discipline and people do not have potential punishment hanging over their heads.

Finally, people sentenced by a court-martial automatically receive appellate review. A free appellate counsel is assigned to review the case, ensuring none of the person's rights were violated at trial.

The foregoing examples don't make an exhaustive list of the protections secured by the UCMJ and the American military justice process. This is just the tip of a judicial system that offers such scrupulous attention to the rights of an accused person.

George Washington said, "Discipline is the soul of an army." The UCMJ provides the strong foundation for discipline that is swift, fair and protective of the rights of accused military people.

SPACE&MISSILETIMES

Col. Steve Lanning
30th Space Wing Commander

Maj. John Cherry
Director of Public Affairs

2nd Lt. Chris Watt
Chief, Internal Information

Tech. Sgt. Lloyd Conley
Editor
Staff Sgt. Andrew Leonhard
Staff Writer
Staff Sgt. Janice Cannon
Photographer

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Successful leaders set realistic goals

Strong commanders, supervisors pay attention to people

By SENIOR AIRMAN JENNIFER LINDSEY
52nd Fighter Wing Public Affairs

SPANGDAHLEM AIR BASE, Germany—The Air Force vision is shaping airmen into a light, lean and lethal expeditionary force capable of conducting full-spectrum operations, said Gen. Gregory Martin, U.S. Air Forces in Europe commander during a visit with commanders and first sergeants here.

In order for the Air Force to stay on track toward this vision—Global Vigilance, Reach and Power—Martin stressed that we need to maintain high standards for life and security.

“This is the way we conduct ourselves, the way we treat each other,” said Martin. “It’s the way we take care of our work environment, off-duty environment, housing, education and medical.

“It’s the way we fight for the parts and spares that we need.”

Martin said it’s just as important for leaders to pay attention to their people and know when and why people are unhappy.

“Leaders should always treat people with dignity and motivate them to work toward the goals of the Air Force,” he added.

The general said he also urges commanders to set goals and objectives for their people.

Maintaining high standards for life and security is one of three goals that every Air Force agency should be centering on, he said.

The second goal is to create and maintain a light, lean, lethal and rapid expeditionary aerospace force that dominates its enemy and controls their environment.

Lastly, Martin said, we should maintain the infrastructure it takes to be an expeditionary base supporting a full spectrum of combat operations.

Martin recognized that to achieve these goals you must have motivated troops and this is where leadership comes into play. The general offered some insight on how to keep troops energized to accomplish the goals.

“We need to build a team that is

ready to go to war and win,” he said. To build a winning team, one needs to set objectives, communicate and motivate, measure performance, and continue self-development.

“Never violate your people’s sense of trust, dignity or hope. When people make mistakes, you have to critique them, but critique the performance, not the person. Don’t make it personal.”

Gen. Gregory Martin,
Commander, U. S. Air Forces in Europe

meetings in order to recognize those who have done their job well and to inspire the entire unit.

Another way to build a good team is to accurately measure your unit’s mission accomplishments and performance.

This is the only way to know if your organization is on the right track, he said.

Right along with building a good team, leaders need to know what their subordinates expect. From his experi-

ence, Martin said that clearly defined missions and expectations are important.

“They’re expecting to hear from you about what the mission is—something they can understand—and what you expect from them,” Martin said.

“Never violate your people’s sense of trust, dignity or hope,” Martin added.

“When people make mistakes, you have to critique them, but critique the performance, not the person. Don’t make it personal.

“By enhancing your work environment and helping your people fulfill their needs, you, as a leader can inspire your subordinates to accomplish unit and command goals and ultimately, align with the Air Force’s vision of Global Vigilance, Reach and Power.

“According to the 1999 Gallup Poll, the U.S. military has the highest public trust—this includes clergy and the U.S. Supreme Court. Think about that,” Martin added.

“You aren’t just part of the U.S. Air Force, you’re leading the U.S. Air Forces,” Martin told the crowd. “I think Gen. Ronald Fogleman, former Air Force chief of staff, said it best: ‘Never forget we are entrusted with the United States’ most precious treasure—its young men and women.’”

