

## Base Briefs

### TIP OF THE WEEK

NCO's should frequent dining facilities, chapel centers, recreation facilities, dormitories, and enlisted clubs to possess a better understanding of opportunities and problems confronting their airmen.

### RETIREMENT

Chief Master Sgt. Norman Marous retires at 10 a.m. Thursday at the P-40 display in front of the headquarters building. A reception follows at the Pacific Coast Club. Make reservations by Monday with Kristie Stavoli at 606-2538.

### PROMOTION CEREMONY

Team Vandenberg's November promotion ceremony is set for 3:30 p.m. Monday in the Pacific Coast Club. Those being promoted must wear the service dress uniform and be in place by 2:30 p.m. Direct questions to unit first sergeants.

### EXPLOSIONS

Explosive ordnance disposal and the FBI conducts an explosive operation on the EOD range 8 a.m. to 4 p.m. Tuesday. The largest detonation is approximately 500 pounds of explosives.

### MPF CLOSURE

Vandenberg's Military Personnel Flight customer service section is closed Dec. 9 for computer system upgrades.

### OKC

Operation Kids' Christmas is recruiting military escorts for the OKC party Dec. 6. Nearly 150 more escorts are needed to accompany 200 underprivileged children visiting from the local community. Volunteers are also needed for set-up and teardown, food delivery and as food servers. Call 1st Lt. Brandon Epps at 606-6621 or to volunteer.

### SUMMARY COURTS

Anyone having claims for or against the estate of Staff Sgt. Jason A. Lucas, deceased, contact Capt. David Franklin, 576th Flight Test Squadron, at 605-6345.

### GATE OPENINGS

The Santa Maria, Lompoc and Timber Lane Gates are open 24 hours. The Utah Gate is open from 6:30 a.m. to 10 p.m. daily. The Titan Gate is open from 6 a.m. to 7 p.m. daily.

### OSI RECRUITING

The Air Force Office of Special Investigations is recruiting new agents in grades E-4 through E-7 with less than 12 years total active federal military service. First term airmen must be within their retraining window in order to apply. A cross-flow board is scheduled for November 2003 for active-duty officers in the grades of O-1 through O-3. Call Special Agent Casey Fitzpatrick at 606-1852 for more information.

## Vandenberg firefighters battle California wildfires

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

■ Thirty-eight Vandenberg firefighters battled blazes this week in Santa Barbara and Los Angeles counties.

Eight firefighters are still in L.A. working to contain the Simi and Piru fires.

"It's like a war zone down here," said Vandenberg fire engineer Greg Leptich on scene at the Simi Incident. "I've been to a lot of fires but nothing like this."

*"It's like a war zone down here."*

VANDEMBERG FIREFIGHTER GREG LEPTICH

At press time, the fires in Southern California were raging through 500,000 acres with only 20 percent contained.

There were 18 fatalities including one firefighter. More than 1,500 structures were lost and the fire fighting costs were into the billions of dollars.

"By the time this is over, this

will be the most extreme and most expensive fire in the history of the state of California," said J.J. Gallagher, Vandenberg assistant fire chief. Gallagher has more than 30 years experience fighting fires here and throughout the country. Currently, Vandenberg's Engine

See FIRE Page A5



COURTESY PHOTO

Twenty-eight Vandenberg and other county firefighters quickly contained a fire in Cat Canyon Monday, stopping the blaze at 150 acres. 500,000 acres continue to burn throughout Southern California.

## Rise of unattended children raises family advocacy issues

By AIRMAN JUANIKA GLOVER  
30th Space Wing Public Affairs

■ The past few months have shown an increase in incidents of unattended children in base housing. Although the exact reason for each incident is different, the solution is quite the same. Keeping children's safety and whereabouts in mind is the first step in solving a growing problem here.

Parents who find themselves in trouble for leaving their children unattended are required to visit family advocacy and the life skills center. Although in the past there have been some negative stereotypes to being sent to family advocacy, the program is actually set aside to help Team Vandenberg members.

"The goal of family advocacy is to prevent family violence," said Eileen Fox, family advocacy outreach manager. "Our emphasis is on prevention of problems that could develop into violent behaviors or danger to children."

Families will find there is a professional process taken to meet the needs of the family while the circumstances at hand are evaluated.

"The family would initially have to come for a family advocacy intake to assess the situation," said Julie Ramsey, a treatment manager at family advocacy. "They, at the time, would be given a child supervision guideline sheet and education about the ages and stages of development. The purpose would be to prevent future unattended children incidents." The purpose of the family advocacy program is to empower families and teach them appropriate conflict resolution skills in order to prevent danger to or maltreatment of children, Ramsey said.

Children are often found unattended during the developmental age of 3 to 4 years in which they like to explore, Ramsey said. Through their

curiosity, they wander off without being noticed.

"The environment for this age group should encourage exploration but in a safe manner," Ramsey said. "The house could be decorated in such a way as to enhance the children's exploration. If a child is an escape artist, then more locks on the front and back doors may work. Interaction with this age group is highly encouraged because of their ability to escape. Thus, the more time you spend with your child, the less likely he or she will look for more excitement elsewhere."

Because doors are easily opened in the new base housing, the 30th Civil Engineer Squadron provides child safe locks upon request.

"We encourage parents to call CE and get child safe locks on their doors," Ramsey said. "(30th CES) has offered to replace locks if requested. Besides the new locks, it would be advisable to talk to the children about safety issues."

"Family advocacy would encourage people to take steps to provide adequate locks and if they have inadequate knowledge of the level of supervision that is needed, we would provide the education," Ramsey added.

Parents who are unclear about child supervision guidelines can call the life skills center at 606-8217.

"The 30th Space Wing Child Supervision Guidelines were developed as a reference tool for parents using a combination of California state law and Department of Defense protocol," said Capt. Chad Johnson, family advocacy officer. "They are extremely concise, leaving little room for interpretation."

"It does not take a program like family advocacy to stop children from being neglected, it takes each member of our community to adopt an active interest in the well-being of neighboring families," Johnson said.

## Texas Blowout



PHOTO BY STAFF SGT. CHUCK WALKER

Staff Sgt. Cliff Huddleston, 381st Training Squadron, and his 3 year-old son, Connor, enjoy lunch at the Texas Blowout Oct. 24 at Cocheo Park. The annual event raises money for Operation Kids' Christmas, a charity event that provides Christmas celebrations for 200 needy children in the local community.

## Suicide prevention program offers answers, direction, solutions

By AIRMAN 1ST CLASS BRYAN FRANKS  
30th Space Wing Public Affairs

■ Suicide, an often preventable tragedy, continues to claim the lives of men and women in the Air Force. That fact hit close to home when a member of Team Vandenberg died in an apparent suicide Oct. 15.

With the tragic event fresh in people's minds, commanders, first sergeants, supervisors and friends may be looking for direction and wondering how they could prevent something like this happening from happening again. The Vandenberg Suicide Prevention program may offer some of the answers people are looking for.

The program is designed to educate people on what to look for and be aware of when encountering possible suicidal behavior, said Capt. Chad Johnson, 30th Medical Group. A factor commonly associated with suicide in the Air Force is problems in intimate relationships, he said. Other factors include alcohol or drug abuse, financial and legal problems, loneliness, prolonged unmanageable stress and depression.

The course also focuses on instructing people how to increase social interaction with those who may or may not be in trouble.

Social interaction builds a network of support for people, Johnson said. Promoting volunteerism and community participation can help build that foundation. Base agencies such as the family support center, life skills office and health and wellness center also reinforce social interaction along with providing their own array of support.

"The program gives participants useful information so they'll know what to do if they find someone who appears to be in that kind of duress," Johnson added.

Buddy care is one of the topics covered in the suicide prevention briefing.

"Buddy care is trying to get people to pay attention to what is going on in their environment and with those around them. If they see something that's out of the ordinary, notice someone acting in a strange manner, acting depressed or saying they're suicidal, they need to do something about it," Johnson said. "If you need to take it to the next level to ensure those around you are safe, then do so."

"If a person outright says they're going to hurt themselves, you need to not leave them alone and call

See SUICIDE Page A4

## Congratulations to the following Team V first lieutenants selected for promotion to captain:

Sean Allen,  
533rd Training Squadron  
James Bertling Jr., 533rd TRS  
Karen Florio, 533rd TRS  
William Menza,  
Air Force Materiel Command  
Jimmie Bowyer,  
30th Maintenance Group  
Anthony Brooker Jr.,  
76th Helicopter Flight  
Parkin Bryson, 76th HF  
Lindsay Carl, 76th HF  
Marla Gillman, 30th Space Wing  
Brea Lemm,  
30th Weather Squadron

Richard Palmer,  
30th Medical Support Squadron  
Patrick Shanahan,  
30th Civil Engineer Squadron  
Elsa Tempia,  
30th Mission Support Squadron  
Jerry Beaver Jr.,  
4th Space Operations Squadron  
Adam Lieziert, Detachment 9,  
Space and Missile Systems  
Center  
Louis Sharpe Jr.,  
576th Flight Test Squadron  
Adam Jarnagin,  
392nd Training Squadron

**Happy Halloween**  
Turn to Page A4  
if you dare!

In this issue of the



Also view The Space & Missile Times at [www.vandenberg.af.mil](http://www.vandenberg.af.mil) and click the Space & Missile Times button.



30th Civil Engineer Squadron firefighter receives commendation in Santa Barbara. See Page A4.



Destinations Central Coast makes dinner at the Community Kitchen in Lompoc. See Page B1.

