

Astro News

Minuteman maiden space launch proves successful

1st Lt. Colleen Lehne
Public Affairs

A new hybrid Minuteman/Pegasus rocket was successfully launched for the first time from Vandenberg AFB, Calif., on Jan. 26.

The launch proves that Minuteman rockets can be used to launch oversized payloads.

"We demonstrated that we can take retired Intercontinental Ballistic Missiles and use them as low-cost, reliable, space launch vehicles," said Col. Dan Dansro, launch mission director.

According to Air Force officials, the launch sequence went smoothly. "The data we received from the rocket indicated it was performing as expected," said Maj. Steven Buckley, launch director.

The rocket, officially called the Orbital Suborbital Program Space Launch Vehicle, is a combination of rocket motors from the Minuteman II and Pegasus XL launch vehicles. The SMC Test and Evaluation Directorate manages the development of the program.

The vehicle can operate with two fairings allowing for the launch of oversized payloads.

Using a multi-payload adapter, the vehicle is capable of launching several payloads of up to 750 lbs to a 400-nautical mile, sun-synchronous orbit. This is roughly 1.5 times the Pegasus XL capability alone.

The payload for this launch was dynamic. It included four separate satellites built by universities across the country, and three scientific experiments were all integrated into the multi-payload adapter.

"The fact that we launched a complex payload is important because it allows us to use the maximum capability of the launch vehicle for customers who perhaps couldn't afford paying for a space launch by themselves," said Buckley.

Not only was the payload complex, but its components were built in one year—mostly by students from the U.S. Air Force Academy, Stanford University, Weber State University and Arizona State University.

The launch came after a delay in December when officials ran into some problems during pre-launch tests. Launch officials discovered electrical problems during the mission dress rehearsal when the C-BAND Transponder, a safety device that notifies operators on the ground that the rocket is still on its course, did not respond.

Officials also discovered that the Modular Avionics Control Hardware was not functioning properly. The MACH is a modular interface box, which controls telemetry, power transfer and ordnance commands.

After destacking the upper two stages, the Pegasus XL Orion 50 and Orion 38, and the fairing, the C-BAND transponder was replaced, and the cause of the MACH malfunction was corrected.

Soup labels for education...



Photo by Airman 1st Class Angie Malek

Brittany Miller, age 10, peers through one of the 20 microscopes purchased by White Point Elementary school. The microscopes were purchased with the 400,000 Campbell Soup labels donated by Los Angeles AFB last year. Other items include a big screen microscope, a public announcement system, an aquarium, videos and audiovisual equipment.

CSAF survey results reveal some issues still need to be addressed

WASHINGTON (AFPN) -- The 1999 Chief of Staff's survey reveals strides continue to be made in job satisfaction, teamwork and quality-of-life issues compared to 1997 results.

However, dissatisfaction is still evident in several areas, including pay, operations tempo and supervision.

Air Force Chief of Staff Gen. Michael E. Ryan received the results of the survey, which measured the service's organizational climate and quality of life, Jan. 21. More than 190,000 responded (36 percent of the Air Force population).

The organizational climate section addressed 13 key unit level factors ranging from leadership to unit resources.

Overall results of the survey varied little from 1997.

Job satisfaction remained consistent at 90 percent. Unit performance outcomes, teamwork, core values, job enhancement, and training and development fell in the 80 percent to 84 percent satisfaction range. General satisfaction, unit flexibility, recognition and unit resources remained nearly constant in the 66 percent to 79 percent satisfaction range.

The survey's quality-of-life section focused on Air Force priorities such as community programs, pay and retirement benefits, people and operations tempo, housing, educational opportunities and health care. Emphasis was also placed on more contemporary issues like readiness, retention and a sense of community.

The survey revealed that 54 percent of enlisted people and 62 percent of officers are satisfied with medical care,

while 42 percent of enlisted families and 45 percent of officer families are satisfied with medical care. On housing, 71 percent of married enlisted people and 73 percent of single enlisted people are satisfied with current housing, while 83 percent of married officers and 85 percent of single officers are satisfied.

A sense of community at Air Force bases is important to 82 percent of officers, 70 percent of enlisted and 73 percent of civilians. On the issue of quality of life at duty stations, 63 percent of enlisted, 75 percent of civilians and 77 percent of officers responded positively.

Regarding career intentions (whether or not to stay in the service, or undecided), 61 percent of enlisted and 68

CSAF cont. on Page 4

Information assurance for the new millennium

Lt. Gen. William J. Donahue
Director, Air Force Communications and Information

The biggest test of information assurance to date — entering the year 2000 — is now in the history books. The next hurdle is the first leap-year day of this century.

Between these two landmark events fittingly stands our Year 2000 Information Assurance Month. Our theme this year is aptly titled, "Information Assurance in the New Millennium."

This past year, we have worked hard to protect our critical information and information systems from intruders, but there is still much to do. While we are providing new and exciting ways to get useful information to the warfighters and decision-makers, it comes with a set of thorny issues:

- how to adequately protect sensitive unclassified information while openly sharing it with those who need it for their mission;

- how to take advantage of new software "bells and whistles," like mobile code, without falling victim to its vulnerabilities;

- how to share information with our coalition partners so we can operate effectively while protecting our national interests and secrets; and

- how to bring our networks under the profes-

sional management control of the network control centers.

These issues all have one thing in common: all network users, whether network professionals or network citizens, must work together to keep our networks safe — to protect them like the "weapon system" they have become.

During information assurance month, we will concentrate on educating users on the importance of "safe network practices" — stronger passwords, safe file download practices, careful information handling, routine use of anti-virus software and strong software/hardware configuration management.