Safety paramount for hunting season

SENIOR AIRMAN PAUL GROVE

30th Space Wing Public Affairs

■ With deer season at Vandenberg less than one month away, hunters young and old are making the necessary preparations to ensure a successful season.

While every hunter is looking to fill the deer tag, it's also important for members of Team Vandenberg to remain safe during the month-long season.

Each year, between 16 and 20 million Americans go hunting. Yet, in 1998, the last year for which complete data is available, there were 161 hunting-related fatalities, 49 of which were self-inflicted, according to the Hunter Education Association's Annual Hunting Accident Report. This represents a 50-percent decline in hunting-related fatalities from 30 years ago.

This decline has been attributed in part to the availability of hunter safety courses in all 50 states since 1978. All but six states have made hunter safety certification mandatory to obtain a hunting license.

While the numbers show a drop in hunting-related accidents, hunters throughout the country are looking



STAFF SGT. JANICE CANNON

Hunters should always be sure of their target and always stay within their zone of fire.

to ensure that safety is a priority during the upcoming season. The following are 10 simple safety guidelines to prevent injury:

1. Treat every firearm as if it is loaded.
2. Keep the muzzle of the firearm pointed in a safe direction.
3. Keep the firearm unloaded when not in use. Load your firearm only when you're ready to hunt. Once loaded, don't release the safety until you're

ready to shoot.

4. Be sure of your target, what's in front of it and what's behind it. Establish your zone of fire and stick to it.

5. Use the correct ammunition.

6. Never put your finger on the trigger until you're ready to shoot. If the gun fails to fire when you pull the trigger, handle the firearm carefully.

7. Ensure the barrel is clear of obstructions before loading or shooting.

8. Don't drink alcohol or take drugs that impair your judgment when handling firearms.

9. Don't modify or alter your gun. Have it serviced regularly by a professional gunsmith.

10. Wear the proper safety equipment every time you hunt or shoot. Examples include hearing protection, orange hunting vests and eye protection.

Hunting accidents account for only a small portion of injuries and fatalities that occur each year. But all hunting accidents can potentially cause serious injury, maim or kill.

For more information on installation hunting guidelines and upcoming hunter safety courses, call the Fish and Wildlife section at 606-6804.

DOD releases 13-point plan to eliminate all harassment

New policy holds leadership accountable for failure to enforce it

■ WASHINGTON D.C.—The Department of Defense announced a 13-point action plan designed to eliminate all forms of harassment, including that based on sexual orientation, during a Pentagon briefing July 21.

The plan was developed by a working group comprising senior civilian and military officials from each service, established at the direction of Secretary of Defense William S. Cohen and chaired by Undersecretary of the Air Force Carol DiBattiste.

"Treatment of all individuals with dignity and respect is essential to good order and discipline," DiBattiste said. "Mistreatment, harassment, and inappropriate comments or gestures undermine this principle and have no place in our armed forces.

"Commanders and leaders must develop and maintain a climate that fosters unit cohesion, esprit de corps, and mutual respect for all members of the command or organization," she said.

According to the undersecretary, DOD will be issuing a single department-wide directive making it clear that mistreatment, harassment, and inappropriate comments or gestures, including

those based on sexual orientation, are not acceptable. The directive also mandates that commanders and leaders will be held accountable for failure to enforce this anti-harassment policy.

The working group was originally established by Cohen to review the DOD Inspector General's "Report on the Military Environment with Respect to the Homosexual Conduct Policy," and to develop an action plan to address the findings of the report, said Undersecretary of Defense for Personnel and Readiness Bernard D. Rostker.

"Secretary Cohen approved the working group's action plan and has directed that it be forwarded to the services for implementation," Rostker said.

