

Vandenberg launches two unarmed Minuteman III

COMPILED FROM REPORTS

■ Team Vandenberg successfully launched two unarmed Minuteman III intercontinental ballistic missiles at 1:01 and 3:01 a.m. from North Vandenberg.

Thursdays launches were a team effort by members of the 30th Space Wing and the 576th Flight Test Squadron here, the 90th Space Wing from F.E. Warren AFB, Wyo., and the 341st Space Wing, Malmstrom AFB, Mont. The spacelift commander for this mission was Col. Steve Lanning, 30th Space Wing commander. The mission director was Lt. Col. Douglas Kelley, 576th Flight Test Squadron commander. Capt. Joseph Le May, 576th FLTS, was the launch director.

The launches were a team effort by members of the 30th Space Wing and the 576th Flight Test Squadron here, the 90th Space Wing from F.E. Warren AFB, Wyo., and the 341st Space Wing, Malmstrom AFB, Mont.

The mission was a part of the Force Development Evaluation Program. Their purpose of this launch was to test the reliability and accuracy of Air Force weapon systems.

Maintenance members from the 90th SW, the 341st SW and the 576th FLTS conducted maintenance activities for the launch.

Task force commander for the team from Wyoming was Lt. Col. Lennie Bane. Lt. Col. Lloyd Keeton Jr. was the task force commander from Montana.

The missiles' unarmed re-entry vehicles travel approximately 4,200 miles in about 30 minutes, hitting a pre-determined target at the Kwajalein Missile Range in the western chain of the Marshall Islands.



ARMAN/AMANDA EDWARDS

A Minuteman III lifts off from North Vandenberg at 3:01 a.m. Thursday in support of the Force Development Evaluation Program.

Barka slough fire continues to smolder

Officials effectively reduce smoke levels

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

■ More than a week after the Harris Fire was effectively contained, the peat bog in the Barka slough continues to smolder.

Although smoke levels have been significantly reduced by recent fire fighting efforts, 65 of the 600-acre slough continue to smolder emitting an irritating smoke and an unpleasant odor occasionally affecting the surrounding communities.

Vandenberg firefighters are currently operating

three water cannons around-the-clock directed at the bog in order to decrease the smoke emissions, said Tom Stevens, base fire chief. Each water cannon has been pumping about 2000 gallons of water per minute onto the smoldering bog, Stevens said. That equals more than 8 million gallons of water per day. The cannons have been pumping water onto the bog since Sept. 21.

The water cannons have been effective in abating the smoke, said Dan Ardoin, assistant base fire chief, Vandenberg Fire Protection Flight. Now bulldozers are cutting a firebreak around the 65-acre bog. After the road is cut around the bog, a water irrigation system will be put in place that can cover an area five

See BOG Page 7

For more information check out our show website at www.vandenberg.af.mil

Oct. 14 and 15. Gates open at 8:30 a.m. close at 5 p.m. No coolers, pets or smoking allowed.

Comment



Col. Steve Lanning
Commander,
30th Space Wing

606-7850

Commander's Action Line

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

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

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

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

Handy phone numbers

Fire, Police, Ambulance.....911	Chaplain (duty hours).....606-5773
Poison Control.....800-876-4766	Chaplain (after hours).....606-9961
Clinic Appointments.....606-4077	Red Cross (duty hours).....606-1855
Healthwise Line.....888-252-3299	Red Cross (after hours).....800-660-4272
TRICARE Services.....800-242-6788	Central Security Control.....605-2154
Law Enforcement.....606-3300	EOD (duty hours).....605-1375
Housing Maintenance.....734-5586	EOD (after hours).....606-9961
Space & Missile Times.....606-2040	Base operator.....606-1110
Launch Update Line.....606-1857	CE damage control.....606-1856
MPF Customer Service.....606-7756	Base information.....411
Pest Control.....606-1936	Telephone trouble.....611
Visitor Control.....606-7662	Public Tours.....606-3595



AIRMAN 1ST CLASS STEVE SCHESTER

Vandenberg's newest leaders

Airmen Leadership School Class 00-F held their graduation banquet at the Pacific Coast Club Tuesday. Air Force Space Command command chief master sergeant, Kevin Estrem (far left) was the guest speaker. Graduates and instructors are: (first row left to right) Tech. Sgt. Jeff Sherrill, Senior Airmen; William Bray, Kendall Beasley, Ryan Masters, Juan Mederos, Yuvraj Sing, Richard Duncan, Michael Davila, Bruce Stohlman and Staff Sgt. Rye Bavin; (second row left to right) Senior Airmen; James Collins, Winston Burleigh, Orlando Diaz, Justo Galindo, Eric Ward, Gilbert Gonzalez, Allen Claussen and Tech. Sgt. Neil Lynn. Bray is the Leadership Award winner; Duncan is the Distinguished Graduate; Collins is the John Levitow Award Winner and Galindo is the Academic Achievement award winner.

532nd Training Squadron supports warfighters

BY LT. COL. JOHN ANDERSON
532nd Training Squadron Commander

According to the Department of Defense Futures Intelligence Program the world progression toward the 2020 timeframe will be characterized by turmoil with more challenges to U.S. interests, diffused power relationships, less cohesive and sustainable alliances, and emerging forms of warfare.

It can never be known with certainty where or when the next conflict will occur, who the next adversary will be, how an enemy will fight, who will join us in a coalition, or precisely what demands will be placed on U.S. forces.

