

Base Briefs

30TH SPACE WING COMMANDER'S CALL

Col. Robert M. Worley II, 30th Space Wing commander, has scheduled a Commander's Call Thursday at the base theater. Attendance is mandatory for all 30th SW members. Civilians are highly encouraged to attend. Times are as follows: 7:30 and 10 a.m. and 2 p.m.

FREE LOMPOC POPS HOLIDAY CONCERT

The Lompoc Pops orchestra plays from 12:30 to 2:30 p.m. Dec. 15 in Chapel 1. Parking for the event is at the Breakers dining facility and Sesto Auditorium. Shuttle service is provided. Call 606-5773 for more information.

FOURTH QUARTER AWARDS SUSPENSE

All company grade officer, enlisted, civilian, and volunteer quarterly awards packages are due by 4:30 p.m. Jan. 3. Hand carry packages addressed to 30th SW/CGO Board Facilitator, 30th SW/Enlisted Board Facilitator, and 30th SW Volunteer Board Facilitator to building 10577, room C-104. Deliver civilian nomination packages to building 11777, room C-216. Rules of engagement and criteria can be found online at http://www.vandenberg.af.mil/awards_promotions/guidance/index.htm or call Senior Master Sgt. Joseph Buskirk at 606-8736 or Master Sgt. Dave Erb at 605-4683.

30TH SPACE WING HOLIDAY PARTY

This year's 30th Space Wing Holiday Party is Dec. 13 at the Pacific Coast Club. There will be a family style sit-down dinner, live music, entertainment by the Cabrillo High School Madrigals and brass band, a DJ, dancing, door prizes, and a presentation to honor deployed members of Team Vandenberg. Dress is semi-formal civilian attire. Ticket prices are as follows:

E1-E4 and GS 1-4: \$8 single, \$12 couple
E5-E7, O1, O2 and GS 5-7: \$12 single, \$20 couple
E8, O3, GS 8 and up: \$18 single, \$30 couple.
Call Capt. Nicole Salas at 606-2188.

SCHOOL DISTRICT WINTER RECESS

All traditional-year Lompoc Unified School District schools and Adult Education classes are closed for winter recess Dec. 19 through Jan. 3. Classes resume Jan. 6. District offices are closed Dec. 23 through Jan. 3 and re-open Jan. 6.

PRIMARY CARE CLINICS RELOCATE

Today the 30th Medical Group relocates the Family Practice, Internal Medicine, and Pediatric Clinics from the fourth floor to the first

See BRIEFS Page A3

AFSPC names 30th Space Wing for installation excellence award

Team members authorized to wear AF Outstanding Unit ribbon

By 2ND LT. MICHELLE MAYO
30th Space Wing Public Affairs

Members of the 30th Space Wing often say they are the best of the best.

Now they have proof. In November, the wing was awarded Air Force Space Command's Installation Excellence Award for the period of Oct. 1, 2001 to Sept. 30, 2002.

"It's a wonderful honor for the 30th Space Wing to be recognized in this way, but no great surprise," said Col. Robert M. Worley II, 30th Space Wing commander. "I come to work every day knowing that I have the privilege of working with some of the most talented people in the Air Force performing the most vital of missions."

Along the wing's path to excellence, it won back-to-back acclaim as winner of the Schriever Trophy for the best spacelift wing. Personnel combated an 11,000-acre wildland fire with local authorities, conducted the first-ever Operational Readiness Inspection during Force Protection Condition Charlie and made a smooth transition during the Combat Wing Organization Structure

realignment.

Additionally, the wing's communications squadron won first place at an Italian film festival for their video "Ecstasy: The End of the Dream," which is mandatory viewing for all Air Force basic trainees.

Team V accomplished all this while conducting its mission in the strictest county in the strictest state in the nation with respect to environmental compliance, according to Lt. Col. Christopher Charles, 30th Space Wing Inspector General.

"The mission, as always, is Team Vandenberg's first priority," Charles continued. "Senior leadership and supervisors at every level fully understand that if you take care of the people, they will take care of the mission."

Vandenberg made many quality of life improvements during the last year to take care of its people. The 30th Space Wing made \$60,000 in improvements to base dormitories, converted 139 excess housing duplex units to student officer housing, built a \$600,000 state-of-the-art skate park and roller hockey rink for the base youth, and created the GI Java coffee house, an alcohol-free meeting area for the base's 680 dorm residents.

"The 30th Space Wing remains committed to serving our nation as America's premier spaceport," Worley said. "I'm proud to be a part of such a great organization."

All members of the 30th Space Wing who served with the wing during the award period are authorized to wear the Air Force Outstanding Unit Award with appropriate devices.



Team Vandenberg demonstrates its 100 percent mission success launching the Titan II rocket June 24.



PHOTO BY STAFF SGT. TROY FORBES

These new wildland fire engines replace four 10-year-old mini-pumpers here.

Vandenberg fire gets new trucks

By STAFF SGT. REBECCA BONILLA
30th Space Wing Public Affairs

The Vandenberg Fire Department now has two new wildland fire engines to replace the four aging mini-pumpers used here over the past 10 years.

Dan Ardoin, Vandenberg Fire operations chief, spearheaded a

18-month effort to purchase, design and build the new vehicles, said Vandenberg Fire Chief Mark Farias.

The 10-year-old mini-pumpers were designed by the Air Force and primarily intended for use in vehicle fires and small office or structure fires, the chief said. Most

base fire departments felt the trucks were impractical but Vandenberg found them perfect for wildland firefighting.

The mini-pumpers carried the right amount of hose and water and could go where the big trucks couldn't, Ardoin said.

"These little fire trucks have made the difference between success and disaster on more than a few occasions," Farias said. Unfortunately, a replacement model was never designed.

As the mini-pumper's lifespan came to an end, Vandenberg's Fire Chiefs began pursuing a replacement. Ardoin worked with firefighters here and developed the exact specifications needed for the new truck. From there he worked with designers, builders and contractors to come up with the finished product.

The result is an all-new wildland fire attack vehicle. It's slightly larger, carries more water, has four-wheel drive and seats four firefighters rather than the previous two.

"This added manning per truck increases our safety buffer and boosts our first-strike capability," Farias said.

"Bring on the next fire season—we're ready," the chief said.

AF Services conducts local talent search

By JOHN OLSEN
30th Services Squadron

The 2003 Air Force Worldwide Talent Contest will be held Feb. 9-17 at Lackland AFB, Texas.

The annual contest is a search for the top talent in the Air Force. In addition to competing for the coveted first place "Roger" and the second place "Wilco" awards, competitors compete for 30 positions on the 2003 Air Force entertainment team, Tops In Blue.

Tops in Blue is made up of active-duty Air Force members who are selected and trained to become world-class entertainers and distinguished Air Force ambassadors during a 9-month international tour.

Entertainers and support staff are needed for the talent competition and for Tops In Blue. Bus drivers; stage, light, and sound technicians; wardrobe and costume coordinators, choreographers and vocal

assistants, as well as entertainers compete at the worldwide competition vying for the opportunity to tour with Tops In Blue.

The 30th Services Squadron is coordinating local entries for this year's competition. Those interested should call Lynn Warner at 605-8974 in the Service's Center for application guidelines and procedures.

The sign up deadline is Dec. 20 for the base-level program. Packages are then sent to the Air Force Services Agency for review by Entertainment Branch personnel.

Those who display the best talent are invited to compete at the AF Worldwide Talent Contest in February. Funding for the contest is provided by Air Force Services and includes permissive temporary duty orders, travel and lodging.

Additional information about Tops In Blue and the Air Force Worldwide Talent Contest is available on the Air Force Services web site at www.afsv.af.mil/TIB.

Services brings Santa to breakfast

By KIM SAHEIM
Vandenberg Youth Center

What would you get if you took "the most important meal of the day," added to that, "one jolly old man with a long white beard, red velvet suit and sack full of toys" and just for good measure, threw in the word free?

You'd get the 2002 Vandenberg AFB Breakfast With Santa, an event primed to be a full-blown, base-wide, holiday extravaganza, according to Maj. Tom Reppart, 30th Services Squadron commander.

"We're hoping to make this our best

party ever," Reppart said. "Not only did we make it free, but we're also going to make sure every child leaves with a gift from Santa."

The buffet-style breakfast takes place from 9 to 11 a.m. Dec. 14 outside on a portable veranda at the Youth Center. There's scrambled eggs, French toast sticks, sausage and juice for all plus coffee for any bleary-eyed parents.

