

Base Briefs



TIME CHANGE

Daylight Savings Time ends Sunday. Don't forget to set your clocks back one hour before going to bed.

NAVAL EXERCISE

The Navy conducts an air defense exercise from noon to 11 p.m. today through Tuesday. People may hear aircraft flying overhead as Naval aircraft simulate striking targets here. For more information, call 30th Range Squadron Frontier Control at 606-3602.

NEW STOP SIGNS

Monday the 30th Civil Engineer Squadron will install four-way stop signs and paint crosswalks at the intersection of Utah Avenue and Ocean View Boulevard. Drivers should be aware of the changes and drive accordingly.

NATIVE AMERICANS

November is Native American Heritage Month. Volunteers are needed to help set up events. Scheduled guest speakers are Miss Indian USA 2001/2002 and a Navajo Codetalker. To volunteer, call Staff Sgt. Alvina Andrews at 606-2436.

AIR AND SPACE SHOW

Team Vandenberg opens its gates to the public to celebrate the centennial of flight Nov. 2 and 3 during the Air and Space Show at the airfield here. The event is free and open to the public. Show hours are 8 a.m. to 5 p.m. both days. Guests are not permitted to bring their pets or coolers to the base. Food and drinks will be available for purchase.

AIR AND SPACE MIXER

The Air and Space Show mixer is at 6 p.m. Nov. 1 in the Pacific Coast Club. The event is an opportunity for Team Vandenberg to meet show performers and aircrews. Robosaurus, a 40-foot, car crushing mechanical dinosaur will perform. Families are welcome.

ROAD CLOSURES

The following roads will be closed or controlled beginning this week:

Point Sal Road south of Launch Facility-04 is closed through Dec. 6 to repair severe potholes and overlay new asphalt.

Honda Ridge Road one-half mile west of Perry Road is subject to speed and traffic controls through Dec. 27 during daylight hours to repair slope erosion.

Point Sal Road one-half mile north of LF-05 is subject to speed and traffic controls through Dec. 6 to repair the roadway structure.

For more information, call Greg Lewis at 736-6997.

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PHOTO BY SENIOR AIRMAN STEVE SCHESTER

(Above) Staff Sgt. Michelle Agcaoili, 30th Medical Group, paints wounds onto Capt. Chris Cruise, 392nd Training Squadron in preparation for a Major Accident Response Exercise Oct. 16. (Right) Capt. Michael Wascher, 30th Medical Group, bandages Cruise's mock wounds. 30th Space Wing Inspector General office evaluators wrote the exercise in preparation for the upcoming Air and Space Show.

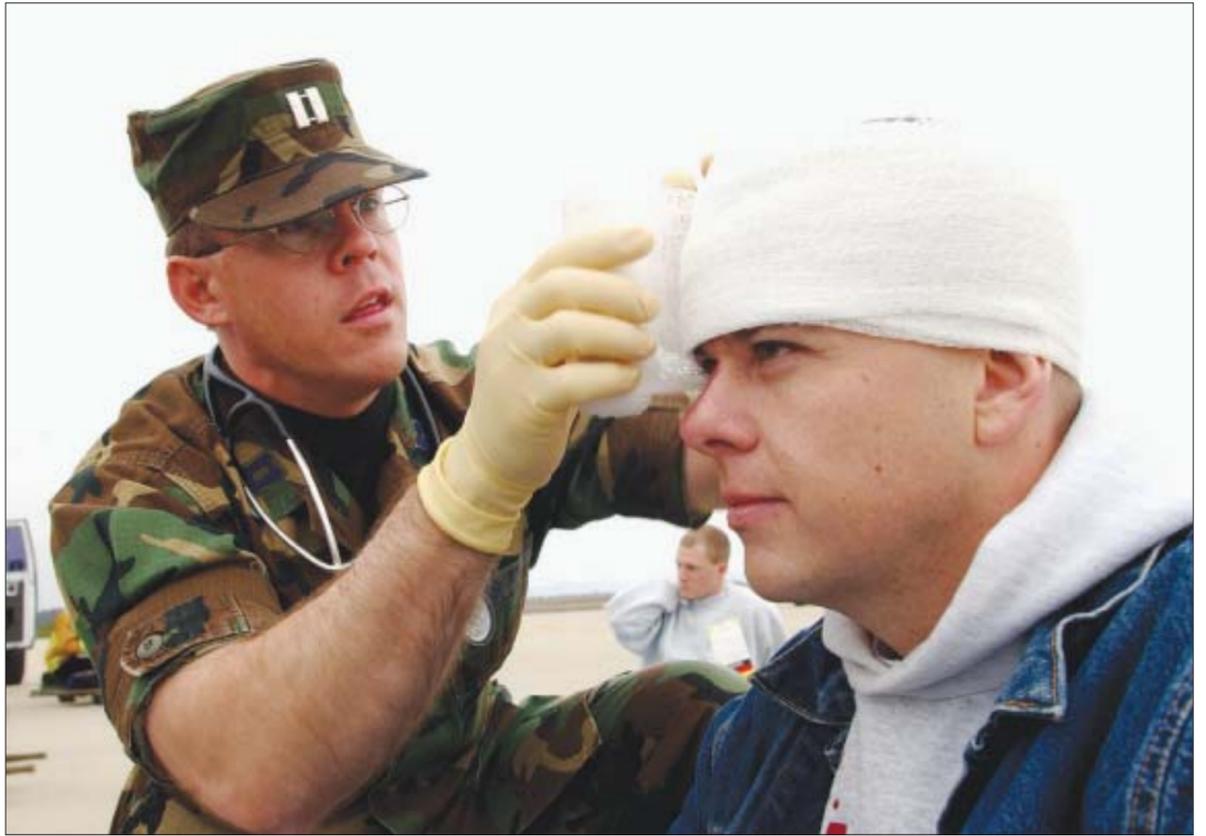


PHOTO BY SENIOR AIRMAN STEVE SCHESTER

Exercise prepares Team V for worst case

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

Two F-16 Eagles crashed in mid-air during a flight demonstration last week killing five spectators and injuring 41 others.

That was the scenario played out during a Major Accident Response Exercise here Oct. 16.

More than 200 people from five civilian agencies and 12 base units participated in the 4-hour exercise.

Vandenberg officials chose the scenario for this quarter's MARE because of the upcoming Air and Space Show, which is set for Nov. 2 and 3 at the flightline.

"We thought it would be ideal

to conduct this exercise right before the air show to ensure our disaster response procedures were real-world complete," said Lt. Col. Bart Hedley, 30th Mission Support Group deputy commander and on-scene commander for the exercise.

"All of our exercises are geared toward real-world scenarios and we train as we fight," Hedley said. "I'm confident that Vandenberg is prepared for any type of accident or mishap, whether it's aircraft, missile or natural disaster."

The 30th Space Wing conducted this exercise to practice emergency response procedures in the event of a major fixed wing

aircraft crash, according to Ed Rambus, 30th SW exercise and evaluation team chief.

"Couple the fact that Vandenberg does not routinely support fixed wing aircraft operating from our flightline with the expected numbers of spectators that will be here for the air show and it becomes obvious why we must prepare and practice our emergency plans and procedures in the event of a catastrophe," Rambus said.

"The exercise was a tremendous opportunity to exploit internal and external resources in a way we don't see everyday," said

Vandenberg Fire Chief Mark Farias, incident commander for the exercise. "Often on and off base organizations speak different languages, but this gave us the chance to standardize procedures and iron out agency differences."

The base organizations participating in the event were: 30th Services Squadron, 30th Civil Engineer Squadron, 30th Security Forces Squadron, 30th Mission Support Group, 30th Operations Squadron, 30th Logistics Readiness Group, 30th Medical Group, 30th Space Wing Public Affairs, 381st Training Group, 30th SW Safety, United Paradyne, 76th

Helicopter Flight, Battle Staff and the Disaster Control Group.

The Santa Barbara County Office of Emergency Services, Santa Barbara County Fire Department, Lompoc Fire Department, Mercy Air and American Medical Response Ambulance Service supported the base during the exercise.

"Although the results are still being validated, I was proud of how our base personnel worked in unison with our community civilian agencies," Hedley said. "Team V is ready and capable to handle any unforeseen circumstance that develops."

