

CHRIS WANT

Vandenberg holds public meeting on beach access

BY MASTER SGT. TY FOSTER
30th Space Wing Public Affairs

■ Team Vandenberg welcomed 55 Central Coast residents to the base theater Monday evening as part of the on-going public comment period for the draft environmental assessment for beach management.

The environmental assessment outlines several proposed actions Team Vandenberg can take in the continuing effort to balance public beach access with protection of critical habitat for the Western Snowy Plover.

The Pacific coast breeding population of plovers was listed as "threatened" under the Endangered Species Act by the U.S. Fish and Wildlife

Service in March 1993.

As a federal agency, Vandenberg is bound by law to protect critical habitat and assist in the recovery of threatened or endangered species. The USFWS requested all base beaches be closed to public access during snowy plover nesting season, March 1 through Sept. 30, according to the assessment.



FILE PHOTO

Western Snowy Plover

During the previous nesting season, base leaders wanted and used a plan that limited public access to Surf, Wall and Minuteman beaches during the

seven-month nesting season. The plan protected 90 percent of the critical plover habitat on Vandenberg.

See BEACH Page 7

Base welcomes five new chiefs

■ The Air Force has tentatively selected 417 of 2,935 eligible senior master sergeants for promotion to chief master sergeant. This represents a selection rate of 14.2 percent, a slight decrease from last year's promotion rate of 17.58 percent.

Vandenberg Air Force Base had a 29 percent promotion rate compared to Air Force Space Command's 17 percent rate.

The average selectee score for the Air Force this cycle was 654.73 points.

The average selectee has 3.45 years time in grade and 21.34 years time in service.

The complete list of the new chief master sergeants will be posted at www.afpc.randolph.af.mil by close of business today.

The following Team Vandenberg senior master sergeants have been selected for promotion to chief master sergeant:

Ronnie Blankinship

Det. 9, Space and Missile Systems Center

Kenneth Longacre

14th Air Force

Miguel Lopez

30th Services Squadron

Lawrence Savidge

381st Training Group

Jeffery Shipman

576th Flight Test Squadron

Delta II payload

Workers install the Delta II fairing and complete the final steps for the Monday launch from Space Launch Complex-2 at 10:24 a.m. The rocket will carry the Earth Observing 1 and SAC-C satellites into orbit. EO-1's primary focus is to develop and test advanced land imaging instruments. SAC-C is designed to advance the study of solar physics and astrophysics.

Comment

Can you hear a 'higher calling?'

BY LT. COL. CORBY CLARK
30th Contracting Squadron commander

In a recent Notice To Airmen, the Air Force chief of staff cited people as our No. 1 readiness issue, with retention and recruiting as our top people issues. He went on to charge leaders at every level to ensure that our young men and women are "well informed about the tangible and intangible benefits of serving their country."

On the tangible side, in a concerted effort "to influence

base of preference program will give members greater say in their assignments. Fiscal 1999 quality of life funding at Vandenberg included \$20.9 million for dormitory renovations, \$4.8 million to upgrade dining facilities, and \$33.6 million for new physical fitness facilities.

There are vastly increased promotion opportunities across all ranks, the selective reenlistment bonus program has been expanded, and Congress has been rather generous of late in granting pay raises.

But I am here to tell you, it ain't about the money!

"In the face of the hottest full employment economy in generations offering talented young people a multitude of work and educational opportunities," as Gen. Michael Ryan, Air Force chief of staff said, it can't be.

Read my lips, it's all about the intangibles! It's all about something that cannot be defined, which cannot be apprehended by the mind or senses. It's about honor, integrity, and the pride of serving in the most powerful Air Force on this planet as we play our respective roles in projecting that power to further our national interests. It's about a not so gentle, wordless response as we stand at attention before our flag, as we dwell upon those brave men and women who came before us. It's about a time honored tradition often described as a higher calling.

"For God and country" – it's a calling different from any civilian occupation and involves a commitment to the nation, the

people to stay with our Air Force family," our Air Force leadership is focused on managing operations tempo, and improving compensation and retirement, quality of life, family care, and personnel programs.

The Air Expeditionary Force structure is intended to provide predictability and stability for members and their families, allowing them to schedule training, education, and family activities. Recent changes to the

"We stand prepared to make the ultimate sacrifice of life itself, while striving to see

that such is the price paid by those foolish enough to take up arms against us."

Lt. Col. Corby Clark
30th Contracting Squadron commander



STAFF SGT. SCOTT SEVER

Members of the Air Force Honor Guard prepare to fold the flag during funeral services honoring U.S. Air Force 1st Lt. Michael Blassie in St. Louis. The Blassie family laid Michael to rest after 14 years of being in the Tomb of the Unknown as the Vietnam Unknown.

Air Force, our fellow citizens and other members of the Air Force. It's a code of duty and honor. We knowingly and willingly submit ourselves to higher standards of personal behavior and conduct.

We stand prepared to make the ultimate sacrifice of life itself, while striving to see that such is the price paid by those foolish enough to take up arms against us.

As commander of a squadron comprised of nearly 70 percent civil service employees, I'd be remiss if I failed to specifically address that group. They are an integral part of our force structure, critical to our strength. They, too, are patriots faithfully serving their nation, sharing responsibility for meeting its objectives.