Weekend forecast  
Partly to Moderately cloudy through Sunday. Low clouds Saturday.  
Low/High  
**53/65**  
For a full Vandenberg weather report, visit [www.vandenberg.af.mil/30sw/organizations/30og/weather/weather](http://www.vandenberg.af.mil/30sw/organizations/30og/weather/weather)

# This week in history ...

COMPILED BY AIRMAN JUANIKA GLOVER  
30th Space Wing Public Affairs

## October 26

1944 - Battle of Leyte Gulf ends

After four days of furious fighting, the World War II Battle of Leyte Gulf, the largest air-naval battle in history, ends with a decisive American victory over the Japanese.

1864 - "Bloody Bill" Anderson killed Notorious Confederate guerrilla leader William "Bloody Bill" Anderson is killed in Missouri in an ambush.

1909 - Lt. F.E. Humphreys became the first Army officer to solo the first Army airplane.

## October 27

1944 - The 9th Fighter Squadron flew its first mission, since 1942, from the Philippines.

1962 - The United States and Soviet Union step back from brink of nuclear war.

Complicated and tension-filled negotiations between the United States and the Soviet Union finally result in a plan to end the two-week-old Cuban Missile Crisis. A frightening period in which nuclear holocaust seemed imminent began to come to an end. Since President John F. Kennedy's October 22 address warning the Soviets to cease their reckless program to put nuclear weapons in Cuba and announcing a naval "quarantine" against additional weapons shipments into

Cuba, the world held its breath waiting to see whether the two superpowers would come to blows. U.S. armed forces went on alert and the Strategic Air Command went to a Stage 4 alert (one step away from nuclear attack). On October 24, millions waited to see whether Soviet ships bound for Cuba carrying additional missiles would try to break the U.S. naval blockade around the island. At the last minute, the vessels turned around and returned to the Soviet Union.

## October 28

1886 - The Statue of Liberty, a gift of friendship from the people of France to the people of the United States, is dedicated in New York Harbor by President Grover Cleveland.

1924 - Army planes broke up a cloud formation with electrified sand.

## October 29

1953 - An F-100 set a speed record of 755.149 mph over a 9.3 mile course.

1998 - John Glenn returns to space Nearly four decades after he became the first American to orbit the Earth, Senator John Hershel Glenn, Jr., is launched into space again as a payload specialist aboard the space shuttle Discovery. At 77 years of age, Glenn was the oldest human ever to travel in space. During the nine-day mission, he served as part of a NASA study on health problems associated with aging.

## October 30

1919 - The Air Force tests the first

reversible pitch propeller.

1941 - FDR approves Lend-Lease aid to the USSR

On this day in 1941, President Roosevelt, determined to keep the United States out of the war while helping those allies already mired in it, approves \$1 billion in Lend-Lease loans to the Soviet Union. The terms: no interest and repayment did not have to start until five years after the war was over.

## October 31

1944 - The Air Force revealed the use of ramjet engines for the first time on piloted aircraft, a modified F-80 Shooting Star.

1864 - The U.S. Congress admits Nevada as the 36th state

On this day in 1864, anxious to have support of the Republican-dominated Nevada Territory for President Abraham Lincoln's reelection, the U.S. Congress quickly admits Nevada as the 36th state in the Union.

## November 1

1952 - United States tests first hydrogen bomb

The United States detonates the world's first thermonuclear weapon, the hydrogen bomb, on Eniwetok atoll in the Pacific. The test gave the United States a short-lived advantage in the nuclear arms race with the Soviet Union.

1954 - The USAF retired the last B-20 from service.

## Fun run



PHOTO BY STAFF SGT. CHUCK WALKER

Col. Frank Gallegos (right) and Col. David Thompson, Wing Safety, stretch prior to the 1.5-mile Spirit Run. More than 200 airmen turned out for the event Tuesday morning. The event is one of many future fun runs planned to help Team V get into shape for the new fitness test coming in 2004.

## College Football Military Appreciation Night

Allan Hancock vs. Moorpark at Righetti High School Nov. 8 starting at 5 p.m.



Approximately 500 active-duty airmen and their families are invited to a free tailgate party and barbecue prior to the game. There will be military performances at half-time. Tickets are required and available from unit First Sergeants. Uniform wear is encouraged.

## SPACE & MISSILE TIMES

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

# Comments...

## Centennial of Flight: Celebrating the past, commanding the future

By COL. FRANK GALLEGOS  
30th Space Wing Commander

Saturday we celebrate the Centennial of Flight with a traditional military ball. Nothing could be more appropriate than to recognize the past 100 years of history of those who have successfully led the way dominating air and space. The only way we can fully command the future is by knowing our history and learning from the past.

The journey has been long, but previous airmen paved the path to space and it is now our mandate as space warriors to pave our own future.

We have the same opportunity now that Billy Mitchell, Hap

Arnold, and Curtis LeMay had when the Air Force was a fledgling service—the chance to command the future...we MUST succeed.

Flight has made incredible advances since the Wright Brother's first powered flight in 1903, to today's manned space flight and satellites in earth orbit.

We have proven that space forces are now on equal footing with land, sea, and air forces and that we truly are global warfighters; we don't just provide a supporting role anymore.

As such, the challenge is before us to develop doctrine to guide us, and a cadre of space-savvy professionals to carry the

standard for future generations. In general, we have to be the experts on all space issues...you are the future wizards of space operations.

The Air Force is now the executive agency for space and the next five to 10 years will be crucial for us.

There has never been such a wonderful time to be here at Vandenberg than there is now. With the new missile defense interceptors coming on line next year, to the use of the evolved expendable launch vehicles, to testing of airborne laser programs, Vandenberg continues to be an asset to the security of this nation.

Indeed, by celebrating and learning from the past, we will command our future. GOHAWKS!



### Commander's Action Line

Call 606-7850 or E-mail your message to [actionline@vandenberg.af.mil](mailto:actionline@vandenberg.af.mil)



Col. Frank Gallegos commander

By performing Vandenberg's mission safely and effectively, Team V provides proof of its commitment to do the right thing.

Two-way communication is paramount to continued mission success. The 30th Space Wing Commander's Action Line is your direct link to me.

Through the action line you can congratulate your teammates on a job well done, affect change and express productive points of view.

I want your input and I am personally involved in every response.

The action line is always available and it's an excellent tool, but remember to

use your chain of command. Talk to your supervisors, first sergeants, services officials and other base professionals and give them a chance to solve your problem first.

Working together, we will enrich the 30th SW mission performance and the quality of life of our airmen.

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

## Healthcare starts with members taking care of themselves

By LT. COL. ANGELA THOMPSON  
30th Medical Operations Squadron commander

There are three things we'll always have; our reputations, our families and our health."

This simple but powerful statement is the sincere belief and vision of our wing commander, Col. Frank Gallegos. These were his initial words to all commanders June 16 during an introductory meeting, just three hours following his assumption of command of the 30th Space Wing. He again expressed these words in an article entitled "Maintain good health for life," an encouragement to prepare our 3,210 active-duty airmen for the Air Force's new fitness requirements to be implemented in January 2004.

Simple words, but so enormously true. The men and women of the 30th Medical Group are totally committed to the healthcare for all 9,872 individuals enrolled at the clinic and they intend to support Team Vandenberg as we train for the No. 1 position in medical readiness and fitness.

With that said, I question how healthy are we?

Air Force Surgeon General Lt. Gen. Peach Taylor and all Air Force medical treatment facilities worldwide, closely monitor critical metrics that reveal the overall health status of Team Vandenberg and the Air Force. This valuable information provides an incredible capability for the members of the 30th MDG, enabling them to forecast the demand for healthcare and plan for the needs of those patients at greater risk for illness.

Outstanding healthcare must first be clearly understood. It is not quantified by successful mental or medical treatment but instead by preventing the destruction of a healthy body caused by disease, illness or injury.

The vision of the 30th MDG is "Worldclass Healthcare," defined as educating our patients on known lifestyles that place them at risk for disease and injury, training all on preventative measures to avert disease

and finally providing curative treatment when and only if needed.

Extensive time and resources are committed daily to education and prevention by medical group personnel to ensure readiness for war at all times. In collaboration with local civilian healthcare agencies, the staff persistently seeks a partnership with each Team Vandenberg member to accomplish the goal and vision of "Worldclass Healthcare."

It's widely known that more and more hospitals, civilian and military, are closing inpatient wards to invest in prevention and home healthcare. These adjuncts to medical treatment have proven to enhance both health and healing.

"Don't just treat the disease with medicine, prevent it from happening," a strong message passionately delivered by family practice physician Dr. (Maj.) Luong Nguyen, 30th MDG Preventative classes are spearheaded, workshops and assessments are facilitated and reminders are forwarded via telephone or

written correspondence every day to optimize the health of Team Vandenberg. As our partners in healthcare, we're absolutely certain that Team Vandenberg's health status will far exceed expectations.

Currently Team Vandenberg has more than 2,000 smokers and smokeless tobacco users, 144 women over the age of 40 who are delinquent in routine mammograms and 60 children between the ages of 2 and 3 years old who are overdue for routine vaccinations. These easily accessible shots prevent meningitis, diphtheria, measles or chickenpox. With the sincere encouragement of family, supervisors and co-workers, this trend of controllable risk will be drastically reduced in record time.

Research has shown again and again that tobacco users are at higher risk of cancer and women diagnosed early for breast cancer have highly successful cure rates. Childhood infections prevented by the vaccines noted above

are virtually non-existent in some areas of the United States.

Pause today and volunteer as our partner. Remind your officemate, family member or friend that October is Breast Cancer Awareness month. Tell them that mammograms are recommended each year for women over the age of 40. They should call immediately to receive this exam in our radiology department, a superior service that has received accreditation for high practice standards by the American College of Radiology. Grab your soccer team member by the shoulders and challenge him or her to take advantage of the \$2,000-valued smoking cessation class at the health and wellness center for free.