We will use information assurance month as an opportunity to herald our best and brightest IA stars — those professionals who contributed the most to their bases in the area of information assurance in the last year. We have also established an annual Air Force Information Assurance Award for outstanding performance by an individual and organization. Winners of these awards will compete for national-level awards.

We will also focus on network users and their responsibility to be good network "citizens," partnering with network professionals to safeguard this vital weapon system.

With well-trained network professionals, well-equipped network control centers and network operations and security centers, and disciplined network citizens, we are well on the way to securing our networks.

Astro News deadlines

The Los Angeles AFB paper, the *Astro News*, is published every other week on Friday. The editorial office is located within the Space and Missile Systems Center Public Affairs Office in Building 105, Room 4049, in Area A. The telephone number is (310) 363-6428.

Deadline for article submissions is Thursday, noon, the week before the publication date. Articles should be sent via e-mail to the editor at **SMC.PA.ASTRONEWS@LOSANGELES.AF.MIL** or sent on disk. The mailing address is:

SMC/PAI -- Astro News editor
2420 Vela Way, Suite 1467
El Segundo, Calif. 90245-4659

<u>Publication dates</u>	<u>Submission dates</u>
Feb. 25	Feb. 17
Mar. 10	Mar. 2
Mar. 24	Mar. 16
Apr. 7	Mar. 30
Apr. 21	Apr. 13
May 5	Apr. 27
May 19	May 11
Jun. 2	May 25
Jun. 16.....	Jun. 8
Jun. 30.....	Jun. 22
Jul. 14.....	Jul. 6

Action Line 363-2255

The Action Line is your direct link to **Col. David E. Price**, 61st Air Base Group commander.



Its purpose is to make Los Angeles AFB a better place to work, live and play. Of course the fastest way to resolve any problem is to ask the person who can actually fix it.

Below is a list of people who can do just that:

- Base Exchange David Clore 640-0129
- Base IG.....Lt. Col. John Woodcock 363-0802
- Chaplain.....Lt. Col. Gary Garvey 363-1956

- Civil Engineering Lt. Col. William Saunders 363-0287
- Commissary Al Cherry 363-6140
- Communications Sqd. Lt. Col. Mark Hall 363-0798
- Equal Employment Opportunity Program Office Leonard Gonzales 363-1565
- Family Support Center Tom Sanders 363-5365
- Fraud, Waste and Abuse Hotline 363-2020
- Housing James Wirrie 363-8340
- Logistics Capt. Tam Elliott 363-0351
- Medical Lt. Col. Mark Wisniewski 363-5005
- Mission Support Lt. Col. Maureen Hurley 363-1230
- Security Forces Maj. Larry Bartlett 363-0032

- Services Gary Van Dusen 363-0430
- Military Equal Opportunity Office Capt. Lisa Day 363-2806
- TRICARE 363-0261
- 24-hour Crime Stop 363-2124
- Staff Judge Advocate Col. Samuel Bagley 363-0916
- Area Defense Counsel Capt. Art Kirkpatrick 363-6776

Try your supervisor, first sergeant or commander. If you are not able to resolve a problem, call the Action Line. Your call will be recorded and if you leave your name and phone number, you will receive an answer.

Astro News

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OR

Call 363-6428 for more information.

News Briefs

National children's dental health month

This month, the 61st Medical Squadron dental clinic will celebrate Children's Dental Health Month with a new millennium theme: "To prevent is to cure."

The 61st Medical Squadron dental clinic will promote familiarization of oral health and educate young children at locations that support the children of Los Angeles AFB.

Please join us in the following programs to support our community:

- Thursday, Fort MacArthur Child Development Center from 9 to 11 a.m.
- Friday, Los Angeles AFB, Child Development Center from 9 to 11 a.m.
- Feb. 22 and 23, White Point Elementary School

Activities will include presentations on dental health, storytelling, coloring contests and games. Participating children will receive a dental activity book and dental hygiene kits.

For more information, call 363-0962.

Air Force eliminates mandatory random weigh-in

WASHINGTON (AFPN) — Air Force units are no longer required to conduct monthly, random weigh-ins and will instead hold annual weigh-ins in conjunction with the unit's annual fitness testing.

According to Air Force personnel officials, commanders felt the requirement to conduct random weight checks took away valuable time from duty sections and required too much administrative support.

Commanders may still use their discretion to weigh individuals who appear over their maximum allowable weight, and remain responsible for conducting all other weigh-ins as required by Air Force instruction. The change gives commanders the responsibility to ensure their people are within standards at all times. (Courtesy of AFNEWS)



Photo by Airman 1st Class Angie Malek

Ryan Labat, age 9, plays in the Fort MacArthur snow during Services winter wonderland Friday.

Services brings snow to Los Angeles

Carlen Capenos
61st Services Division

More than five tons of snow "fell" on Fort MacArthur when the Family Member Flight made it snow last Friday. The snow was brought in for a winter wonderland event.

The now-annual event began when Rebecca Burns, the Youth Center programmer, came up with the idea.

"Some of the kids in my program mentioned that because they have lived in Southern California their entire lives, they had never seen snow," said Burns.

The idea "snowballed" into an afternoon of family events, which became the first annual winter wonderland.

Last year, the Family Member Support Flight surprised the base population by bringing snow to the base community.

"I felt that it was a total success, lots of fun and the parents thought it was a very imaginative event,"

said Burns.

"Providing lots of fun-filled activities that peak the interest of the families at Los Angeles AFB is our goal," said Burns. "So we decided to make the winter wonderland bigger and better this year by adding two slopes for downhill gliding, which was new this year."

In addition to the snowfall, the community center was transformed into a winter wonderland filled with icy games and lots of food. For the parents, the Harbor View Lounge was open so they could relax and enjoy the afternoon while their kids were supervised by the Family Member Flight.