Civil service is a civilian occupation unlike any other, with its own set of unique sacrifices.

So to my military and civilian brethren alike, if you haven't heard or felt that calling lately, I suggest you go find a quiet place and listen with every fiber of your being.

To paraphrase Secretary of the Air Force F. Whitten Peters at a recent basic military training graduation ceremony, the Air Force offers you unparalleled opportunities – opportunities that exist, literally, nowhere else in society. The chance to build yourself as an individual – mentally, physically, emotionally and spiritually – all while contributing to a team that is bigger than any of us. The Air Force offers opportunities for education, advancement, travel and work you can be proud of.

The true beauty of such pride is that it's an internal measure not derived from annual appropriations. Simply put, it ain't about the money.



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When we were children, we got up before dawn to enjoy all of the wonderful gifts we received. It wasn't until much later in life that we learned the most wondrous gift of all is the gift of giving ...

40 years of giving: Operation Kids' Christmas

Annual holiday event allows Team Vandenberg to share with local children

BY MASTER SGT. ROY T. BLANCO

30th Operations Group first sergeant

If there is one event that epitomizes the spirit of Team Vandenberg, then the annual Operation Kids' Christmas party is it! For the past 40 years, the men and women of Vandenberg Air Force Base have sponsored 200 underprivileged children from the Lompoc, Santa Maria, Guadalupe, the Santa Ynez Valley and Solvang areas to share in the holiday celebration.

Through the generosity of local sponsors and the hard work of volunteers from the base and local community, this event is an annual success story.

In 1959, Mike Petlansky, from the Air Force Logistics Command test site office, began what was then known as Operation Big Brother with an \$1,800 dollar budget and 100 children in attendance. Today the operating budget is \$23,000 and 200 children attend each year.

When asked why he became involved with OKC, Capt. James Bohren, 381st Training Group assistant director for standards and evaluations, said, "It's extremely rewarding. After my first year as an escort, I decided to help out on the executive committee and eventually volunteered to be the assistant chairperson."

The work to put on the event is a year-round effort. There are numerous fund-raisers and contributions from local businesses and organizations to ensure money is available to support the party.

Executive committee members then work with local agencies to select the children, purchase gifts, coordinate entertainment,

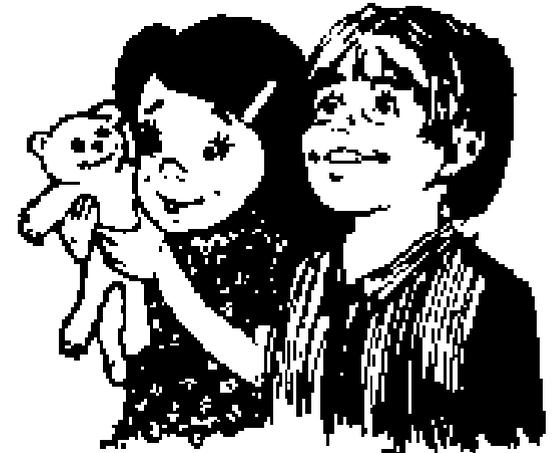
and assemble the escort and labor pools.

As an added bonus, when the children are picked up, each family receives a holiday food basket complete with ham and all the trimmings. For those involved, it's a very rewarding experience.

"Seeing the look on the kids faces is the best part the day!" said Senior Airman Melissa Alisch, 30th Operations Group commander's support staff assistant NCOIC.

Indeed, being part of giving these children a Christmas they would otherwise not have is what the holiday spirit is all about.

Feel free to help out where you can and help make this Operation Kids' Christmas the best ever!



Volunteers needed for OKC party

■ This year the party will be held at the Pacific Coast Club on Dec. 2 from 10 a.m. to noon.

About 400 people are needed to escort children, serve, pack or deliver food, and decorate and clean the ballroom. Spanish speaking escorts are always in high demand.

Briefings for escorts will be held Nov. 21 at

7:30 a.m. at building 8290 in the 381st Training Group auditorium. Additional briefings will be held Nov. 28 and 30 at 11 a.m.

An OKC committee member will call volunteers who aren't serving as escorts.

To volunteer, call Capt. James Bohren at 605-0578 or Master Sgt. Roy Blanco at 606-9600.

AFSPC vice commander salutes vets, Team Vandenberg

BY MASTER SGT. TY FOSTER

30th Space Wing Public Affairs

■ Air Force Space Command's vice commander welcomed the opportunity to salute Central Coast veterans during his visit to Vandenberg Nov. 7 and 8.

Lt. Gen. Roger DeKok also took a moment to honor the veteran who inspired his career of service, remember the changes throughout his career, and look toward the challenges ahead for AFSPC.

As a child growing up in Wisconsin, DeKok listened to his father recount his days in the Army Air Corps during World War II.

"He reminded me many times that those were the best days of his life," DeKok said. "He had a deep love for this country and an incredible admiration for the camaraderie and sense of purpose that he had in the Army Air Corps.

"Somehow, he instilled in me an appreciation for what service to one's country really means. Without a doubt, I can say unequivocally, that no veteran had more influence in my life," he said.

It's been a few years since he was a second lieutenant serving as chief of plans for the 73rd Aerospace Surveillance Wing at Tyndall AFB, Fla., 31 to be exact. Over those years, DeKok has seen a few changes.