The 13-points included in the action plan are:

- The DOD should adopt an overarching principle regarding harassment, including one that is based on sexual orientation.
- The DOD should issue a single department-wide directive on harassment.
- The services shall ensure feedback or reporting mechanisms are in place to measure homosexual conduct policy training and anti-harassment training effectiveness in the following three areas: knowledge, behavior, and climate.
- The services should review all

homosexual conduct policy training and anti-harassment training programs to ensure they address the elements and intent of the DOD overarching principle and implementing directive.

— The services should review homosexual conduct policy training and anti-harassment training programs annually to ensure they contain all information required by law and policy, including the DOD overarching principle and implementing directive, and are tailored to the grade and responsibility levels of their audiences.

— The services will review all avenues for reporting mistreatment, harassment, and inappropriate comments or gestures to ensure they facilitate effective leadership response.

— The services will ensure homosexual conduct policy training and anti-harassment training programs address all avenues to report mistreatment, harassment, and inappropriate comments or gestures and ensure persons receiving reports of mistreatment, harassment, and inappropriate comments or gestures know how to handle these reports.

— The services should ensure that directives, guidance, and training clearly explain the application of the "don't ask, don't tell," policy in the context of receiving and reporting complaints of mistreatment, harassment, and inappropriate comments or gestures.

— The services will ensure that commanders and leaders take appropriate action against anyone who engages in mistreatment, harassment, and inappropriate comments or gestures.

— The services will ensure that commanders and leaders take appropriate action against anyone who condones or ignores mistreatment, harassment, and inappropriate comments or gestures.

— The services will examine homosexual conduct policy training and anti-harassment training programs to ensure they provide tailored training on enforcement mechanisms.

— The services will ensure inspection programs assess adherence to the DOD overarching principle and implementing directive through measurement of knowledge, behavior, and climate.

— The services will determine the extent to which homosexual conduct policy training and anti-harassment training programs, and the implementation of this action plan, are effective in addressing mistreatment, harassment, and inappropriate comments or gestures.

The Defense Department's announcement of these anti-harassment guidelines followed the Army's release of its inspector general's report on the allegations of violations of the DOD Homosexual Conduct Policy at Fort Campbell, Ky., which resulted in the beating death of a young soldier July 5, 1999.

NEWS**BRIEFS****TOP THREE OFFERS
\$300 SCHOLARSHIPS**

Need free money to go to school? Can you write an essay about enlisted history? Are you an active-duty military member stationed here? If "yes" is your answer, Vandenberg's Top Three has a deal for you.

The Aug. 10 deadline for submissions to the Top Three Association's new scholarship program is approaching fast. Authors of the two winning selections will be presented with a \$300 check or voucher during the Top Three general membership meeting Aug. 17. Call Master Sgt. Richard Niner at 606-3120 or Senior Master Sgt. Fred Miller at 606-3077 for more information.

**AMERICABLE ADDS
NEW CHANNEL**

Americable will add United Paramount Network to its lineup Sept. 1. The UPN channel will be shown on cable channel 60. Additionally, channel 21, currently CMTV, will move to channel 45. The present channel 45, currently ESPN II, will move to channel 21. The change was based on viewer's requests. To offer questions or comments, call the Americable office at 734-5578.

**BASE EXCHANGE
CHANGES HOURS**

Beginning Monday, the Vandenberg Main Exchange operating hours will be 9 a.m. to 7 p.m. Monday to Saturday and 11 a.m. to 6 p.m. Sunday.

**VOTING COUNSELORS
TRAIN FOR ELECTION**

Initial and refresher training for all unit voting counselors is Aug. 9 at 9 a.m. and 2 p.m. in the Vandenberg Center. Unit voting counselors should bring a current appointment letter to the training.

Voting counselors will also receive the Armed Forces Voting Week briefing. Only one voting counselor per unit

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Air Force accepts applications for physician assistants

■ RANDOLPH AIR FORCE BASE, Texas— The Air Force is taking applications for Physician Assistant (Phase I) Training classes beginning January, April and August 2002.