"Parents were extremely pleased that the event appealed to all ages of kids and provided something for the parents to do: watch, play or relax inside. In fact, most comments were aimed at when is the next program," said Burns.

"Our focus is providing activities which will allow total family participation," said Pat Brown, the Youth Center director. "This did just that."

Change of vice commander slated for Air Force Materiel Command



WRIGHT-PATTERSON AFB, Ohio (AFMCNS) - Lieutenant General Stewart E. Cranston, who has served since December 1997 as the Air Force Materiel Command vice commander, will retire in a formal ceremony Monday at the United States Air Force Museum.

During the ceremony, Lt. Gen. Charles H. Coolidge, Jr., will assume vice commander duties for the Air Force major command.

"General Cranston's great insight and leadership have

been instrumental in our efforts to bring better business practices to the command," said AFMC commander Gen. George T. Babbitt.

General Cranston entered the Air Force through the Air Force Reserve Officer Training Corps program in 1966. He has commanded a test squadron, an inspection center, a test wing and a test center.

A distinguished graduate of the U.S. Air Force Test Pilot School, the general is a command pilot with 3,500-plus hours in more than 30 different aircraft. He flew 300 combat missions, accumulating 514 combat flying hours in Southeast Asia.

General Coolidge comes to AFMC from an assignment as director of operations and logistics, U.S. Transportation Command, Scott Air Force Base, Ill.

He graduated from the U.S. Air Force Academy in

Colorado Springs, Colo., in 1968, and has served in a variety of operations and staff positions throughout his career.

In operations, he served as a flight commander, operations officer, squadron commander, wing vice commander and wing commander.

He has commanded three Air Force wings and served on the staffs of two major commands.

He also served on the Department of Defense Joint Staff and was the Joint Staff representative to the U.S. - U.S.S.R. Standing Consultative Commission, established under the 1972 ABM Treaty to promote the objectives and implementation of the provisions of the treaty, which met biannually in Geneva.

General Coolidge is a command pilot with more than 3,800 flying hours.

CSAF cont. from Page 1

percent of officers indicated plans to stay, while 81 percent of civilians plan to remain in DOD service. Education programs rank among the top five community programs that affect career intentions.

Between 63 and 76 percent of first- and second-term airmen and company grade officers indicated a retirement plan where everyone received 50 percent of their base pay would increase the likelihood of them staying in for 20 years. Likewise, 59 percent of career airmen and 71 percent of field grade officers said the likelihood of serving 20 years or more increased with pay raises tied to cost of living.

According to survey results, there is still room for improvement in several areas, such as compensation (including housing allowances), health care services for family members, rising ops tempo, undermanning and dissatisfaction with leadership and supervision.

Ryan said the significant pay and compensation gains made in the fiscal 2000 defense budget should help address some of the service members' concerns expressed in the survey.

In operations tempo, the number of

days spent on temporary duty and the number of hours worked per week have increased steadily since 1995, according to survey results. Officers who reported TDYs now spend an average of 62 days per year TDY and work a 55-hour week, compared to an average of 50 days TDY and a 51-hour week in 1996.

For enlisted members who reported TDYs, the average number of days spent TDY increased by 22 days to 68 days, and the hours spent at work each week have risen from 46 in 1996 to 51 in 1999. Undermanning at the work center accounted for about 15 percent of the increased number of work hours.

Overall, compared to 1997, satisfaction in supervision, participation and involvement, and leadership fell by 2 or more percentage points across the board.

"I appreciate the participation by the Air Force family, and I'm satisfied with the process and the initial review of the data," said Ryan. "It verified many of the things we already knew. It appears we've made progress in many areas, but we still have work to do, particularly with ops tempo, compensation concerns and health care.

"Air Force people spoke their minds in the survey," said Ryan, "and Air Force leadership at all levels is listening and engaged in making the Air Force a better place to serve our nation."

Space test looks successful

Mrs. Myers Sims

The Aerospace Corporation
Albuquerque, New Mexico

Air Force officials here are pleased with initial indications that a new money-saving space test may soon deliver data for the DoD magnetic mapping.

The DoD Space Test Program, a division of the Space and Missile Systems Center, Los Angeles Air Force Base, Calif., launched the Polar Orbiting Geomagnetic Survey II on a Defense Meteorological Satellite Program Satellite on Dec. 12, 1999, from Vandenberg Air Force Base, Calif., on a Titan II launch vehicle. The purpose of POGS II is to test the concept of a satellite to resolve geomagnetic vector data to 1 degree without star cameras.

The data obtained from this mission will be used to help construct the DoD standard world magnetic model, eliminating the need for costly aeromagnetic support, which refers to making measurements by dragging a magnetometer behind an airplane. A magnetic survey with an airplane can cover a small area in great detail, but cannot cover the world

without incurring large expenses and geographical constrictions.

"Magnetic field models have many uses. One use is to provide autonomous guidance for cruise missiles. Also, every military GPS receiver has a magnetic field model in its software," said Lt. Col. Perry Ballard, DoD Space Test Program manager.

"The POGS II payload consists of a 55-cm long boom with a magnetometer on the end. When this experiment was previously flown, it was mounted on the satellite body, which proved to be too noisy, and the data was useless. With the magnetometer at the end of the boom, this problem should go away, and preliminary data analysis indicates that it has," Ballard added.

The POGS II boom deployed successfully and is more stable than anticipated with a flex of less than 1 degree between sunlight and darkness. Boom stability is important because if researchers can determine the alignment sufficiently, they can use the components of the measurement magnetic field vector.

Currently, data is being taken and all appears to be working well.