"Perhaps the one that I've waited for the longest has been the space-based



SENIOR AIRMAN APRIL MUNIZ

Lt. Gen. Roger DeKok, vice commander of Air Force Space Command, pauses for an interview during his visit here.

surveillance system," he said.

The surveillance satellite system was originally developed by the Ballistic Missile Defense Office to perform mid-course missile tracking. Once BMDO had satisfied its mission objectives, they turned it over to AFSPC for operational purposes, the general said.

"That was something I worked on as a lieutenant."

Moving surveillance from ground-based radar and optical systems to space-based sensors brings distinct advantages, the 32-year veteran said.

"We don't have the kind of weather effects that we had with a ground-based optical system where we could only operate at night and only operate when the weather was clear," DeKok said.

Technology notwithstanding, people are DeKok's No. 1 weapon in the command's arsenal.

"One of the things that I think we can never do enough of is to tell our people how much we appreciate their efforts for what they do every day," he emphasized.

"I think it's so important that we remind them of the importance of the job

they do and our appreciation for them doing it so well," DeKok said.

A little praise goes a long way. But the fight to increase retention, particularly in the enlisted force, continues to be an uphill battle.

He's optimistic that the Air Force's increased re-enlistment bonuses for enlisted space operators and missile maintainers will aid retention.

He knows that's only part of the battle to be fought.

"As leaders, we can attend to quality-of-life concerns such as off-duty education and housing," he said. "We certainly owe that to our people."

DeKok remains committed to his people because without them, space command's challenges would be insurmountable.

Recognizing the importance of Team Vandenberg, the general said, "Vandenberg is an irreplaceable national asset."

DeKok said that it's not only because of the ballistic missile test and polar orbit launches or because it's the third largest Air Force base, but it's "... the dedication and professionalism that the people here at Team Vandenberg have always had."

To the general, it's pretty clear that Team Vandenberg carries on the camaraderie and sense of purpose that his father valued during his days in the Army Air Corps.

Space weathermen monitor solar storm

BY PAIGE ROWLAND

Air Force Weather Agency Public Affairs

■ OFFUTT AIR FORCE BASE, Neb.—Space weather forecasters at the 55th Space Weather Squadron, Schriever Air Force Base, Colo., are monitoring a severe solar radiation storm that is effecting some satellite operations.

"A flare erupted from the sun (Nov. 8)," said Tech. Sgt. Robert Joyce, crew chief and space weather forecaster. "This event was so energetic that many of our sensing instruments were saturated moments after the flare erupted."

A number of space weather forecast products, including an initial warning, were sent to various Department of Defense agencies. "We issued a weather advisory three minutes after we recorded the burst," Joyce said. "Since the onset, updated products have been sent out every three hours."

Capt. Kelly Law, a space weather officer here, said there are typically three types of phenomena associated with flares of the sun.

Light energy reaches Earth instantaneously and can impact high frequency communications. Next, high energy

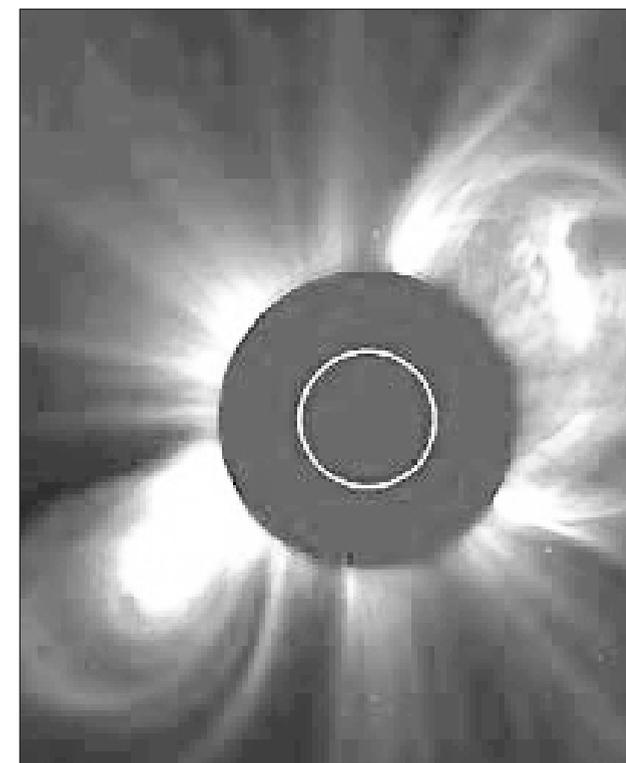
particles, called protons, reach within minutes to hours and can damage satellites, increase radiation in higher altitudes and cause communication outages in the polar caps. Finally, lower energy particles, or electrons, reach Earth hours or days after the flare and cause geomagnetic storming and the aurora borealis.

"Our job is to forecast those events so our DOD customers can determine the impacts to their mission," said Law, in this case referring to the high altitude radiation forecast, which warns pilots flying at high altitudes of increased radiation levels. "Our sensors indicated high altitude radiation levels were elevated with this event.

"Geomagnetic storming peaked (Nov. 10), with particles continuing to impact the near-Earth environment," Law said.

Events, like this one, occur 18 to 20 times a year around the peak of the solar maximum. Space weather forecasters expect the solar maximum to take place in the next few months. This solar storm produced the fourth highest measured proton levels since monitoring began in 1978.