However, regardless of where the next conflict begins, who it begins with, or how the enemy will fight, the 532nd Training Squadron will provide warfighters with the best intercontinental ballistic missile and air launched cruise missile technicians.

The 532nd TRS school house provides Air Force

Space Command and Air Command Command mission ready ICBM and ALCM technicians. Our graduates are ready to perform critical mission maintenance to give the warfighting commander-in-charge the assets to execute their missions and keep the United States a global nuclear power.

We produce approximately 350 mission-ready technicians each year with 85 percent of them headed for the ICBM career field.

Training for the disciplines ranges from 50 to 94 academic days and includes more than 500 hours of intense classroom and hands-on training in multiple simulators.

The Minuteman ICBM force has almost doubled its 20-year design life. Maintaining this force for the next generation presents a major challenge to Air Force Space Command.

Between now and 2008, \$5 billion has been committed to maintaining this backbone of our nation's nuclear deterrent force. Programs range from propulsion and

guidance replacement to system life extension.

The ALCM is also going through an upgrade. Currently, 322 Conventional Air Launched Cruise Missiles are set to be converted to replenish depleted stock piles. Boeing Aerospace will then begin the production of a new CALCM from the ground up.

Each ICBM and ALCM wing eagerly awaits our next graduating class to support their continual sortie generation effort. Our school house impact is huge; regardless of the money spent on sustainment, the bottom line is that each wing commander needs quality maintainers to generate off-alert sorties and functionally checkout, ship and load ALCM missiles for warfighter support.

The 532nd TRS is extremely proud of its instructors, courseware developers, training managers, engineers, officers, NCO's, and civilians who proudly support the nuclear umbrella for our nation by producing the next era of mission ready ICBM and ALCM technicians.

SPACE&MISSILETIMES

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MTI duty offers ample rewards, satisfaction

BY MAJ. GEN. MICHAEL FARAGE
37th Training Wing commander

LACKLAND AIR FORCE BASE, Texas—“The Air Force is hiring!” That message will become more visible over television as we progress into our multimillion-dollar advertising campaign. Tune in to anything from “NFL Today” to “The Simpson’s” and you are liable to see ads aimed at recruiting yet another generation of airmen.

Our success in recruiting has created yet another opportunity to excel.

Will there be enough military training instructors available to handle the projected influx of young men and women? Are there enough airmen willing to rise to the challenge of ensuring a well-trained force to carry on the work of those that have gone before?

We will be authorized 420 MTIs here Oct. 1. Currently, we are staffed at only 79 percent of that goal. What we have is a void that must be filled if we are to remain the world’s best Air Force.

There are those, senior airmen to master sergeants, who have conquered the challenges of their current career fields and are looking for new callings. These are the people we’re looking for—the ones willing to spend the long

hours and expend vast amounts of energy and talent to make a difference in other people’s lives.

The job offers benefits; \$275 per month in special duty pay and an annual supplemental clothing allowance. But the real reward is in the finished product.

The rewards gained by those who choose a career as an MTI are more of the heart and mind.

It is the reward of the teacher who successfully imparts knowledge and skills to those who had

no clue of their own potential. It is the satisfaction mentors enjoy when they have given direction to a life caught up in aimless pursuits. An MTI is a sculptor who molds and carves raw material into the functional and recognizable shape of an airman.

Teachers may have to wait until the

end of the school year, or longer, to reap the rewards of their efforts.

Mentors may have to wait until the subjects score their first major successes in life. A sculptor’s true contributions may only be recognized after their death.

For MTIs, the sweet taste of success occurs every six weeks as members of their flights stand tall during basic military training graduation ceremonies.

Nearly every week, I have heard the awe and amazement expressed by family members who see their sons and daughters, sisters and brothers,

spouses and fiancés who have been transformed by the efforts of these miracle workers in blue hats. I am constantly amazed.

There is a sense that the MTIs have effectively imparted the Air Force core values of excellence, integrity and service before self to those who are

just beginning their great adventure, probably their first real challenge.

All MTIs hope their preparations will allow their charges to effectively meet the challenges of the future.

We have a particular need for women who feel they can contribute to the MTI program.

Currently, 27 percent of all trainees are women, but less than 14 percent of MTIs are female.

More female instructors would portray women in supervisory positions; perfect role models for trainees and a more accurate reflection of the Air Force at large.

We are responsible for sending the Air Force the best prepared airmen in the world. To do this we must call upon the top performers in the field to come back to their roots at Lackland Air Force Base and help perpetuate what we have worked so hard to sustain.

There is a step beyond current professional job competence, and right now the need is strong.

If we are to maintain our position as the best, there must be those willing to come to Lackland AFB, the “Gateway of the Air Force,” and help us usher new airmen through this gateway on their way to productive careers. It is the ultimate repayment.

We are responsible for sending the Air Force the best prepared airmen in the world. To do this we must call upon the top performers in the field to come back to their roots at Lackland Air Force Base and help perpetuate what we have worked so hard to sustain.

Maj. Gen. Michael Farage, 37th Training Wing Commander

Nesting season ends; beaches open

Officials protect species' food source

BY TECH. SGT. BUZZ RITCHIE
30th Space Wing Public Affairs

■ Nesting season for the endangered western snowy plover ends midnight Sunday when all beaches on Vandenberg open again to people from the base.