After breakfast, parents can help children write letters to Santa or draw him festive pictures if they're too young to write.

See SANTA Page A3

Vandenberg revamps stray pet policy

By 2ND LT. JENNIFER WHITAKER
30th Space Wing Public Affairs

Recently, the commander's access channel has received several advertisements for lost cats and dogs. When security forces pick up stray cats and dogs, housing residents may wonder where to go to retrieve their beloved family pets.

Currently, 30th Security Forces Squadron patrols deliver stray animals to the Santa Barbara County Animal Shelter at 1501 West

Central Ave. in Lompoc, said Master Sgt. Michael McKinney, 30th SFS.

On weekends or when no one is available to take animals to Lompoc, security forces keep them in an on-base kennel in building 11478 on Wagon Wheel Road off Utah Avenue.

"Due to a lack of funding and manpower constraints, we are currently re-vamping our

See STRAYS Page A3

Military judge convicts officer on obstruction of justice charges

OSAN AB, South Korea — A former commander with 19 years and 10 months of service was convicted of a variety of crimes and dismissed from the Air Force during a three-week general court-martial here.

Lt. Col. Joseph E. Wilson Jr., assigned to the 554th Red Horse Squadron, was charged with creating a false document, unlawfully removing his 2001 Officer Performance Report from his official record at Hickam AFB, Hawaii; obstruction of justice by asking his first sergeant to shred Wilson's 2001 OPR in his official record at Osan; obstruction of justice by asking his first sergeant to lie to Air Force Office of Special Investigations officials; creating a fictitious 2001 OPR for himself; creating a fictitious 2000 OPR for himself and wrongfully preventing his genuine 2001 OPR from being entered into his official records.

Wilson pleaded not guilty to all

charges and elected to be tried by a military judge instead of a panel of officers.

Col. Anne Burman from Travis AFB, Calif., was the military judge. Capt. Matt Jarreau and Capt. Joe Pollard represented the Air Force, while Lt. Col. Steve Irwin and Capt. Melanie Keiper defended Wilson.

After both sides presented evidence, Burman found Wilson guilty of all charges. During the sentencing phase of the trial, the prosecution asked the judge to sentence Wilson to one year in confinement and a dismissal. A dismissal is the officer equivalent of a dishonorable discharge, and once approved, punitively removes an officer from the service without any retirement benefits.

The defense asked the judge for a lesser sentence of forfeiture of pay for two months and a reprimand.

The judge sentenced Wilson to a dismissal from the Air Force. (Courtesy of Air Force Print News)

In this issue of the



Also view The Space & Missile Times at www.vandenberg.af.mil/30sw/news/space_times/



Security forces stand guard over F-16s at Caslav AB, Czech Republic See Page A5.



Destinations Central Coast hits the road and encounters jellyfish. See Page B1.

Weekend forecast
Chance of showers Friday through Saturday morning then mostly cloudy.
Low/High
48/65
For a full Vandenberg weather report, visit www.vandenberg.af.mil/30sw/organizations/30og/weather/weather

Leadership means success to EAF

By Lt. Col. Rick Wright
30th Security Forces Squadron
commander

Expeditionary Aerospace Force, Air Expeditionary Forces, unit type codes, cycles, buckets - these are words many of us are familiar with in terms of deployments.

Those of us involved in the nuts and bolts of expeditionary operations can quote the Air Force Instructions on what each of these terms means to us functionally, as well as how they affect us personally.

I'd like to examine some of the larger issues we will encounter as the AEF process continues to mature and becomes self-sustaining, and as routine as receiving your Leave and Earnings Statement or getting your flu shot, not as much fun as getting paid, but you get the picture.

As our Air Force Chief of Staff, Gen. John Jumper has said, "...we are all expeditionary airmen." As such, we need to understand what that means to us as deploying forces, as well to those personnel maintaining the home station mission.

We all know how important it is to maintain our shot records,

mobility bags, and emergency data cards. However, these are perishable tools in our deployment tool kit that must be used, updated, and changed as required.

More important to the EAF concept and AEF construct is the mindset we must have in order to be ready to fulfill our responsibilities while deployed.

So what does this mean? Why am I talking about tools and mindsets?

It's because the EAF is the future of our Air Force, a future we all must embrace in order to maintain our superiority.

This superiority does not come from the next generation fighter aircraft or space-based surveillance system. It comes from the airmen generating sorties on the flightline, providing perimeter security at a bare base, and conducting launch operations.

It also comes from those who do not deploy, those who remain at their home station to continue the day-to-day operations of their unit. It comes from a shared understanding by the Total Force team, including civilians and contractors, that being on an AEF is our daily mission.

This is important to emphasize as we begin our upcoming deployments in support of AEF's 7 and 8.

Many members of Team Vandenberg are going to go out the door in the next few weeks on AEF taskings, including many members of the security forces squadron.

The job of leadership is to prepare them by making sure they have the right tools and develop the proper mindset for their deployments.

The leadership I'm talking about is at the senior airman to technical sergeant range, not the senior NCO or officer leadership. First line supervisors are the ones who will make or break these teams.

I've been on a number of deployments and exercises and the most successful units had a common mindset with airmen and junior NCOs leading the way.

You've already lost if you deploy in support of a combat operation, peacekeeping mission or for an exercise and you look at the commander and say, "What do we do?." That mindset should have been instilled prior to you leaving, and espoused by everyone on your team—officers,

NCOs and airmen.

During our AEF 7 and 8 deployments, and those of future AEFs, remember that leadership at every level is imperative, both for those deploying and those of us remaining here at Vandenberg.

Our purpose in EAF is to support deployed operations, and we all play a vital role. When you're deployed, think in the expeditionary mindset - you are the tip of the spear.

At home, remember that your duties support those deployed and their families and co-workers at home.

Make no mistake about it - we have transitioned into an Expeditionary Air and Space Force and will be one for years to come.

As Gen. Jumper has also said, "We are all warriors, every single one of us. We need to make sure we have our warrior hat on. Warriors win wars."

My message is this: deploying is tough work; supporting deployed troops and their families is just as tough and no less important.

Keep your tools ready and have the proper mindset to do both - it will pay dividends while deployed and at home.

Judge Advocate clears up misconceptions

By Lt. Col. Ray Chamberland
30th Space Wing staff judge advocate

An article ran in the *Space & Missile Times* Oct. 4 reporting the results of a summary court-martial held here. The article stated that a summary court-martial was held after disciplinary action via Article 15 was rejected by the staff judge advocate.

As the 30th Space Wing staff judge advocate, I believe it's important to clarify that point. The Air Force military justice system is a commander's program. Thus, Air Force commanders, not staff judge advocates, make all disciplinary decisions.

The office of the Staff Judge Advocate administers the military

justice system for commanders and advises them on the law. Additionally, this office advocates and litigates on behalf of the Air Force.

Military attorneys do provide legal advice to Air Force commanders and often recommend courses of action. However, the final decision on any disciplinary action rightfully

remains with the commander.

In the case reported Oct. 4, the commander carefully reviewed the allegations and evidence against the member of his unit and determined the offense warranted prosecution at a summary court-martial. An attorney from my office then prosecuted the case for the commander.



Call 606-7850

or

E-mail your message to
actionline@
vandenberg.af.mil



Col. Robert M. Worley II
Commander

Mission success is our top priority, and the talented men and women of Team Vandenberg get it done with excellence.

Key to the effectiveness of any great team is good communication. The 30th Space Wing Commander's Action Line is your direct communication link to me. It provides an avenue for you to voice your concerns, share constructive ideas, or give your Vandenberg teammates a pat on the back. I appreciate your input, and I am personally involved in every response.

While the action line is a great way to communicate, don't forget to use your chain of command, first sergeants, base services officials and other base professionals first.

Thank you for helping to make Vandenberg such a great place to work and live.

When calling the action line, please leave your name and phone number in case more information is needed.

Letter to the Editor:

On behalf of all who use the Base Exchange Gas Station, I'd like to thank them for lowering the gas prices at the pump. Apparently they are now using the difference between Lompoc's low price and Santa Maria's low price. That is more fair for everyone concerned, especially the customers. We appreciate it.

Terry Rider

30th Civil Engineer Squadron



30th Space Wing Mission
To defend the United States through
launch, range,
and expeditionary operations.



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For information about the Space & Missile Times, call the staff at (805) 606-2040.