And lastly, invite all of your squadron with little ones to join you and your 2-year-old for an ice cream social after getting their routine shots in our immunization clinic.

"Worldclass Healthcare: Educate, Prevent and Cure." The 30th Medical Group needs partners ... We need you!

## Diversity makes living in America great

By LT. COL. SCOTT VAN NISS  
30th Logistics Readiness Squadron commander

As we celebrated Hispanic Heritage in September, we got a chance to acknowledge and honor those who have made great contributions to our nation. I truly look forward to this celebration and other similar events – not just because of the great food and entertainment (I definitely do enjoy that), but because it brings us together as a nation and as an Air Force.

We are so blessed to live in a country that allows us to celebrate our cultures and heritages and still be proud Americans. We are also blessed with a local community that enthusiastically comes out and supports these events. Vandenberg AFB has always been a gracious host, which helps strengthen our already superb relations with our neighbors on the Central Coast.

As I think back over my 18 plus years in the service, I can remember when culture and heritage celebrations were not as warmly supported as they are today. As a young lieutenant, I can remember some of the old timers in my unit refusing to participate or even acknowledge the events.

They looked at these wonderful celebrations as a negative – as if acknowledging and celebrating our diversity was the wrong thing to do. Boy, did they miss out.

Fortunately, our Air Force culture has changed over the years and we can look at these events as a salute to great Americans who defended and served our country even when, in some cases, they themselves were not honored or accepted.

Although we may not like to think about those instances, they are important to understanding our history and how we

as a nation and an Air Force have grown.

Our past, although not always the most pleasant, needs to be remembered and acknowledged during these celebrations. To those who were not there during those times, it shows us how far we have come and also lets us know we have even more opportunities to grow.

Americans of all cultures and heritages should take pride in honoring those who overcame obstacles of race and cultural bigotry and still excelled.

Their courage is a testament to what makes America and our Air Force great. I know I am glad I did not have to go through the challenges and tests many of our predecessors were forced to endure. It may even make us feel uncomfortable to hear the trials and obstacles American heroes like Gen. Bennie Davis, Maj. Gen. Jeanne Holm or Lt. Gen. Leo Marquez went through, but look at it as a shining example of what an American can do if he or she has the courage and willingness to take on seemingly insurmountable challenges.

This is another opportunity to mentor.

These are truly inspirational stories we absolutely must share with younger airmen and employees who don't know about these heroes. They need to know we would not be near as great of an Air Force today if these heroic Americans had not gone through the pain and laid the foundation for them.

So the next time you get a chance to come out and attend a cultural or heritage celebration, bring along a young airman or employee from your unit and let them see and hear about those who helped make us great – and while you're there, enjoy the food and the music, too!

### the wing mission?

We are a tenant unit but I do interface with the wing as part of Team Vandenberg for visitors, functions and base support and the fun activities as well. **What do you like best about the Air Force?** I have enjoyed being an enlisted member's spouse for 20 years and being a part of the civil service force on an Air Force base was an easy transition. The AF has been a part of who I am for over 20 years. **If you could change one thing about the Air Force what would it be?** I think we need to live by our core values and not just know them.

**How do you fulfill the Air Force core values?** I give more than 100 percent and I do the right thing even when others don't agree or no one is

### watching.

**What's the most exciting experience you've had so far in the Air Force?** Everyday is exciting; everyday is a new challenge that brings new fulfillment.

**How would you improve life at Vandenberg?** Being here a long time I have seen the base change dramatically physically, I would like to see us improve our communication skills and customer service.

**Who is your role model and why?** My father, growing up he always taught me to do my best and always do the right thing no matter what.

**Who is your favorite leader in history and why?** President John F. Kennedy, although young during his time as president he has always inspired me.

**Favorite book:** I enjoy any type of mystery novel.

**Hobbies:** I like swimming and crocheting and spending time with my family and friends.



Team Vandenberg Warrior  
Paulette Taylor  
381st Training Group

PHOTO BY STAFF SGT. CHUCK WALKER

**Hometown:** Yonkers, New York  
**Time in service:** 15 years  
**Time on station:** 20 years  
**Role in mission:** 381st Chief of Protocol.  
**How do you contribute to**

## ALCON: Normal

Days since last  
DUI: 34  
DUI totals for  
the year: 13  
AADD saves: 269

A general condition reflecting responsible alcohol use.

30th OG	1	14th AF	0
30th MXG	1	381st TRG	2
30th MSG	5	576th FLTS	1
30th MDG	0	Det. 9	1
30th SW	0	Others	2

## Base housing office gives tips to keep up Vandenberg's appearance

By DEANNE EDLUND  
Vandenberg housing flight chief

We all need to work together to ensure Vandenberg remains a place where we can all be proud to work, live and play.

That's where we need your help. Our older homes can remain beautiful with some care and attention. Call in work orders as soon as something breaks. Inspect the interior of your home. If something needs repair, give the housing maintenance and repair contractor, C. Martin, a call at 734-5586.

Also take a long, close look at the exterior of your home, especially your front lawn area. The front yard is often the first impression of the base for newcomers and visitors and it's something you see every day. Keep it free of debris, trash, grass clippings, leaves, and animal waste. Ensure your grass does not exceed three inches in height. Look at your sidewalk and driveway. Are they neatly edged? Check your plant beds. There is nothing more unattractive than a plant bed full of weeds and grass that strangle and overpower flowers. Are your shrubs neatly pruned? Shrubs need constant pruning to keep them healthy.

Help us care for Vandenberg's trees and young saplings. Trees are nature's way of protecting the environment. They provide shade and are homes to birds and animals while they clean the air. When edging around trees, use care to prevent the

nylon cord from hitting and killing them.

We encourage all self-help efforts to beautify grounds and have lawn, garden and pest control items available at the self-help store for this purpose.

The self-help store in building 11662 is located on Wagon Road. Supplies are limited so we ask you to take only what you need and will use. This will allow everyone to obtain what they need. The self-help store provides environmentally friendly products. They provide fertilizers that contain slow release nitrogen material that will aid in reducing the need for herbicide use. They will not provide products like Weed and Feed since the herbicide in these materials contributes to environmental pollution and is associated with the decline and death of shrubs and trees. A healthy lawn can remain relatively weed free if it is cared for properly.

The self-help store now carries stepping-stones to enhance outdoor living. You will be allowed to leave the stepping-stones in place when you terminate your assignment if they are neatly arranged and do not cause a tripping hazard.

If you wish to remove them, you may take them to the self-help store for re-issue. There is a special area at the self-help store for re-issue. At Vandenberg, yard work is a year round chore. Let's all work together to keep our neighborhoods beautiful and the base a natural wonder for all to enjoy.



The Vandenberg Thrift Shop is open Tuesdays, 9:30 a.m. to 2 p.m. and Thursdays, 11 a.m. to 6 p.m. Call 606-3128 to find out more.

The shop is located next to the skills development center in Bldg. 11180. They always need volunteers.

**Be Aware!** Anti-Terrorism Force Protection is an Individual Responsibility!

# the story of Halloween

By SENIOR AIRMAN BRIAN HILL  
30th Space Wing Public Affairs

■ Ghosts, goblins, evil spirits and death – now costumes, pumpkins, candy and parties. This once-witchy day has become a fun children's holiday.

The significance of October 31 is rooted in a past dating back to pre-Christian times, and has changed dramatically since the days of Beltane and Samhain.

Farming became the main source of food as people began to settle into villages thousands of years ago. Originally, there were just two seasons: growing season and winter. Life and death. Beltane and Samhain. The first of November began the season of death – food grew scarce and plants died. Villagers honored the Lord of the Dead, Anwinn, the night before.

The belief in those days was that the spirits of those who died throughout the year gathered the final night of the growing season and returned to their homes. The family members could help the spirits reach the land of the dead by carrying them in hollowed turnips and gourds.

Evil spirits, witches and goblins roamed the land on Samhain as well. Scary faces were painted on the hollowed gourds and costumes were used to frighten bad spirits away.

Faeries were also believed to roam about on Samhain, disguising themselves as beggars and going door

to door asking for handouts. Good deeds were rewarded.

The Roman Empire is credited with spreading the festival of Samhain, as the Roman harvest celebration Pomona fell on the same day. Cultures merged through time.

The rise of the Catholic Church and the desire to eliminate Pagan ceremonies gave way to the creation of All Saints' Day, as popular festivals were changed to holy days. People continued to celebrate Samhain though, and by the 1500s, the two had merged into one holiday.

The name All Saints' Day became All Hallows' Day, and the night before was All Hallows' Evening, or Hallow Evening – Halloween became its' slang term.

The holiday was Catholic, and was slow to catch on in the mostly Protestant American Colonies. However, the massive influx of European immigrants in the 1800s brought with them many customs and traditions.

The first official city-wide observation of Halloween took place in 1921 in Anoka, Minnesota. By 1925, it was being celebrated nationwide.

Hollowed turnips became pumpkins and door-to-door faeries transformed into trick-or-treating for candy. Ghosts and goblins no longer roam the land – unless there's a child underneath the sheet with a basket in one hand and their parents hand in tow in the other, hurriedly rushing to get to the next door to knock on.

*(Historical information provided by the Dauphin County Library System)*



## Trick-or-Treating tips

- Have your child carry a flashlight.
- Trick or treat at homes your child knows and try to accompany your child.
- Dress your child appropriately for the weather.
- Check your child's costume for tripping hazards.