Future Vandenberg mission passes another local hurdle

By JACK HOKANSON
30th Space Wing Public Affairs

A meeting to collect public comments regarding environmental impacts from the military's Airborne Laser test program drew just a few people and no objections at the Lompoc City Council Chambers Oct. 17.

Vandenberg is set to launch a target weapon, which the ABL flying at an altitude of 35,000 feet, would shoot down. The impact would occur over the Pacific Ocean about 81 miles from base.

The ABL system is one element of the Missile Defense Agency's ballistic missile defense system, which is intended to provide an effective defense for the United States, its deployed forces, and its friends and allies against limited missile attack during all three stages of an attacking missile's flight.

Those stages are, the boost, midcourse, and terminal segments. During the boost segment, the missile is under power and is being thrust skyward by its rocket engines. The midcourse segment is the longest. It's when the missile is in a ballistic arc, heading for its target. The terminal segment is the few remaining moments of flight before the missile reaches its target.

Each element of the ballistic missile defense system is designed to work independently to provide an effective defense against incoming missiles, according to Capt. Joe Wimmer, ABL System Program External Affairs Office, Kirtland AFB, NM.

The ABL is designed to destroy missiles during the boost phase. It's a weapon system that's

designed to spot, track, engage and destroy missiles using a megawatt-class laser.

The ABL system consists of a modified Boeing 747-400F aircraft that uses four lasers. The first three are not designed to destroy, rather they are used to gather information regarding the target and to make the high-energy laser more effective, Wimmer said.

The information gathering lasers are the active ranging system laser, the track illuminator laser, and the beacon illuminator laser.

The active ranging system provides basic information regarding the target, such as speed, altitude, range and direction. The track illuminator laser provides the high-energy laser targeting system with the optimum location upon which to attack the target. The beacon illuminator laser is used to gather information on the atmosphere between the aircraft and the target, Wimmer explained.

The fourth laser is the high-energy, weapons class laser that is designed to destroy the target. It is a megawatt class laser generated by a chemical reaction.

A battle management command center onboard the aircraft provides computerized control of the laser weapon system, communications and intelligence, Wimmer said. During flight-test activities, the airborne laser aircraft flies at or above 35,000 feet and detects and tracks launches of target missiles using onboard sensors. Active tracking of the missile begins when the missile clears the cloud tops. The high-energy laser is directed in an

upward direction toward the missile. The energy from the laser heats the missile's booster components and causes a stress fracture in the outer surface of the missile. This allows gases from the booster rocket to escape, causing an explosion and destroying the missile.

The geometry of the test activities precludes operation of the laser except at a horizontal or upward angle. This is to ensure that lower-flying aircraft and objects on the ground are not in the path of the laser beam. The onboard sensors also confirm that nothing in the air or space, other than the intended target, is within the potential beam path. This is in addition to using controlled and cleared airspace during ABL flight-testing.

The proposed action is to conduct test activities of the airborne laser system at test ranges associated with Edwards and Vandenberg AFBs, Calif., and Kirtland AFB, NM and White Sands Missile Range with support from Holloman AFB, NM. Flight-testing is proposed at the airspace complex at Edwards; the Western Range at Vandenberg; and White Sands Missile range.

The ABL aircraft will be based at Edwards and the aircraft flown to the other bases for testing as required.

During flight-tests, the ABL aircraft is accompanied by up to two chase aircraft to monitor the test and the status of the airborne laser aircraft. The aircraft flies at or above 35,000 feet and the laser

See ABL Page 3

Combined Federal Campaign



Extended for one extra week
Total Raised: \$82,660
Base Goal: \$120,000 and 100% contact

Roche witnesses first phase of PK deactivation

By 2ND LT. MATTHEW BATES
30th Space Wing Public Affairs

■ F.E. WARRENAFB, Wyo. - On Oct. 4 in a remote corner of the plains of Wyoming, Secretary of the Air Force, Dr. James Roche, made a special trip to witness the first phase of the deactivation process of the Peacekeeper Intercontinental Ballistic Missile at Launch Facility S-07.

"It's a momentous point in history," Roche said. "It's a reflection of how the world has changed and how we are adapting to a new era."

At the height of the Cold War, the Air Force sought a missile design that would strengthen the ground-based leg of the strategic triad. The Peacekeeper design

offered increased range, greater accuracy, and variable yield warheads to capitalize on multiple, independently targeted warheads. The concept of this advanced ICBM began in 1972 under the Missile-X (MX) program, but was later renamed Peacekeeper in the early 1980s.

In 1988, F.E. Warren became the first and only installation to operate, maintain and secure the missile, which is capable of delivering 10 independently targeted warheads. Fifty Peacekeeper ICBMs and five launch control centers are dispersed throughout eastern Wyoming, all operated by the 400th

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



Contestants regale crowd at Family Talent Night. See Page A3.



Vandenberg spa pampers people at Services Center. See Page B1.

Weekend forecast
Low clouds in the morning and evening with clear afternoon skies.
Low/High
55/63
For a full Vandenberg weather report, visit
www.vandenberg.af.mil/30sw/organizations/30og/weather/weather

Serving Vandenberg: Hennessy Team evaluates Services

By MAJ. THOMAS REPPART
30th Services Squadron commander

Can you say Three-peat? It's time again for the 30th Services Squadron food service operation as a whole, Breakers Dining Facility, Air Education Training Command dining facility, and the meal facilities at satellite launch complexes 3 and 4 to be evaluated for the annual Air Force Hennessy Award.

Being named the Best in Air Force Space Command the past two years was phenomenal, but we're still searching for that elusive Best in the Air Force recognition. At this level, it gets difficult to continue finding ways to improve, but our team is constantly tweaking our operation to better serve our customer's desires.

If you've been to Breakers recently, you know we're always looking at traffic flow, food presentation, seating and other ways to enhance our unique restaurant-style atmosphere. Long gone are the chow halls of old. We're creating a climate where our guest can truly enjoy their dining experience. The big screen TV shows up-to-date movies once a week on Cinema Night, and usually shows a sporting event during the other evenings. The quiet solitude of the History Room is a great place for a private conversation or mentoring sessions. The News Room is a place to catch up on the daily news, or you can choose to sit in one of our two Garden Rooms to enjoy that outdoors feeling. Whatever your desire, Breakers offers a quality place to dine.

The AETC dining facility

underwent a facelift last year as well. Some minor visual changes were made to enhance the atmosphere in that facility, and we have some big plans for the upcoming year. We also want to evaluate traffic flow and ways to make the dining room feel more comfortable. The 381st Training Group and 30th Services folks are working closely together to develop good short and long-term design plans, in addition to facility and equipment upgrades.

The SLC-4 satellite food operation will see a huge transformation in the next few months. The 2nd Space Launch Squadron leadership has worked closely with us to design an operation appropriate for their location. Because of the distance from any other dining operation, a remote feeding operation was set up with the Life Options Vocational and Resource Center staff. Hot meals are delivered daily, but with changes currently in the works, we'll be able to prepare some grilled selections on site. What a great morale booster and quality of life initiative!

What separates us from the rest?

First, I think it's the staff. The outstanding team from LOVARC, our food service contractor, is always looking for ways to better support the mission. They always have smiles on their faces and cheer in their voice. They truly enjoy working with the men and women of Team Vandenberg.

LOVARC has been honored with numerous awards in the



Sharlene Perry serves up tacos to a customer at the Breakers Dining Facility Oct. 23.

PHOTO BY AIRMAN BRIDGET RAPP

past, but none more prestigious than the State of California Large Employer of the Year recognition they just received from the Governor's Committee for Employment of Disabled Persons. We're very proud of them and feel there could have been no better choice.

The second part of the equation is the 30th food service troops. Senior Airman Jennifer Kottke, Staff Sgt. Daniel Miller, and 1st Lt. Sandra Quinones provide exceptional oversight for our program and work very closely with LOVARC to constantly improve the operation. The newly established food service officer in charge position created additional capability to address food service issues. It also instituted one-stop-shopping regardless of facility. And lastly, I think it's our programs that set us apart from other bases' food service

operations.