Idea wins former NCO CASH award

By MASTER SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ A student assigned to the 392nd Training Squadron here reaped the benefit of his innovative idea.

2nd Lt. Michael Kussavage, received the maximum award of \$10,000 for an idea he submitted in 1998 while assigned to 82nd Civil Engineer Squadron at Sheppard AFB, Texas.

Kussavage, then a master sergeant Non-Commissioned Officer in charge of the 82nd CES electrical shop, proposed replacing the older hardwire fire alarm system with a more cost effective wireless system.

"Kussavage's idea effectively reduced the average fire alarm equipment cost from more than \$70,000 to \$500," said Samuel Graham, Sheppard AFB IDEA program manager.

The replacement of the base fire alarm system was a potential showstopper, said Maj. Keith Graham, former 82nd Comptroller Squadron commander.

Had the system not been approved, nearly 200 base facilities including 13,000 dormitory and billeting rooms would have had less than adequate fire protection.

Kussavage said that a major problem with the older system was



PHOTO BY AIRMAN BRIDGET RAPP

2nd Lt. Michael Kussavage earns \$10,000 through AF IDEA program.

that it had more than 30 miles of cable that required constant maintenance. It was also very susceptible to lightning in stormy weather.

The system was hard to work and a break anywhere in the cables would leave some buildings with no fire protection, Kussavage said.

"There were times when a storm would roll through and take out half the base fire alarms." He said it cost \$10,000 to \$15,000 to replace electronic cards burned out by thunderstorms.

In addition to the monetary cost, Kussavage said the old system was also very labor intensive.

During the research phase,

Kussavage surmised that it cost more than a hundred man-hours and thousands of dollars to repair the old system after a severe thunderstorm.

"It cost more than \$120,000 for parts and materials just to repair storm damage in 1998," he said,

"And that was a good year."

The system Kussavage proposed eliminates the use of landlines that made the previous system vulnerable to lightning. The new fire alarm also has self-testing and troubleshooting capabilities.

The annual maintenance cost for the old fire alarm system was more than \$245,000, said the IDEA program manager. The annual cost to maintain the new system is \$500.

The payback for the system is less than two years with a life cycle savings of \$3.3 million, he said.

"The new system is pretty much the Air Force standard now," Kussavage said. "Most bases

have gone to it and it's easy to order because it's a GSA product."

"The bottom line is that it (the IDEA program) can be a very useful tool to get things changed and to make a difference," he said.

"I used it as a tool to get done what needed to get done," the former senior NCO said. "The money was just a bonus.

"Had there not been any award available and that was the only way to make a change, I still would have submitted the idea and I believe most people would have done the same thing. I'm just glad the program is out there and available."

The IDEA program is designed to encourage creative, innovative thinking by military and civilian personnel of all ranks, said Mary Simmons, 30th Space Wing IDEA program manager.

"Regardless of how minuscule or unimportant you may think your idea is, write it down and do the research on it," she said. "It could improve the efficiency and effectiveness of the Air Force, the Department of Defense and the federal government."

People interested in submitting an idea to the program should call Simmons at 606-6460 or log onto the world wide web at <https://ideas.randolph.af.mil>.

Team Vandenberg Warrior



Staff Sgt. Kathryn Brady
30th Mission Support Squadron

PHOTO BY AIRMAN 1ST CLASS MICHELLE MIRANDA

Duty: NCO in charge of Reenlistments and Extensions
Hometown: Loves Park, Ill.

Time at Vandenberg: 1 year

Time in service: 5 years

Hobbies: Spending time with family and reading

Education goals: Getting a bachelor's degree and becoming an officer

Favorite part of the job: "I enjoy working with people," Brady said. "I like being able to help someone out, especially if they have a problem they're frustrated with and I'm the one to fix it. Many people think personnel's not a very rewarding career field, but when you do get that occasional 'thank you,' it makes it all worthwhile."

Supervisor's comments: "Staff Sgt. Brady is a real team player and one of the personnel career field's finest," said Master Sgt. Barbara Henson, superintendent of Customer Support. "She's also big into family."

Seat belt check



PHOTO BY AIRMAN 1ST CLASS MICHELLE MIRANDA

Lt. Col. Mark Schoning, 30th Space Wing Safety, conducts a seat belt check for Master Sgt. Vivan Fisher, 30th Contracting Squadron, before the Thanksgiving four-day break. The checks were part of a base-wide safety drive.

Officer stresses personal safety

By 2ND LT. KELLY GABEL
30th Space Wing, Public Affairs

■ In terms of personal safety, the next ten years will be among the most violent this country has ever seen, according to a police officer from the National Crime Prevention Task Force in Atlanta, Ga.

Bill Cain made a trip here to talk to Team Vandenberg about personal safety and the most recent crimes, cons and scams.

The reason for the increase in violent crime is due largely to the decrease in the age of perpetrators, Cain said. Children under the age of fifteen are committing 58 percent of all crimes. There are currently around 100,000 children under the age of 10 in this country, making the next 10 years a very vulnerable time.

"People think that gangs have died down or have become localized in inner cities," Cain said. "It's just not true." There's been a lot of recruiting happening in middle and upper-class neighborhoods. They get the kids who want to have that bad-boy image, Cain said.

Cain said that most recruiting happens with an initial cash incentive.

"They put \$500 dollars and a small gun in the pocket of an 8-year-old and tell him he belongs to a new family," he said. "An initiation, usually of a violent nature, is

almost always required. Can you think of anything more frightening?"

It takes about 60 seconds to mug someone, said Cain. "And the criminals know your habits better than you do," he added.

Cain's 90-minute lecture included things to look out for and several self protection tips including the following:

- ◆ It's becoming common for women to be attacked while with small children. For the most part, if someone puts a gun to a child's head, the parent is more likely to do as they're told. Parents should never let themselves be relocated from that first point of attack. Most of the time, they will not come back. If the parent or child is shot, they have a much better chance of getting emergency care where they are.

- ◆ When putting a child in a car seat, parents should take a good look around first. They need to realize they're half in and half out of a vehicle with their vision blocked and their back exposed.

- ◆ If grabbed, it's best to go completely limp. It's incredibly difficult to control dead weight. Plus, if dropped, people have a much better chance of rolling out of reach or under a car to get away. Or at worst, a person can roll on their back and kick with their legs. This not only gives the chance

to scream, it also gives distance from the attacker. Most people, especially women, are more powerful in their legs than in their arms.

- ◆ A rubber band around a wallet makes it impossible to lift it out without the owner feeling a pull against their clothes.

- ◆ People should look around – if someone seems to be watching, the best defense is to look at them without being confrontational or in any way threatening. Just looking straight at someone lets them know they're seen. Oftentimes a criminal's best defense is the element of surprise. By taking that away, they'll probably pick an easier target. Even if they don't, the intended victim won't be caught off guard.

- ◆ A mugging is the simplest situation to get out of. The victim should keep their mouth shut, give the perpetrator what they want and get out of the situation. Becoming confrontational or having any kind of attitude can get the victim hurt or killed. No piece of property is worth dying for, the goal is to get out of the situation and get to safety.

Cain emphasized awareness over paranoia.

"I'm not saying live afraid," he said. "Just be aware of what's going on around you as you go about your business."

SANTA:

From Page A1

Children can have their pictures taken with Santa, or finish an easy-to-do craft. Artists will be on hand to paint faces and apply temporary holiday tattoos.

Children who take part in the Puppet Parade may be able to take home a soft and cuddly animal puppet. A turn at the BINGO table can earn youngsters one of many surprise giveaways.

For those children always on

the move, there will be a jumping castle where parents can relax as their little ones burn off their excess energy.

Breakfast with Santa is open to all of Team Vandenberg.

Call the Youth Center at 606-2152 to sign up. Reppart said reservations are not required, but Santa did ask for a good count so he knows how many candy canes to bring.

Organizations willing to help staff or organize the event should call the Youth Center at 606-2152.

STRAYS:

From Page A1

system to skip the on-base kennel and just send animals straight to Lompoc," McKinney said. "It just gets too expensive to feed them and it's hard to get someone to the shelter to care for them."

If owners are able to retrieve pets from the on-base shelter, they pay a \$20 fee per 30th Space Wing Instruction 31-107. If the animals are already in Lompoc, the owners are responsible for fees assessed

by California state law.

In addition to sheltering regulations, the 30 SWI 31-107 gives specific rules for pet control on base. Owners must ensure their pets do not bite or scratch other people or pets, do not create a public nuisance, and do not destroy property.