Only active-duty enlisted Air Force members are eligible for the program. The selection board is scheduled to convene here March 26, 2001. Completed applications must be sent, by military personnel flights, to arrive no later than Jan. 26, 2001 at the following address: HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB TX 78150-4729

Incomplete applications or those received after the cutoff date will be returned and will not meet the selection board, said Air Force Personnel Center officials.

- To be eligible, applicants must meet the following criteria:
- Be on active duty in the grade of E-3 through E-8 with a minimum of two years and a maximum of 14 years active military service as of Aug. 30, 2002.
 - Meet age limitations specified in Air Force Instruction 36-2005 for appointment as second lieutenant in the Biomedical Sciences Corps (less than 35 years of age upon completion of Phase II Training.) Only applicants with birth dates on or after Dec. 1, 1968, are eligible for this application cycle.
 - Have a minimum general score of 80 points on the Armed Services Vocational Aptitude Battery or Air Force Classification Test.
 - Meet specified scholastic requirements.
 - Be physically qualified for worldwide duty.
 - Never convicted by court-martial or received an Article 15 during the current enlistment.
 - Be eligible to extend or re-enlist for six years within 60 days prior to class start date.
 - Be a U.S. citizen.

For more information, call the 30th Mission Support Squadron at 606-7681.

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is required to attend the training. For information, call 1st Lt. Willie Rudd, 606-3654, or Maj. William Prenot, 605-1966.

RECRUITER TEAMS ARRIVE HERE AUG. 31

The Recruit-the-Recruiter team will visit Vandenberg Aug. 31. The team will give a one-hour briefing at 9 a.m. in the PME Center, building 11025. Staff sergeants through master sergeants with less than 16 years total active federal military service are eligible to apply. Senior airmen with three to six years of total active federal military service are also eligible. Spouses are encouraged to attend this briefing.

People who apply for recruiter duty after the briefing should expect to spend the rest of the day processing their application. Those who qualify will be selected on the spot.

For more information, call Master Sgt. Jeanette O'Keefe at 605-0289 or 605-4678.

AFOSI RECRUITS NEW SPECIAL AGENTS

Military members looking for a challenging career field to cross-train into may want to consider the Air Force Office of Special Investigations. Senior airmen with less than six years time in service and staff or technical sergeants in all career fields except security forces are eligible. A recruiting session will be held July 31 at 9 a.m. in the Vandenberg Center auditorium. Members who attend this briefing will be screened for a follow-up interview Aug. 1.

People interested in a career with OSI should bring a current record review rip and one copy of their last five EPRs. Spouses are encouraged to attend. For more information, call Special Agent Janice Rodriguez, AFOSI Detachment 804, at 606-1852.

Smaller fighting force increases noncombat stress

By ARMY STAFF SGT. KATHLEEN RHEM
American Forces Press Service

■ WASHINGTON— Deployments and military operations are high-stress propositions, regardless of whether service members are ever under hostile fire.

“Stress is not something you just have in that foxhole,” said Bernard Rostker, undersecretary of defense for personnel and readiness. That thinking led DOD officials to host the first Leaders and Operational Stress Conference at Fort McNair here recently.

“Stress is something that has plagued our veterans in the 10 years since the Gulf War,” Rostker said, speaking from his experiences as special assistant to the deputy secretary of defense for Gulf War illnesses, a post he’s held since 1996. The roughly 250 attendees included chaplains, healthcare workers, mental health professionals, academicians, line officers and a handful of allied officers.

Officials are moving from the traditional concept of combat stress to a more inclusive concept: that operational stress affects service members in most military actions, even those not involving combat.

“Today’s armed forces face a full spectrum of 21st century global challenges — nontraditional conflicts, frequent deployments, rapid advances in technology. These all impose significant strains on our service members,” Rostker said in opening the two-day conference. “I think we can all agree that warfighting produces many hardships and dangers in combat. I also think we can agree a wide range of stressors accompany all our deployments.”