## Pumpkin Carving tips

- Draw a face with markers before carving.
- Always cut the top of the pumpkin at an angle. If carved straight, the top will slip off within a few days.
- Carve several pumpkins. A group of pumpkins is more striking than one.
- Put a tea light inside when finished.



## Vandenberg Halloween events

**Vandenberg Trick-or-Treating hours are 6-8 p.m. tonight. Security forces will be walking through base housing 5-9 p.m.**

**The 30th Civil Engineer Squadron's Circus of Horrors opens at 7 p.m. tonight. Admission is \$5 for adults and \$3 for children under 12.**

**The 30th Logistics Readiness Squadron's Haunted Trail opens at 6 p.m. Family hour is 6-7 p.m. Admission is \$4 for adults and \$2 for children under 12.**

**The G.I. Java Halloween Bash begins at 6 p.m. Prizes will be awarded for best apple bobbers, pumpkin carvers and costume. Food and drink is free.**

## SUICIDE:

From Page A1

911 immediately," Johnson said.

Buddy care means not only taking care of other people, but also practicing good self care as well.

"If you're having an issue, you need to take some kind of responsibility for it and try to get some help," Johnson added.

The Air Force established the suicide prevention program in 1996 to help curb the high rate of suicide among airmen. Since its inception, suicide rates have gone down but the problem still remains as the second leading cause of death in the Air Force. In fact, before 1996 the Air Force lost 60 members a year to suicide. By 2001 that number had been cut in half, according to an article written by Lt. Col. Rick Campise of the Air Force's Suicide Prevention program.

The Air Force requires that everyone receive a suicide prevention briefing every 15 months to coincide with the Air Expeditionary Force cycle. Vandenberg's Suicide Prevention program also gives briefings to units or groups at the request of their commanders.

Even with the program's success in reducing the service's suicide rate, incidents still occur.

"In the event of a suicide, we have to remind ourselves that despite the best efforts of commanders, first sergeants, supervisors, friends and family, suicide is something that can and does happen," Johnson said. "It's an impulsive act by someone who might not be in distress on Monday but may have severe distress on Tuesday. They might not come into contact with anybody who can help them. Despite all the training, despite all the reminders and all the services we have available, it's still something that happens."

# Crimebeat ...

COMPILED BY MASTER SGT. WESLEY ASLESON  
30th Security Forces Squadron

**Oct. 23 Major vehicle accident – 5:01 a.m.**

An airman reported having a major accident with a government vehicle at New Mexico Avenue and 26th Street. Investigation revealed the airman's vehicle left the roadway after proceeding through the intersection damaging the front and rear suspension and bumper. The passenger, identified as an airman, was transported to the Lompoc Hospital emergency room for injuries. Speed and heavy fog were contributing factors.

**Missing child – 3:20 p.m.**

An airman's wife reported a distraught mother on Baywood Street could not locate her eight-year-old daughter. Investigation revealed the mother, an airman's wife, was searching for her child after discovering she did not report to an after school program. Unbeknownst to the mother, the child was inside the home at the time of the call.

**Oct. 24 Deer strike – 2:06 a.m.**

An airman reported striking a deer with her vehicle on New Mexico Avenue and 6th Street damaging the front passenger bumper and headlight.

**Distracted driver – 10:05 a.m.**

An airman's daughter reported an accident with her vehicle at Ocean View Boulevard and Rolling Hills Drive. Investigation revealed she veered off the road striking a fire hydrant while reaching for her cellular phone. The vehicle's front bumper was damaged. She was not injured.

**Dog bite – 6:40 p.m.**

A Lompoc Hospital emergency room nurse reported treating an airman's son for a dog bite on his hand and back. Investigation revealed a pet bit the child after he entered an airman's backyard on Cedar Drive to retrieve a football. The airman was instructed to quarantine his pet and report to the veterinarian. The pet's vaccination records were current.

**Oct. 25 Loud party – 12:45 a.m.**

An airman's wife reported loud noise from a party on Cherry Street. An airman at the home was instructed to minimize the noise.

**911 medical emergency – 3:55 p.m.**

An Amtrak train official reported a passenger aboard the train transiting Surf Station required medical assistance. A Vandenberg Fish and Game patrol

responded. Investigation revealed a non-base affiliated civilian was suffering insulin shock. He was treated by an Emergency Medical Technician and released.

**What did that sign say? – 10:02 p.m.**

A patrolman reported a major vehicle accident at Highway 246 and Coast gate. Investigation revealed a non-base affiliated civilian ignoring the "Closed Road Ahead" signs ultimately met the closed road ahead by driving through the Coast gate fence. The vehicles front end, as well as the gate, sustained major damage. The driver was suspected of drunk driving and released to a CHP officer.

**Oct. 26 Greener pastures ahead – 5:30 a.m.**

A patrolman transiting Santa Lucia Canyon Road reported a non-base affiliated civilian's private vehicle struck a cow in the roadway adjacent to the Lompoc Prison. A Sheriff's Deputy responded and assumed control. With the exception of the cow, there were no injuries.

**Deer strike – 7:08 a.m.**

A contract employee reported striking a deer with his vehicle on New Mexico Avenue and 26th Street damaging the front left fender, grill and bumper.

**Deer strike – 8:35 a.m.**

An airman reported striking a deer with his vehicle adjacent to the Lompoc gate on Santa Lucia Canyon Road damaging the front left fender, grill, bumper and side panel.

**Transient – 4:02 p.m.**

An airman reported a suspicious person walking on Coast Road adjacent to building 529. Investigation revealed the subject was a transient who wandered onto base property. He was transported off the installation.

**Loud noise – 11:35 p.m.**

An anonymous caller reported continuously barking dogs from a home on Cypress Street. An airman's husband at the home was instructed to quiet the dogs.

**Oct. 27 Stray dogs – 10:00 a.m.**

A patrolman reported capturing a black Lab and black Collie wandering on Mockernut Street. The canines were released to the Lompoc Animal Shelter.

**Child's play – 7:30 p.m.**

An airman's wife reported neighborhood children running through her backyard and around her private vehicles on Stonebridge Drive. Both boys were contacted and identified as an airman's sons. The airman was briefed to resolve his children's actions.

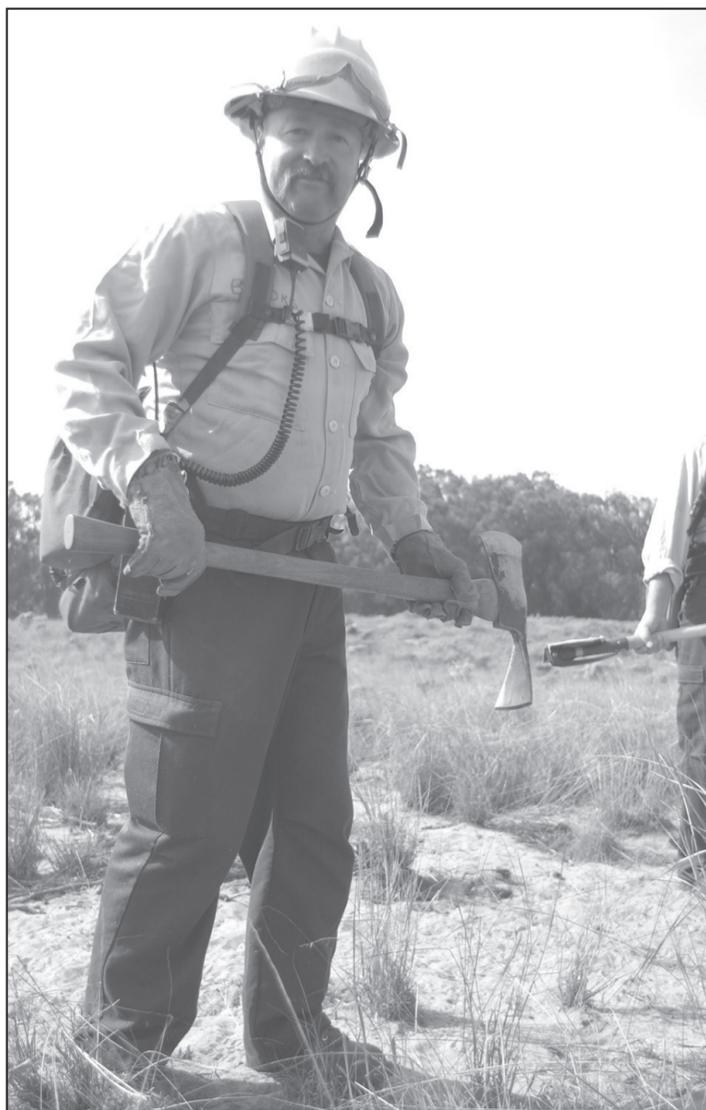


PHOTO BY STAFF SGT. CHUCK WALKER

Vandenberg firefighter Charles Brooks recently assisted in saving the life of Santa Barbara County firefighter Howard Orr.

# Training pays off in fire emergency

## Heroic rescue earns Vandenberg firefighter award in Santa Barbara

By REBECCA KERR  
30th Space Wing Public Affairs

Most people don't have the chance to be a hero on a daily basis. However, heroic opportunities are a bi-product of working as a firefighter; and Vandenberg firefighter Charles Brooks recently found this to be true.

Brooks, an engineer with the Vandenberg Fire Department, received a commendation at the annual Santa Barbara County Emergency Medical Services conference Oct. 24 for his role in rescuing Howard Orr, a Santa Barbara County fire engineer and paramedic.