But the mouth of the Santa Ynez River and its estuary will remain closed between Wall and Ocean beaches. That area is closed to protect the second most diverse estuary in the United States, supporting well over 100 species of birds and the endangered steelhead and tidewater goby.

"Of all the valuable habitat areas on Vandenberg, the Santa Ynez River mouth and estuary supports the largest number and diversity of wildlife year-round," explained Nancy Read, a biologist with the 30th Civil Engineer Squadron. An estuary is an area where the ocean tide meets the current of a river, in this case, the Santa Ynez River.

"Well over 100 species of birds have been observed there," Read said. The Santa Ynez River is the largest estuary in northern Santa Barbara County.

Read explained that, in the spring and summer, the Santa Ynez River mouth is a nesting area for the threatened western snowy plover and a feeding ground for their chicks. Endangered California least terns and their newly fledged young also visit the river mouth to rest and feed.

The estuary is also the year-round home for thousands of tidewater gobies, an endangered fish. Ducks, herons, egrets and other water birds are common there, she added.

From later summer through the spring, Read continued, tens of thousands of migrating and wintering birds use the river mouth and estuary for feeding and resting. Shorebirds, terns, gulls, ducks, grebes, loons, cormorants, and the endangered brown pelican can all be seen at the mouth of the Santa Ynez River, Vandenberg's wildlife biologist said.

"When high winter river flows break

open the sand bar at the mouth (of the Santa Ynez River), the endangered steelhead comes through on its way to spawning grounds upstream, and thousands of shorebirds are drawn to abundant food on the newly exposed mudflats," Read explained.

In December 1999, the U.S. Fish and Wildlife Service designated as critical habitats all beaches on Vandenberg used by the western snowy plover. Before the recent population decline in 1997-98, Read said censuses located more than 450 snowy plovers on Vandenberg during the winter, with flocks of over 100 snowy plovers regularly seen at the mouth of the Santa Ynez River.

During the months of winter, the Vandenberg estuary supports more than half of the entire population of western snowy plover found in California.

During the winter census in January 2000, a total of 194 snowy plovers were seen on Vandenberg's beaches, the biologist continued.

"On Surf and Wall beaches, all but two birds (157 of 159) were found at

the river mouth," she added. "Although snowy plover flocks also congregate at other lagoons and estuaries on Vandenberg (San Antonio and Shuman creeks), no area attracts snowy plovers and other shorebirds like the Santa Ynez River estuary."

Read explained that birds, particularly small shorebirds like the snowy plover, have a very high metabolism and must feed almost constantly to keep themselves "fueled."

"Breeding and nesting takes a toll on these birds," the biologist said, "and many enter the migration and wintering period with little or no fat reserves. Places like the Santa Ynez River mouth serve as 'filling stations' where birds can replenish these reserves before continuing on their migration, or in the case of resident birds like the snowy plover, they can 'gas up' for the long breeding season ahead," Read said.

Any disturbance, particularly recreational activity, limits the time birds spend feeding and resting, forcing them to spend critical energy avoiding hikers and dogs, she explained.

Vandenberg celebrates birthday Thursday

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

■ The Air Force Thunderbirds soared overhead 42 years ago during a ceremony to rename Cooke Air Base to Vandenberg Air Force Base.

A ceremony Oct. 5, 1958, marked the name change to the late Gen. Hoyt Vandenberg, the second Air Force chief of staff. The decision to rename the base became effective Oct. 4, 1958.

The recommendation to change the name was made at the Air Staff and approved by the Office of the Secretary of Defense.



Gen. Hoyt Vandenberg

Vandenberg was a forward thinker in military planning and a strong advocate of modern air power, whether it was aircraft or missiles, the said Jeffrey Geiger, 30th Space Wing historian.

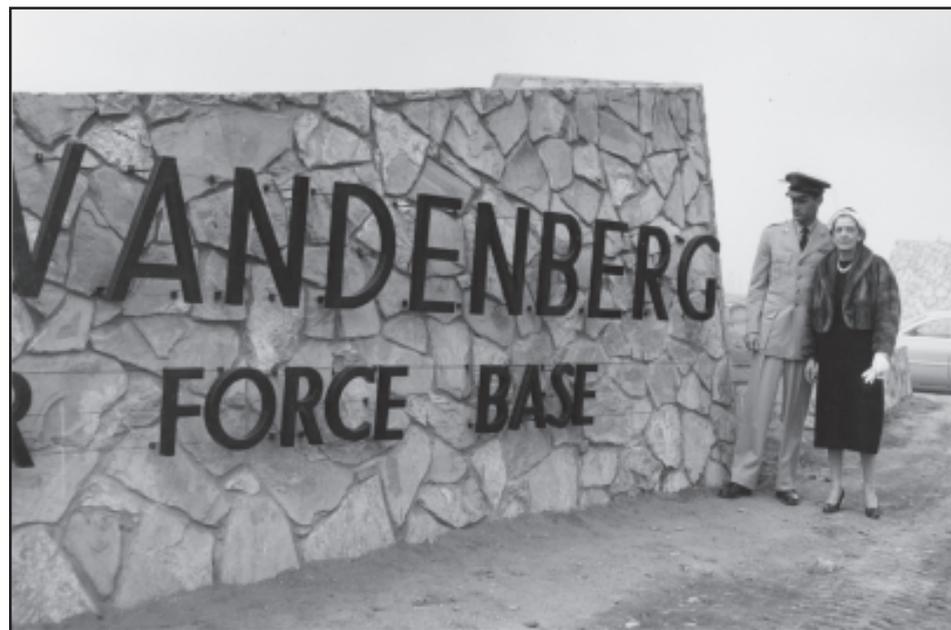
"Air Force Gen. Nathan Twining, chairman, Joint

Chiefs of Staff, called the renaming of the base 'a living memorial to one of our country's illustrious airmen. Because of his farsightedness and dedication to airpower, it is indeed fitting that this base, which is emblematic of the missile age, bear his name,'" Geiger said.