From the quarterly birthday meal to deployed spouses night to the retiree's dining option, Vandenberg is leading the way in creative planning. We're not afraid to try new things. We're constantly seeking feedback from our customers and evaluating every concern that is brought to our attention.

Of course, none of this can happen without assistance from the Vandenberg community and our senior leadership.

I'd also like to thank everyone who provides suggestions to help us improve. If you're out in any of these facilities this week, and the Hennessy evaluators stop to talk to you, feel free to tell them how we're doing. With everyone's continued support, I'm sure the Los Angeles Lakers won't be the only ones claiming three-peat.



Call 606-7850

or

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

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

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



Col Robert M. Worley II
Commander

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

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

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

DON'T DRINK AND DRIVE



Call
Airmen Against
Drunk Driving
at 698-8822 or
698-8823 for a free
ride home.

As of 11 a.m. Oct. 24, Vandenberg was in
ALCON NORMAL



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

Vandenberg members showcase abilities at Family Talent Night

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

The Vandenberg Family and Teen Talent Show treated about 200 people to an evening of free entertainment in the base theater here Saturday evening.

"There's going to be two kinds of people (on Vandenberg) tomorrow," said Darold Hubbard, the show's emcee and executive director, "those who went to the talent show and those who wish they had."

The American-Filipino Dance Group from Lompoc kicked the evening off.

The group's five couples, Zaldy and Edna Funiestas, Vic and Beverly Villegas, Chito and Cynthia Maranan, Fernando and Joy Delosreyes, and Joven and Zeny Castillo, gave a regal performance dancing to the "Blue Tango."

Leading off the Adult Vocalist category, Holly Diaz took to the stage with several years of professional experience singing aboard cruise ships. The range and styling of her alto voice wowed the audience during her renditions of "I Turn to You" and "A New Day Has Come."

Next, Ramon Rodriguez sang in his strong baritone voice. The recent Air Force Academy graduate also brought to bear several years of experience as a stage performer and nightclub entertainer during his renditions of "New York, New York" and "You Are Not Alone."

In the Teen Vocalist category, 13-year-old Courtney Moreno took the stage first. Singing and dancing lessons served her well during a lively performance of "Fever."

Rounding out the teen category, Elishia Florence, 16, shared her rich voice



PHOTOS BY AIRMAN BRIDGET RAPP

(Above) Ashley Tedford, and her father, Aaron Chase, perform "Papa Don't Preach" at Vandenberg's talent show Oct. 19. Chase also belongs to local band Cold Shot. (Left) Ramon Rodriguez sings "New York, New York" for the show. Rodriguez began performing during high school when he worked at Walt Disney World performing as characters.



in a tribute to one of her vocal inspirations. Her silky rendition of Whitney Houston's "The Greatest Love of All" was a crowd pleaser.

After a brief intermission, Illicit Behavior fired the first volley in the battle of the bands.

The group's drummer, Ryan

Hargeaves, 12, served up a solid beat backed by bass guitarist Josh Nutter, 13. With Nutter singing back up, Tommy Lee Hubbard, 13, jammed with their originals "Nothing Left to Burn" and "It's All About Me" while playing rhythm guitar.

Not to be outdone, the 30th Medical

Group's Empty House took the stage with two of their own originals. Backed by Eugene Bukrinsky on rhythm guitar, Mike Robison on bass and drummer Dennis Leon, Empty House's lead singer, Angie Vasquez, belted out "B Side" and "Sad Days."

Rounding off the evening's competition, the Family Group category featured two distinctive performances.

First up, Ashley Tedford belted out "Papa Don't Preach" and "Landslide" with style and confidence. From a local group, Cold Shot, her father, Aaron Chase, accompanied Tedford on guitar.

Finishing up the competition, Little Patriots Plus Two took the stage bedecked in red, white and blue.

"The kids are the little patriots," Hubbard said, explaining the group's name. "The parents aren't little, so they're the plus two."

Chelsea, 11, Katy, 9, and Christopher Roediger, 7, sang a patriotic medley of "America, the Beautiful" and "God Bless the U.S.A." with their mother, April, and father, Gary, who also played guitar. Together, the family was a vocal portrait of an Air Force family.

In the end, it was up to the talent show judges.

Clayton Graef, a music instructor; Robin Canada, an opera singer; and Michael Hosmon, a former Tops In Blue vocalist, had a tough time determining the category winners.

On the combined score sheet, Hubbard said the judges wrote, "It was



PHOTO BY AIRMAN BRIDGET RAPP

Tommy Lee Hubbard, 13, performs two original songs with his band, Illicit Behavior, at Vandenberg's talent show.

very close in all categories."

The winners were: Adult Vocalist: Ramon Rodriguez; Runner up: Holly Diaz; Teen Vocalist winner: Courtney Moreno, runner up: Elishia Florence; Bands winner: Empty House, runner up: Illicit Behavior; Family Groups winner: Little Patriots Plus Two, runner up: Aaron Chase and Ashley Tedford.

While each of the competitors deservedly received their trophies, the true winners – the audience – took away the best prize of the evening – a great memory.

Flying Tiger command chief settles in

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

The new 14th Air Force Command Chief Master Sergeant said he considers his new assignment a tremendous opportunity to live and serve amongst the Air Force's finest personnel.

"I'm very excited to be here as a member of 14th Air Force and Air Force Space Command," said Command Chief Master Sgt. Steve Crocker, who arrived in June. "Our people serve on the leading edge of technology."

With more than 12,000 service members, 14th AF mans 155 units in 44 locations in time zones throughout the world.

The chief said the people in these units, including those at Team Vandenberg, enable the success of today's technology.

Modern Flying Tigers continue to build upon the rich heritage and legacy of excellence established by the original Flying Tigers of World War II, Crocker said.

"The thousands of people who contribute to the launch of commercial and military rockets, with payloads vital to economic and national security, keep that legacy vibrant and continued," he said.

"It is a privilege to be in



"I'm incredibly privileged to serve with each and every member of Team Vandenberg as we all serve 14th Air Force"

14TH AIR FORCE COMMAND CHIEF MASTER SGT. STEVEN CROCKER

uniform and serve alongside these professionals," he said. "The camaraderie and teamwork I've observed and experienced here validates the great reputation of Team Vandenberg. "It's always great to see everyone working together as a cohesive team to ensure success."

The people here are important and vital and Team Vandenberg has a lot to be proud of, Crocker said.

The satellite operators and service members who man the early-warning posts contribute directly to the success of the Air Force Space Command, indeed the nation's, mission here, he continued.

But that is not to say the 14th Air Force and Air Force as a whole does it alone.

"The concept of team extends beyond Air Force blue," Crocker

said. It is necessary for all of America's Armed Forces to come together to accomplish the mission, he added.

The former Command Chief of the United States Azores and 65th Air Base Wing there said he values the necessity of teamwork with the sister services.

As for his current position, Crocker said his primary role as 14th AF command chief is to serve the enlisted corps.

"I want to communicate their concerns, find out what's important to them and ensure they have what they need to be successful," Crocker said.

His message to the Flying Tigers was to be strong leaders and "strive to make a difference to the team."

"See any challenge as an opportunity to make a difference," said the 26-year Air Force veteran.

One of the best ways to make this happen is to be a good supervisor, he said. Good supervisors must strive to leave their people better than they find them.

"Everyone has heard of leaving a work center better than you found it. Good supervisors must do this with subordinates as well.

"If we can leave our work center better than we found it, and leave the people around us better too, then we'll end up leaving a base as a better person as well."

The camaraderie that develops from being part of the team that defends our nation carries over into civilian life when someone retires from service, Crocker said.

As people enter civilian life with positive military experiences, they can influence the future generations of military professionals through their encouraging words.

Crocker is excited about his new job, which he said is the best job in the Air Force.

He concluded with these words, "I'm incredibly privileged to serve with each and every member of Team Vandenberg as we all serve 14th Air Force, Air Force Space Command, and our great nation."

Parents key to children's safety during Halloween

By TECH. SGT. MICHAEL CHARLAND
30th Security Forces Squadron Police Services

When the ghosts and ghouls of Vandenberg take to the streets for trick-or-treating Thursday from 6 to 8 p.m., some simple safety precautions can keep the Halloween festivities from becoming a real nightmare.