While working to contain the Cebada Canyon fire Aug. 23, Orr stepped on a downed power line and was jolted by 7,400 volts of electricity. Brooks assisted Fred Mason, a Sequoia National Forest firefighter, and Jonathan Veale, a Santa Barbara County firefighter, in removing Orr from the downed line.

Orr and his partner, Veale, were the first on scene and were working to assess the damage and secure structures in the area.

"We needed to get on top to see what the fire was doing," Orr said. They were also working to make access for other crews to get to the top of a hill. To do that, Orr and Veale were walking through "the black," or an area already burned by the fire.

"I stepped on the power line that was actually the source of the fire," he said. "Since the ground was burned black all around, it was camouflaged." Orr then fell backward onto the line and was electrocuted for about 30 seconds.

"Jon tried to pull me off but the current arched through my body and knocked him back," Orr said.

Brooks, who was on temporary duty with the National Forest Service, was dispatched on a county helicopter to the 11-acre brush fire in Cebada Canyon.

"I was looking for downed lines when we landed, but I didn't think there were any in our immediate area," Brooks said. As he and Mason walked toward Orr, they saw him drop to the ground.

"When he jerked and fell down I thought he had gotten in a swarm of bees, Brooks said. "But when I saw Veale go up to him and then jump back, I realized it was a downed line. We were able to pull Orr off the line by using our wooden handled tools. The handles served as insulation."

*"Of course it feels good to be recognized, but I didn't do it expecting an award. It was a team effort, and it took us all to get it done."*

VANDBERG FIREFIGHTER  
CHARLES BROOKS

The trio then dragged Orr to the road to assess his injuries.

"By then I thought I felt okay and I wanted to get up," Orr said. "But then I saw the guys all around me and I realized, I was in good hands and it was time to let them do their jobs."

As a lifelong firefighter Brooks is not new to rescues. Last year he was part of a helicopter rescue crew with the 76th Helicopter Flight when they rescued Maj. Keith Debusman of the 148th Space Operations Squadron. Debusman was

stranded in Los Padres National Forest for several days.

In 1977 after serving five years as a Navy firefighter, Brooks began fighting fires with the Vandenberg Fire Department. He attributes his rescue efforts to training and experience.

"Training really helps with our immediate reaction. We know we have to be prepared because we are the ones who will have to take action. With a firefighter going down, everything focuses on that because in a fire or accident we worry about people first," Brooks said.

Although Brooks is proud of the award, he said he was just doing his job.

"Of course it feels good to be recognized, but I didn't do it expecting an award," he said. "It was a team effort, and it took us all to get it done."

"I know they'll say they were just doing their jobs," Orr said. "But I wouldn't be here without those guys. It took everything I had to hold on. I honestly thought I was going to die."

In addition to Brooks, Mason and Veale also received commendations for their roles in the rescue. The award serves as a thank you from the county to the rescue workers in the field, said Kelly Lazarus, conference coordinator.

The conference also gave Orr his first chance to personally thank his rescuers. He said he felt very relieved once he was off the downed line and lucky he was able to recover. Today, Orr is doing well and has returned to work, said Charlie Johnson, public information officer for the Santa Barbara County Fire Department. His first duty was to speak at the conference.

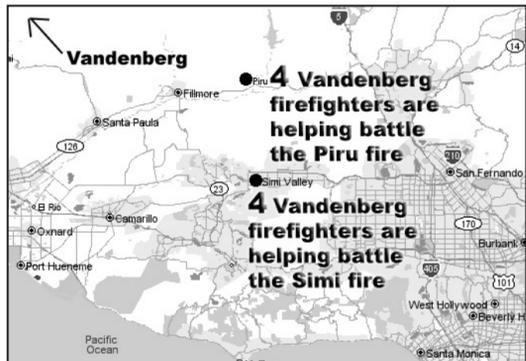
Orr said he found it difficult to be the victim rather than the rescuer but was glad his fellow firefighters acted so quickly.

"They gave me the chance to hold my wife and kids again," Orr said. "God obviously had another plan for me."

### FIRE:

**From Page A1**  
9 is at the Simi Incident with four firefighters who are providing structure protection. Simi Valley in Los Angeles County is just off the 118 Freeway about 130 miles south of Vandenberg.

Four other firefighters are nearby on the Piru Incident. Piru is



just 27 miles north of Simi Valley. The firefighters there include three fire line medics and one Geographic Information Systems specialist.

Vandenberg's GIS specialist, Joey DeHoyos, is plotting and mapping the entire Southern California fire.

### Cat Canyon fire contained

Earlier in the week, 28 Vandenberg firefighters responded to a local fire at Cat Canyon near Santa Ynez. Sixteen Hot Shots and a task force of 12 firefighters provided initial attack on the fire that broke Monday afternoon. Working with other county firefighters, crews were able to contain the blaze at 150 acres.

### Vandenberg still protected from fire

With 38 firefighters out early in the week, the deployment of 12 military firefighters to Southwest Asia put a serious dent in base resources.

"The Cat Fire is out and we only have 8 firefighters providing mutual aid," said Vandenberg's Fire Chief Mark Farias. "As people return from leave and TDY, we expect to have more forces available to support the firefighters in Southern California. Team V can sleep well knowing this base is well protected. Vandenberg Fire is ready and prepared for any contingency that arises."



COURTESY PHOTO

Vandenberg firefighters Tech. Sgt. Christopher Mahon (center) and Fire Lt. John Crotty (right) discuss strategies to contain the Cat Canyon fire.

# Around the Air Force

## Program offers miles to airmen

By K.L. VANTRAN  
American Forces Press Service

■ **WASHINGTON**—Travelers can donate frequent-flier miles to help troops on leave from Iraq reach their destinations through Operation Hero Miles.

Service members participating in the two-week "rest and recuperation" leave program are flown free to Rhein-Main Air Base, Germany, or Baltimore-Washington International Airport by the Defense Department, but must pay for connecting flights from and back to those ports.

The Atlanta and Dallas-Fort Worth airports are scheduled to be added to the program Nov. 1, said Rhonda Paige, Army Well-Being Division chief of strategic communications.

Delta, Southwest and Alaska Airlines/Horizon Airlines have joined the operation.

"I am getting a phenomenal response to Operation Hero

Miles," said Maryland Congressman C.A. Ruppersberger in a press release. "So many Americans want to donate their frequent flier miles to help our men and women in uniform in Iraq so they can spend quality time with their family and friends here at home. I am confident that other airlines will want to join this effort to help our soldiers risking their lives for our country."

## Airmen help Iraqi man return home

By STAFF SGT. SCOTT T. STURKOL  
U.S. Central Air Forces-Forward Public Affairs

■ **OPERATION IRAQI FREEDOM**—U.S. airmen helped bring an Iraqi man back to his homeland now free of Saddam Hussein's rule.

As part of a U.S.-sponsored media trip Oct. 19 to 23, British-Arab journalists traveled to Basra and Baghdad, Iraq. Khalid Kishtainy, an Iraqi columnist and novelist who has lived in London for many years, returned to his homeland for the first time in 14 years.

On his media trip, Kishtainy went to Basra and Baghdad aboard an Air Force C-130 Hercules, and met with old friends and family.

He also got to meet with members of the new Iraqi Governing Council as well to learn about progress the coalition has made since Saddam was ousted. When the C-130 landed in Basra for its first stop, Kishtainy stepped off the plane and said only one line. "Thanks to America, I can return to my homeland."

## Airmen keep theater mail flowing

By MASTER SGT. SCOTT ELLIOTT  
Air Force Print News

■ **BAGHDAD INTERNATIONAL AIRPORT, Iraq**—Eighteen airmen, most wearing two or three stripes, spend several hours a day in a sun-baked warehouse just off the tarmac here. They are touching the lives of each deployed servicemember and civilian in Iraq.

"We're responsible for all mail, in and out," said Tech. Sgt. Darrin Robertson, mail control activity

team chief with the 447th Expeditionary Communications Squadron. "When planes come in we have to account for every piece of mail."

According to Robertson, his team handles the more than 150,000 pounds of mail per day that flows to and from every air post office in American camps in Iraq.

"The best part of the job is the decorations (on the mail)," said Airman 1st Class Rose Jaramillo, also deployed from Maxwell's AWC. "When you see things saying 'I love you' and other things, you really know you're passing on the love."

## Edwards program wins DoD award

By VIRGINIA MONROE  
Air Force Flight Test Center Public Affairs

■ **EDWARDS AFB, Calif.**—The Drug Demand Reduction program here received the 2002 Secretary of Defense Community Drug Awareness Award on Oct. 27 at the Pentagon.

The Secretary of Defense Community Drug Awareness Award is an annual award presented to one base within each branch of the armed forces.

The award is given to the base that has the best programs established for drug and alcohol prevention and outreach," said Wayne Johnson, the base program manager.

"This is the third consecutive year we've won it."

## Falconer major player in Red Flag

By MASTER SGT. JOE BELA  
U.S. Air Forces in Europe News Service

■ **NELLIS AFB Nev.**—The airmen from U.S. Air Forces in Europe's Falconer Air Operations Center are here integrating their craft with pilots and controllers who fly the missions over the "enemy" during Red Flag.

The center is comprised of 100 airmen, mostly from the 32nd Air Operations Group at Ramstein Air Base, Germany, and its sister unit, the Air National Guard's 152nd AOG from Syracuse, N.Y.

The airmen plan, coordinate, execute and assess their warfighting capabilities with one objective in mind — to achieve air and space dominance over the adversary.