Retired Army Lt. Gen. Walter Ulmer Jr. called stress a “little-talked-about, under-resourced matter.” He also believes today’s lighter, more efficient force increases the stress of those currently serving. A 33-

year veteran, he is now an independent consultant specializing in executive leadership and management of complex organizations.

“We used to have assistant truck drivers in the Army so you could drive 24 hours a day. Our war plans still say we drive 24 hours a day, but the assistant truck drivers are long gone,” Ulmer said. “It’s a manpower issue.

“We have managed to create a very efficient force, but we’ve taken away surge capability and resilience from units.”

DOD healthcare professionals have been concentrating more on the issue since realizing the role stress has played in the myriad of health problems Gulf War veterans have faced.

“We learned during the Gulf War that the Defense Department does not deal well with nontraditional issues such as deployment stress,” Rostker said.

“Our investigations following the war show that although comparatively few Gulf War service members participated in actual combat, many of the military members deployed were exposed to a wide range of stressors.”

While the issue of stress has been receiving more attention, progress in dealing with it has been slow for many reasons.

“One of the difficulties in dealing with Gulf War veterans is they don’t want to hear about stress. They think we’re telling them their ailments are not real,” Rostker said. “They think we’re belittling them when we talk about stress.”

He said officials studying the issue can’t directly link stress to Gulf War veterans’ myriad ailments, though at the same time “academic literature tells us that stress can have a contributing effect, if not a prime effect, even years after they have left the combat theater.”

There is also evidence that unchecked stress plays a major role in changing behavior, such

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as increasing substance abuse, including alcoholism, and in the most extreme cases, suicide, he said.

Another reason progress has been slow is poor record keeping during the Gulf War. "We do not routinely collect data on organizational climate such as cohesion, trust, or spirit. We can tell you how much percent body fat we have, but we can't tell you much about mental health, innate or learned abilities to fight the kind of stresses that we anticipate," Ulmer said.

Better records have been kept in Bosnia. Department officials have determined 15 percent of medical evacuations were for mental health reasons.

"Clearly, stress-related issues are readiness and force health protection issues that require training and education

directed at conserving the strength of our troops," Rostker said. "Ultimately, it's the commander who must provide the leadership and guidance to increase service members' ability to cope with stress. That's why it's so important to have commanders at this conference."

"We're trying to make sure leaders understand they have a direct impact on the stress imposed upon their troops," said Dee Morris, director of Lessons-learned Implementation, Rostker's Gulf War illnesses office. "We're not pushing them out there to take care of this on their own with everything else they've got to think about. We have provided them tools, with the medical community, combat stress control teams and, most importantly, the chaplains."

Rostker added he hopes commanders learn more about the resources available to assist them in managing and preventing stress-related problems.

"The leaders are the ones who can most strongly impact the issue, with the help of their chaplains and their surgeons," Morris said. "We want the leaders to go back and talk about these issues."

Ulmer said problems in modern society will add to the stresses on military organizations and their individual members, based on the results of a two-year study of American military culture by the Center for Strategic and International Studies, a Washington think tank.

He said many individuals joining the military today may not be equipped with the values the military puts a high priority on. This will stress them and their units "until they are not only socialized but have internalized some of the values necessary for a combat unit," he said.

Ultimately, Ulmer believes, it'll take a change of mindset among military leaders before stress becomes a high-

profile issue.

"All of us who are of the personality to become leaders in the military or in any hierarchical organization are more thrilled with structure and immediate kinds of discussions than we are with discussions of human nature and of cohesion," Ulmer said. "Ninety percent of discussions about the future force have to do with acquisition of weapon systems, dispersed information, data processing and structure.

"All of that is well and good, but it's not going to be the thing that has ever in the past made us victorious, and it's not going to in the future."

Service members and their leaders have to stop denying stress, Morris said. "We're trying to reinforce that it's not weak to ask for help. Help is there. We staff for it. We anticipate it. They need to use it so they are ready and able to accomplish their mission."