The highest recorded proton event occurred in March 1991.



AIR FORCE PHOTO

This chronograph image shows the Nov. 8 eruption of the sun. The chronograph allows solar weather analysts to view the outer portion of the sun's environment.

BASE

BRIEFS



Wanted

Base residents are asked to be on the lookout for this man. Security forces believe he's living in the wooded area behind east housing.

SECURITY FORCES HUNT FOR SQUATTER

Security forces have issued a description of a man who may be living illegally in a camp site behind East Housing. The man is Asian, in his early 20s, slim build, between 5 feet 7 inches to 5 feet 11 inches tall, dark hair, wearing dark clothes or BDUs, and carrying a backpack.

Anyone who sees someone matching this description should note how the person is dressed, how and where he's traveling, and call the law enforcement desk at 606-3911 or security forces investigations at 605-0804.

No one should attempt to detain this person. Housing residents are reminded to lock all doors, windows, garages and vehicles.

OFFICIALS OPEN TITAN GATE TO TRAFFIC

Vandenberg's Titan Gate is now open week days from 5 a.m. to 6 p.m. to ease traffic congestion caused by the peat bog fire. Located off of Lompoc-Casmalia Road between the golf course and the Vandenberg Tracking Station, the Titan Gate will also be open whenever officials close State Highway 1, including weekends and holidays. The Titan Gate will not nor-

mally be open weekends and holidays if Highway 1 is also open. For information, call 605-0797. For information about road closures, call CALTRANS at (800) 427-7623.

OPERATION COLLECTS FOR LOCAL SHELTERS

The 30th Contracting Squadron is holding Operation Bundle Up to collect blankets, coats and warm clothing to donate to shelters in the area. Because of the recent cold weather, local shelters are having a difficult time providing enough warm blankets, coats and clothing for homeless men, women and children. Shelters are often full and must sometimes turn away people, many with children, without warm clothing.

To make a donation, schedule a pick up, or for more information, call Airman 1st Class Brent Goe at 605-7031 or Senior Airman Stephanie Goe at 606-4775.

TRASH PICK UP DAYS CHANGE FOR HOLIDAY

There will be no trash collection Thanksgiving Day. Trash for main base and west housing will be collected Nov. 24. Trash collection for east housing and the mobile home park will be Nov. 25.

BILLBOARD CONTEST BENEFITS OKC

The second annual Team Vandenberg Holiday Billboard Contest is a chance for organizations to decorate a 4 foot by 4 foot palette with their unit's name and holiday design. The entry fee is \$30. A unit point of contact for the contest must be provided to David Steinbach, 605-0167, by Monday. Plywood palettes can be picked up Nov. 21 at building 11777. A percentage of the proceeds will go to Operation Kids Christmas 2001 on behalf of the winners.

TAX ADVISER PROGRAM NEEDS VOLUNTEERS

Vandenberg's staff judge advocate is looking for unit volunteers to be tax advisers for the 2000/2001 tax season.

People nominated to be unit tax advisers should be officers or senior NCOs and possess basic math and computer skills. Unit tax advisers should not have a projected TDY or permanent change of station from Jan. 1 to May 1 to complete the training and support unit tax needs during tax season.

Units should provide the tax advisers name, rank, organization and duty phone by fax, 605-8776, or e-mail to 30th SW/JA, attention Capt. Michael Christy. For more information, call 605-6220.

FDA WARNING AFFECTS PHARMACY

The FDA issued a warning this week on phenylpropanolamine, known as PPA. The products the base pharmacy carries that contain this product are Entex LA tablets, Entex liquid, and Dimetapp liquid. The pharmacy will not dispense these products until further notice.

The FDA warning on phenylpropanolamine was not a recall or a formal ban. Anyone with over-the-counter cough remedies or weight loss products containing PPA should call (888) 463-6332.

RENEW DECALS NOW, OFFICIALS URGE

The 2000 Vandenberg base vehicle decals, Air Force Form 2219, expire Dec. 31. To update vehicle decals, vehicle owners must bring their current state registration or a copy, their base-related identification, driver's license and a copy of the current decal number on the Department of Defense Form 2220. Owners of out-of-state registered vehicles must also include proof of insurance and a current California Smog Vehicle Inspection Report, if applicable. People newly assigned to Vandenberg must register their vehicle within three duty days of their arrival. Vehicle registration decals from previous assignments are not valid at Vandenberg. For more information, call 30th Security Forces Squadron Pass and Registration at 606-1853.



AIRMAN 1ST CLASS AMANDA EDWARDS

Plan offers more access BEACH From Page 1

Of the eight alternatives currently offered to manage Vandenberg's beaches, only one proposal is preferred by the USFWS. That proposal would restrict all beach access during snowy plover nesting season.

The proposed action, from March 1 to Sept. 30, would allow one mile of full beach access at Surf and Minuteman beaches and one-half mile at Wall Beach.

The Santa Ynez River estuary will remain closed including an area one-tenth of a mile north and south of the river mouth.

The public can access Surf Beach from Ocean Beach County Park.

Among the people speaking at Monday's

event were Lompoc Mayor Dick DeWees, Santa Barbara County Supervisor Joni Gray and Sharon Siegel, representing Congresswoman Lois Capps.