Blotter: Fire response, shoplifting keep base police busy

The following police activity is from Jan. 30 to Feb. 4. All information was provided by the 61st Security Forces Squadron resource protection section.

Shoplifting

The wife of a retired Navy member was detained for allegedly shoplifting a bottle of Estee Lauder cosmetics valued at \$51. She was issued a suspension-of-base-exchange-and-commissary-privileges letter, and her identification card was confiscated. El Segundo Police Department cited the individual for petty theft.

Domestic violence

An Air Force member said her husband had struck her in the face at their Fort MacArthur residence and then departed the base. Los Angeles City Police and the Long Beach City police were notified. The member declined medical treatment. Security forces are investigating the incident.

Traffic accident

A base exchange employee struck the poles in the parking lot of Building 115. Security forces responded. The individual said he did not see the poles, which were protecting emergency shut-off valves for the building. The

vehicle sustained minor damage. Damage to the poles was estimated at \$1,500.

Government property damage

A civil engineering employee reported damage to a Fort MacArthur street lamp. The repair will cost approximately \$350. Security forces are investigating the incident.

Fire response

Security forces and the Los Angeles City Fire Department responded to a residential fire at Fort MacArthur. After the fire was extinguished, it was determined the self-cleaning oven had ignited residue from previous usage. The stove and house sustained no damage.

Rape

The wife of a commissary employee said she was raped by her husband's co-worker off base. She was referred to the Inglewood City Police Department.

Communicating a threat

The commissary night manager reported the husband of an alleged rape victim had verbally threatened the suspect with physical violence. Security forces, AFOSI and the Inglewood PD are investigating.

Chapel Schedule

Roman Catholic

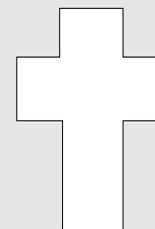
Saturday: Sacrament of Reconciliation at 3:45 p.m., Mass at 4:30 p.m.

Sunday: Mass at 9 a.m., CCD in Building 37 at 10:30 a.m.

Protestant

Sunday: Sunday School at 9 a.m., Building 37; General Protestant worship at 10:30 a.m.

All the above services are at the Fort MacArthur Chapel. Call the Chaplain Service division office at 363-1956 or visit <http://www.laafb.af.mil/abg/hc/chaplain.htm> for more information.



Name: Master Sergeant Paula Harris
 Unit: SMC Evolved Expendable Launch Vehicle SPO
 Duty title: Superintendent, EELV
 Hometown: Pittsburgh, Pennsylvania
 Time in service: 15-1/2 years
 Ethnic background: African-American
 Future goals: My goals are to make Chief, earn a BA in information systems and provide the younger troops with leadership and mentorship.



Air Force life: An African-American's view

Editor's Note: The following article is in recognition of African-American Heritage month.

When I look at my view on being African American in the military, I often think of those who came before me. From those who served in the early years of the military, with the Tuskegee Airmen, in the civil rights movement and in the military's equal opportunity program. I know I could not have made it without the many sacrifices of others.

I grew up in a poverty-stricken suburb of Pittsburgh, Pennsylvania, and life was very difficult. My mother's goal was for me to get a college education. She felt it would open doors for me she never had.

I was in my second year of college and doing very well, but I realized it wasn't what I wanted. I spoke with a friend of mine in the Air Force and decided that it was the place for me. After convincing my mother the Air Force could offer me more than just a college education, she supported my decision.

Although my mother wasn't pleased with my decision, she was the person who prepared me for life's challenges. She taught me that as an African American, life would always be a little bit tougher. I was expected to give 110 percent in my life endeavors because 100 percent may not always be enough: respect others, and never let anyone say you can't succeed.

My mother dropped me off at the military entrance processing station Aug. 13, 1984. After an emotional goodbye, I began a journey that has lasted 15 and a half years.

The Air Force has sent me to places and provided me opportunities I could never have received anywhere else. I've been stationed at seven different bases: Hickam AFB, Hi., Aberdeen Proving Ground, Md., Camp Humphreys, Korea, Robins AFB, Ga., Incirlik Air Base, Turkey, Ramstein AB, Germany, and here. I have worked in career fields that include combat communications and quality Air Force. With each assignment came a different challenge. I accepted each with enthusiasm and the determination to do the job better than the previous person. I did not want anyone to think I got ahead because of my skin color, but rather that I was the best person for the job.

With each overseas assignment, I had to adjust to a different culture. My two assignments with the Army were also a challenge because although we defend the same country, our way of thinking and doing business are very different. Ramstein AB gave me the opportunity to work the contingency issues we face on a daily basis and helped me understand why the Air Force is vital to the protection of the United States.

My goal in the Air Force is to be a positive example for everyone regardless of their skin color. I want them to know with a little hard work, the right attitude and strong leadership, they can succeed.

Today, no one is more proud of what I have accomplished during my military career than my mother. When I call her to say I made the promotion list or I won an award, I can always hear the excitement in her voice. It's at that point I know joining the Air Force was the right decision.