Air Force Marathon registration on-line

Internet helps reduce registration time for USAF marathon

By BRETT TURNER

Aeronautical Systems Center Public Affairs

■ WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Air Force Marathon organizers have taken yet another stride toward accommodating runners for the Sept. 16 event here by bringing registration on-line.

On-line registration is reducing signing up to a few strokes on the keyboard. Marathon Director Tom Fisher said the move was easy considering the times we live in.

"It's the wave of the future, so we went with it," he said. "As with most things in this world, everything is being done by computers and so many customers in the racing world are using computers to gain access to general information and the convenience of on-line registration."

The marathon office went to an on-line contractor, who is handling the registration. Interested people should

visit the official Air Force Marathon Web page at <http://afmarathon.wpafb.af.mil>. They can gain access to the on-line registration from there.

Registrants must first read and accept a waiver and disclaimer statement, then have the option of registering from there. People supply the basic information and finish the process by paying with a credit card.

The advantage is, after submitting the application, an instantaneous response comes back if the credit card is accepted, Fisher said. This cuts out having to go to a mailbox to send it and wait for confirmation.

On-line registration does require a 5-percent additional fee of the total cost, payable to the provider. With more than 100 responses in the first month, which is close to 10 percent of the total runners registered for the marathon, Fisher said the decision was a wise one and should only grow in the future.

"At other races we've gone to, the majority of runners have been happy with on-line registration," he said.

"The one thing they don't like is if the

system requires a multitude of steps to get the process done. This layout does not."

Some people hesitate to use on-line registration due to a perceived uncertainty of sending their credit card numbers through the Internet.

Fisher stressed that the line used for registration is secure.

Unfortunately, while individual marathon and wheelchair participants can use electronic registration, Ekiden relay and marathon team runners must still register in person or through the mail.

"We do hope to expand because now only individuals can register," said Fisher. "We haven't been able to work out those details with the company yet. Our plans will be to have teams be able to register next year."

Another future advantage would be

the ability to sell merchandise such as shirts, hats and pins on-line.

The marathon web site has been running for two years and three races. It continues to grow and improve as well.

Fisher said the marathon staff is

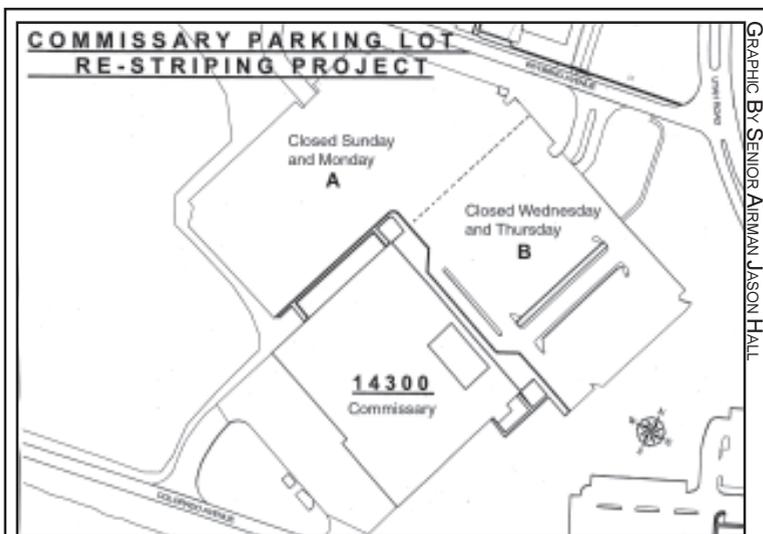
"The main focus is to continue to tweak our customer service so we have a race that all our runners want to come back to and continue to build on that runner base."

Tom Fisher
Air Force Marathon Director

considering going to a commercial web site as opposed to the military one it is currently on. This would allow corporate sponsor logos to adorn the site. "We've tried to make some steps forward, like the timing chip and now the on-line registration system," said Fisher.

"The main focus is to continue to tweak our customer service so we have a race that all our runners want to come back to and continue to build on that runner base."