To begin with, all children ages 10 years and younger, must be accompanied by an adult. If older children are traveling alone, it's a good idea for parents to know what route their children are taking. Set a time for children to return home.

When hitting the streets, children should cross only at corners or marked crosswalks. They should never cross the road between parked cars. If there's no sidewalk, they should walk facing traffic and always look for cars backing or turning.

Drivers need to remember that there will be many more people on the streets than usual Thursday. They should use extra caution, keeping a keen eye open for those who may forget safety rules.

Parents should instruct children not to open candy until they return home. There,

parents should inspect all candy for tampering before children eat it. Children also need to be reminded never to go into a stranger's house for treats.

When choosing a costume, those that are flame retardant are best. The costume includes any wigs, bags or other accessories. Costumes shouldn't have high heels or long dangling pieces that may cause children to fall. Bright, highly visible-material is recommended. Reflective strips in the costume are an added safety bonus. All children should have a flashlight.

Housing residents who want to participate in passing out treats should leave porch lights on and give only wrapped or sealed treats.

Also, obstacles on front and side lawns should be removed to avoid injuries. Children should not approach houses that are unlit.

The 30th Security Forces Squadron will have personnel in the housing areas Thursday.

All base residents should immediately report suspicious activities or treats to a patrolman or the Security Forces Control Center at 606-3911.



PHOTO BY AIRMAN BRIDGET RAPP

Team Vandenberg Spotlight

Name: Master Sgt. James Richardson

Nickname: J.R.

Hometown: Amarillo, Texas

Time on VAFB: 11 months

Time in service: 16 years

Former Job Title: NCOIC, 30th Space Wing Ground Safety

Former Supervisor Comments: "J.R. is the epitome of a Senior NCO, said Col. David Thompson, 30th Space Wing Safety commander. "He's totally professional, self-motivated, highly creative and a superb leader. He is energetic and outgoing, and extremely effective in getting the right things done right. Master Sgt. Richardson is having a positive impact on Team Vandenberg, most notably leading the effort to establish the Air Force's first alcohol condition (ALCON) program ... his brainchild to stop DUIs and the damage they cause to members of Team Vandenberg."

*Editor's Note: Master Sgt. Richardson has moved to the 14th Air Force Safety office. He is still active with the ALCON program.

ABL from Page 1

systems track targets at a horizontal or in an upward direction to minimize potential contact with the ground or other aircraft.

Onboard sensors and pre-test planning confirms that no aircraft or satellites are within the potential path of the beam. Also, only existing military and FAA controlled airspace areas will be used during the tests and they must be confirmed clear of non-participating aircraft during testing activities.

Targets to be used during flight-testing activities include the following:

- a Missile Alternative Range Target Instrument, or MARTI, which is a balloon with a target board attached
- a Proteus aircraft, which is a high-altitude manned aircraft with target board attached
- and target missiles that simulate potential threat missiles

Both low- and high-power tests will be conducted on the MARTI and missile targets. Only lower-power tests would occur with the Proteus aircraft as it is a manned target vehicle.

The tests will evaluate the airborne laser system's ability to acquire, track and engage targets. Missiles used during the

flight-test activities will have a flight termination system to ensure that debris is contained on the range in the event the target missile must be destroyed in flight.

In the event the aircraft is unable to land at Edwards after conducting test activities, preplanned divert bases, like Vandenberg, have been established. The divert bases will have personnel specifically trained to support the ABL aircraft and appropriate equipment to handle ABL hazardous materials.

Flight-testing activities at Vandenberg are expected to trigger the rotation of up to 50 program-related, temporary personnel into and out of here for short periods surrounding each test event.

This rotation will have a small, positive, yet largely unnoticeable effect on population, income, and employment in the area surrounding the base, according to Ken Englade from the airborne laser public affairs office.

There is the potential for impacts to local commercial and recreational fishing in the waters offshore of Vandenberg and below the warning areas of the Western Range, Englade continued.

However, ocean vessels will be

notified in advance of launch activity through a notice to mariners to warn vessels of test operations and potential hazards. All efforts are made to ensure that flight corridors are clear of vessels.

Flight-testing activities have the potential for impacts on local recreation activities, because they may require the temporary closure of one or more of the state and county parks in the area surrounding Vandenberg, Englade said.

Vandenberg has established procedures to ensure a safe environment to conduct ABL flight-test activities, according to Englade.

Restricted airspace areas will be controlled according to Eastern and Western Range safety requirements, safety operating instructions, 30th Space Wing regulations and FAA directives and regulations.

A Notice to Mariners and a Notice to Airmen will be disseminated prior to launch activities. Established procedures related to evacuating or sheltering personnel on off-shore oil rigs during launch operations will be implemented.

The state and county beaches potentially affected during launch activities will be closed.

A final decision on the program is expected in the spring of 2003.



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

Hot stuff!!



PHOTO BY AIRMAN BRIDGET RAPP

The judges at the Air Force Association's annual chili cook off Oct. 19 give their tastebuds a sizzling treat. The AFA holds the contest to raise funds for the charitable organizations it supports throughout the year like Operation Kid's Christmas and Project Good Neighbor.

Rumsfeld gives take on al Qaeda

BY JIM GARAMONE
American Forces Press Service

■ WASHINGTON, - Al Qaeda "has gone to school on us" and has adjusted to the constant U.S. pressure on the terrorist organization, Defense Secretary Donald Rumsfeld said during a Pentagon press conference Oct. 22.

"They are not back in business the way they were before," he said. "They've received a great deal of pressure - financial, law enforcement, military pressure."

He said al Qaeda has dispersed from their former haunts, but is still operating in dozens of countries, including the United States. "There is no question ... they are capable of conducting an operation in the United States, just as they are in many other countries," Rumsfeld said.

He said al Qaeda will continue to change to meet U.S. pressure against it. "As we put pressure on and close a door here, they'll push and find a door somewhere else," the secretary said. He said that has been happening for more than a year now, and he expects it to continue.

He said U.S. tactics also continue to change. "We're behaving differently too," Rumsfeld said. "Just as they've gone to school on us, we've gone to school on them and have learned a good deal about how they operate and what they do."

He said coalition forces must continue to keep the pressure on al Qaeda and "keep closing doors and keep scooping up folks and keep closing their bank accounts and making their lives difficult."

The secretary said U.S. intelligence experts have learned a great deal from captured al Qaeda terrorists and that sparks changes in U.S. tactics. He said, though, that evidence indicates that al Qaeda still maintains communications to some degree and the ability to plan strikes.

ROCHE from Page 1

Missile Squadron here. "This is the most accurate ballistic missile that was ever designed and fielded," Roche said. "And it did its job."

Gen. John Jumper, Air Force Chief of Staff, authorized the

deactivation process, which officially began Oct. 1, in an implementer memo sent in September. In the memo, Jumper said the decision to deactivate the missile was prompted by the current world situation and the findings of the Nuclear Posture Review.

The deactivation is the first

step of President Bush's stated goal to reduce the nation's nuclear arsenal from 6,000 warheads to between 1,700 and 2,200. Roche said Bush and Russian President Vladimir Putin both verbally agreed to cut their nuclear arsenal without enacting a treaty.

"This is what two adult states who clearly are not hostile to each

other do," he said. "I honestly didn't think this would happen when I left the service in the 1980s," Roche said.

"I had the honor to be the wing commander here 10 years ago," said Gen. Lance Lord, Air Force Space Command commander. "The Secretary said he never thought he'd see this day, and I didn't

either," he said. "But one thing that hasn't changed is the skill and professionalism of the people still committed to this mission."

The process to deactivate the Peacekeeper will occur over three years, but until the final Peacekeeper is pulled from launch facilities scattered across Wyoming, the remaining missiles

will continue to stay on "tip-top alert," Lord said.

The 90th Space Wing will continue to operate, maintain and secure 150 Minuteman III ICBMs and 15 Missile Alert Facilities.

"It's a different world. It doesn't mean it is totally peaceful, but I'm delighted this day is here," Roche said.

BRIEFS from Page 1

SMT DEADLINE CHANGE

The Space and Missile Times changed its deadline for submission to Wednesdays at 4:30 p.m. Submit all articles, briefs, and community calendar inputs the week prior to publication. The SMT staff cannot guarantee publication of inputs submitted after the deadline. Call 606-2040 with questions.