The first thing many people attending the aerospace show in two weeks will see was built for the dedication in 1958.

Shortly after the announcement that the base would be renamed, Maj. Gen. David Wade, base commander, established "Project Count Down," Geiger said. "Project Count Down" consisted of weekly status meetings that tracked preparations for the dedication ceremony.

"One important project was the construction of the shale walls with its metal lettering 'Vandenberg Air Force Base' at the main entrance," Geiger continued. "It was extremely important to the Air



Mrs. Hoyt Vandenberg and son, Capt. Hoyt Vandenberg Jr., view the wall in front of the main entrance to Vandenberg that was built as part of the base renaming ceremony Oct. 5, 1958.

Force that this project be completed in time for the arriving distinguished visitors and other guests coming for the dedication ceremony."

The walls replaced a painted wooden sign that read "Cooke Air Force Base." Contractors were also busy fixing and building new roads.

NEWS**BRIEFS****VANDENBERG HOLDS
AEROSPACE SHOW 2000**

Aerospace Show 2000 is scheduled for Oct. 14 and 15. The event is free and open to the public. Gates open at 8:30 a.m. and close at 5 p.m. The main attractions for this year's show are the U.S. Air Force Thunderbirds Aerial Demonstration Team and the U.S. Air Force Special Tactics and Rescue Specialists Parachute Demonstration Team.

Other attractions include fly-bys of a B-2 stealth bomber and F-117 stealth fighter, aerial acrobatics by modern and vintage aircraft, and static military aircraft and commercial spacelift displays.

For more information, call 30th Space Wing Public Affairs at 606-3595 or visit the base website at www.vafb.af.mil.

**PUBLIC AFFAIRS NEEDS
AEROSPACE SHOW VOLUNTEERS**

Public affairs needs volunteers to escort disadvantaged adults and children meeting the Air Force Thunderbirds on the Aerospace Show 2000 special needs day Oct. 13 from 1 to 4 p.m. To volunteer, call public affairs at 606-3595 or 606-5814. A meeting for all escorts will be held Oct. 12 at 1 p.m. in the Vandenberg Center.

**NOMINATIONS FOR CGO
OF THE QUARTER DUE**

Company grade officer-of-the-quarter nominations are due by Oct. 6.

Take nomination packages to 30th Space Wing Public Affairs in building 10577, room A-105. For more information on nomination packages, call Capt. Matthew Stevens at 606-5003.

**MEO SEEKS CHAIRPERSON
FOR BLACK HISTORY MONTH**

The 30th Space Wing Military Equal Opportunity office is looking for a motivated person in the rank of captain and above or staff sergeant and above to serve as chairperson for Black History Month. Volunteers should call the military equal opportunity office at 606-0370.

**TRANS WORLD ASSURANCE
BARRED FROM VANDENBERG.**

Trans World Assurance and its representatives have been barred from Vandenberg for wrongful solicitation.

The California Bureau of Insurance, Consumer Fraud Division, asks that anyone who feels they were misled about the nature of the TWA "Flexible Dollar Builder" policy sold as a savings plan, can call (800) 927-4357 to obtain a Request for Assistance form.

The legal office can help military members fill out the form.

Additionally, the 30th Space Wing legal office recommends that people who have purchased insurance from TWA come talk with attorneys during legal assistance hours. The legal assistance hours are Tuesday, Thursday and Friday:

7:30 to 8:30 a.m. and Wednesday 4:30 to 5:30 p.m. Call the legal office at 605-6220 for more information.

**AFSA NEEDS VOLUNTEERS FOR
AEROSPACE SHOW BOOTH**

The Air Force Sergeants Association needs volunteers to assist with its booth for the Vandenberg Aerospace Show 2000 on Oct. 13 to 15.

For more information or to sign-up, call Senior Airman Andrew Pence at 606-6621, or e-mail Senior Airman Eryn McConnell at eryn.mcConnell@vandenberg.af.mil

**30TH SUPPORT GROUP
NEEDS EXECUTIVE OFFICER**

The 30th Support Group is seeking applicants for the position of executive officer. Interested captains need to submit their resume with last five OPRs and commander's recommendation to the support group command section. For more information, call Capt. Robert Haselden at 606-8700.

**JUDGE ADVOCATE GENERAL AN-
NOUNCES LAW SCHOOL PROGRAMS**

Applications for the Funded Legal Education and Excess Leave programs will be accepted Jan. 1 through Mar. 1.

The FLEP program is a paid legal studies program for active-duty Air Force officers.

Officers successfully completing the FLEP and ELP are eligible to be designated as judge advocates.