The entry deadline is Aug. 31. For more information, visit the web site or call (800) 467-1823.



GRAPHIC BY SENIOR AIRMAN JASON HALL

Parking lot closes

The commissary parking lot will close for restriping. The northwest parking lot (A) will close Sunday and Monday. The northeast parking lot (B) will be close Wednesday and Thursday. For more information, call 606-2330 or 606-1928.

28 FRI **Military Appreciation Night** is Friday from 5 to 8 p.m. at the Lompoc farmers market in old town Lompoc on south H Street. Some vendors will have free gifts for people who show their military identification cards. There will also be a drawing for a free get-away at a local motel.

The **Lompoc Museum board** is expanding to include representatives from the Vandenberg community. People who are interested in local history can get involved in the direction and management of this local nonprofit organization. All military members, civilians and spouses are welcome and can serve on the Lompoc Museum Board of Trustees. Call James Carucci at 606-2860 for more information.

AUG. 5 SAT The **San Luis Obispo Obon Festival** is scheduled for Aug. 5 from 2 to 8 p.m. at the San Luis Obispo Veterans Hall. View bonsai exhibits from throughout California. There will be a demonstration in the art of bonsai at 3 p.m.

The Veterans Hall is located on the corner of Grand Avenue and Monterey Street.

6 SUN The **Gents-In-A-Chord Barbershop Chorus** will present their third annual Cookies and Cream show Aug. 6 at 2:30 p.m. in the First United Methodist Church Fellowship Hall located at 925 N. F St. in Lompoc. Tickets cost \$6 at the door. Cookies and ice cream will be provided at the intermission. Part of the proceeds from this event will provide funds to Heartspring. The International Service Project school specializes in helping children between the ages of 5 and 21 who have multiple disabilities, including physical, mental and behavioral.

20 SUN Lompoc's ninth annual **Brushes and Blues** event is scheduled for Aug. 20 at the La Purisima Mission. The event will feature theater, music, artist demonstrations, wine tasting, story telling and face painting, a barbecue, and the Lompoc Pops Orchestra. Price of admission is \$7. Tickets are available at the Lompoc Chamber of Commerce. Call 734-4567 for more information.

As of July 1, 1999, **two new immunizations are required for students entering kindergarten**, Hepatitis B series and a

See CALENDAR Page 13

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second dose of measles vaccine. Students entering seventh grade are required to be current in their Hepatitis B series. Students whose immunization records have not been verified by a school nurse will not be enrolled or admitted for the 2000-2001 school year until their immunization records are in compliance.

Lompoc Valley Middle School registration for new students is Aug. 14 to 22 from 9 to 11:30 a.m. and 1 to 3 p.m. at the counseling office located at 234, S. N St. The first day of school is Aug. 23 beginning at 8:20 a.m.

Vandenberg Middle School registration for new students is Aug. 14 to 18 from 9 to 11:30 a.m. and 1 to 3 p.m. by appointment only. Call 734-4391 for an appointment. Classes begin Aug 23 at 8:40 a.m. and dismiss at 3:15 p.m.

Cabrillo High School's new students may pick up registration materials starting Thursday between 8 a.m. and 3 p.m. Parents need to enroll their students as soon as possible after Thursday. Classes begin Aug. 23 at 7:45 a.m.

Lompoc High School registration begins Aug. 11 in the counseling center located at 515 W. College Ave. Call 736-2371 extension 417 between 8 a.m. and 3:30 p.m. after Aug. 7 to make an appointment. Classes begin Aug. 23 at 8:45 a.m.

Maple High School registration for new students starts Aug. 18 at 9 a.m. and new opportunity student registration begins at 10:30 a.m. Classes start Aug. 23 at 8:45 a.m.

***At the Movies*****Tonight*****Big Momma's House***

Starring Martin Lawrence and Paul Giamatti.
(PG-13) 7:30 p.m.

Saturday***Titan A.E.***

(PG) 3 p.m.

Big Momma's House

(PG-13) 7:30 p.m.