For an animal to be in control, it must be on a leash or harness, physically held, in a house, or on a chain short enough to prevent it from reaching anyone on adjacent sidewalks.

ALCON: Normal

A general condition reflecting responsible alcohol use.

Days since last DUI **22**
DUI totals for the Year **29**

Operations Group	0
Maintenance Group	3
Mission Support Group	10
Medical Group	0
30th Space Wing Staff	1
14th Air Force	0
381st Training Group	3
576th Flight Test Squadron	3
Detachment 9	1
Others	8



DON'T DRINK & DRIVE!

If you're drinking alcohol, you need a ride home. Don't hesitate. For a free, no-questions-asked ride home, call Airmen Against Drunk Driving 698-8823 or 698-8822.

Saves by AADD this year: **73**

BRIEFS:

From Page A1

floor adjacent to the pharmacy. Patients being seen in these clinics must check in at the main Family Practice Clinic reception desk. The Women's Health Clinic remains in its current location on the third floor. All mentioned clinics close at noon today and are closed Saturday. Customers requiring healthcare after noon today and from 8 a.m. to noon Saturday, can go to the Flight Missile Medicine Clinic adjacent to the main clinic in building 13848. The Family Practice, Internal Medicine and Pediatric Clinics resume normal duty hours Monday. Call Capt. Patricia Fowler at 606-1959 with questions.

TRANSPORTATION ASSESSMENT SURVEY

The 30th Logistics Readiness Squadron is conducting a transportation needs assessment survey through Dec. 22. The survey provides information to help base and local community officials identify unmet transportation needs

for the area, develop potential solutions, and bridge the transportation gap between Santa Maria, Vandenberg, and Lompoc.

Drop boxes for the survey are located at Breakers dining facility, the Military Personnel Flight, the Pacific Coast Club, the Commissary, and the 381st Training Group offices. Call Tech. Sgt. Gregory Pocaigue at 606-5255.

MEDICAL GROUP REMINDER

All active-duty personnel are required to present their Armed Forces Military Identification Card to check into any of the clinic areas within the 30th Medical Group. Additionally, all patients are required to present a valid military ID to receive medication from the pharmacy. There are no exceptions.

DEFENSE EXCELLENCE CONFERENCE 2003

The American Institute of Aeronautics and Astronautics holds the Defense Excellence 2003 Conference at the Ronald Reagan Building and International Trade Center in Washington, D.C. Feb. 4. Topics include

homeland security, the financial health of the defense industry, and the full and active interchange between government, industry, and defense leadership. For more information visit www.aiaa.org/events/defense2003 or phone (703) 264-7500.

ECAMP INSPECTION

Headquarters Air Force Space Command is conducting an environmental compliance inspection through Dec. 10. Base housing residents are asked to pay particular attention to waste disposal. Green waste must be uncontaminated by other waste and goes in the gray trash containers. Recyclables go in the green recycle containers. Non-reusable household hazardous waste such as spent fuels, batteries, propane tanks and mixed household products, and electronic waste such as old cell phones, microwaves, monitors, and speakers should be disposed at the Hazardous Waste Consolidated Accumulation Point, building 6830, between 13th and New Mexico streets. Bring reusable household waste in its original container to the Self-Help

Store for reuse. For questions or directions, call 606-3893.

CHRISTMAS MUSIC

The United States Air Force Band of the Golden West brass quartet is available here to add Christmas music to workplaces and office functions Dec. 16 and 17. Performance times are as follows: 8:30 a.m. to 4 p.m. Dec. 16 and 8:30 to noon Dec. 17 for workplace visits and during the evening of Dec. 16 for squadron holiday functions. Performances last about 20 minutes per location. Call Public Affairs at 606-3595 to schedule a time.

JUDGE ADVOCATE NEW HOURS

The Office of the Staff Judge Advocate has changed its hours for legal assistance. The hours for attorney visits, will preparation, and powers of attorney are: 8:30 to 9:30 a.m. Monday, Wednesday, and Friday, and 3:30 to 4:30 p.m. Tuesday and Thursday. Legal Assistance is on a walk-in, first-come, first-served basis. Appointments are available to active-duty members with issues

immediately affecting mission requirements. Call Master Sgt. Cary Rosson at 605-6200 with questions.

GC 2003 PATCH DESIGN CONTEST

The Vandenberg Guardian Challenge planning committee is collecting ideas for the base's 2003 GC competition patch. Entries should be color artwork and can be e-mailed to scott.lisko@vandenberg.af.mil through today. For more information, call Capt. Scott Lisko at 606-8683.

WEDNESDAY DEADLINE

The Space and Missile Times deadline for submission is Wednesdays at 4:30 p.m., nine days prior to publication. Submit all articles, briefs and community calendar inputs the week prior to desired publication. The SMT staff cannot guarantee publication of inputs submitted after the deadline. Dec. 20 is the last issue of the *Space & Missile Times* for 2002. The next issue is Jan. 10.

Air Force major learns true cause after long bout with chronic illness

By STEPHANIE TONNESEN
Carway Communications, Inc.

In many ways, Maj. Kate McGraw is an extraordinary woman. In 1987 she was one of the first female missileers at Malmstrom AFB, Mont. Today, she's a Ph.D. clinical psychologist at Dover AFB, Del., an accomplished fencer and the mother of three children.

Yet, in other ways, McGraw couldn't be more "one of the girls." She is one of roughly 30 million American women who suffer from an autoimmune disease. And, like many of those women, she spent nearly 10 frustrating and difficult years trying to get a proper diagnosis.

In 1989, shortly after giving birth to her first child, McGraw said she had difficulties with coordination, memory and concentration that seemed to worsen when she exercised.

"I also kept breaking my fingers during sports activities," McGraw said. "Being a lifelong athlete, this was, as you can imagine, all cause for great concern."

These episodes were followed by years marked by illness — pneumonia (twice), vertigo, vomiting, hair-loss, rashes and skin infections, oral and nasal ulcers. While she visited multiple specialists and underwent major medical testing, the only thing doctors said they could find was a sleeping disorder. Ironically, insomnia was not one of her problems.

At that point, the then 29-year-old McGraw recalled "I gave up the search in frustration, assumed I was okay and convinced myself that my symptoms were stress-related and that I could overcome them with good stress management, diet and exercise."

According to Virginia Ladd, executive director of American Autoimmune Related Diseases Association, Kate McGraw's experience is a familiar one.

"Since the women affected by autoimmune disease are mostly young and in their childbearing years, a time when they are traditionally most healthy, getting a diagnosis can prove to be extremely difficult," Ladd said.

Autoimmune diseases all share the

Tips for getting a proper diagnosis

The American Autoimmune Related Diseases Association recommends:

- ♦ **Know your family's medical history.** Current research says genetics plays a role in autoimmune disease. If one family member has lupus, another family member may have multiple sclerosis and still another may have insulin-dependent diabetes.
- ♦ **Keep a list of symptoms to give the doctor.** Often people with autoimmune disease suffer symptoms that seem unrelated but may not be.
- ♦ **Don't be afraid to get a second, third or fourth opinion.** Doctors are not always knowledgeable about autoimmune diseases or the need to test for them. If a doctor dismisses symptoms or says they are stress-related, find another doctor.
- ♦ **Go online.** The Internet provides access to resources around the world to research diseases, find specialists and share experiences with others.

of vomiting, chronic coughing and joint pain. When she woke-up one morning with severe weakness on her left side, McGraw decided it was time once again to get to the root of the problem.

"But I was hesitant to re-engage with the medical community given my previous experience," McGraw explained. "I truly believed it might be easier to be physically sick than to feel ill and be told by a physician that they could not explain the symptoms."

Referred by a friend to a well-respected rheumatologist in Dallas, McGraw's mystery illness began to unravel. She brought with her a chronological list of every symptom and illness she had experienced, and a list of all the myriad test results. Initially, the doctor diagnosed her with

Primary Antiphospholipid Antibody Syndrome or PAPS, for short. In this disease, antibodies react against phospholipids, a type of fat, which make up the outside walls of all the body's cells. She was immediately placed on the blood thinning medication Coumadin.

After follow-up consultations with doctors specializing in treating PAPS, another diagnosis was arrived at: Mixed Connective Tissue Disease. A chronic inflammatory autoimmune disease, MCTD is used to describe overlapping groups of connective tissue disorders that cannot be diagnosed in more precise terms. It's characterized by joint pain, muscle weakness, cardiac, lung and skin manifestations, kidney disease and dysfunction of the esophagus.