Applicants must have completed all forms, applied to an American Bar Association accredited law school, received their Law School Admissions Test results and completed an SJA interview by Mar. 1. AFI 51-101, *Judge Advocate Accession Program*, Chapters 2 and 3, discusses the FLEP and ELP programs. For more information and an application, call Maj. Mark Allison, at defense switch network 224-5941. E-mail him at Mark.Allison@pentagon.af.mil, or visit the website at <http://www.jagusaf.hq.af.mil>.

**VANDENBERG HONOR GUARD
NEEDS NEW MEMBERS**

The Vandenberg Honor Guard needs volunteers and buglers. In addition, retirees from sister services who are interested in helping out with funeral details are needed. Anyone interested in becoming a member of Vandenberg's honor guard should call Staff Sgt. Dalhia Shelton at 606-3654.

**NOMINATIONS FOR CIVILIAN
OF THE QUARTER DUE**

Nominations for civilian-of-the-quarter for the period of July 1 through 30 September are due Oct. 6. Carry packages to building 11777, room B-105. Call Nancy Lawrence at 606-5847 for more information.

Commissary's focus group gives patrons 'food for thought'

BY MASTER SGT. JANET NEUBECKER
30th Transportation Squadron

■ Good, better, best – improvement is the watchword for the Defense Commissary Agency. Improvement is also the reason for a recent focus group meeting held at Vandenberg's commissary Sept. 14.

The Defense Commissary Agency, under the command of Maj. Gen. Robert Courter Jr., has set out to improve customer service throughout the network of commissaries within the Department of Defense. To do that, commissary officials developed a way for customers to talk directly to commissary staffers through focus groups.

"The purpose of this focus group is for commissary managers to gain first-hand knowledge of how well commissaries are meeting customers' needs, wants and expectations," said store director Randy Epps.

Nine people attended Vandenberg's first commissary focus group. Although the meeting was informal, Epps was there to mediate and record suggestions. Members of the focus group made suggestions to improve the commissary while noting those aspects of the military market's operation that worked well. Some of the suggestions from

the focus group included adding more ice to the produce section, carrying local items, getting a supplier for fresh fish, improving the main entrance, and offering an extended selection of healthy breads.

But there was also a lot about Vandenberg's commissary the members of the focus group liked: its delicatessen, meat department, produce, and concern for customers' needs.

More focus groups are planned for Vandenberg, Epps said. To become a member of the focus group, customers can fill out a panelist information sheet and drop it off at the commissary entrance. Applicants will be notified of their selection to the focus group to attend the next meeting. Not every applicant to the focus group will be asked to attend each meeting. Epps said meetings will be held throughout the year. People who are not notified to attend a focus group meeting may be called on to attend a meeting later in the year.

"I was very happy with the outcome of our first meeting," said the 17-year commissary veteran. "We accomplished a lot in a short time, and everyone seemed to have a good time. I have high hopes for this focus group and am excited about making our commissary simply the best."

EQUAL list comes out October

■ RANDOLPH AIR FORCE BASE, Texas — The latest Enlisted Quarterly Assignment Listing of available overseas returnee enlisted assignments becomes available at military personnel flights and online Oct. 24.

This list includes assignments for people eligible to return from overseas in February through April 2001.

Personnel officials recommend assignment preferences be updated by Nov. 3.

Assignments are advertised by requirements based on Air Force specialty code and rank, and gives people a chance to update their assignment preferences to more realistically match vacancies that will be filled in a particular cycle.

New listings are released quarterly. All special-duty assignments appear on EQUAL-Plus and are updated weekly.

Military personnel flights and commanders support staff have copies of the listings and can help people update their preferences. People on temporary duty during the advertising period should contact the nearest personnel office for assistance.



STAFF SGT. JANICE CANNON

Team Vandenberg Spotlight

Name/Rank: Tech. Sgt. Dave Nugen

Assignment: 532nd Training Squadron, instructor supervisor for Missile and Space Systems Air Launched Missile Maintenance Training Course.

Hometown: Oregon City, Oregon

Time on Vandenberg: Three years and seven months.

Time in service: 18 years and one month.

“Tech Sgt. Nugen is a true professional. His instructional abilities, rapport with students, and security program are first rate. Any unit would be lucky to have an NCO like Dave Nugen,” said Capt. Matthew Hughbanks, 532nd Training Squadron, Missile and Space Maintenance Training Flight commander.



STAFF SGT. JANICE CANNON

A bulldozer cuts a path around the bog.

BOG From Page 1

to six times larger than the water cannons now cover.

Abating the smoke is one thing, but putting out the bog fire is another matter, Stevens said.

The fire chief said the Barka Slough is not a former landfill or dumpsite. The 600-acre slough is a natural depression of soft swamp-like ground. The 65-acre bog in the slough is an area of wet, spongy ground with soil composed

mainly of decaying vegetation.

The surface of the bog is similar to the ash surface of a charcoal grill, Ardoin said.

The ashes on top cool as the fire continues to burn under the bog’s surface. It’s fragile and very hot underneath, so it has to be treated with great care with regard for firefighter safety. The bog could be anywhere from one to several feet deep.

While prevailing winds carry some of the irritating smoke and odor up the San Antonio Canyon to the nearby town of Los Alamos, the smoke will travel any way the wind blows, Ardoin said.

Smoke from the smoldering bog has invaded Vandenberg and other central coast communities. Los Alamos, Santa Maria, Lompoc and Orcutt have been affected on a regular basis.