ID CARD ISSUE

The new Defense Department identification, the common access card, will be mass issued to active-duty and civilian members of Team Vandenberg Nov. 8-13. The military personnel flight customer service section is now issuing the common access card to those with lost or expired ID cards only. Due to the lengthy time required to issue the card, active-duty members in uniform will be given priority between 11 a.m. and 1 p.m. Schedule an appointment during the mass issue online at <https://afpki.lackland.af.mil/scheduler.htm>. Call 2nd Lt. Amy Garrett, 605-4850, with questions.

/afpki.lackland.af.mil/scheduler.htm. Call 2nd Lt. Amy Garrett, 605-4850, with questions.

QUARTERLY AWARDS LUNCH

Team Vandenberg holds its Quarterly Awards Luncheon Oct. 30 at 11:15 a.m. at the Pacific Coast Club Ballroom. Tickets are \$9 for club members and \$11 for eligible non-members. Call Master Sgt. Hopkins at 606-3230 for more information.

EMERGENCY DATA CARDS

The Department of Defense Form 93 is the only form used by the Air Force in the event of death, injury or emergency. The form provided the names and addresses of the people an Air Force member wants notified. It's crucial this information is kept current at all times. To make changes to your DD form 93, visit the military personnel flight customer service in building 11777 or call 606-2276 for more information.

LODGING RENOVATION

Twelve temporary lodging facilities will be closed until May 15, 2003 for renovation. Lodging space will be extremely limited.

Base members changing station should be prepared to stay off base. Sponsors should inform incoming families of the shortage. The lodging office will assist families in finding suitable off-base accommodations. Call Michael Green at 605-7831 for more information.

ELSA TRAINING

The staff at United Paradyne Corporation here conducts daily training on emergency life support apparatus, or ELSA, and on the hooded demand valve, or HDV. Training is conducted at 7:30 a.m. in building 871 on South Vandenberg. Participants must bring their assigned respirator and all associated equipment to the class. Training can also be scheduled in the work center for larger groups. Call 605-1069 for an appointment.

U.S. military ready for 'whatever, whenever'

BY JIM GARAMONE
American Forces Press Service

■ WASHINGTON - "The U.S. military is ready for whatever, whenever," the nation's top-ranking military officer said here today.

Air Force Gen. Richard Myers, chairman of the Joint Chiefs of Staff, said the U.S. military remains able to respond to whatever the president asks of it, be it "crisis prevention or conflict across the entire spectrum."

Reporters asked if the length of time it is taking to get a U.N. Security Council resolution on Iraq works in Saddam Hussein's favor.

"In a hypothetical situation, the longer you wait, the longer an adversary has to prepare," Myers said. "But so do you. I would say no, we have a strong military force, we have potentially great military partners, and we'll contribute in many different ways." Myers said military planners would not limit the options open to the president in

responding to crises.

The chairman also discussed the training of Iraqi dissidents. "No training has started yet, because we are still evaluating those plans," he said. Defense Secretary Donald Rumsfeld will review the plans again before they are put in place, he said.

Myers said the numbers, duties and location are all still under review. "We're in the preliminary stages of determining if there are people out there who might be helpful in case the president asks us to use force in Iraq," he said.

He said his guess is that there would be some Defense Department involvement in training any Iraqis. He said the training they receive would depend on who volunteers and what the United States needs them to do.

"It could be as simple as trying to develop liaison officers who might be useful for language skills and local knowledge to combat units," Myers said.

Advisory committee gets new members, charter

BY JIM GARAMONE
American Forces Press Service

■ WASHINGTON - The Defense Department announced Oct. 22 the new members of a revamped, reshaped Defense Advisory Committee on Women in the Services.

Defense Secretary Donald Rumsfeld said the department wanted to change the way the board did business. "What we decided to do was discontinue the old approach and to have a considerably smaller board," he said Oct. 22.

The previous committee had 22 members. The newly appointed one, 13.

"My hope would be that this very talented and distinguished group of people will be able to provide advice and suggestions for the department so that our

stewardship of the kinds of issues that fall within their charter will be thoughtful and improved," Rumsfeld said. "We appreciate their service."

Retired Marine Lt. Gen. Carole Mutter, the newly appointed chair, said the committee will act as the "eyes and ears" of the Department of Defense on matters within its realm.

The committee's charter includes looking at family issues and examining their impact on retention and recruiting. It will also look into professional opportunities for all service members, health care, issues of pregnancy and parenting, single parents, and child care and development.

The group will also examine the effects of frequent family separations, pay, housing and cost-of-living allowances.

President signs 2003 defense bill, says 'nation faces new dangers'

BY KATHLEEN T. RHEM
American Forces Press Service

■ WASHINGTON - President Bush signed the fiscal 2003 Defense Appropriations and Military Construction Appropriations acts into law today in a White House ceremony.

The president noted the security of the American people is the first commitment of the American government. "Our nation faces grave new dangers, and our nation must fully support the men and women of our military who confront these dangers on our behalf," Bush said in remarks before signing the two bills.

Vice President Dick Cheney, Defense Secretary Donald Rumsfeld, the military service chiefs and senior enlisted advisers, several congressmen and other politicians and leaders were on hand to witness the president's signature. The fiscal 2003 defense appropriation of \$355 billion reflects a \$37 billion increase over fiscal 2002 spending.

"Since September the 11th, Americans have been reminded that the safety of many depends on the courage and skill of a few. We've asked our military to bring justice to agents of terror. We've asked our military to liberate a captive people on the other side of the earth," Bush said, in explaining the increase. "We've asked our military to prepare for conflict in Iraq, if it proves necessary. We're asking young Americans to serve in many places far from home, and at great risk.

"We owe them every resource, every weapon and every tool they need to fulfill their missions," he said. "The best military in the world must have every advantage required to defend the peace of the

world."

Bush said the legislation matches "increased funding with clear priorities." It provides for a 4.1 percent pay raise for service members, increases in full-time support positions for the reserve components, and continues to reduce out-of-pocket housing expenses for service members not living on military bases.

It also increases operations and maintenance funds by more than \$5 billion and adds \$11 billion over last year's budget for weapons procurement, bringing that total to \$72 billion.

"Today's American forces are ready and able to deploy to any point in the globe to defeat any foe," Bush said. "We're going to keep it that way."

The act also includes \$58 billion for research and development of "the next generations of weaponry that will win battles in the future."

Defense officials said the separate \$10.5 billion Military Construction Appropriations Act includes \$4.21 billion for maintenance and improvements to existing family housing units and for building new ones; \$1.2 billion for barracks; \$18 million for child development centers; and \$151 million for hospitals and other medical facilities. The act also marks \$799 million for anti-terrorism and force protection improvements to facilities.

"We want the people who wear the uniform to know America appreciates their service," the president said.

To much applause, Bush said the new acts should send "a clear signal to friend and foe alike that it doesn't matter how long it takes to defend our freedom, the United States of America will stay the course."





Officials release E-4B accident report

■ **Langley AFB, Va.**-Air Force investigators have determined that a design flaw in a high-frequency antenna assembly caused \$5 million in damages to an E-4B aircraft May 13. The E-4B serves as the National Airborne Operations Center for the president and secretary of defense.

A boom operator refueling the aircraft from a KC-135 Stratotanker observed the antenna lashing the rear portion of the fuselage. The crew returned immediately to Offutt Air Force Base, Neb., without further incident. The aircraft sustained extensive damage to the tail, crown skin panels and windows. No one was injured in the accident.

According to an Air Combat Command accident investigation report released Oct. 23, the mishap was caused by an unsupportable high-frequency antenna design. Also, two other factors were considered contributing factors to the mishap: unreported similar accidents in 1998 and 1999, and lack of a follow-up plan to assess the success of previously implemented solutions to the antenna failure problem. *(Courtesy of ACC News Service)*

Keeping cool key for surviving desert deployment

By **TECH. SGT. MELISSA PHILLIPS**
380th Air Expeditionary Wing Public Affairs

It would seem to take a Herculean effort to turn a 32-foot by 12-foot by 20-foot tent that has been boiling outside in 90- to 130-degree temperatures into a veritable icebox. But superheroes from the 380th Air Expeditionary Wing — appropriately dubbed “icemen” — do it every day.