Today, her doctor vacillates between calling her illness PAPS and MCTD. In addition, McGraw recently tested positive for Celiac disease. Celiac disease is an autoimmune illness where the body develops antibodies against gluten, a protein found in wheat. It can lead to malnutrition, as well as destruction of the lining of the small intestine. The only treatment is to eliminate wheat/gluten from her diet.

But McGraw serves as a volunteer leader for AARDA and remains positive.

"The important thing is that the various treatments keep working and I get to continue living my life to its fullest," she said.



PHOTO BY STAFF SGT. REBECCA BONILLA

Happy Turkey Day

Col. Robert M. Worley II, 30th Space Wing commander, carves a Thanksgiving turkey at the Breakers dining facility here. Maj. Gen. Michael Hamel, 14th Air Force commander and 30th Space Wing Command Chief Master Sgt. Michael Morey, along with other base leadership, served as wait staff to more than 300 people Nov. 28.

Commission offers safety tips

■ The Consumer Products Safety Commission offers these tips for a safe holiday.

♦ **Trees** - When purchasing an artificial tree, remember that the label "fire resistant" means only that it will resist burning. Keep a fire extinguisher readily available. When selecting a live tree, remember the following: green needles are hard to pull from branches and don't break. When bounced, a fresh tree loses few needles. Keep trees away from heat sources such as fireplaces, radiators, and heat vents, and out of family traffic and doorways.

♦ **Electric Lights** - Never use electric lights on a metallic tree. Do not use metal staples, nails or tacks to string lights; use plastic hooks. Turn lights off when going to bed or leaving the house. Use no more than 3 standard-size sets of lights per single extension cord.

♦ **Trimnings** - Only use noncombustible or flame-resistant materials to trim your tree and home. Do not use lighted candles on a tree or other evergreen decorations. Keep sharp, breakable decorations and decorations

with small, removable parts out of reach of young children. Avoid trimmings that resemble candy and other foods that may tempt young children to eat them.

♦ **Toys** - Buy a no-choke testing tube at a local toy store and use it to measure small toys. Avoid products that can break into small pieces or have small detachable parts. Make sure small toys intended for older children are not accessible to younger children. Broken balloon pieces are a leading cause of choking, so keep balloons away from children under eight. Avoid infant toys with cords or ropes that can lead to strangulation. Closely supervise the use of toys with projectiles or launchers.

♦ **Fires** - Have a chimney sweep check your fireplace and chimney before lighting a fire. Keep a screen in front of the fireplace while the fire is burning. Use care with "fire salts" and keep away from children. Do not burn papers, especially wrapping paper, in your fireplace. Keep children away from fireplaces. Some glass shields get hot enough to cause serious burns.

Safe F-16s



PHOTO BY MASTER SGT. KEITH REED

Airman 1st Class Jason Lowman and Senior Airman Ryan Francis of the 31st Security Forces Squadron at Aviano AB, Italy, stand guard over the 555th Fighter Squadron's F-16s deployed at Caslav AB, Czech Republic.

Air Force accepts invitation to Bowl

BY JOHN VAN WINKLE
Air Force Academy Public Affairs

■ **U.S. AIR FORCE ACADEMY, Colo.** - The Air Force Academy accepted on Dec. 2 a bid to play in the inaugural Diamond Walnut San Francisco Bowl.

"I'm thrilled to announce that the first team to ever be selected to play in a bowl game in San Francisco is the Air Force Academy," said Gary Cavalli, San Francisco Bowl executive director. "We're delighted to have Air Force. It's a great honor for a first-year bowl to get a program like Air Force. They represent what is right in college football."

The bowl game is planned for Dec. 31, and the 8-4 Falcons will face an as-yet undetermined team.

"We don't know right yet who our opponent's going to be, but we know

they're going to come out of the Big East Conference," said Falcons head coach Fisher DeBerry. "It's a very, very historic and talented football conference with some great teams."

Five teams in the Big East Conference are bowl eligible. In order of conference standing, these are: No. 1 Miami (11-0), No. 15 West Virginia (9-3), No. 25 Pittsburgh (8-4), No. 18 Virginia Tech (9-3) and Boston College (8-4).

The final BCS standings hit the streets Dec. 8, and the teams headed for the Fiesta, Sugar and Orange bowls will be announced then. After that, the remaining bowl invitations will be finalized.

While the Falcons await the announcement, they're already back at practice.

"Right now we're practicing fundamental football," said DeBerry. "We're going to block and tackle today and practice executing our kicking game. We're going to improve every area of our game that we can."



The team practices this week, and Dec. 9 and 10, before taking a break for cadet finals. Practices resume Dec. 14, 15, and 17 to 19, before the cadets' Christmas break begins. Kickoff for the bowl game is 7:30 p.m. PST, and the game will be televised by ESPN2. (Courtesy of Air Force Print News)

Former SECAF McLucas passes away

BY TECH. SGT. SCOTT ELLIOTT

Air Force Print News

■ **ALEXANDRIA, Va.** — Dr. John L. McLucas, the first post-Vietnam-era secretary of the Air Force, died here Dec. 1 after a lengthy illness. He was 82.

McLucas served as the Air Force's senior leader July 19, 1973, to Nov. 12, 1975. He is survived by his wife, Harriet, and four children. A memorial ceremony is tentatively set for Dec. 22, and his family plans to inter his remains at Arlington National Cemetery.

Current Secretary of the Air Force Dr. James G. Roche said McLucas played a critical role in the development of the Air Force to a world-class air and space force.

"He did so at a time when our country was just emerging from the turbulence of the Vietnam era," Roche said. "His visionary leadership made the Air Force we each serve in today better able to meet the challenges we face as we continue to secure the peace and freedom for our fellow citizens."

Among the projects McLucas championed as secretary was the procurement and modernization of several weapon systems, including the F-15 Eagle, the F-16 Fighting Falcon, the F-5E Talon, the A-10 Thunderbolt II and the E-3A Sentry.

"He was kind of an elder-statesman in technology and space issues," said Larry Benson, who was working with McLucas on his autobiography.

After stepping down from secretarial duties, McLucas was sworn in as the eighth administrator of the Federal Aviation Administration.

McLucas earned a bachelor's degree in physics from Davidson College in 1941 and a master's degree in physics from Tulane University in 1943. He earned a doctorate in physics with a minor in electrical engineering from Pennsylvania State University.

McLucas was the author of several scientific articles and held 10 U.S. patents.

Vietnam War airman's remains identified

■ **WASHINGTON, D.C.** - The remains of Capt. Francis W. Townsend, previously unaccounted for from the war in Vietnam, have been identified and were buried Dec. 2 in his hometown of Rusk, Texas.

On Aug. 13, 1972, Townsend, a weapons system officer, and his pilot were flying their RF-4C Phantom on a photo-reconnaissance mission over Quang Tri Province, North Vietnam. The aircraft was struck by enemy fire, and the pilot was unable to maintain control. He ordered Townsend to eject. Seconds later, the pilot ejected from the burning aircraft and was able to establish radio contact with rescue forces. Unfortunately, he was captured before a rescue could be made.

Following the release of U.S. prisoners of war in 1973, the pilot stated he learned in captivity that Townsend had perished in the crash though he initially believed he had ejected.

Between 1997 and 1999, joint U.S. and

Vietnamese teams, led by the Joint Task Force-Full Accounting, conducted four investigations in the area where Townsend's plane had crashed. They interviewed dozens of villagers, including one who claimed to have buried some remains near a flooded crash crater in the area. He also stated that he had found two military identification tags at the crash site. During one of the investigations, a local national showed team members Townsend's tag.

In July 1998 and May 1999, two full-scale excavations were carried out in Quang Tri Province, where team members of the U.S. Army Central Identification Laboratory in Hawaii recovered aircraft wreckage, personal crew member artifacts, and human remains. Mitochondrial DNA was extracted from one of the fragments, and was found by lab officials to match the DNA of two of Townsend's maternal relatives.

Approximately 1,900 American servicemen remain missing in action from the Vietnam War. (Courtesy of Air Force Print News)

Icemen elves answer Santa's mail

■ **EIELSON AFB, Alaska** - Children around the world can get a signed letter from Santa Claus, thanks to elves from the 354th Operations Support Squadron's combat weather flight here.