African-American History Month Celebration

The Aerospace Corporation and SMC jointly recognize African-American History Month. The theme for this year's observance is **"Reflecting the Past . . . Embracing the Challenges of the Future."**

- Today** African-American History Month Kick-Off Luncheon
KEYNOTE SPEAKER
Gen Lester Lyles
 Vice Chief of Staff, USAF, Washington, D.C.
 The Club at SMC, Bldg. 120, 11:00 a.m.
 \$13 (\$11 for members of The Club)
 For tickets, contact Ethel Simpson, 363-5308
- Monday** Robert H. Herndon Image Awards
 Presenter: Dr. Michael J. Daugherty
 A1/1062—11:15 a.m.
 Reception immediately following in A1/1082
- Tuesday** Special presentation to Mrs. E. Shirley McElroy, 40 Year Aerospace employee
KEYNOTE SPEAKER
Dr. John Slaughter
 Melbo Professor of Leadership in Education
 USC Rossier School of Education
 Past Director, National Science Foundation
 Past Chancellor, University of Maryland
 Past President, Occidental College
 A1/1062-11:30 a.m.
- Wednesday** Musical Performance Honoring African-American Historians
 A1/1062—11:30 a.m.
- Thursday** "Here We Stand" A dramatization derived from the poem, "I Shall Not Be Moved" by Maya Angelou
 A1/1062—11:30 a.m.
- Friday** Fashion Show -- A1/1062—11:30 a.m.

Give me the ball...



Photo by Margaret Gray

Members of the Air Force and Marine Corps Rugby teams go for the ball during the interservice championships held at Camp Pendleton. The Air Force became the champs by beating the Marines 22-17.

Sports Shorts

Note

For more information on all listed activities, call 363-6814 or 6815 unless otherwise noted.

Racquetball tourney

A racquetball tournament will be held at the fitness center from Monday to Feb. 19. Categories are men's and women's novice and open divisions. The tournament is open to all military, family members, Aerospace employees, civilian employees and contractors. For more information, call Robert Morden.

Air Force Tae Kwon Do training camp

An Air Force Form 303 for the Air Force Tae Kwon Do Training Camp is due by Feb. 21. There is no trial camp and the Armed Forces Championship is at Fort Indiantown Gap, Pa., from April 12 to 15.

Volleyball

The fitness center needs volleyball players and coaches for the AFMC All-Star Tournament. The men's team is going to Hill AFB, Utah, April 19 to 25. The women's team is going to Brooks AFB, Texas, May 10 to 16. For more information, call Tech. Sgt. Gordovez or Staff Sgt. Ramos at 363-6816.

Bowling

The fitness center needs bowlers for the AFMC All Star Bowling Tournament. A total of four men and one woman will bowl March 26 to 31 at Tinker AFB. For more information, call Tech. Sgt. Gordovez or at 363-6816.

Softball

The fitness center needs softball players and coaches for the AFMC All Star Softball Tournament. The men's team is going to Eglin AFB, Fla., July 5 to 11. The women's team is going to Robins AFB, Ga., July 26 to Aug. 1. For more information, call Tech. Sgt. Gordovez at 363-6816.

Weight lift competition

A bench press competition will be held March 22. The weigh-in is from 10 to 11:15 a.m. The competition starts at 11:30 a.m. Prizes will be awarded for all individual winners. For more information, call Tech. Sgt. Gordovez or Staff Sgt. Ramos at 363-6816.

One-on-One Basketball

A One-on-One Basketball Tournament will be held from March 27 to March 31, based on the number of participants, from 11 a.m. to 1 p.m. Sign up at the fitness center or call Staff Sgt. Ramos at 363-6816.

Fort MacArthur Museum

Story and photos by
Master Sgt. T.J. Helton

If you listen closely, you can hear the sounds of war. And you can almost find just about everything you would like to know about the World Wars, Civil Defense, American Pacific Theater military campaigns and much more within walking distance from Los Angeles AFB's housing areas.

The Fort MacArthur Museum is inside the historic Battery Osgood-Farley facility. It was built between 1915 and 1919.

Besides housing numerous rooms of military artifacts, the museum holds annual re-enactments of all periods of American military history.

The museum is open Tuesdays, Thursdays, Saturdays, Sundays and holidays from noon to 5 p.m. at 3601 South Gaffey St. in San Pedro. For more information, call 548-2631.



Replicas of the USS California and Arizona are the centerpiece in a room full of naval memorabilia.



"It's War" is one of several newspaper articles documenting past wars.

Successful weight loss is a lifestyle change

Staff Sgt. Alonzo Jones
61st Medical Squadron

Losing weight is not about gimmicks. It's about adopting a healthy lifestyle.

According to the Food and Drug Administration, approximately eight million Americans annually enroll in some kind of structured weight-loss program.

Starving

Studies show that starving the body sends it into a defensive mode. It reduces available energy, increases a "maniac appetite," and excites the fat storage enzyme and raises insulin levels, which is a fat-storage hormone. When you give in to hunger, fat cells are the first to get stuffed. You should eat a large breakfast, medium lunch, small dinner and fruits and vegetables between meals and at every meal, while limiting fat.

Fad diets

The Grapefruit Diet, the Hollywood Diet and the Juicing Diet, etc.--they all work until they eventually raise the appetite to irrepressible levels.

Skipping meals

Cutting calories by skipping meals increases your potential to gain body fat. Some people need to count calories while others need to limit fat. And some people just need to push back from the table. Don't skip meals!

Guide to plan your diet: know the 4-9-4-7 rule.

- 1 gram of carbohydrates = 4 calories
- 1 gram of fat = 9 calories
- 1 gram of protein = 4 calories
- 1 gram of alcohol = 7 calories

Limit your intake of fat and alcohol and consume less calories for fat storage. As soon as fat passes the lips, most likely it will end up on the hips. However, some fats are healthy such as Omega-3 fatty acids found in tuna, herring, mackerel and sardines.

- Choose your foods carefully.
- Eat smaller portions of a variety of foods.
- Eat foods naturally high in fiber: fruits, vegetables, legumes and whole grains.
- Limit portions of foods high in fat: dairy products like cheese, butter and whole milk; red meat; cakes and pastries.

Leading L.A.