Alice Milligan, an official with the Ocean Beach Commission, outlined additional proposals aimed at reducing human and animal impact on nesting sites within public access areas.

Carl Walton, a Lompoc resident and member of the Ocean Beach Commission, outlined his perspective on raw data concerning plover nesting, hatching and fledgling success rates.

Steve Henry, a USFWS official, cautioned that Fish and Wildlife can't support alternatives that don't help the plovers recover.

A copy of the draft environmental assessment is available for review at the base library.

The public comment period ends Nov. 30.

Under the proposal favored by the base, an additional one and one-quarter miles of beach would be open for recreational use on Wall, Surf and Minuteman beaches.

Proposed alternatives in draft environmental plan

Proposed action: Full recreational access to one mile of Surf Beach, one-half mile of Wall Beach and one mile of Minuteman Beach. The Santa Ynez River mouth will remain closed all year.

- ◆ Alternative one: Open all beaches with no limitations. This alternative would return recreational beach access to its status prior to listing of the snowy plover under the Endangered Species Act.
- ◆ Alternative two: Full recreational access to 3.7 miles of Surf Beach with Wall and Minuteman beaches closed to all recreational access during the nesting season.
- ◆ Alternative three: Full recreational access to one-half mile of Minuteman Beach. Linear restricted access to the remainder of Minuteman, Wall and one mile of Surf beaches. This action mirrors the emergency action taken by the base July 1999.
- ◆ Alternative four: Full recreational beach access on one-half mile at Surf and Wall beaches and one and one-tenth miles at Minuteman Beach. All other beaches closed.
- ◆ Alternative five: No recreational access allowed on snowy plover nesting beaches during the nesting season. All beaches closed. This alternative is preferred by the USFWS.
- ◆ Alternative six: Full recreational access to six-tenths of a mile at Surf Beach, one-quarter mile at Wall Beach and one-half mile at Minuteman Beach. All other beaches closed.
- ◆ Alternative seven: Linear restricted access to seven-tenths of a mile at Surf Beach, full recreational access to one-quarter mile at Wall Beach and one-half mile at Minuteman Beach. All other beaches closed.
- ◆ Alternative eight: Full recreational beach access to one-half mile at Surf Beach, one-quarter mile at Wall beach and one-half mile at Minuteman Beach. All other beaches closed. The USFWS and California Coastal Commission approved this alternative for the 2000 nesting season.



**America's Air
Force - No One
Comes Close**

Veteran recalls Navajo code talkers' war in Pacific

By ARMY CPL. CULLEN JAMES

American Forces Information Service

America's World War II island-hopping campaign in the Pacific was about to start in 1942, and the U.S. military still didn't have something it desperately needed — a communications code the Japanese couldn't break.

Then, Philip Johnston had a revolutionary idea: Use the native language of the Navajo Indians. Johnston, the son of a missionary to the Navajos, was one of the few outsiders who could speak the tribe's tongue fluently. The language is unique to the Navajos and had no written form at that time, so a person who didn't know the oral vocabulary was helpless.

Johnston tried several times to convince the Navy his idea had merit, but failed. It was a call to then-President Franklin D. Roosevelt that finally convinced the Navy to give his idea a shot, said John Goodluck Sr., a Marine Corps Navajo code talker during the war.

For the test, he said, the military set radios 300-400 yards apart and sent coded messages using both Navajo code talkers and regular Morse code machines. "The code talkers deciphered the message in under a minute, the machine took an hour," Goodluck said. After military approval, the Navajo council had to decide whether to support the idea.

"Everyone on the council was for it except for one. They slept on it for a night and decided to do it — they said it was good and important to support it," he



U.S. MARINE CORPS ARCHIVE PHOTO

John Goodluck, bottom row, second from right, on Bougainville.

said. Goodluck and others went to Camp Pendleton, Calif., for Marine Corps basic training and code-talking school and then headed to the Pacific. Eventually, 379 code talkers would serve.

"Some say there were 400, but many failed," Goodluck said. "You had to understand both Navajo and English."

Code talkers' messages were strings of seemingly unrelated Navajo words. They would translate each word into English, and then decipher the message by using only the first letter of each English word. For example, several Navajo words could be used to represent

the letter "a" — "wol-la-chee" (ant), "be-la-sana" (apple) and "tse-nill" (ax).

The code was unbreakable so long as an eavesdropper didn't know the oral vocabulary.

While the Navajos used more than one word to represent letters, about 450 common military terms had no equivalent and were assigned code words.

For example, "division" was "ashih-hi" (salt); "America" was "Ne-he-mah" (Our mother); "fighter plane" was "da-he-tih-hi" (hummingbird); "submarine" became "besh-lo" (iron fish); and "tank destroyer" was "chay-da-gahi-nail-tsaidi"

(tortoise killer).

Just by speaking their language, the Navajos could easily transmit information on tactics and troop movements, orders and other vital battlefield communications over telephones and radios. "We were always on the radio. We would see a ship or airplane and tell them what we saw," Goodluck said.

Goodluck said he served in the 3rd Marine Division from March 1943 to December 1945 and participated in the invasions of Guadalcanal and Bougainville in the Solomon Islands, Guam and Iwo Jima.