For nearly 50 years, people at Eielson AFB have helped Santa answer the mail. Each year, the flight answers thousands of letters, sending responses postmarked "North Pole, Alaska."

"Last year, because of operational concerns, we only answered about 1,000 letters," said 1st Lt. Andrew Mercer, chief elf for this year's program. The previous year, the flight answered more than 6,000 letters.

People who would like a free letter from Santa for a child should send a self-addressed, stamped envelope to: Santa's Mailbag, 354th OSS/OSW, 1215 Flightline Ave., Suite 100B, Eielson AFB, AK 99702-1520. (Courtesy of Air Force Print News)

Threat of force key in getting inspectors into Iraq

By JIM GARAMONE
American Forces Press Service

■ WASHINGTON, D.C. — United Nations weapons inspectors are back on the job in Iraq only because the world presented a united front and increased pressure on Saddam Hussein, Defense Secretary Donald Rumsfeld said today during a Pentagon press briefing.

He said the coalition's credible threat of force was key to Hussein's decision to acquiesce with U.N. Security Council Resolution 1441, passed Nov. 8. For almost 12 years, Iraq has flouted 16 U.N. Security Council resolutions including the one to renounce weapons of mass destruction.

The secretary stated that it was only after President Bush got strong endorsement from the U.S. Congress and a unanimous vote from the U.N. Security Council and made it clear the United States was prepared to lead "a coalition of the willing" if Iraq refused to disarm that Hussein allowed the inspectors to return.

"I think it's useful to keep that

sequence in mind," he said. "They didn't just decide one day to invite back the inspectors." Rumsfeld noted Hussein choices: disarm, or face the possibility of being disarmed.

He said the U.N. also faces a choice. Iraq has until Dec. 8 to turn in a declaration on what weapons of mass destruction it has.

"When the Iraqis send in their declaration, if it is false, will the United Nations continue the pattern of the past of allowing Iraq to ignore U.N. resolutions, or will the members countries hold Iraq to its obligations?" the secretary asked.

Rumsfeld stressed that Iraq bears the burden of proof to show it is disarming. "It is not U.N. inspectors' duty to uncover Iraqi weapons," he said. "The responsibility of the inspectors is to confirm evidence of voluntary and total disarmament."

The secretary opined on another often-overlooked portion of U.N. Security Council Resolution 144, that Iraq must stop the abuse and terror it inflicts on its own people. Rumsfeld pointed to a British report that says that the Iraqi regime has murdered 100,000 Kurds in the northern part of the country. He stated that Iraq

has systematically attacked its Shiite population. More than 7 million Iraqis live outside Saddam Hussein's dictatorship, according to U.S. State Department figures.

"Torture is systematic in Iraq and the most senior officials are involved," Rumsfeld said. "Electric shock, eye-gouging, acid baths, lengthy confinement in small metal boxes are only some of the crimes committed by this regime."

The Iraqi regime's willingness to use brutal methods and its stocks of weapons of mass destruction concern countries around the world.

"A regime with weapons of mass destruction and such contempt for human life, even the lives of its own people, ought to be considered what it is, namely a particular kind of danger," Rumsfeld said.

He told reporters that the United States will do all it can to provide intelligence and support to the U.N. weapons inspectors. As usual, the secretary would not discuss hypothetical situations. He stated that much hinges on the Iraqi declaration.

In answer to a question about possible smallpox vaccinations for U.S. service members, he said he's been briefed on the situation and

is not ready to announce a decision.

Al Qaeda, Taliban sympathizers harass outposts

By JIM GARAMONE
American Forces Press Service

■ WASHINGTON, D.C. — Al Qaeda and Taliban sympathizers launched two hit-and-run attacks on U.S. forces in Afghanistan Dec. 2, Department of Defense officials said today.

There have been no U.S. casualties, the officials said.

In one incident, a U.S. Special Forces detachment based in Jalalabad received automatic weapons fire from about 10 enemy personnel. The U.S. soldiers returned fire. The enemy broke contact in a fighting retreat into the surrounding hills.

Air Force A-10 Thunderbolt IIs responded to a call for air support by dropping flares on the suspect area. U.S. officials in Afghanistan reported the action is still going on.

In another incident, U.S. Special Forces soldiers saw five unidentified persons moving near the perimeter of the Lwara firebase. A U.S. quick reaction force responded and found five rockets. Assisted by helicopter air support, the force chased the enemy into a building, cleared two compounds in the area and detained a person for questioning.

U.S. officials stressed that these and many other similar incidents in recent days illustrate the dangers U.S. and coalition forces in Afghanistan still face.

President Bush said Dec. 2 during the Pentagon signing ceremony for the 2003 National Defense Authorization Act that U.S. troops are hunting down "a bunch of cold-blooded killers." He said U.S. and coalition forces are uncovering arms caches and continuing to improve stability in Afghanistan. That stability allows U.S. and French specialists the time necessary to train the Afghan national army.

"And while we hunt ... the killers

Learning to count



PHOTO BY ARMY SPC. ERIC HUGHES

A soldier teaches a crowd how to count in English in Nejhab, Afghanistan. Soldiers from the 489th Civil Affairs Battalion, Knoxville, Tenn., and the 9th and 8th Psychological Operations Battalions, Fort Bragg, N.C., are delivering a humanitarian aid package to Nejhab.

down, we'll continue to help the Afghan people as they work to build lives of dignity and lives of security," Bush said. "Afghanistan is no longer a safe haven for hijackers and bomb-makers and assassins. Thanks to the United States military, the terrorist training camps are closed. Many terrorists have met their fate in the caves and mountains of Afghanistan. Others are now in custody."

DoD recognizes working group

By SGT. 1ST CLASS DOUG SAMPLE
American Forces Press Service

■ WASHINGTON, D.C. — An expanded electronic government, doing more e-business, is a cornerstone of President Bush's agenda to improve government functions and performance.

Today at a small ceremony at the Pentagon, Michael Wynne, principal deputy undersecretary for acquisition, technology and logistics, honored 48 employees who for the past 14 months have been following the president's plan

and transforming the way the Department of Defense does business with private industry.

"One of the most exciting trends in government is the use of information technology together with the Internet to improve virtually everything that we do," he told the group.

"The E-Business Working Group did a tremendous job, starting with research, then organizing and finally structuring best practices, and creating a clear program to bring us the power of e-business. We will become a much more net-centric organization in large measure because of the work you have accomplished," he said.

Since the signing of the president's management agenda, federal agencies have been scrambling to comply with the e-government initiatives Bush called for, to make it simpler for citizens to receive high-quality service from the federal government, while reducing the cost of delivering those services.

Soccer showdown



PHOTO BY AIRMAN 1ST CLASS MICHELLE MIRANDA

Scott Vincent, No. 2 on the Vandenberg Varsity soccer team, passes the ball to teammate Senior Airman Ryan Howell during a friendly faceoff Nov. 22 between the Varsity players and the Intramural All Stars.

Intramural Sports

Marathons have roots in Native American culture

By PATRICK ANDREWS

Vandenberg family member

Native people have always found the ocean to be a source of abundant natural resources. From time immemorial Native Americans took marine life for food, shells to use for trading and looked at the ocean as a great source of power. The Thono O'odham tribe made their homeland in the arid deserts of Arizona. They were a farming people who depended upon seasonal rains to irrigate the fields of beans, squash and

melons they planted.

One might be safe in assuming that these people didn't have any idea of a vast body of water that extended to the horizon and looked as if it touched the very heavens.

But these people did in fact have knowledge of the ocean. The ocean is deeply rooted and even referenced often in the stories and religious beliefs of the Thono O'odham tribe.

Another important part of the Thono O'odham culture was running. The people ran across the desert from village to village

passing on news. People ran to celebrate the season's harvest. They ran as part of ceremonies. The Thono O'odham people even ran to the ocean.

Young men who went on vision quests found the task given was to run to the ocean and retrieve salt from the shores of the Pacific. The people who made the journey returned to tell tales of beautiful scenery and wonderful animals.

To this day the only animal totem used in certain Thono O'odham ceremonial dances is a single white seagull.

Varsity Basketball Tournament Schedule

Date	Tournament	Location
Dec. 13-15	Vandenberg Hawks Tournament	Home
Jan. 17-20	Davis Monthan AFB Tournament	Davis Monthan AFB

Half-marathon results

Congratulations to the following members of Team Vandenberg who took part in the 30th Services Squadron's fifth annual half-marathon Nov. 23.