## Watching the line

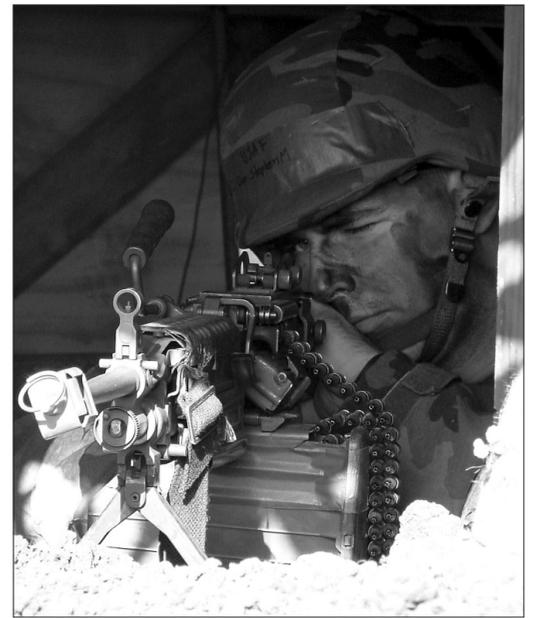


PHOTO BY STAFF SGT. MARCUS McDONALD

**MISAWA AB, Japan**—Airman 1st Class Stephen Ceo watches the front line from his bunker here during an exercise. He is assigned to the 35th Security Forces Squadron.

Red Flag, the Air Force's premier air combat-training event, is being held here Oct. 19 to 31, and this is the "first time a Falconer ... is taking part in the ... training," said Maj. Mark Wiser, Falconer coordinator for Red Flag.

## Welch receives Fubini award

■ **WASHINGTON**—Deputy Secretary of Defense Paul D. Wolfowitz presented the 2003 Eugene G. Fubini Award to retired Air Force Chief of Staff Gen. Larry D. Welch on Oct. 23.

The Fubini Award is given annually to individuals from the private sector who have made significant contributions to the Department of Defense in an advisory capacity during a sustained period of time.

It is named after the late Dr. Eugene G. Fubini, a long-time adviser to the DoD and the first recipient of the award.

During the award ceremony, Welch said he was honored by the award, but was even more honored

to continue his association with the DoD.

## Cadet faces drug charges

■ **U.S. AIR FORCE ACADEMY, Colo.**—An academy cadet was charged Oct. 24 with illegal use and distribution of drugs.

Cadet 1st Class Jacob Billeter was charged with allegedly using Ecstasy, an Ecstasy derivative, cocaine and ketamine. Billeter was also charged with allegedly distributing the drugs and mushrooms containing psilocybin and/or psilocyn.

Use and distribution of each substance is a violation of Article 112a of the Uniform Code of Military Justice.

If convicted, the maximum punishment Billeter faces is 80 years confinement, a dismissal from the academy, and total forfeiture of all pay and allowances.

(These articles are courtesy of Air Force Print News. To view the full stories go to the Air Force Web site at [www.af.mil](http://www.af.mil))

## Airmen help fight California wildfires

■ **SAN ANTONIO**—Airmen are helping combat the wildfires raging in California, officials said Oct. 28.

Two C-130 Hercules firefighting systems began operations Oct. 27.

The system is a self-contained, 3,000-gallon aerial fluid dispersal system.

Crews from California Air National Guard's 146th Airlift Wing began flying MAFFS missions over the Simi Fire.

President George Bush declared the counties of Los Angeles, San Diego, San Bernardino and Ventura federal disaster areas. (Courtesy of Air Force Print News)



PHOTO BY STAFF SGT. DARYL MCKAMEY

**An Air National Guard C-130 Hercules equipped with modular airborne firefighting systems are dropping thousands of gallons of retardant on the wildfires in Southern California. The fires have destroyed more than 830 homes and burned more than 500,000 acres.**

# 30th LRS tackles opposition

## One point lead opens playoff slot for the winners

By Staff Sgt. Chuck Walker  
30th Space Communications Squadron

Needing a win to stay in the hunt for the playoffs, the 30th Logistics Readiness Squadron flag football team came through with a victory.

LRS overcame a 7-0 half time deficit and then held on to defeat the 30th Space Communications Squadron 14-13.

Receiver-defensive back Russ Deatherage had the big game for LRS scoring two touchdowns, pushing LRS' record to 5-3 on the season.

"This was a good win," 30 LRS player-coach Donovan Gonzalez said.

"Our main goal is to make the playoffs and this will definitely keep us in the hunt. We're just lucky to come away with the win. We're very fortunate."

In fact, Comm quarterback-defensive back J.T. Parkin almost put LRS away single-handedly.

On LRS' first possession, Parkin came up with an interception giving COMM the ball at the LRS 41-yard line.

Two plays later Parkin hit receiver Scott Alvarez on 30-yard scoring strike to give Comm a 7-0 lead.

In the second half, however, Deatherage went to work.

After LRS forced Comm to a three-and-out on its first possession, LRS went to work.

LRS drove 53 yards in nine plays with quarterback Andre

Dean hitting Deatherage on a 1-yard score to tie the game at 7-7.

On Comm's next possession, Deatherage returned an interception 50 yards for a touchdown to give LRS a 14-7 lead.

"It was just a matter of watching the quarterback's eyes and then rushing in on it," Deatherage said of the interception.

"I just watched where he was looking.

I played the quarterback first and the ball second."

With its back up against the wall and just 6:00 left in the game, Comm responded.

Comm drove 80 yards in six plays, with Parkin running in a quarterback from seven yards out to bring Comm within one point at 14-13.

Instead of kicking the extra point and taking its chances in overtime, Comm went for two and

the win and failed.

Comm coach William Parkin, who is J.T.'s father, said he has no second thoughts about his decision to go of the win.

"Basically there was only two minutes left in the game and it was one of those things where you take your chances," Parkin said.

"That's just the way it goes. We needed a win, it's one of those things you do when you are in the cellar and want a victory.

We just had a little miscommunication on the play."

Gonzalez said LRS made a switch in the second half that was key to their success.

Instead of playing quarterback, Gonzalez switched positions with Dean and the move paid dividends.

Gonzalez caught a key pass from Dean that kept its tying drive alive and Dean through the game-tying touchdown.

"Since we were short of players our quarterback didn't have a lot of time to get off throws," Gonzalez said.

"Our receivers were running too long of routes in the first half.

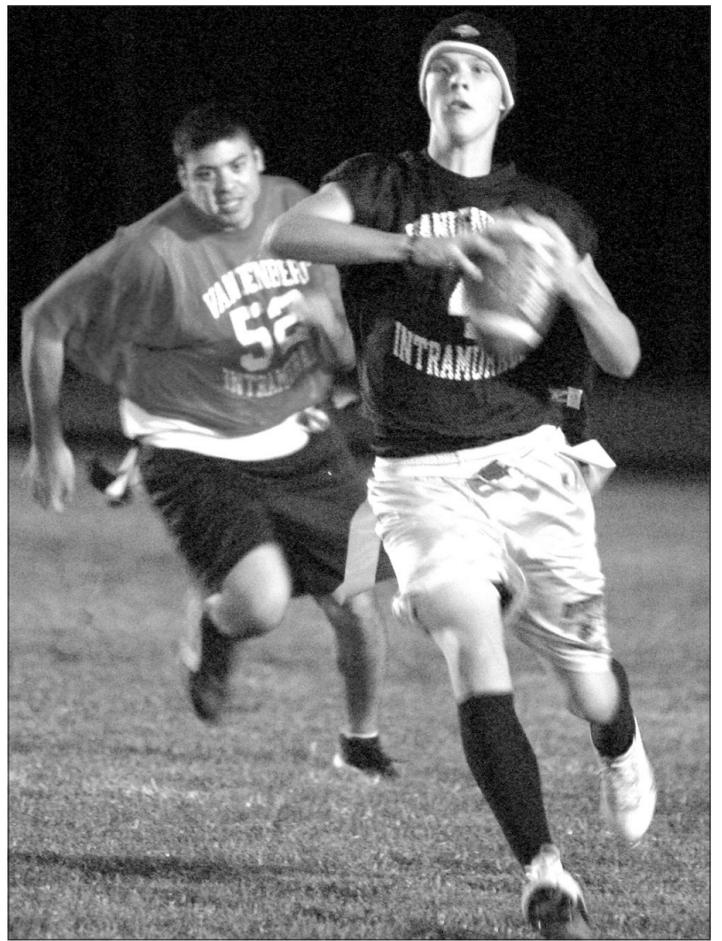
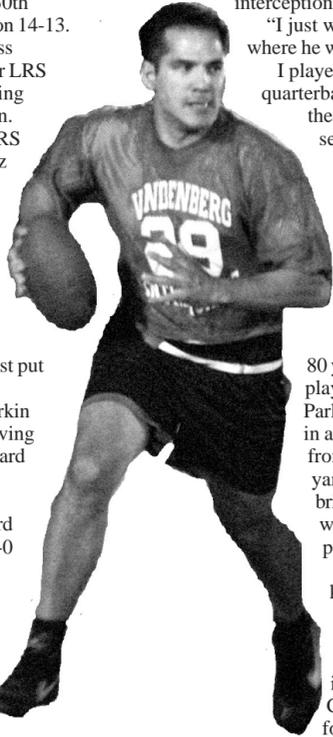
We decided to make a switch in the second half and we shortened up our routes and we were able to take advantage of some weak spots in their defense."

The victory keeps LRS in the hunt for a potential playoff berth, while the loss drops Comm to 1-10 on the season.

"It was a great win," Dean said.

"Hopefully this will be a momentum builder.

It was picnic ball at its best."