After the war, Goodluck returned to Arizona and worked for the U.S. Public Health Service as a truck driver, ambulance driver and translator for English-speaking physicians on the reservations.

"They didn't have doctors or clinics on the reservations when I first started. The nurses had to carry these huge bags and would give the shots to people in the areas we visited," he recalled.

The Department of Defense officially and openly honored its Native American code talkers in 1992. The services enlisted code talkers from many tribes during the war. While their purpose was a kind of open secret then, their contributions were still largely unknown to the public. Now, however, the Navajo code talker exhibit is a regular stop on the Pentagon tour.

(Cpl. Cullen James is a staff writer for the Scout newspaper at Fort Huachuca, Ariz.)

Crestview gets connected

By STAFF SGT. ANDREW LEONHARD

30th Space Wing Public Affairs

Volunteers with drills and saws in hand gathered Nov. 4 at Crestview Elementary School to install local area network lines in classrooms.

The 12 volunteers from Vandenberg and the Lompoc Unified School District installed the LAN lines to six rooms and started wiring three other rooms.

"The new lines will allow the classrooms to tie into the schools computer lab. Students and teachers will also be able to access the Internet from the classrooms," said Sally Prentiss, Crestview Elementary School principal.

"It's frightening that on a military base with all the high-tech equipment available, that our own children do not have Internet access in the classrooms," said Senior Master Sgt. David Fuentes,

Vandenberg's individual mobilization augmentee administrator and Crestview School site council member.

Fuentes, one of the volunteers, said that some of the volunteers didn't have children attending school at Crestview, but they still came out to help.

"It really showed the spirit of the group," he said. "We hope to have another work day to finish what we started."

Crestview has 28 classrooms and 460 students. Eighteen of the classrooms still required service to be hooked up to the LAN before they began the work.

"Cost for the 18 rooms would be about \$12,000, but with volunteers the cost is estimated at \$5,000 for the materials," Prentiss said.

Prentiss hopes the final classrooms will be done by the end of the year.



AIRMAN 1ST CLASS AMANDA EDWARDS

Rajni Chaudhari helps fourth-grader Hannah Allred in the computer lab at Crestview Elementary School. The school is expanding their Internet capability to more classrooms.



AIRMAN 1ST CLASS AMANDA EDWARDS

Phone home

Staff Sgt. Antonio Orozco, 30th Transportation Squadron, accepts phone cards from Joseph McCormick, commander of Veterans of Foreign Wars Chapter 570 in Lompoc. Tech. Sgt. Andrea Spencer (center), Family Support readiness NCO, works with the VFW to support the program. More than 88,000 cards have been donated by the VFW to military people since the program began in 1998.

COMMUNITY CALENDAR

17 FRI As the holidays approach, the **American Red Cross** staff is looking for donations to support troops supporting operations and exercises throughout the world, including Kosovo, Bosnia, Saudi Arabia and Kuwait. Donations will be accepted through today at the Red Cross office on the third floor of the base clinic. For a detailed list of needed items check, the Nov. 3 issue of the *Space and Missile Times* or call 606-1855.

18 SAT November is **Native American/Indian Heritage Month**. The Native American Association has scheduled events throughout the month. An exposition at Chapel One featuring the Chumash Indian artifacts, food and entertainment is set for Saturday at 1 p.m. Also, a free movie is scheduled Tuesday at 7 p.m. in Minuteman Theater. For more information, call Staff Sgt. CeeJay Brown at 605-5069.

19 SUN Vandenberg's chapel staff is holding an **Ecumenical Thanksgiving** worship service and meal Sunday at 5 p.m. Everyone is invited. A traditional Thanksgiving meal will follow the service in the chapel annex.

21 TUE The Air Force Sergeants Association is **looking for airmen** staying in the dorms during Thanksgiving who would like to have a **home-cooked meal**. More than 100 families have offered to "adopt" any airman

for Thanksgiving Day. The deadline for airmen to sign up is Tuesday. For more information, call Staff Sgt. Lisa Antoni at 605-2633 or Tech. Sgt. Juno Hopkins at 606-5957.

The Family Support Center staff has scheduled an **individual retirement accounts class** Tuesday at 1p.m. at the Family Support Center. The class will teach the differences between the traditional and Roth IRAs and help people analyze the best choice their family. Call Lyn Smith at 605-8551 for registration and information.

22 WED The Family Support Center staff has scheduled a class to help **market yourself for a second career** Wednesday at 1 p.m. People can learn key elements to networking and preparing for a successful job search. For more information, call Sunny Park at 605-0134.

28 TUE The Family Support Center staff has scheduled an **interviewing and dress for success workshop** Nov. 28 at 9 a.m. Participants can learn what to wear and what not to wear during a job search. Learn tips on dressing for interviews and the workplace. Call Tinisha Agramonte, the Career Focus Program manager, at 605-8557 call for registration and details.

29 WED A **tax-free investing class** is scheduled for Nov. 29 at 11:30 a.m. in the Family Support Center. Individuals can learn how tax-free investments work,

See CC Page 12



AIRMAN JESSICA RAMOS

Have it your way

Dona Storch adds sauce to her meal at the Pacific Coast Club Saturday during membership night. More than 200 club members enjoyed free buffet style food from four different ethnic groups.