Vandenberg Air Force Base is set to

Vandenberg's half-marathoners are:

•Mike Mitchell	1:23:16	•Ellis Whitt	1:39:42	•Mark Hall	1:54:20
•Lee Rosen	1:27:43	•Joseph Reveteriano	1:40:39	•Allen Haskell	1:56:45
•Matt Heimback	1:29:08	•Barbara Campbell	1:42:25	•Art Doherty	1:56:55
•Ray Galik	1:30:26	•Charles Campbell	1:42:25	•Don Wittenberg	2:03:57
•Peter Caputo	1:34:53	•Vernon Swinton	1:46:01	•Sherry Hawley	2:07:41
•Sam Fancher	1:35:05	•Jim Boyle	1:49:13	•Lillian Reynolds	2:08:48
•James Manning	1:36:29	•Beverly Calderon	1:53:30	•Nam Trant	2:09:48
•Chris Koch	1:37:44	•Fran Zimmerman	1:53:44	•Darlene Harris	2:13:05
•Frank Barbosa	1:39:17				

implement WarFit in January. One of the tenets of WarFit is that members exercise for at least 30 minutes three times per week. Team or group exercise can be fun and it's a great way to stay in shape!

**Want to see more sports
in your**

**SPACE & MISSILE
TIMES**

Tell us what your team's up to! Submit stories and ideas to:

space&missiletimes@vandenberg.af.mil



America's Air Force - No one comes close!

SPACE & MISSILE

FEATURES

Destinations *Central Coast weekend road trip*

By 2ND LT. MICHELLE MAYO
30th Space Wing Public Affairs

I love road trips. I guess because they remind me of my childhood. My father, who spent much of his Air Force career moving back and forth from overseas to the States, would pile us in the car and take us on a "Great American Road Trip" every time we moved back to this country.

We had our share of Clark Griswold-

type moments, but those journeys are some of my most vivid childhood memories.

My husband, Svein, and I decided to use the Thanksgiving holiday as an excuse for a road trip, so we took off up the Central Coast.

First, we headed up Highway 101 to the San Antonio de Padua mission, located on an Army post called Fort Hunter Leggit. The mission is a little out of the way, but I thought it well worth the detour.

To get there, get off the highway at the exit marked Hunter Liggett, about half an hour north of Paso Robles. After the exit, take Jolon Road - on maps, it's G18 - to the mission.

The road to the mission winds its way through rolling hills before the land flattens out into wide-open ranchland.

History buffs and those with a vivid imagination can visit a California several hundred years past.

The mission was founded in 1771 by Father Junipero Serra. Serra was a Spanish missionary who founded several other missions in California, including San Juan

Capistrano.

On the grounds surrounding the mission, you can explore the remains of a grist mill, rip saw, corral and reservoir. There is also a burial ground for the Salinan Native Americans who built the mission.

There's a museum with artifacts and models that I suggest visiting first. Svein and I explored first. While there were great signs explaining what we saw, the replicas inside the museum made it much easier to picture the scene.

There's also a pretty garden inside the mission walls. Some of the trees are from the early days of the mission.

Afterward, Svein and I continued north to Monterey on Highway 101.

Monterey is a quaint town. It's famous Cannery Row gained notoriety through writer John Steinbeck in the early 1900's. The row used to be lined with sardine-canning factories, but today it's a street lined with high-priced, trendy shops.

But the highlight for me was the aquarium. Lines can often be long, but we were lucky. We only waited for about 20 minutes to get in. It's also a bit pricey at \$17.95 per adult, but military members can pre-purchase reduced price tickets at the Vandenberg Services Center.

Once inside, you get lost in the wonders of the Central Coast ocean. I loved standing at the bottom of a two-story high tank that housed a giant kelp forest. When I looked up and around, I felt like I was actually in the water.

There were many smaller tanks with close-up views of bottom-dwelling fish, mollusks and anemones.

The aquarium is a great place for kids. There are little "romper rooms" upstairs with fun displays and educational activities for children. There's even a small tunnel they can climb through to

see exhibits that mom and dad can't.

After a restful evening at a Bed and Breakfast Inn in neighboring Pacific Grove, we started the next day at a butterfly grove.

I didn't know it until last weekend, but the whole Central Coast is part of the Monarch Butterfly's annual migration path.

They start in this area in the spring and migrate north and east. During the summer months, successive generations of Monarchs continue their migration north. As the weather turns cold, the butterflies return, usually around October and November.

We went to a small butterfly grove near our hotel, but apparently, the Monarch Grove Sanctuary and George Washington Park in Pacific Grove are great places to see them, too.

Most people envision a road trip on the Central Coast to include the famed coastal drive along Highway 1. We were no exception.

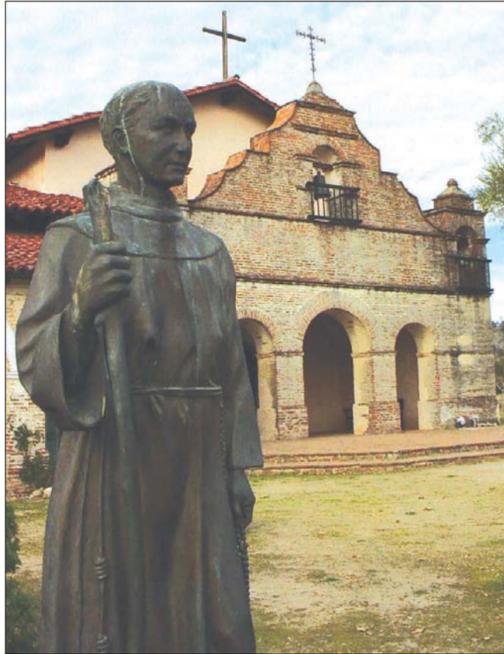
Highway 1 twists and turns its way along the coast. It is definitely not for the motion-sick prone.

The views were stunning. Being from Hawaii, this was the first time I've been enchanted by the beauty of the California ocean. It has always seemed a bit drab to me, but not in the upper portions of Big Sur.

We stopped every few miles to get out, take pictures and enjoy the scenery. Traffic is not bad this time of year, but it's apparently very slow-going in the summer. We enjoyed cruising along at our own pace.

There are several restaurants along the drive. Nepenthe, which hangs on a cliff, is a good place to grab a bite to eat or just have a drink and enjoy the dramatic view.

You can also take a quiet break at the



PHOTOS BY 2ND LT. MICHELLE MAYO

A statue of Father Junipero Serra welcomes visitors to the San Antonio de Padua mission located at Fort Hunter Leggit.



A jellyfish glides through the water as part of the *Jellies: Living Art* exhibit at the Monterey Bay Aquarium.

Henry Miller Library, an artists' retreat in Big Sur. The library has books about Big Sur along side all of Henry Miller's works.

Highway 1 flattens out before you get to Cambria and Hearst Castle. We enjoyed a romantic sunset at Moonstone Beach in Cambria. It was a wonderful end to the day, although we still had a few miles to go before we were home.

With the exception of the Monterey Bay Aquarium, none of the stops warrants a one-day destination by itself. You wouldn't really have the time to enjoy them. However, with a good map, a few recommendations, and a weekend, there are more than enough sights to create your own Central Coast road trip.

Community Calendar

6 FRI **Moms to new moms program** - This mentorship program offers support to new moms. Call Nancy Sias at 606-5338 for more information.

Allan Hancock College winter vocal recitals - 8 p.m. today at the Valley of the Flowers United Church of Christ in Vandenberg Village. Nineteen student soloists perform pieces ranging from pop and jazz to classical. Tickets are \$5. Call (805) 922-6966 for advance tickets.

Allan Hancock College spring credit classes - Fast Track and semester-length credit courses are available at the AHC Vandenberg AFB Center next spring. Classes begin the week of Jan. 21. For tuition assistance information, call 605-5904. For information on AHC spring registration, call 734-3500, Ext. 3248.

Allan Hancock College fall art exhibit - 10 a.m. to 9 p.m. Monday - Friday, 10 a.m. to 6 p.m. Saturday and Sunday at the Santa Maria Town Center Mall. Call (805) 922-6966, Ext. 3252.

6 FRI **Henry H. Arnold Educational Grant** - Applications are available at the Family Support Center and online at www.afas.org. Call 605-8551.

6 FRI **Military care packages** - The Family Support Center staff is accepting donations to support deployed troops. Call 605-8553.

Food Pantry - The Family Support Center provides emergency food assistance and distributes food via the USDA Food Program. Call 606-2960.