Sunday***No movies due to Tops in Blue*****Aug. 4*****The Adventures of Rocky and Bullwinkle***

(PG) 7:30 p.m.

Aug. 5***Boys and Girls***

Starring Freddie Prinze Jr. and Clair Forlani.
(PG-13) 7:30 p.m.

SPORTS**BRIEFS****COACHING RESUMES
DUE TODAY**

Resumes for a varsity flag football coach and varsity men's and women's basketball coach are now being accepted. Deadline is today for football and Aug. 15 for basketball resumes. Staff Sgt. Jose Guajardo or Tech. Sgt. Marvis Neal at 606-3832 or 606-3833.

**LADY HAWKS NEED
VOLLEYBALL PLAYERS**

The VAFB Lady Hawks varsity volleyball team is looking for players. Women who would like to play volleyball at an intermediate level, and

are active duty, dependent or DOD civilians on base should call 2nd Lt. Rich Otton at 606-6375 for more information.

**VANDEMBERG RUNS
TRIATHLON**

A triathlon is set for Aug. 12 starting at 9 a.m. in the base pool. Swimmers will cover 400 meters, or 16 lengths of the pool. Triathletes will leave the pool and bike a 20-kilometer race before finishing the triathlon with a 5-kilometer run.

There will be four age classes for men, two for women, and a category for teams. Trophies will be presented to the first and second-place finishers in each age group and team competi-

tion. For more information or to sign up, call Staff Sgt. Jessyca Castillo at 606-3832.

**OUTDOOR ADVENTURE
OFFERING RAFTING TRIPS**

Outdoor Adventure is offering one-day and two-day Kern River white-water rafting trips. The trips include transportation, meals, snacks on the road and rafting costs. Cost is \$55 for one-day trip and \$80 for the two-day trip. The cost doesn't include meals while traveling to and from the Kern River. Call 606-5908 for more information

**EXERCISE PHYSIOLOGIST
AVAILABLE AT THE HAWC**

Meet one-on-one with an exercise

physiologist to discuss and develop a comprehensive fitness improvement program that is in-line with the fitness level, preferences and goals of the member. An appointment is necessary. Call the HAWC at 606-2221 to sign-up.

**FITNESS CENTER TO HOLD
BASKETBALL TRYOUTS**

Tryouts will be held Sept. 11 to 15 at the base gym from 6 to 8 p.m. Active duty, dependents and DOD civilians are welcome.

**RACQUETBALL COURT
AVAILABLE AT THE HAWC**

The Health and Wellness Center

See SPORTS Page 15

SPORTS from Page 16

has a racquetball court available Monday through Friday from 8:30 a.m. to 3:30 p.m. for all Vandenberg members. Shower, lockers and some equipment

are available, though the staff does recommend members bring their personal equipment. Call 606-2221 to make an appointment.

2000 INTRAMURAL SOFTBALL

National League			American League				
	W	L	Pct.		W	L	Pct.
30 th SFS	13	1	.929	533 rd TRS	15	1	.938
576 th FLTS No.1	15	2	.882	NRO	12	3	.800
2 nd SLS	12	3	.800	30 th CES No.2	11	3	.786
392 nd TRS	11	3	.786	30 th MSS	11	4	.733
30 th CS	8	9	.471	614 th SOPS	11	5	.688
30 th CES No.1	6	8	.429	576 th FLTS No.2	7	9	.438
381 st TRG No.1	7	11	.389	Det. 9	4	10	.286
30 th TRANS	5	12	.294	381 st TRG No.2	4	12	.250
30 th CONS/LG	3	16	.158	30 th MDG	1	15	.063
576 th FLTS No.3	2	15	.118	576 th FLTS No.4	0	14	.000
<i>As of Tuesday</i>				<i>As of Tuesday</i>			



STAFF SGT. JANICE CANNON

Cruisin' Vandenberg

Members of the San Luis Obispo Bike Club ride along 13th Street on Vandenberg AFB during their annual bike race Wednesday.