The heating, ventilation, and air conditioning experts do not possess any superhuman powers to achieve their extraordinary icy results. They are merely armed with wrenches, screwdrivers and an assortment of specialized equipment.

These experts maintain an aging collection of environmental control units, some more than 20 years old. ECUs are essentially huge A/C units that cool the tents.

“We provide something people can feel,” said Master Sgt. Lewis Ratleff, noncommissioned officer in charge of the HVAC section which is responsible for chilling base shelters to the comfortable temperature of 70 to 78 degrees.

Ratleff said the best part of his job is knowing what he does has a

direct impact on someone’s quality of life right off the bat.

ECUs run continuously — a colossal strain on equipment that never receives downtime unless it breaks. In a temperate climate with highs that barely tip the thermostat at 100 degrees, just one ECU can cool four to five tents or one insulated 2,500-square-foot house. Not here.

In Southwest Asia, the icemen’s nemesis is heat, sand and daily power outages. This causes the ECUs to stop working at the rate of six to seven units per day. Replacement parts are not easy to come by either. Parts can take days or months to arrive.

In temperatures higher than 90 degrees, Category 5 heat index guidelines suggest people work outside only 10 minutes and rest 50 minutes in the same heat conditions when doing hard work such as digging holes, carrying heavy equipment or repairing ECUs.

“We don’t get to enjoy the Category 5 heat index,” said Ratleff. “When the heat kicks in, that’s when things break around here.”

“The biggest part of my job that I like is it’s a morale booster,” said Staff Sgt. Richard P. Zolnowski III, a technician deployed from McConnell Air Force Base, Kan. “When you go out into 120 degrees, you want air conditioning. Without us, you’re going to be suffering.” *(Courtesy of Air Force Print News)*

AF bodybuilder turns professional

By **AIRMAN 1ST CLASS MIKE MEARES**
50th Space Wing Public Affairs

■ **Schriever AFB, Colo.**-A Schriever bodybuilder, who placed fourth in the U.S.A. Championships in August, is busy sculpting his body for a professional qualifier match in Dallas next month.

William Owens, a captain with the 22nd Space Operations Squadron, started working on his physique 20 years ago at age 13. In 1990, at his friends urging, he entered his first competition. Since then, he has been featured in several muscle magazines like Muscle and Fitness, Flex and Ironman.

Although he’s looking for professional status at next month’s qualifier, it’s still strictly a personal challenge for him.

“It’s just me getting my body to the best condition I can get by training it,” said the section chief of orbital analysis for the Air Force Satellite Control Network. “I’m the one who needs to be pleased with my physique. The judges judge me on my physique, but I have fun.”

Like any sport on the planet, it is not cheap to build muscle and show it off. Schriever Air Force Base Services Division sometimes sponsors him by providing the entry fee for him to go to a competition. They’ll be sponsoring his efforts in November.

“He represents the Air Force, and particularly Schriever, in a positive way,” said Seth Canello, Schriever sports director. “We would like to help him out as many ways as we can. He helps us by providing training classes upon request.”

During the competition season, Owens trains with a 12-week, high-intensity training program. He lifts 90 percent or more of his capacity during this routine.

“From trial and error, this method has worked for me,” said the 5-foot-6-inch, 197-pound man. “I’m able to maintain more muscle while dieting.”

During a normal day he consumes 3,500-4,000 calories. During competition training, he takes in more than 6,000 calories.

“Don’t mistake my dieting as dropping calories,” Owens chimed in. “I actually increase my calories due to the intense training during the 12 weeks before a competition.”

During the off-season, Owens continues to fine-tune train to maintain his physique, but he does not train as hard as he does for a competition.

“I train about 60 percent of my capability and use it to recovery from competing,” he said. “I heal from the 12-week training session to get ready for the next competition.”



PHOTO BY LIZ SAUCIER

Senior Airman Dave Fulkerson, 90th Explosive Ordnance Disposal Flight, is dressed in tactical response force gear while he performs an explosive breaching technique on a facility door.

Owens’ workouts are based on a six-day routine. Day one he works on his legs, squatting 675 pounds of iron to focus on his quadriceps.

With a bench press of more than 405 pounds, the second day burns his chest out before working his biceps and triceps on day three. His shoulders and back get worked on days four and five and he finishes out the week with his hamstrings. He is able to dead lift more than 600 pounds within his intense workout program.

“I enjoy lifting and competing because it provides me the sense of a stress free environment,” said Owens. “Just me and the weights.” *(Air Force Space Command News Service)*

Value of reportable gifts increases

By **1ST LT. BRANDON LINGLE**
AFPC Public Affairs

■ Air Force people who receive gifts from a foreign government are required to report these items if they are valued at \$285 or more, an increase from the previous amount.

“All Air Force people, including civilians and family members, need to know that according to the law — gifts received from foreign governments are technically property of the United States,” said Frank Posey, of the judge advocate’s office here, “and if items

received at one time are worth more than \$285, they need to be reported.”

“Some of the things people receive are amazing — gold, oriental rugs, fine watches, jade and jewel-encrusted swords just to name a few,” said Nancy Gaisford, chief of the special trophies and awards section here.

Reporting a gift doesn’t necessarily mean that it will be taken away. “High value items are usually sent to the General Services Administration’s vaults,” she said, “but people can get permission to keep their gifts on official display or even purchase them back from the GSA.”

The reporting value was raised from \$260 to \$285 as part of a tri-annual review and is retroactive to Jan. 1, 2002, said Gaisford. Gifts worth \$285 or more must be reported to the following address within 60 days of receipt:

HQ AFPC/DPPPRS
550 C St. West, Ste. 12
Randolph AFB, TX 78150-4714
Failure to report gifts exceeding \$285 can result in a U.S. District Court penalty equal to the fair market value of the gift plus \$5,000, Posey said.

“Some people are given very nice gifts and we understand people want to keep what they’ve been given,” Gaisford said, “but reporting high-dollar items is the right thing to do.” *(Courtesy of Air Force Personnel Center)*

Scramblin'



PHOTO BY TECH. SGT. RICHARD FREELAND

Quarterback Malcolm Curtise, 381st Training Squadron attempts to break through the 30th Security Forces defense as Jerrelle Faust (left) and Frank Vasquez (right) stop his advance. The cops continued to stop the 381st offense and went on to win.

Intramural Sports

Sports Results

ROLLER HOCKEY

30th Space Communications Squadron defeated 30th Logistics Readiness Squadron 10-2

Mutts defeated 30th Operations Group

6-4

534th Training Squadron defeated 576th Flight Test Squadron 10-6

WOMEN'S SOFTBALL

576th Flight Test Squadron defeated 30th Services Squadron

Win by forfeit

30th Space Communications Squadron defeated Det. 9

20-5

30th Security Forces defeated 14th Air Force/614th Space Operations Squadron Win by forfeit

OVER-30 SOFTBALL

30th Logistics Readiness Squadron defeated 14th Air Force

14-5

Det. defeated 30th Space Communications Squadron

30-8

57th Flight Test Squadron defeated National Reconnaissance Organization

20-19



Vandenberg players stomp Napoli team in arena soccer

By COACH MCKINNEY

30th Space Wing Command Section

To some soccer purists, the sport of arena soccer is nothing less than a poor attempt at replicating the world's number one sport.

The sport that brings the world together every four years, much the same as the Olympics, displays 90 minutes of almost uninterrupted energy. From the one-on-one confrontations between strikers and goalkeepers, to the field-length runs from end line to end line, soccer and its frenetic pace is at times breathtaking.

The Santa Maria YMCA plays host to local soccer enthusiasts and provides a local flavor to the game. Last Friday, players from Vandenberg played in an arena league soccer game that left all but the players wanting more. The players were completely exhausted and may not have lasted much longer had time not mercifully run out. The games, which are conducted every Thursday evening, have all the energy of the more common full-length game. There are six players to a side, a goalie and five on-field players, which compete for two 24-minute halves with only a five-minute break between.

The Vandenberg footballers were pitted against Napoli. The players aren't from the Italian city but from the bay area just up the coast. Both teams compete in the Central Coast League and are two of the top four teams in the eight-team league.