An apple a day

Dave Harman, Agrisun Nursery manager, passed out 15 crates of apples to base dorm residents Sept. 21. Harman grew up in a military family and wanted to show his support to the troops.

COMMUNITY CALENDAR

2

MON

The **Vandenberg Technical Library** will

have new hours of operations starting Monday. The new hours are 12:30 to 5 p.m., Monday through Friday. The technical library is located in building 7015 on the first floor. For information call 606-9745.

3

TUE

The **Douhet Society**

reading and discussion group will meet Tuesday at noon, in the base library. The topic of discussion will be "Heart of the Storm," the story of the origin of the Desert Storm air campaign. Everyone is welcome to come and discuss this controversial book recommended by the CSAF. For information, call the base library at 606-6414 or Capt. Dan Franzen at 605-0673.

5

THU

The 30th **Space Wing Chaplains** have sceduled

a **Post Deployment Party** Thursday from 11 a.m. to 1 p.m. in Chapel 1 Annex. Honorees will be personnel who were deployed between May 25 through Thursday. Family members are welcome. For more information, call Chaplain (Capt.) Michael

Husfelt at 606-5773.

6

FRI

The **Hispanic Heritage Banquet** is

scheduled for Oct. 6 at 7 p.m. in the Pacific Coast club. The banquet will celebrate the children, the hope for the future. The keynote speaker will be Assemblyman Abel Maldonado. There will be live entertainment throughout the evening. The menu will consist of avocado stuffed with shrimp, paella, rice dish with chicken, shrimp, and Spanish sausage, sweet plantain, rancho beans and flan, a caramel custard, for dessert. Evening attire is coat and tie and eveningwear. Price for the event is \$15 for club members and E-3 and below and \$20 for non-members. For more information, call Senior Airman Javier Torres at 606-7574 or Capt. Patricia Teran-Dick at 606-5601. The ticket also includes free admission to Latin Night featuring DJ Miguel and The Conexion Latin band.

7

SAT

The **Grapes and Grains Festival** is set

for Oct. 7 from 10 a.m. to 4 p.m. at the Santa Maria Historic Civic Center. There will be wine and beer tasting, fine art displays, live music,

See CC Page 9

CC from Page 8

barbecue cook-off, a home brew and vintners contest and activities for children. Tasting tickets bought prior to the festival are \$19 each or \$35 for two. Call (800)331-3779 extension 576 to order tickets. Tickets will be available at the event for \$20.

10 **TUE** The next **Single Parents Support**

Group meeting is Oct. 10 at 11 a.m. in the Pacific Coast Club. This informal group meets twice a month for people who are dealing with divorce or single parenting. Call Linda Bastine at 606-9958 for more information.

11 **WED** The Family Support Center staff has scheduled

an **advanced stock investment workshop** Oct. 11 at 11:30 a.m. at the Family Support Center. Attendees will learn what drives the stock market, different types of common stock, how to evaluate a company, and more. Call Teresa Orozco at 606-4636 for registration or details.

12 **THU** The Family Support Center staff has scheduled

a **direct class** Oct. 12 at 9 a.m. in the Family Support Center. People who are looking for a job are encouraged to attend. The class is design to help people improve their job-hunting techniques, resume writing and interviewing skills and business etiquette. The class is open to active-duty people, spouses, retirees, and Department of Defense civilians entering or re-entering the job market. Call Tinisha Agramonte at 605-8557 for registration or details.

20 **FRI** Team Vandenberg members who have been

promoted to airman, airman first class or senior airman are invited to a **Stitch in Time party** held by the Protestant Women of the Chapel and

Catholic Women of the Chapel. The party is scheduled for Oct. 20 at the Chapel 1 Annex at 4:30 p.m. for airman who have uniforms needing stripes sewn on. There will be pizza, games, and fellowship. For more information, call Jill Hembroff 606-6720.

21 **SAT** The Santa Maria Chamber of Commerce is

holding a **veterans and active duty military walk** from 9 to 11 a.m. Oct. 21. The walk will begin at Santa Maria City Hall and proceed to the youth building on Miller Street which will be the site of a proposed Veteran's Memorial. Active-duty members, who wish to volunteer, should participate in civilian clothes. For more information, call Cheree Ramirez at 928-7777 extension 2700.



At the Movies

Tonight
The Replacements
(PG-13) 7:30 p.m.
(Rated for crude sexual humor and lanuage)

Saturday & Sunday
Bless the Child
(R) 7:30 p.m.
(Rated for violence, drug content and language)

Oct. 6
Gladiator
(R) 7:30 p.m.
(Rated for intense language and graphic combat)

Exercise builds strong bones, heart

BY GREG LANDRY, M.S.

www.Landry.com

■ The benefits of exercise are many. Here are just the top 20.

1. Elevates your metabolism so that you burn more calories everyday.

2. Increases your aerobic capacity (fitness level). This gives you the ability to go through your day with less relative energy expenditure. This enables a "fit" person to have more energy at the end of the day and to get more accomplished during the day with less fatigue.

3. Maintains, tones, and strengthens your muscle. Exercise also increases your muscular endurance.

4. Decreases your blood pressure.

5. Increases the oxidation (breakdown and use) of fat.

6. Increases HDL (good) cholesterol.

7. Makes the heart a more efficient pump by increasing stroke volume.

8. Increases hemoglobin concentration in your blood. Hemoglobin is part of the red blood cell that carries oxygen from the lungs to the rest of the body.