PHOTOS BY STAFF SGT. CHUCK WALKER

Above: 30th Space Communications Squadron quarterback J.T. Parkin rolls out to pass as 30th Logistics Readiness Squadron defender Henry Heren provides pressure during an intramural flag football game Monday night. LRS defeated 30thSCS 14-13. Left: 30thLRS coach Donovan Gonzalez runs out for a pass. He plays multiple positions in the games.

# Local college shows appreciation for military members

By Tech. Sgt. Mark McKinney  
30th Space Wing Public Affairs

The nation will recognize veterans from around the world November 11 for their contribution to preserving the American way of life. A big part of this way of life is the pursuit of sport, and football-crazy fans would argue that their sport is the one that most represents the fighting spirit of America.

Allan Hancock College of Santa Maria is eager to show off their football team to any and everyone. The local community college, in association with the Santa Maria Chamber of Commerce and Vandenberg Air Force Base, is set to host Military Appreciation

Night – to kick off at 7 p.m. November 8.

The opponents for the evening are the Moorpark Raiders. Both teams are members of the Western State Conference.

Prior to kick off, pre-game festivities begin at 5 p.m. and will include a free barbeque meal of steak sandwiches, salad, chips, and a drink for military members and their family.

Halftime will feature a ceremony honoring United States Armed Forces.

Although the event will endeavor to show community support for military members, the game itself promises to be one of the marquee games for the 2003 Hancock College Bulldog football team.

"There is a very good chance that this game may determine our playoff possibilities," said Hancock head coach Kris Dutra. "If Moorpark can beat College of the Canyons, a league title is also a real possibility.

We still have more football to play after Moorpark, so nothing is a sure thing, but we do have a chance to do some things."

Associate Dean for Athletics, Scott Cathcart emphasized the total importance of the game and appreciation event.

"We consider this an opportunity to salute the military," stated Cathcart. "Our primary goal for having military personnel and their family attend the

game is to provide as enjoyable an event for them as possible. Our team is 5-2 and this game against Moorpark is crucial with regard to our remaining schedule.

We had no idea that the timing would be so perfect to provide an exciting game for our military community, but it has worked just that way."

Coach Dutra also recognized the significance of the occasion.

"This is a good thing for Hancock to do, but showing appreciation to our military is something everyone should do," Dutra insisted.

"This is just a small way for us to show that we care about the men and women of our military."

# Destinations

# CENTRAL COAST

SPACE & MISSILE TIMES

Oct. 31, 2003

## Family spends evening lending helping hand

By Staff Sgt. Rebecca Danet  
30th Space Wing Public Affairs

My family always has so much fun visiting different Central Coast destinations. Last week we decided to find a way to give back to the community rather than simply searching for more fun. What we found actually gave us a taste of both.

My husband, Greg; daughter, Kaitie; and I spent the evening of Oct. 24 volunteering with the Community Kitchen at La Purisima Church in Lompoc.

Community Kitchen is a weekly dinner served to Lompoc residents in need. In addition to dinner, people can go home with leftovers, loaves of bread, pre-made lunches and assorted items of clothing.

Lompoc residents Don and Toni Adams head the program. They coordinate getting the food that's served as well as schedule various groups to prepare and serve it.

Kaitie and I arrived in the parish hall at the corner of I and Olive streets, around 3 p.m. There, we found the kitchen already bustling with people making sandwiches and spaghetti sauce for dinner that



Charlotte Romain mixes ingredients donated by local supermarkets to make the spaghetti sauce served at the Community Kitchen in Lompoc Oct. 24.

evening.

The 20 or so volunteers were broken down into two groups, those in the kitchen making dinner and those in the parish hall making sandwiches and putting together bag lunches.

As I took pictures, the ladies put Kaitie to work right away. She helped pack lunches, took boxes out to be recycled and folded and stacked donated clothes.

Next we moved into the kitchen to make a gigantic salad. The kitchen usually serves between 80 and 100 community members each week.

The vast amounts of fresh and pre-packaged

foods amazed me and I wondered where it all came from. As it turns out, the Kitchen truly is a community affair. Local area markets donate the food served. Even during the current worker's strike, Vons and Albertson's continue to donate fresh bread, meat, vegetables and cake along with pre-packaged chips, granola bars and other snacks.

After dinner was ready and the tables and chairs were in place in the hall, the volunteers had a chance to sit and relax before serving. The camaraderie between them was evident in their laughter and storytelling. That's when my husband arrived. He thought he'd get to chat for a bit and then scoot out for a quick haircut before work the next day. Was he ever wrong!



PHOTOS BY STAFF SGT. REBECCA DANET

Sandy Mitchell (right), of Lompoc, and Kaitie Danet, 7, fold gently-used clothes donated to the Community Kitchen. The clothes are free to the people who come for dinner each Friday at La Purisima Church.

At about 10 minutes before 5 p.m., we all headed back into the kitchen. Greg was assigned grill duty, while Kaitie and I buttered and sliced the sourdough bread he was toasting. Volunteers ladled vegetables into huge containers for serving while others mixed the sauce and spaghetti.

At 5 p.m. the doors to the parish hall opened to welcome nearly 90 members of the Lompoc community. Sandy Mitchell gave

the blessing and every one was served.

The first batch of spaghetti and vegetables disappeared just as we finished making the garlic bread. While Greg and Charlotte Romain put together more pasta, I ran off to find some more asparagus. After a fast-paced hour, all the food was served, the bag lunches were distributed and the clothes had been divided.

There was nothing left to do but

clean up. Everyone helped and it was done in an instant. We packed up the tables and chairs, washed the dishes and swept the floor. By 6 p.m. the diners were gone and the parish hall was clean and deserted.

It was definitely the quickest three hours of my life, but it was fun and rewarding too. We'd made several new friends and I hope Kaitie learned how rewarding it is to give back to her community.

### VOLUNTEERS NEEDED:

To volunteer at the Lompoc Community Kitchen, call Toni Adams at 736-5455.

### Items needed:

Gently-used and clean clothing, blankets and jackets  
New underwear and socks

## Community Calendar

31  
FRI

**CGOC golf tournament** – 11 a.m. registration today at Marshallia Ranch Golf Course. Cost is \$20 plus greens fees for the shotgun start tournament. To sign up, call 2nd Lt. Joshua Baltz at 606-2749.

**Girl Scouts Go Nuts sale** – through Saturday. To find a troop, call (888) 824-7747 ext. 105.

**Harvest Celebration** – through Saturday in San Luis Obispo. Participants visit area wineries and restaurants tasting gourmet foods and wines. For more information, call the SLO chamber of commerce at (805) 781-2777 or visit [www.visitslo.com](http://www.visitslo.com).

**Youth Basketball scholarships** – Applications are located at the youth center and base library.

**Test taking prep class** – Register with the education office at 605-5900 by Oct. 30.

31  
FRI

**Cell phone collection** – Family Advocacy is collecting used cell phones and accessories to be recycled for people involved in domestic violence. Collection boxes are located at the

31  
FRI

commissary, base exchange and medical clinic. Call 606-8217.

**Low walk-up fares** – American Airlines expanded its military fares to next fall. The fares include no advance-purchase requirements and no change fees. Call (800) 433-7300.

**Annual Haunted Trail** – 6 to 11 p.m. today. The trail starts at the corner of Washington and Oceanview boulevards. 6 to 7 p.m. is a less-scary family hour.

**Hunters Against Hunger** – donate wild game to the needy. Call 606-6804.

**Hebrew, Bar Mitzvah** – classes are available. Call 734-3311.

**Free car seats** – to E-4 and below. Call 606-5338.

**Space and Sea Girl Scouts** – accepts members ages 6 to 18 and needs adult volunteers. Call 606-1119.

31  
FRI

**The Vandenberg Airmen's Attic** – needs donations of items necessary to set up a household. The program is open to military personnel E-5 and below

31  
FRI

with an Air Force Form 552 from their first sergeant. Call 606-5484.

**Gift of Groceries program** – The Defense Commissary Agency offers a gift certificate program that allows anyone to purchase commissary gift certificates to donate to military families through charitable organizations or give directly to military friends and family. Gift certificates are available online at [www.commissaries.com](http://www.commissaries.com).

NOV  
1  
SAT

**Endeavour Center open house** – 6 to 10 p.m. Saturday at the Endeavour Center. Senator Pete Knight.

**Car Wash** – 10 a.m. to 3 p.m. Saturday at the Vandenberg Center. All donations go to the United Way. Call 606-8963.

3  
MON

**Volunteers needed** – 6 p.m. Monday at the Lompoc, Vandenberg Village and Buellton libraries to be literacy tutors. Call 735-7323 ext. 16.

**Relaxation room** – 8:30 a.m. to 3:30 p.m. Monday through Friday at the Vandenberg Health and Wellness Center. Call 606-2221 for an appointment.

4  
TUE

**Stress & Self Management class** – 2 to 4 p.m. Tuesdays through Dec. 9 at the Health and Wellness Center. Learn skills to deal with conflict, relaxation techniques and positive lifestyle choices. Call 606-0039.

**3-Day TAP Seminar** – 8 a.m. to 4 p.m. Tuesday through Thursday at the family support center. Call 606-0039.

**Vandenberg Retiree Activities Center** – Open 10 a.m. to 2 p.m. Tuesday through Friday in building 10346 in the base exchange shopping center. Call 606-5474 for more information.

**Sign language classes** – 3 to 3:50 p.m. Tuesdays and Thursdays beginning Oct. 28 at the education center room E-4. The class is for children in first through third grades. Call (805) 929-6902.

4  
TUE

**Baby Meet** – 9 a.m. Tuesdays and Thursdays at the religious education center, building 16140. Baby Meet offers discussion and socialization for

5  
WED

expectant parents and those with babies newborn through two years old. Call 734-1461.