The games are played on a truly unique field. "The Santa Maria Valley YMCA has the only outdoor arena soccer facility on the Central Coast," said Vandenberg's player and coach Scotty Vincent. "The state-of-the-art artificial turf called smart grass looks and plays a lot like a turf field, but does not give you nasty carpet burns that you might get on other artificial surfaces. It also reduces the likelihood of injuries since the turf has more give. You can actually play on it in cleats."

There is an oft-used quote,

"don't knock it until you've tried it," which fits perfectly with arena soccer. The pure speed of the game is something that is hard to describe. The skill of the players only adds to the overall experience. The passion of the players is written all over their face.

"I've played this game for all of my life," said Alan Brafman of the Napoli side. "I just love to play the game."

Brafman, who is Brazilian, made his mark on the game by almost single-handedly turning the game in the favor of Napoli. To anyone who is a true fan of the game, that is not a surprising statement.

The history of the game, especially since the early 60's, is dominated by the names and legend of Brazilian players. By consensus, the greatest player to ever play the game is Brazil's Pele. Much like Michael Jordan in basketball, Joe Dimaggio in baseball, or Muhammad Ali in boxing, the name

All great Brazilian players are known for two things. First and foremost is their ability to put the ball in the back of the net -- score goals. Secondly and maybe more telling is their footwork and knack for making ball handling appear to be second nature. The Napoli star Brafman is no different. Five goals (Napoli scored a total of six goals) and several nearly broken ankles is all the proof needed of his prowess.

Although faced with the task of defeating a truly gifted team, Vandenberg's players were up to the task. Although playing without their top player, Britton Miller of the 30th Space Wing

Manpower Office, they jumped out to an early 3-0 lead and held on for the 7-6 win.

Miller, who is away at the Air Force Soccer Camp, is considered a sure shot for making the Air Force-wide team. The 5-2 men's arena team, which is currently sitting in 2nd place, will have to make a go at the upcoming playoffs without their scoring leader.

Not all of the players are the caliber of Brafman and Miller.

"These players come out here to take part in an excellent form of recreation," said referee Roger Silva, a 20-year veteran of soccer wars. "This league is good for youngsters and adults, a lot of fun for everyone. It is very competitive though and things get a little heated at times. The action is fast and furious, continuously with no let up. But in the end, it is still recreation. Most important is for it to stay injury free."

Picking up the slack for the missing Miller was Cary Belmear who tallied four of Vandenberg's seven goals on the night. Larry Barnes and Jeremy Jarvis, both of the 544th Training Squadron, along with Staff Sergeant Pedro Martinez, 30th Space Communications Squadron, accounted for the remainder of Vandenberg's scores.

Not to be lost in the glow of the men's team is the fact that Vandenberg is also represented by a coed team. "Currently 4-3, the coed team must win their next two games to ensure a playoff spot," said coach Vincent. The playoffs will begin Nov. 5 for the coed league and on the Nov. 7 for the men's league.

Destinations *Central Coast @ A Natural Knead Spa*

By MAJ. STACEE N. BAKO
30th Space Wing Public Affairs

Stressful day? Why not try a Swedish or deep tissue massage or a special treat like a facial, pedicure or manicure?

Sound good? If so, I'll meet you at the Services Center on base. Huh?

At least that's what I said. I was surprised to hear there was a spa on Vandenberg. In fact, I think it may be the only on-base spa in the Air Force.

I've had the opportunity to travel from Calistoga, Calif. to Baden Baden, Germany, visiting several spas and salons for facials, pedicures, manicures and Swedish massages, so I consider myself a bit of a spa addict.

Personally, I find spa treatments relaxing, stress-reducing indulgences that are just plain fun to do every now and then. But the benefits of massage go further than just "fun."

Research shows that massage therapy reduces the heart rate, as well as systolic and diastolic blood pressure. Massage also boosts immune system, which tends to break down when the body experiences stress, according to the American Massage Therapy Association.

Located in the Services Center, "A

Natural Knead's" office also houses the pedicure, manicure and facial stations.

Because of space limitations, the massage rooms are upstairs and the only changing rooms are the bathrooms are across the lobby. However, the services are well worth the extra effort.

Although tucked in a corner of the otherwise sprawling Services Center, the proprietors, Mary Owen and Julie Leonhard, have created a warm, friendly environment to pamper patrons using organic and natural-based products.

Leonhard brings the pedicure, manicure and facial pampering to A Natural Knead, while Owen and her associate Virginia Hall are the certified massage therapists.

For my treatment, I chose the pedicure with polish, the Spa manicure and a half-hour massage — although I should have gone for the full hour!

"I love to pamper people," bubbled Leonhard, a certified cosmetologist with more than 1,600 hours of experience.

She carefully explained all the products she used and what implements were used to pamper my ailing hands and feet.

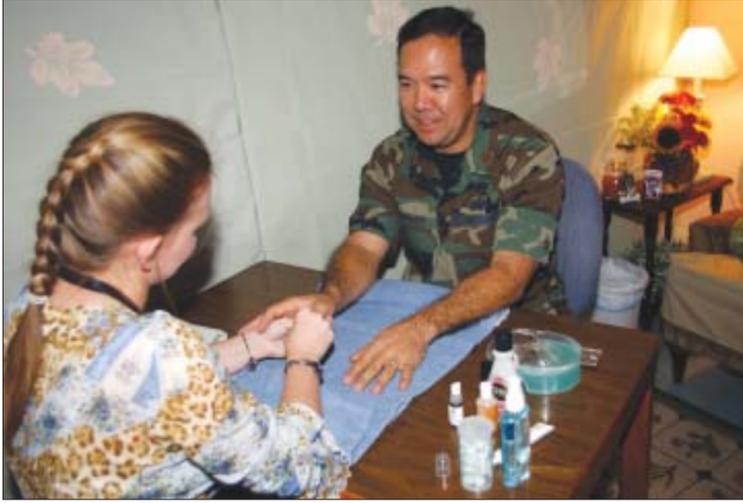
If you think about it, we walk miles

and miles and write or type for hours without giving our digits and feet a second thought. That made the hot bath soak with exfoliates was pure heaven. The special paraffin wax dip during the Spa manicure nicely softened my dishpan hands and helped soothe the aches of hours of e-mail.

The Swedish massage actually made me forget I was on an Air Force base.

Owen's massage room complete with soothing music and babbling fountains, would cause even the most stressed person to relax even before getting the massage. Afterward, all stress kneaded away, I felt relaxed and refreshed — definitely a wonderful end to a tough week.

While not the full wear-your-bathrobe-and-lay-around-with-



PHOTOS BY AIRMAN BRIDGET RAPP

(Left) Julie Leonhard, A Natural Knead cosmetologist, gives Maj. Thomas Reppart, 30th Services Squadron commander, a manicure at Vandenberg's day spa. (Above) Leonhard softens Reppart's cuticles.

cucumber-slices-on-your-eyes type of spa. A Natural Knead does provide a nice break from the hustle and bustle of every day Vandenberg life, and everyone deserves a little pampering once in a while.

A Natural Knead holds its Grand Re-opening today to coincide with National Massage Therapy Awareness Week. It's an opportunity for current and potential patrons to come in, look around and speak with the massage therapists and cosmetologist.

Community Calendar

25
FRI

Vandenblood Manor - 6 to 10 p.m. through Oct. 31 at 174 and 176 Willow Street in East Housing. Cost is \$3 for those 13 years and older, \$2 for children 6 to 12 years old and free for children 5 years old and younger.

Area 51 Haunted House - opening at 7 p.m. today, Saturday, Wednesday and Thursday in building 11168A on Iceland Avenue. Cost is \$3 for adults and \$2 for children under 12 years. For more information, call Tortillas Bailey at 606-8702.

Halloween Pumpkin Patch - weekdays 3 to 7 p.m. and weekends, 11 a.m. to 5 p.m. in the field between the commissary and security forces building. Prices are based on pumpkin size. Proceeds are used for airmen's Thanksgiving dinners and care packages for deployed members.

Sixth Annual Haunted Trail - 6 to 11 p.m. today and Saturday; 8 p.m. Oct. 31. The first hour each evening is only mildly scary. Cost is \$3 for adults and \$2 for children 10 years and younger. The trail starts at Washington and Airfield roads.