9. Decreases the tendency of the blood to clot in the blood vessels. This is important because small clots traveling in the blood are often the cause of heart attacks and strokes.

10. Increases the strength of the bones.

11. Causes the development of new blood vessels in the heart and other muscles.

12. Enlarges the arteries that supply blood to the heart.

13. Decreases blood levels of triglycerides (fat).

14. Improves control of blood sugar.

15. Improves sleep patterns.

16. Increases the efficiency of the digestive system which may reduce the incidence of colon cancer.

17. Increases the thickness of cartilage in joints, which has a protective effect on the joints.

18. Decreases a woman's risk of developing endometriosis by 50 percent.

19. Increases the amount of blood that flows to the skin making it look and feel healthier.

20. Exercise, in addition to all the physiological and anatomical benefits, just makes you feel great!

Don't wait; use weights

BY GREG LANDRY, M.S.

www.Landry.com

■ 1. Weight training tones your muscles which looks great and raises your basal metabolism... which causes you to burn more calories 24 hours-a-day. You'll even burn more calories while you're sleeping.

2. Weight training can "reverse" the natural decline in your metabolism which begins around age 30.

3. Weight training energizes you.

4. Weight training has a positive affect on almost all of your 650+ muscles.

5. Weight training strengthens

your bones reducing your risk of developing osteoporosis.

6. Weight training improves your muscular endurance.

7. Weight training will NOT develop big muscles on women...just toned muscles!

8. Weight training makes you strong. Strength gives you confidence and makes daily activities easier.

9. Weight training makes you less prone to low-back injuries.

10. Weight training decreases your resting blood pressure.

11. Weight training decreases your risk of developing adult onset diabetes.



By following simple guidelines with helmet use, people can reduce their chance of serious injury by 85 percent, according to the U.S. Consumer Product Safety Commission.

Use your head, don't lose it.

By 2nd LT. PATRICK WILKERSON
392nd Training Squadron

■ Austin was your typical sixth grader. He was an honor student, played on the All-Star Little League Team, and played competition soccer.

Austin also loved to ride his bicycle. Even though his mother tried to have him wear a helmet, he refused. Austin thought the helmets were uncomfortable and made him look "uncool".

On September 12, 1994, his world was turned upside down.

Austin and a friend were riding when he got hit by a truck. Austin slipped into a coma, suffering from traumatic brain injury. His mother was told to go in and kiss him goodbye.

Unfortunately, this true story happens on a daily basis. According to a report from the U.S. Consumer Product Safety Commission, bicycle accidents "kill 900 people every year and send another 567,000 to hospital emergency rooms with injuries". Of those injuries, over 20,000 require admittance into the hospital.

That's a scary statistic, especially seeing California is ranked in the top four with the most number of accidents. This same study also shows that 30 percent of those who

suffered brain injuries were wearing helmets. What does this mean? It means that having a helmet is not enough.

According to the Bicycle Helmet Safety Institute, "you should have a helmet that is snug, level, and stable". There suggestions: 1) Make sure you have the right size helmet, 2) Use fit pads, and 3) Adjust the straps. By following these simple guidelines, you are reducing your chance of serious injury by 85 percent, according to the U.S. Consumer Product Safety Commission.

It's been several years since Austin's accident. Even with the recovery, he is never going to be the same person. Austin will never be able to play ball or soccer and is in Special Education classes all because of the accident. His message, "No kid should ever have to go through what I did and am still doing . . . My message is simple, 'Please wear a helmet'".

To learn more about helmet education, safety, and guidelines, please visit www.bikehelmet.org or contact the U.S. Consumer Product Safety Commission toll free at 1-800-638-2772 or visit www.cpsc.gov.

Doctor answers health questions

By GREG LANDRY, M.S.

www.Landry.com

Q. How many calories do I burn walking or jogging a mile?

A. Caloric expenditure is 62 calories per 100 pounds body weight per mile. For example, if you weigh 150 pounds, you expend 93 calories per mile walked or jogged (62 x 1.5).

Q. How much does my caloric expenditure increase when I increase the incline of my treadmill?

A. Each 1 percent incline adds 7 percent to your caloric expenditure. More incline = more difficult = more calories expended.

Q. How do I know how much weight I should be lifting?

A. For a general muscle-toning program, you should determine the weight to be used based on being able to do 12 repetitions. Ideally you should be

able to do 2 reps with good technique, but, you should also be able to do 12 reps.

Q. I know I'm supposed to eat breakfast but I'm just not hungry in the morning.

A. You're not hungry for one (or both) of two reasons:

1. Your metabolism has adjusted to you not eating breakfast. It has slowed down because it "knows" (based on the past) that you're not going to fuel it in the morning. Thus you have no appetite in the morning. You can gradually change that by starting to eat a small breakfast and gradually increasing it. Breakfast should be a VERY substantial, healthy meal. Your appetite will return over a period of months.

2. You're eating too much for dinner and in the evening. Your dinner meal should be your smallest meal of the day and your snacking in the evening should be limited.

SPORTS BRIEFS

FITNESS CENTER HOLDS BIKE RACE

The base fitness center staff will hold an 18-mile bike race Sept. 30. The race will start at 9 a.m. at the fitness center. Call the fitness center staff at 606-3832 to sign up.