**Big Brothers Big Sisters** – 3 to 4 p.m. Wednesday at the family support center for new volunteers. Call 606-0039.

**Certified Nursing Assistant workshop** – noon to 1 p.m. Wednesday in the Allan Hancock College Santa Maria campus student center. Call (866) 342-5242 ext. 3773.

**Playtime for Tots** – 10 a.m. Wednesdays at Cocheo Park. The playgroup is for parents and children ages two to five. Call 734-2098.

**Catholic fellowship** – noon Wednesdays at Cocheo Park following 11:30 a.m. mass at Chapel 2.

**Risk reduction classes** – 2 to 4 p.m. Thursdays at the HAWC. Call 606-2221 to sign up.

6  
THU

**Women, Infants and Children** – 8 a.m. to 4:30 p.m. Thursday at the family support center. Call 606-0039 or 737-6470 for an appointment.

**Chapel singles group** – 6:30 p.m. the second and fourth

7  
FRI

Thursday of the month at G.I. Java.

**REDUX, Career Status Bonus** – 11 a.m. to noon Nov. 7 at the family support center. Call 606-0039.

**"Russia By Motorcycle: A Photographic Adventure"** – 7 to 9:30 p.m. Nov. 7 at the Lompoc Center.

**Military appreciation night** – 5 p.m. Nov. 8 at Righetti High School football stadium. Events include a free tailgate party and barbecue for all active-duty military and their families. Uniform wear is encouraged. A 7 p.m. college football game features Allan Hancock vs. Moorpark.

16  
FRI

**5th Annual Bill Brundage Toy Run** – Nov. 16 meeting places are at the Santa Maria Harley Davidson, The Whistle Stop, Creekside Inn and Ralph & Duane the final destination is the Ghost Riders Tavern. Call (805) 937-4972 or (805) 344-1330.

17  
FRI

**Operation Baby Launch** – 5 p.m. Nov. 17 at the clinic auditorium. Call 605-8254.

### Movie Corner

**Hi-Way Drive-in**  
Santa Maria Ph. 937-3515  
GEN. ADM. \$5 KIDS 4-11 \$1

SCARY MOVIE 3 PG-13 7:00 p.m.  
SCHOOL OF ROCK PG-13

**Parks Plaza Buellton**  
Buellton Ph. 688-7434

SCHOLL OF ROCK PG-13  
DAILY 2:00-4:30-7:00 FRI. 9:30 SAT-SUN  
11:30-9:30

INTOLERABLE CRUELTY PG-13  
2:15-4:45-7:15 FRI ONLY

SCARY MOVIE 3 PG-13  
DAILY 2:15-4:45-7:15 FRI 9:30 SAT-SUN  
11:45-9:30

RADIO PG  
DAILY 2:00-4:30-7:00 FRI 9:30 SAT-SUN  
11:30-9:30

RUNAWAY JURY PG-13  
DAILY 2:00-4:30-7:00 FRI 9:30 SAT-SUN  
11:30-9:30

Call Edwards Santa Maria 10 for movie listings (800) 326-3264

**Movies Gemini**  
Lompoc Ph. 736-1306

BROTHER BEAR G  
DAILY 4:30-7:00-9:00 SAT-SUN 11:30-2:00  
TEXAS CHAINSAW MASSACRE  
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:00

**Movies Lompoc**  
Lompoc Ph. 736-1558

SCARY MOVIE 3 PG-13  
DAILY 4:45-7:15-9:30 SAT-SUN 11:45-2:15

RUNAWAY JURY PG-13  
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:00

UNDER THE TUSCAN SUN  
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:00

RADIO PG  
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:15

THE MATRIX: REVOLUTIONS begins  
Wednesday. Call for showtimes

General Admission \$7 kids and seniors  
\$5 All shows before 5:30 p.m. \$5. Movies  
and times subject to change

### G.I. JAVA Halloween Bash!

Today from 6 to 9 p.m.

There will be great prizes given to the best apple bobbers, pumpkin carvers and costume design! Free food and drinks will be provided.

### The Vandenberg Food Pantry

Needs food donations

Items needed are:

sugar, Bisquick, pasta sauce, pancake mix, Hamburger Helper, evaporated milk, Chicken Helper, baby wipes, crackers, soups, complete meals, macaroni & canned vegetables, rice, flour, pasta, peanuts, mixed nuts, tuna, peanut butter, jelly, diapers; sizes 3, 4, 5, juice boxes, cake mixes, frosting, canned fruit and vegetables



The food pantry is located behind the family support center. For more information on hours of operation, call 606-2960.

# 30th Services News

## GOLF COURSE

### PRECEPT GOLF Demo Day

Saturday • 9:30 a.m. to 2 p.m.

This is an excellent opportunity for golfers to come out and try the golf equipment from Precept Golf Company. Precept Golf will give away golf balls to those who try their equipment. There is no charge for this demo. Precept will have clubs for every golfer. See you Saturday at the Marshallia Ranch Driving Range.

#### NEW SNACK BAR HOURS:

Weekdays: 6 a.m. to 6 p.m.

Weekends & Holidays: 5:45 a.m. to 6 p.m.

Grill Closes: 2 p.m.

#### Saturday

Organizational Tournament  
11 a.m. to 12:30 p.m.

#### Sunday

Bureau of Prison Shotgun Tournament  
12:30 p.m. Open play shotgun, 7:30 a.m.

Call 606-6262 for more information.

No Federal Endorsement Intended.

## FITNESS CENTER

### Pumpkin FUN RUN

5K/10K  
Today • noon



Thursday  
Intermediate Step class  
5 to 5:55 p.m. at the Services Center.

**Notice:**  
The fitness center buildings, 9005 and 9002, will close at 9:30 p.m. on Thursday for a scheduled power outage prescribed by 30th CES.

## TENNIS TOURNAMENT

Nov. 8 • 10 a.m.

Don't forget to sign up by Nov. 5 at the Fitness Center.

Call 606-3832 for more information.

## YOUTH SPORTS

### YOUTH BASKETBALL BOYS, GIRLS & CO-ED

Just a few slots left!

Don't miss out, register today!

Monday-Friday, 7 a.m. to 5 p.m., Youth Center  
\$55 (\$50 w/ Youth Center membership)

We invite you to volunteer for division commissioner, coach, or time/equipment manager. Call the Youth Center at 606-2152. Sign up early so you don't miss out! Teams are limited due to limited available space.

## YOUTH CENTER

### TEEN DANCE Saturday, 8 to 10 p.m.

\$1 per person • Youth Center

## CHILD DEVELOPMENT

The Vandenberg AFB Child Development Center, family child care, school age program and part-day enrichment programs announces enrollment in the State Meal Program for the new fiscal year, 2003.

Applications are distributed to all households with a letter informing them of the availability of free and reduced price meals for their children. To apply for free or reduced-price meals, households must complete an application and return it to the program. Applications may be submitted at any time during the school year. The information households provide on the application will be used to determine meal eligibility and may be verified at any time during the school year by school or program officials.

For more information call Cam Whitfield, Child Development Center, 606-1555, Christina Carrillo, Family Child Care, 605-4950 or Zina Lujan/ Elena Salazar, Youth Programs, 606-2152.

## Pacific Coast Club



Come to the club for a  
spooky good time!

TONIGHT • both lounges

E-Lounge  
9 p.m.

O-Lounge  
7 p.m.



Join us tonight at the club for  
the kick-off of...



## AROUND THE WORLD

Twenty Countries, Twenty Beers

#### Object:

To complete your journey around the world by sampling beers offered by the Club from 20 different countries.



GERMANY



CANADA



JAMAICA



PHILIPPINES



MEXICO



AUSTRALIA

Sample  
the great  
beers from  
these  
countries  
and many  
more!

Enjoy your trip!

Monday • 6 p.m. • FREE • E-Lounge • OPEN to all!



## Monday Night Football

NEW ENGLAND  
vs  
DENVER

Football Toss!  
Contests!  
Give-aways!

SPECIAL APPEARANCE BY THE

Miller Lite Girls

...at the club for the first quarter!

## SKILLS DEVELOPMENT



It's coming soon!

Nov. 8

9 a.m. to 3 p.m.

- Crafting demos through out the day...
- Free ceramic crafts for kids 6-12-yrs.
- Music

Food will be available at Surf Lanes Bowling Center.

## FITNESS CENTER

### Spin on a Schwinn and Win!



Monday to Dec. 19

The Fitness Center will demo a new stationary bike from Schwinn, and you have a chance to take it home!

All you need to do is a 10-minute workout on the bike, then tell us what you think with a quick survey and you'll be entered in the drawing for the demo bike!

(One entry per person / Drawing will be held Dec 20th)

Nautilus SCHWINN FITNESS StairMaster Quinton  
No Federal Endorsement Intended.

**NOTICE:** AQUATIC CENTER Swimming Pool  
CLOSED today for resurfacing of the baby and main pools. Regular hours resume Saturday.

## CLUB / BOWLING CENTER



## PARTIES

Bring in the New Year  
with Services!

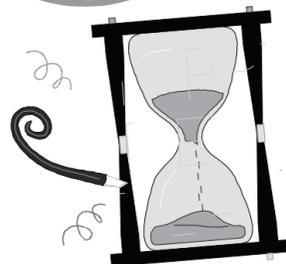
Surf Lanes Bowling Center  
and the

Pacific Coast Club

will be hosting  
special events

to welcome in

2004



NEW EVENING  
HOURS!

Sunday - 5 to 8 p.m. • Mon-Thur - 5 to 9 p.m.  
Fri - 4 to 10 p.m. • Sat - 5 to 9 p.m.