Free car seats - Car seats are available for single-income families E-4 and below. Call 606-5338.

One-on-one marriage enrichment counseling - at the Family Support Center. Call 606-9958.

Space and Sea Girl Scouts - sign up by calling the Scout Hut at 605-2217, or leave a message at 734-5545.

Santa Barbara trolley tours - 90 minute tours are at 10 and 11:30 a.m., 1, 2:30 and 4 p.m. Call (805) 965-0353.

Relaxation Room - 8:30 a.m. to 3:30 p.m. Monday - Friday at the Health and Wellness Center. Call 606-2221.

Full exchange student scholarships - High School students study in Germany for '03-'04 academic year. Apply through Dec. 16. Call (800) 727-4540, Ext. 543.

6 FRI **Kids on the Move** - 3 to 4 p.m. today at the Family Support Center. Call 606-0801 to register.

6 FRI **Spouse's Club Golf Tournament** - today at Marshallia Ranch Golf Course. Registration begins at 11 a.m. for the four-person scramble. Entry fee is \$16 per person and includes lunch. Call 734-1202 or 734-0840.

7 SAT **Cal Poly Poinsettia sale** - 9 a.m. to 4 p.m. Saturday at the Cal Poly Plant Shop at Cal Poly, San Luis Obispo. Call (805) 756-1106.

Cal Poly Christmas Celebration choral concert - 8 p.m. Saturday in Harman Hall at Cal Poly, San Luis Obispo. Tickets cost \$12 to \$15. Call 765-2787 for tickets.

Allan Hancock College Holiday Pottery Sale - 9 a.m. to 4 p.m. Saturday in building F on the Santa Maria campus. Call toll free (866) 342-5242, Ext. 3252.

9 MON **Vandenberg Spouses Club Cookie Express** - Drop off cookies at the Pacific Coast Club starting at 6:30 a.m. Monday. VSC needs help assembling cookie bags for 750 single airmen. Call 734-2782 to volunteer.

TOPS (Take Off Pounds Sensibly) - 7 to 8 p.m. Mondays at the Health and Wellness Center. For more information call the HAWC at 606-2221.

Self-defense workshop - 6:30 to 8:30

p.m. Mondays and Tuesdays for women 12 years and older at the North County Rape Crisis and Child Protection Center. Call 736-8535.

9 MON **Jiu-Jitsu self-defense classes** - 7 to 9 p.m. Mondays and Wednesdays at the Unified Center for Martial Arts in Santa Maria. Call (805) 934-2158.

10 TUE **Financial Basics** - 11 a.m. to noon Tuesday at the Family Support Center. Call 606-4491.

Single Parents Support Group - 11:30 a.m. to 1 p.m. Tuesday at the Services Center. Call 606-9958 or 606-8217.

North County Computer Club meeting 1 to 3 p.m. Tuesday at the Paso Robles Senior Center.

Thrift Shop hours - 9:30 a.m. to 2 p.m. Tuesdays and 11 a.m. to 6 p.m. Thursdays.

Varsity Basketball tryouts - 6 to 8 p.m. Tuesdays and Thursdays through Dec. 15 at the Fitness Center. Call 606-3653.

Pre-separation Briefing - 8 a.m. Tuesdays in the family support center. Required 90 days prior to leaving the service. Call 606-0801.

National Society of Military Widows

11 WED **meeting** - 11:30 a.m. Wednesday at the Pacific Coast Club. There will be an optional five-dollar gift exchange. Call 606-5474.

Cabrillo High School Aquarium - The aquarium is open to the public 7 to 9 p.m. Wednesday. Admission is free. Call 733-4539.

12 THU **Retirees holiday potluck luncheon** - Noon Thursday at the Retirees Activities Office. Call 606-5474.

How to start your own business - 1:30 to 3:30 p.m. Thursday at the Family Support Center. Call 606-0801 to register.

Titan Toastmasters meeting - 3:30 to 4:30 p.m. Thursday at the Base Library. Learn public speaking techniques in a no-pressure environment. Call Bruce Henderson at 606-1541.

13 FRI **Give parents a break** - 6 to 10 p.m. Dec. 13. This program is available to eligible parents referred by a squadron commander, first sergeant, chaplain, medical professional, the Child Development Center or the Family Advocacy Office. Call 605-8551

Bundles for Babies - 2 to 4 p.m. Dec. 13 at the Family Support Center. The class is open to all ranks. Advanced registration is required.

13 FRI **All-American Shoot-out** - 8 p.m. Dec. 13 - 15 at the Fitness Center.

The Nutcracker - 7 p.m. Dec. 13, 2 and 7 p.m. Dec. 14, and 2 p.m. Dec. 15 at Ethel Pope Auditorium at Santa Maria High School. Tickets are \$6 to \$12. For tickets, call Allan Hancock College at (805) 922-8313.

14 SAT **Breakfast with Santa** 9 to 11 a.m. Dec. 14 at the Youth Center. The free breakfast includes arts and crafts, bingo, a bounce castle and photo with Santa. Make reservations with Kim Saheim at 606-2152.

15 FRI **Free Lompoc Pops holiday concert** - 12:30 to 2:30 p.m. Dec. 15 in Chapel 1. Call 606-5773 for more information.

Lompoc Pops holiday concert - 4 p.m. Dec. 15 at Trinity Church of the Nazarene, 500 E. North Ave., Lompoc.

19 THU **Allan Hancock College Jazz Ensemble concert** - 7 p.m. Dec. 19 at the Santa Maria Town Center. Admission is free.

20 FRI **Retirement Barbecue** - Noon Dec. 20 in building 10721. This retirement barbecue honors Barbara Garbiso for 32 years of Federal service. Tickets are \$6 and must be purchased by Dec. 15. Call Lana Davenport at 606-2330 for tickets.

Chapel Events

For other denomination worship services and events, call the chapel at 606-5773.

♦ **Prayer Breakfast** - Team V is invited to attend a prayer breakfast 6:30 to 7:30 p.m. Dec. 12 at the Chapel 1 Annex. Call 606-5773.

♦ **Children's Christmas Program** - 5:30 p.m. Dec 8 in Chapel 1. Experience a delightful story through the eyes of children. Call 606-5773.

♦ **Gospel Christmas Concert** - 7 p.m. Dec. 14 in Chapel 2. Call Chaplain Griffin at 606-5773.

♦ **Lompoc POPS Holiday Concert** - 12:30 to 2:30 p.m. Dec. 15 in Chapel 1.

WORSHIP SERVICE TIMES

Sunday
8:30 a.m. Praise and Worship, Chapel 2
10 a.m. Catholic Mass, Chapel 1
11:30 a.m. Traditional Protestant, Chapel 1
11:30 a.m. Gospel, Chapel 2

Monday - Friday
11:30 a.m. Catholic Mass, Chapel 2

Saturday
5 p.m. Catholic Mass, Chapel 2

The concert is free.

♦ **G.I. Java** - 5 to 9 p.m. Monday - Saturday for dorm residents. Volunteers and cookies needed. For information, call Senior Airman Mary Straub at 606-5773.

Protestant Notes:

♦ **Brothers and Sisters in Christ** - 5:30 p.m. Sundays in the religious education classrooms. Call 606-5773.

♦ **Protestant adult and youth Bible study** - 7 p.m. Tuesday in the Chapel 1 Annex. Call 605-7564.

♦ **Praise Kids** - 5:30 p.m. Sundays in religious education complex. 4 years to 5th grade. Call 734-0514.

Catholic Notes:

♦ **Bible Study Groups** - 7 p.m. Mondays or Thursdays in the religious education complex. Call 734-4202.

♦ **CCD classes are underway** - 8:30 a.m. Sunday mornings in the religious education building. Call 606-2505.

♦ **Junior CYOC** - God's Gang - Call 734-5503.

At the Movies

Today
Red Dragon

This prequel to *The Silence of the Lambs*, tells the story of former FBI agent Will Graham, who was nearly killed by Hannibal Lecter. It includes the initial capture of the Cannibal. Rated R.

Saturday
Brown Sugar

A music critic and a successful music executive realize that remembering

what they learned on a New York street corner is the only way their passions will be fulfilled. Rated PG-13.

Sunday
The Transporter

A former U.S. Special Forces soldier is hired to kidnap the daughter of a lethal Chinese cook who is smuggling his fellow countrymen into France. Rated PG-13.

All movies start at 7:30 p.m. unless otherwise noted.