FLAG FOOTBALL LETTERS OF INTENT DUE

Letters of intent for the 2000 flag football season are due to the fitness center staff by Oct. 10. For more information call the fitness center staff at 606-3832.

GYM STAFF HOLDS FLAG FOOTBALL TOURNAMENT

The Base Fitness Center staff will hold a five-on-five flag football tournament Oct. 21. Sign-ups are at the fitness center.

RED CROSS CLASSIC GOLF TOURNAMENT

The American Red Cross is holding a golf tournament and barbecue at the Glenn Annie Golf Course in Goleta Calif. Oct. 13. The tournament will start with a shotgun start at 1:30 p.m. Entry is \$125 per person or \$440 for foursome.

Entry deadline is Oct 5, call (805)687-1331 for reservations.

2000 SOCCER STANDINGS

American League					National League				
	W	L	T	Points		W	L	T	Points
30 th SFS	4	0	0	8	30 th MDG	5	1	1	11
30 th CS	3	2	1	7	30 th OG	4	1	0	8
30 th CE	2	0	2	6	39 ^{2nd} TRS	3	1	1	7
381 st TRG	2	4	0	4	576 th FLTS	3	4	0	6
533 th TRS	0	5	1	1	614 th SOP	0	8	0	0

As of Wednesday

As of Wednesday

S 30th Services

NEWS



All NEW!

Tuesday & Thursday DINING

at the **PACIFIC COAST CLUB**



<p>Tuesday 2 for 1 Smoked Pork Chop with Baked Apple \$11.95</p>
<p>Thursday 2 for 1 Prime Rib Two Prime Rib Dinners for the price of one \$16.95</p>

NEW!
Membership Coupons can now be used for all Tuesday and Thursday Dining
ONE COUPON PER VISIT

Dinners served from 6 - 8 P.M.

BOWLING

Thunder Alley

now starts at 10:00!!

With the Winter Bowling league starting up, Thunder Alley will be running from 10 a.m. to 1 p.m. Fridays.

9-Pin No-Tap

Sept. 30
Sign up at 6 p.m. bowl at 6:30 p.m.
\$10 per person

Celebrate Columbus Day!

Oct. 9
Senior Theme
\$1.25 per game

9-Pin No-Tap

Oct. 14
Sign up at 5:30 p.m. bowl at 6:30 p.m. \$10 per person

4 Game Across 8 Lanes

Oct. 21
Sign up at 5:30 p.m. bowl at 6:30 p.m. \$12 per person

ROD & GUN

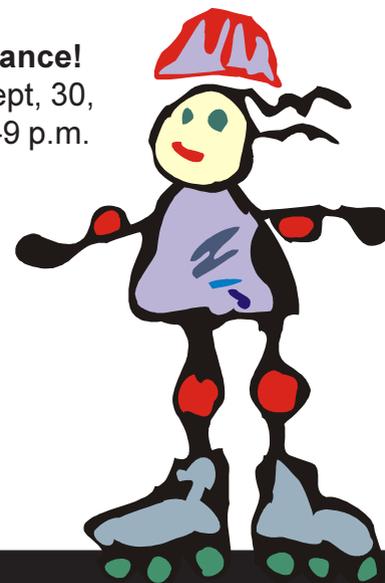
Sporting Clays
Oct. 8, 8:30 a.m.

CLOSED
For Aerospace Show
Oct. 13, 14 & 15

YOUTH

Roller Skating Obstacle!
Sept. 29, 5-7 p.m.

Dance!
Sept. 30,
6-9 p.m.



OCTOBER REMINDERS!

MONDAY LUNCH BUFFET

NEW! *Italian*

ALL you can eat
Beginning Oct. 2

Foggios October Special

Grinder,
Salad & Beverage,
of choice
\$5.50

Foggios opens 4 p.m.

NIGHTER



Pacific Coast Club
Oct. 8
in the Hawk's Nest
9 P.M. to 4 A.M.
with DJ Guy

Lounge opens at 8 p.m.

BINGO MANIA



Returns Mondays starting in October, doors open at 5 p.m.

All Government ID card holders can now play.

30th Services

NEWS

NEW from OUTDOOR REC!!

DUNK TANK!

NOW AVAILABLE THROUGH OUTDOOR REC



PERFECT FOR
FUNCTIONS • PARTIES • FUNDRAISERS

RENT CHARGES: \$35 /DAY \$52.50/WEEKEND \$175/WEEK
DUNK TANK IS TOWABLE

V . T . T . T . T
v e n t u r a



Oct. 7
\$30 per person
Leave VAFB at
7:30 a.m.
Discount tickets
available at
V.I.T.T. 606-7976

EXTENDED CARE PROGRAM

Family Child Care Program will be implementing a new program for persons needing extended care before or after work hours effective Sunday. Brochures can be picked up at the Family Support, Child Development Center or Family Child Care Office.

For more information, please call the FCC Office.
Evelyn Holmes 606-3255
Gwen Jones 606-4639



W-A-N-T-E-D

Family Child Care Providers

Must love working with children and willing to work within Air Force Guidelines. Have you ever wanted to start your own business, set your own rates and stay at home with your own children? This could be the perfect business for you!

All supplies are available in the lending library for home set-ups. A great need for infant and toddler care. Please call FCC office for more information
Evelyn Holmes, 606-3255 - Gwen Jones, 606-4639