25
FRI

Food and diaper collection - through Thursday at the optometry clinic and Crestview Elementary School. Cub Scouts

25
FRI

Pack 102 is collecting canned food and clean diapers for Mark's House, which provides shelter and transition help for homeless families in Lompoc. For more information call 734-1651.

Free car seats - available for single-income families E-4 and below. Call family advocacy at 606-5338.

Craft show vendors - call Brandie Moorhead, 734-5621 to sign up for a space at this year's Crestview Elementary School craft show and sale. Spaces are \$20. The show is 9 a.m. to 3 p.m. Nov. 16.

One-on-one marriage enrichment counseling - at the family support center. Call 606-9958.

Military care packages - the family support center staff is accepting donations to support deployed troops. Call 605-8553.

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

Harbor and boat cruises - at Adventure Marina in Morro Bay. Call (805) 772-9463.

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

25
FRI

Twilight beach horseback rides - Pacific Dunes Ranch in Oceano. Beginners are

27
SUN

welcome. Call (805) 489-8100.

Fall choral concert - 7 p.m. Sunday at the Severson Theater on the Allan Hancock College Santa Maria campus. The program includes traditional, modern and classical music of several countries. Tickets cost \$10 for adults and \$5 for seniors, students and children under 12.

They're available at the Performing Arts Center box office on the Santa Maria campus.

Newcomer Spouse Orientation - 8 to 10:30 a.m. Monday at the Pacific Coast Club. The orientation includes a child-friendly community fair. No registration is necessary. For more information, call Sally Galligan or Bob Brown at 606-0801.

Sculpture exhibit - Monday - Dec. 6, 7:30 a.m. to 9 p.m. Mondays - Thursdays; 7:30 a.m. to 3 p.m. Fridays; 9 a.m. to 1 p.m. Saturdays at the Allan Hancock College art gallery in Santa Maria.

Self-defense workshop - 6:30 to 8:30 p.m. Mondays and Tuesdays for women and girls 12 years and older at the North County Rape Crisis and Child Protection Center. Call 736-8535.

Jiu-Jitsu self-defense classes - 7 to 9 p.m. Mondays and Wednesdays at the

28
MON

Unified Center for Martial Arts, 1766 S. Broadway in Santa Maria. Call (805) 934-2158.

Indoor cycling classes - 6 a.m. Mondays, Wednesdays and Fridays; noon Fridays; 4 p.m. Tuesdays and Wednesdays; and 8 a.m. Saturdays in the services center.

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

Sponsorship Training - 3 to 4 p.m. Tuesday at the family support center. Topics include sponsor responsibilities, relocation resources and tips for assisting newcomers. For more information, call Sally Galligan or Bob Brown at 606-0801.

Pre-separation Briefing - 8 a.m. Tuesdays in the family support center. This is a required briefing at least 90 days prior to leaving the service.

AL-ANON - 7 to 8 p.m. Wednesdays at the family support center. Call 734-0784.

Trick-or-treat hours - 6 to 8 p.m. Thursday. Base housing residents who want to participate should leave their front porch light on. Immediately report suspicious activities or treats to a patrolman or the Security Forces

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Control Center at 606-3911.

How to start your own business - 1:30 to 3:30 p.m. Thursday in the family support center. Topics include general licensing requirements, business plans, applying for Veterans Administration backed loans, components of a business plan and resources available in each state. Call Bob Brown to register at 606-0801.

Retirement ceremony for Master Sgt. Vernon Lewis - 2 p.m. Nov. 1 in Chapel 1. A reception will follow.

Auto skills center - open from 10 a.m. to 5 p.m. Sundays beginning Nov. 1.

Scholastic grant - applications due Nov. 8 to Chief Master Sgt. Velma Hunt, 605-6416. Call for forms and details.

Salute to World War II Veterans - 6 p.m. Nov. 8 at the Pacific Coast Club. Lompoc Mayor Dick DeWees is the emcee. Jonathan Wild will provide entertainment. The event is open to all veterans, military members and friends of veterans. Tickets cost \$19.75. Make reservations by Nov. 4 by sending name, address, phone number and a check or money order for tickets to 1305 Craig Dr., Lompoc 93436.

9
SAT

2002 Needle Arts Festival - Nov. 9 at Orange Coast College in Costa Mesa. The Allan Hancock College educational bus tour leaves Santa Maria at 7 a.m. and returns at 10 p.m. Cost of the bus tour is \$78 and includes the \$25 festival entrance fee. Meals are not included. Register by Oct. 30 by calling (805) 922-6966.

Single parents support group - 11:30 a.m. to 1 p.m. Nov. 12 in the services center. Call 606-9958.

Retiree Appreciation Day - 8:30 a.m. to 3:30 p.m. Nov. 13 in the Pacific Coast Club. Topics of the day include TRICARE, legal, medical, family support center, security forces, services squadron, the commissary and AAFES. The event is open to all military retirees and their authorized dependents. For more information, call 605-0289.

Top Three meeting - noon Nov. 21 in the services center. Call 605-6200.

Heart Link Spouse Orientation Program - Nov. 21 at the Pacific Coast Club. The program is open to active-duty spouses who have been married five years or fewer. Licensed childcare will be provided. For more information, call Sally Galligan or Teresa Orozco at 606-0039.

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Chapel Services & Events

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

Fall Festival is an alternative to Halloween from 2 to 5 p.m. Oct. 27 in the religious education complex. There will be games, booths, food and a cakewalk. Halloween costumes are encouraged. Volunteers are needed as well as whipped cream, pie tins, bags of individually wrapped candy, cups, apples, bales of hay and a tractor to borrow. Call Deborah Cotey for more information at 734-4204.

G.I. Java needs cookies. The all-volunteer coffeehouse is open 5 to 9 p.m. Monday - Saturday in the Delta Dormitory. To volunteer, call 606-5773. Cookies can be delivered to Chapel 1.

Food Pantry donations - The chapel is collecting for the food pantry Saturday and Sunday. Drop off non-perishable donations at Chapel 1.

Carmelite Outreach - This ministry meets at 9:30 a.m. Saturday in the Chapel 1 parking lot. Pack a lunch and help the Carmelite Nuns on their ranch in Buellton. Call Sam Warren for more information at 734-7414.

Bible study groups - 7 p.m. Mondays or 7 p.m. Thursdays in the religious education administration building. Call 734-4202.

WORSHIP SERVICE TIMES

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

Catholic

CCD classes are underway - 8:30 to 9:30 a.m. Sundays in the religious education administration building. Call 734-3070.

Rite of Christian Initiation of Adults - 12:30

p.m. Sunday in the religious education administration building. Call 734-1437.

Catholic Women of the Chapel - meets at 7 p.m. the second Wednesday of each month in the Chapel 1 Annex. Nov. 13 is a craft night. Call 606-5773.

Senior Catholic Youth of the Chapel - 6 to 8 p.m. in the religious education administration building. Call 734-2875.

Catholic Youth Choir - practice is 4:15 to 5 p.m. Fridays in Chapel 1. Call 734-5503.

Protestant

Protestant Chapel Community Night - 5:30 to 7 p.m. Sundays in the religious education classrooms.

Protestant Choir - practice is at 6:30 p.m. Wednesdays in Chapel 1. Call Michelle Urban at 734-2305.

Believers in God - the Protestant youth group meets Sundays in the religious education administration building. Call Sharon Egan at 734-4102.

At the Movies

Minuteman Theater is on South Dakota Ave. All movies start at 7:30 p.m. unless otherwise noted. Doors are closed and locked once the show begins.

Today
Trapped, rated R

When Will and Karen Jennings (Stuart Townsend and Charlize Theron) are held hostage and their daughter is abducted, a relentless 24-hour plan is set in motion that will challenge everything they took for granted.

Saturday, 3 p.m.
Spy Kids II, rated PG

When the world is in trouble they call in their top secret agents. Carmen (Alexa Vega) and Juni (Daryl Sabara) Cortez are back. Their newest mission takes them to a mysterious island where they meet a wildly inventive genetic scientist (Steve Buscemi) and his imaginative creatures.