CC from Page 11

benefits of tax-free investment ownership, different types of tax-free investments, and strategies to protect their income. Call Lyn Smith at 605-8551 for registration and information.

30 **THU**

A **stress management class** is scheduled for Nov. 30 and Dec. 1 at the Health and Wellness Center. People can take a thorough look at what aspects of their life are causing stress and learn tools for managing them. Call Linda Bastine at 606-9958 for registration or details.

DEC
2 **SAT**

Operation Kids' Christmas is Dec. 2 at the Pacific Coast Club. The OKC staff needs escorts, set-up and tear-down crews, and food delivery people. To sign up, call Master Sgt. Roy Blanco at 606-9600 or Capt. Sig Bohren at 605-0578 or e-mail them on the global address system.



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

At the Movies

Tonight

Get Carter (R)

Saturday

Remember the Titans (PG)

Sunday

Ladies' Man (R)

Nov. 24

Family Talent Show

7:30 p.m.

News may impact self-care decisions

COMPILED FROM AMERICAN MEDICAL ASSOCIATION RELEASES

■ Here's a round up of health and medical news that could affect your self-care decisions in the near future.

1. More women are drinking during pregnancy. Despite warning labels on alcoholic beverages and public education programs on the health risks of alcohol, the number of pregnant women who drink while pregnant is increasing. According to the journal *Obstetrics and Gynecology*, 15 percent of pregnant women drank alcohol while

they were pregnant and 3.5 percent did so frequently. Women who were smokers, college educated, unmarried or had a household income of more than \$50,000 were most likely to use alcohol. Consuming alcohol during pregnancy can cause birth defects and mental retardation in the infant.

2. Depressed children need treatment. Twelve percent of U.S. children have some type of depression, and many of them aren't getting the help they need, according to the American Academy of Child and Adolescent Psychia-

try in Washington, D.C. When left untreated, depression can lead to drug abuse, chronic emotional and behavioral problems and suicide. Sixty percent to 80 percent of children can be successfully treated with either counseling or medication. Signs of depression include feeling sad most of the time; losing interest in family, friends and activities; getting too much or too little sleep; and eating more or less than usual.

3. AIDS is rising faster among older Americans. Between 1991 and 1996, new

AIDS cases in the U.S. rose twice as fast among older adults than among young adults. These statistics may indicate older adults aren't protecting themselves against the disease and that their doctors aren't screening for it, according to the Centers for Disease Control and Prevention in Atlanta. In 1996, 6,400 AIDS cases were diagnosed among Americans age 50 and older - up 22 percent from the 5,260 cases in that age group in 1991. New cases in the 13- to 49-year-old age group rose nine percent in the same period.

4. B vitamins may reduce heart-attack risk.

A high intake of two B vita-

mins, B6 and folate, may reduce a woman's risk of a heart attack by 50 percent. A study of more than 80,000 women reported in the *Journal of the American Medical Association* found a direct link between consuming more than 400mcg. of folate and more than 3 mg. of B6 and a lower risk of coronary disease.

Researchers say eating more fruits, vegetables and whole grains, or getting these vitamins from supplements, may be as important in preventing premature death from heart disease as quitting smoking, lowering high cholesterol and controlling high blood pressure.

SPORTS

BRIEFS

STAFF HOLDS 10-K TURKEY TROT

The fitness center staff will hold a 10-kilometer, or 6.2 mile, Turkey Trot today at noon. The run will start and finish in

front of the fitness center.

Trophies will be awarded for first and second place for men and women. For more information or to sign up, call 606-3832.

OVER-30 SOFTBALL STANDINGS

	W	L	Pct.
576th FLTS	10	2	.833
NRO	9	2	.818
30th MSS	8	3	.727
30th CES	8	4	.667
Det. 9	9	5	.643
U.S. Penitentiary	9	5	.643
614th SOPS/14 th AF	5	5	.500
30th SFS	8	9	.471
381st TRG	5	6	.454
30th CS	5	10	.333
30th LG	3	12	.200

As of Tuesday

FLAG FOOTBALL STANDINGS

American League	W	L	Pct.
30th SFS No.1	5	0	1.000
576th FLTS	3	0	1.000
30th OG	3	2	.600
614th SOPS/14 th AF	2	2	.500
30th MSS	1	3	.250
392nd TRS No. 2	1	3	.250
Det. 9	1	3	.250
30th MDG	1	4	.200
National League			
533rd TRS	3	0	1.000
30th TRANS	2	0	1.000
30th CES	3	1	.750
30th CS	1	1	.500
392nd TRS No. 1	1	2	.393
381st TRG	1	3	.250
30th SFS	0	4	.000

As of Wednesday

S 30th Services NEWS



Singing! Dancing! Comedy!

Individual & Family Acts!

Instrumentals!

All-Around Great Time!

Team Vandenberg Holiday Show

Date: November 24, 2000

Time: 7:30 P.M.

Place: Base Theater

It's LIVE! & it's FREE!

Arrive 15-30 minutes prior for seating

Volunteers are needed for to help with audio, video, lighting. Call Capt. John Pratt, 606-1315 or Lynn Warner, 605-8974.

BOWLING

Scotch Double Tournament - Nov. 25. 6 games, \$12 per entry. Check-in at 6 p.m. and bowl at 6:30.