Second Lieutenant Lance Campbell



is the executive officer for the 61st Air Base Group commander. He leads administrative operations and is responsible to the commander for command staff management. He is also the initial point of contact for 61st ABG command section issues.

In addition, he oversees the 61 ABG suspense tracking system tasking four squadrons and six divisions ensuring timely, accurate responses to higher headquarters requests. He also directs a staff of two enlisted personnel and one civilian.

"As the executive officer for the base commander, I directly support the air base group by successfully performing my duties to ensure personnel, administration, engineering, medical, communications, computer, security, logistics and quality-of-life services are ensured," said Campbell.

He has been in the Air Force for one year and four months and also spent four years in the Army. He has a bachelor of science degree in business administration with a minor in Spanish, and an associate's degree in computer systems integration.

"My short term goal is to move to a system program office and begin working as a program manager," said the Great Falls, Montana, native. "I see myself continuing to gain responsibility in the work place."

When not busy, he is an active member of the ABG team. He assisted in the conception, construction and execution of a haunted house that raised over \$600 for the Combined Federal Campaign. He was also in charge of the ABG team room where over 1,200 visitors from on and off base attended. He aided in several fund raisers to buy supplies for the event.

In his free time, he enjoys reading, spending time with family and studying military history.

Honor Guard Luncheon

The Base Honor Guard Recognition Luncheon is Feb. 25 from 11 a.m. to 1 p.m. in The Club ballroom. Tickets for the Italian lunch buffet are \$10 for club members and \$12 for non-club members. Those not wishing to eat are still invited to attend the drill team performance starting at 11:45 a.m. For tickets, call Staff Sgt. Sherry Gulliford at 363-5259. Tickets must be purchased by Feb. 22.

Scholarships available

The Los Angeles AFB officers' spouses club is accepting scholarship applications from high school seniors who are military or DoD civilian dependents.

Application deadline is March 1. For more information, call Kathy Hall at 514-8369.

Space Power Workshop

The 18th annual Space Power Workshop is April 10 to 13 at the Torrance Marriott Hotel. Registration is \$150 before March 17 and \$200 thereafter.

For more information, call Jackie Amazaki at 336-4073 or visit www.aero.org/conferences/power.

Breast health care seminar

The Federal Women's Program is sponsoring a Breast Health Care Seminar taught by Ira Loper Feb. 22 from 11:30 to 1 p.m. in Building 125, Room 1338. Loper will focus on breast cancer awareness, self-examination and treatment. This seminar is open to all women at Los Angeles AFB including military, civilian and The Aerospace Corporation. For more information, call Master Sgt. Tracy Hudson at 363-3492.

Benefits advisor renamed

The clinic's health benefits advisor has been renamed the Beneficiary Counseling and Assistance Coordinator. The BCAC is Rosie Manning who is available Mondays to Fridays from 7:30 a.m. to 4:30 p.m. For more information, call 363-0261.

AFIT program seeks applicants

The Air Force Institute of Technology's Electrical Engineering Department is soliciting applications to enter the Electrical Engineering Advanced Academic Degree Program at AFIT. Eligibility criteria and AFIT academic application procedures are under the Counseling Section of the AFIT website at <http://www.afit.af.mil/admissions.htm>. Eligible officers should then contact their AFPC Officer Assignment Team to determine if AFIT MSEE positions are available and if they are releasable for reassignment. For additional information, visit <http://en.afit.af.mil/eng/> or <http://afit.af.mil/>.

For more information, call Maj. James Lott at 937-255-3636, ext. 4576, DSN 785-3636.

Fort MacArthur Clinic hours

Primary care

Monday 7 a.m. to 4 p.m.
Tues-Fri 9 a.m. to 6 p.m.
Saturday Acute Care with Primary Care Provider
8 a.m. to noon

Sick Call

Monday walk-in 7 to 7:30 a.m.; 1 to 1:30 p.m.
Tues-Fri By appointment only; call 363-8307

Pediatric

Mon-Fri 7 a.m to 4 p.m.

Important telephone numbers:

Front desk: 363-8330
Appointment desk: 363-8291; and 363-8292
Pharmacy: 363-8301
Laboratory: 363-8302

Civilian career broadening

Nominations for cross-functional training at the GS-12 level are due Feb. 10. The positions are located in financial management, contracting, logistics and program management. The training is designed to provide sufficient on-the-job training and formal courses to qualify successful candidates for Level 1 APDP certification in the assigned functional area. Upon completion of a one-year assignment, participants will be reassigned back to their functional area. For more information, call Roy Sakamoto at 363-5600.

MPF Saturday hours

The military personnel flight, customer service office is open the first Saturday of every month. For more information, call Janice Nicol at 363-1109.

TRICARE News

TRICARE Prime enrollees will experience an added benefit when scheduling appointments at Los Angeles AFB clinics. Members assigned to Los Angeles who

Continued on Page 12

call to schedule an appointment will be assigned a provider according to their organization. All other active duty family members and retirees' family members will be assigned a provider according to the last two digits of the sponsor's social security number. For more information, call Rosie Manning at 363-0261.

The TRICARE support office moved to Building 201. The hours of operation are 7 a.m. to 4:30 p.m. For more information, call 363-5044.

If you are on active duty and you work and live in a remote area, you may be eligible to enroll in the TRICARE Prime Remote Program. The DoD began a new health care program to help active-duty members get health care more easily when they are assigned to remote locations.

The new program is called TRICARE Prime Remote. Under TRICARE Prime Remote, active-duty members who work and live more than 50 miles, based on zip codes, from a military treatment facility or clinic can re-

ceive most of their medical and dental care from local civilian doctors. If you are active duty and work and live in an identified zip code, you qualify for the program and must enroll. To find out if you qualify for TRICARE Prime Remote, to enroll or for more information, call (800) 242-6788 and press option 1, then 3.

L.A Police Department to address recent gang activity

A member from the Los Angeles Police Department will address concerns regarding recent gang activity in the city of San Pedro. The meeting will take place at the Fort MacArthur Community Center next week. Look for the date and time of the meeting in the Base Bulletin and the Commander's Channel.

Office of Special Investigations

The Air Force Office of Special Investigations Detachment 110 provides mandatory terrorism awareness training on the second and fourth Tuesday of every month

at 9 a.m. in Building 243. This training is required for all military and civilian personnel, and their family members PCSing or going TDY overseas. For more information or an appointment, which is mandatory, call 363-1608.

Volunteers needed

The Southern California Invitational Drill Meet needs military members to be line judges March 4 at Huntington Beach from 8 a.m. to 3:30 p.m. The annual event highlights junior and senior ROTC units from across the country competing for a sweepstakes trophy. For more information, call Cadet Dan Wallick at 213-740-1880.

Presidential Honor Guard scheduled to perform

The Presidential Honor Guard Exhibition Drill Team is scheduled to perform at the Southern California Invitational Drill Meet in Huntington Beach, March 4. Admission is free. For more information, call Cadet Dan Willick at 213-740-1880.

Services Highlights

Notes

Air Force Services has summer job opportunities for college students who are family members of active-duty Air Force members.

For the third consecutive year, Air Force Services, in conjunction with the University of Northern Iowa's Camp Adventure program, is recruiting college students to serve as summer camp counselors at Air Force installations around the world.

Individuals who have completed their freshman year in college and are willing to travel are eligible for this exciting program, which offers participants the opportunity to gain valuable experience serving children and youth.

This is an academic program with 12 undergraduate/graduate credits offered through the University of Northern Iowa's school of Health, Physical Education, and Leisure Services. Selected individuals will undergo a week of intensive camp counselor training near the end of May before being flown to their assigned base. Although the program does not offer participants a wage, the program does provide living expenses, including the cost of food and lodging. For the summer of 2000, 10 counselor positions have been set aside for Air Force family members.

To apply for this program, call Pat Brown at 363-8383 or Randy Jones at 210-625-4045 or DSN 487-4045.

For more detailed information, visit www.campadventure.com.

The Club 363-2230

February members-only special is a pastrami-with-cheese sandwich for \$3.50.

The Club hosts a Valentine's Day luncheon in the ballroom Monday from 11

a.m. to 1 p.m. The cost is \$5.95 per person.

The bar is open Fridays at 4 p.m. Free snacks are available to club members. The disc jockey starts playing at 5 p.m.

Barber Shop 363-1733

The shop's hours are Mondays through Fridays from 7:30 a.m. to 2:30 p.m. in Building 120.

Vet Clinic 363-8269

The Vet is scheduled to be in today. Call 363-8269 for an appointment. Messages may be left on the answering machine when the clinic is closed. Please state name, phone number, animal name and species as well as what kind of appointment is needed. The clinic will call you back with an appointment.

The Vet Clinic accepts VISA and MasterCard.

Youth Services 363-8383

The third annual Teen Summit will be held at the Fort MacArthur Community Center Thursday. Three hundred teens from the San Pedro area will be attending. Craig Zablocki of "Positively Humor" will be serving as the conference facilitator.

The next give parents a break is Feb. 19 from 1 to 6 p.m. This activity is free for family members of active-duty personnel. Contact your first sergeant, commander or chaplain for the criteria to qualify for this program. Sign up deadline is Feb. 14.

A pre-teen dance for kids 5 years of age, in kindergarten, through 12 years of age, in grade school, is Friday from 6:30 to 8:30 p.m. in Fort Mac Hall. The cost is

\$3 for members and \$4 for non-members.

The next parent's night out is a trip to Chuck E Cheese Feb. 25 from 7 to 10 p.m. The cost is \$7 for members and \$10 for non-members and includes two pieces of pizza, two drinks, and sixteen tokens. Kids may purchase more tokens. The bus departs the youth center. The trip is open to kids ages 5, in kindergarten, to 12, in grade school. Permission slips and registration are required by Feb. 22.

A teen dance is Friday from 8:30 to 10:30 p.m. The cost is \$3 for members and \$4 for non-members. Camp Pendleton's youth have been invited.

Youth activities is looking for instructors to teach ballet, tap, gymnastics and piano. For more information, call Rebecca Burns at 363-8381.

Youth activities are open to DoD civilian employee's family members. For more information, call 363-8564 or -8402.

Los Angeles AFB Performing Arts Troupe--Want to develop your artistic side? Whether you are or want to be an actor, dancer, singer, artist, seamstress, director, choreographer, carpenter, lighting technician, or stage mom/dad, sign up now.

Parents looking for a teen sitter can call the Teen Scene for the list of those that completed the "Teen for Tots" babysitting program.

Child Development Center 363-8335

The El Segundo CDC has openings for

children ages 3 to 5 years old. Visit the CDC and pick up an application.

Each room at the El Segundo CDC will be doing a special craft Monday for Valentine's Day. Parents are invited to attend and help out with the projects.

The preschoolers are going to the new Barnes & Noble Friday from 10 to 11 a.m. for story hour. The center needs volunteers to help with the field trips. Parents or other adults are encouraged to come along.

Members of the dental clinic will visit the El Segundo CDC for Children's Dental Health Month Friday from 9 to 10 a.m.

The El Segundo CDC needs used compact discs. They will be used by the preschoolers to make sun catchers in the spring. CDs may be turned into the front desk at the center.

A dentist will be at the Fort MacArthur CDC for Children's Dental Health Month Thursday from 9 to 11 a.m.