ROD & GUN

Open Skeet and Trap Shoot - every Wednesday, Friday, Saturday and Sunday, 8:30 a.m., except for scheduled events.

Visa and Mastercard now accepted at Rod & Gun Club.

GOLF

Thanksgiving Turkey Shoot Tournament - Saturday

Ladies Priority - every Wednesday, 8:30 to 9 a.m.

Thanksgiving Day Holiday - Course open



SERVICES CENTER

Country Line Dance - Free every Wednesday at the Service Center, 6 to 9 p.m.

OUTDOOR REC



HORSEBACK TRAILRIDE at the Circle Bar-B-Ranch Saturday, 2 p.m. \$35 per person. Bring your own lunch. For more information, call 606-5908.

REC CHECK-OUT/OUTDOOR REC New Saturday Hours of Operation: 9 a.m. to 4 p.m.

RV Storage Lot Fees

Active Duty	\$15 per month
Retired	\$15 per month
DOD Civilians (working on base)	\$30 per month

Pay 11 months - get the 12th month FREE!

YOUTH CENTER

Dance - Nov. 25, 6 to 9 p.m. \$2 members, \$3 nonmembers.

November Reminders...

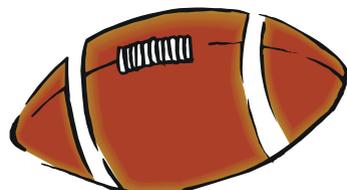
NIGHTER

ALL DAY

Saturday in the Hawk's Nest 9 p.m. to 4 a.m. with DJ Guy

Lounge opens at 8 p.m.

FOOTBALL FRENZY!



Hot Dogs & Nachos Every Monday, 5 p.m.

2 for 1 Prime Rib

Two Prime Rib Dinners for the price of one \$16.95 Tuesday 6 to 8 p.m.

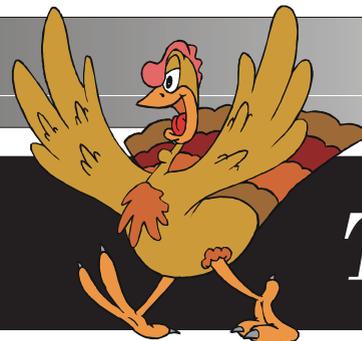
Foggio's November Special

Chicken Parmesan Sub, Salad and Beverage \$5.50

Foggio's opens 4 p.m.

30th Services

NEWS



PIZZA SPECIAL!

Thank You!

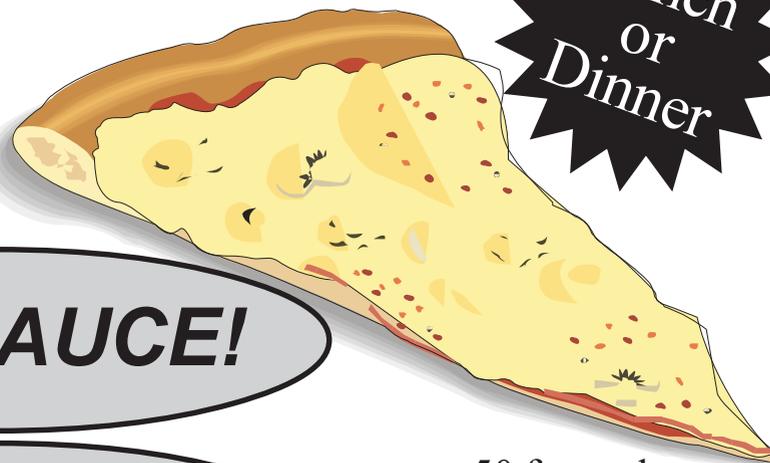
MONDAY MADNESS!

at FOGGIO'S 605-7800

MONDAY TAKE OUT SPECIAL!

**LARGE CHEESE
PIZZA
\$5**

Lunch
or
Dinner



NEW SAUCE!

NEW CHEESE!

NEW CRUST!

.50 for each
extra topping

TOPPINGS: Canadian
bacon, pepperoni, Italian
sausage, hamburger, green
peppers, onions, fresh
mushrooms, pineapple,
broccoli, extra cheese.

Arts & Crafts Country Faire a Big Success!



The Services Center would like to thank everyone who took part in the Arts & Crafts Country Faire on Nov. 4. Thank you to the 28 vendors/crafters, four private organizations, "Hot Shots" country band, Holden's Petting Zoo, Youth Center's jumping castle, 'Flush' the Clown, marketing, public health, base safety, auto hobby shop, logistics, U.S. Federal Penitentiary and ALL the volunteers who helped to make this event successful. *We look forward to seeing you all again next year!*

DINING FACILITY

Home Recipe Program

Submit your mom's or grandmother's awesome home recipe and you could be eating a nice 'home cooked' meal that you've missed since basic training! If your recipe is chosen, your name will appear on the menu board by the meal item. Grab your mom's or grandma's recipe and bring it to the AETC Dining Facility supervisor, and we'll make it for you!

DIAL-A-MENU phone number for the AETC Dining Facility is 605-2595.



Massage Therapy



Located at the Services Center

Call Mary 605-4748 or 717-9088

Credit cards are now accepted.
**Special Christmas
Gift Certificates are available.**

**Christmas
SPECIAL**
1 hour session
with free aroma therapy
\$40

Evening appointments can be made for your convenience.