Family Child Care 833-8334

The Family Child Care Program is looking for individuals who enjoy working with children, who want to work out of their home and earn money. If this sounds like something you would be interested in, please call our office at 363-8335. All required training is provided.

The Community Center 363-8225

The community center takes a trip to the Griffith Observatory Wednesday. The cost is \$3 for transportation. The bus leaves the community center at 1:15 p.m. Sign up deadline is Tuesday.

The community center hosts "Mommy and Me" Thursday from 10 a.m. to 1 p.m. This session is free. Moms, and Dads too, come out with their toddler for a morning of exercise and fun.

Tickets & Information 363-2190

The tickets and information office has vouchers for lift tickets and skiing lessons for several ski and snowboard areas in California and Nevada.

Note: Some ski resort areas have options such as cross-country skiing, sledging, inner-tubing and even skateboarding

areas. Equipment can be rented from the base equipment rental office or ski resorts.

Lift tickets for Big Bear and Snow Summit are \$27.50 and \$31. The ski rental package is \$8 and includes skis, boots and poles.

February's special is a winter pack for \$12, which includes one sled, two saucers and a toboggan.

Services has tickets to the Long Beach Aquarium of the Pacific. Prices are \$11.50 for adults and \$6 for children.

Auto Skills Center 363-1705

The February monthly special is a front brake job: \$30 for cars and \$40 for trucks.

The auto skills center is open Tuesdays through Thursdays 9 a.m. to 8 p.m., and Fridays and Saturdays from 11 a.m. to 6 p.m.

Numbers and hours of operation

Base Exchange	640-0129	Mon to Sat 10 a.m. to 6 p.m. Sun 11 a.m. to 5 p.m.
Commissary	363-2767	Tues to Sat 9:30 a.m. to 6 p.m. Sun 11 a.m. to 4 p.m.
Shoppette	832-9611	Sun to Mon 11 a.m. to 6 p.m. Tues to Sat 11 a.m. to 8 p.m.
Class Six	322-7533	Tues to Sat 10 a.m. to 6 p.m. Sun 11 a.m. to 5 p.m.
Gas Station	615-0295	Mon to Fri 8:30 a.m. to 5:30 p.m. Sat 9 a.m. to 4 p.m.
Youth Services	363-8383	Mon to Fri 6:30 a.m. to 6 p.m.
Teen Center	363-8381	Tues to Thur 3 to 10 p.m. Fri to Sat 3 to 11 p.m.
CDC (Fort MacArthur) ...	363-8335	Mon to Fri 6:30 a.m. to 6 p.m.
CDC (LAAFB)	363-1792	6:30 a.m. to 6 p.m. weekdays
Equipment Rental	363-2081	Mon to Fri 9 a.m. to 3 p.m.
Community Center	363-8225	Mon to Fri 7:30 a.m. to 5 p.m.
Fitness Center (LAAFB) ..	363-6815	Mon to Fri 5 a.m. to 7:45 p.m. Sat and Sun 8 a.m. to 12 p.m.
Fitness Center	363-8361	Mon to Fri 5 a.m. to 9 p.m.
(Fort MacArthur)		Sat and Sun 9 a.m. to 3 p.m.
Tickets and Tours	363-2190	Mon to Fri 9 a.m. to 3 p.m.
Fort MacArthur Inn	363-8296	Mon to Fri 6 a.m. to 10 p.m. Sat and Sun 6 a.m. to 9 p.m.
Library	363-8265	Tues 10 a.m. to 2 p.m. Wed to 7 p.m.
The Club	363-2230	Mon to Fri: Breakfast 6:30 to 9:30 a.m.; lunch 11 a.m. to 1:30 p.m.; snack bar 10 to 11:30 a.m.; bar Fri 4 p.m. to 12 a.m.; office 8 a.m. to 4 p.m.

SPACE-A-Travel

The following SPACE-A-travel information is courtesy of the Air Mobility Command information center operating from Los Angeles International Airport.

The AMC information center's hours of operation are 8 a.m. to 4:30 p.m. daily and during flight arrivals and departures. The Marine Corps liaison office hours are 7 a.m. to 11 p.m. daily.

The AMC customer service branch phone number is (310) 363-0714 and -0715. For recorded flight information, call DSN: 833-0716, commercial (310) 363-0716 or toll free (800) 756-2640. The lost-and-found baggage service section phone number is (310) 417-1603.

Space available sign-up may be made in person, by fax or by e-mail. To send a fax, dial DSN 833-2790 or commercial (310) 363-2790. To sign up via e-mail, send to spacealax@travis.af.mil.

February arrivals

<u>Day</u>	<u>Date</u>	<u>Flight Number</u>	<u>Arrival time</u>	<u>Arriving from</u>
Wednesday	16, 23	MC88	1250	Seattle, Yokota, Iwakuni, Misawa
Saturday	12, 19, 26	MC80	1435	Seattle, Yokota, Kadena
No scheduled arrivals on Monday, Tuesday, Thursday, Friday or Sunday				

February departures

<u>Day</u>	<u>Date</u>	<u>Flight Number</u>	<u>SPACE-A Showtime</u>	<u>Departure time</u>	<u>Destinations</u>
Sunday	13, 20, 27	MC71	1740	2040	Seattle, Osan, Kadena
Monday	14, 21, 26	MC87	1950	2250	Seattle, Yokota, Iwakuni, Misawa
Thursday	17, 24	MC79	1940	2240	Seattle, Yokota, Kadena

Passengers with confirmed reservations may check in up to six hours prior to departure.

Information is now available on the internet at www.travis.af.mil/space_a/laxindex.htm

Do you have a good story idea? Call 363-0302.