

Astro News

New housing allowance provides improvements

Libby VanHook
AFMC Public Affairs

There's good news for Air Force Materiel Command personnel. Effective January 1, the new Basic Allowance for Housing Rates, designed to more accurately reflect the actual cost of housing, goes into effect.

The new BAH is designed to provide a fairer and more accurate cost measurement of housing; end the creeping growth in out-of-pocket cost for service members; ensure geographic pay grade equity; and replace the Variable Housing Allowance Offset, eliminating the required annual survey.

A significant feature of the new BAH program is regardless of where airmen are assigned, out-of-pocket expenses are equalized for every grade. "No matter where in the country the airmen moves, they will have the same out-of-pocket dollar amount within each grade and dependency status," said Lt. Col. John Gill, Financial Services Branch chief.

BAH rates are different for every area, but overall junior enlisted will receive more money. In addition, rates in high-cost areas will go up for all ranks.

The old Basic Allowance for Quarters/Variable Housing Allowance (BAQ/VHA) system relied on actual reported costs from individuals living off base in the local vicinity, defined as a 20-mile radius or one hour commute. This system tended to artificially increase or decrease rates.

"An example of that happening is at Eglin AFB, Fla., where housing costs are relatively low," said AFMC Command Chief Master Sgt. Marc A. Mazza. "This allows senior NCOs and officers to afford higher cost housing. When these individuals reported actual housing costs, their responses tended to artificially inflate the rate."

"On the other end of the spectrum, housing at Hanscom AFB, Mass., is very expensive," said Chief Mazza. "In this area, mid-level NCOs and junior officers tend to live in areas they can afford - far away from the base or in very bad sections of town. When these individuals reported actual housing costs, their responses

See Improve Page 6

Checking for bombs...



Photo by Master Sgt. T.J. Helton

Technical Sergeant Jerry Jones, 61st Security Forces Squadron resource protection, conducts a random vehicle inspection using the vehicle undercarriage surveillance system. The VUSS, which is connected to a television monitor, has cameras that can identify illegal or unauthorized items under a vehicle. The VUSS will also be used during advanced threat conditions.

Military services, INS streamline citizenship process

Tech Sgt. R.R. Getsy
Air Force Print News

WASHINGTON — New procedures are in place that will drastically reduce the time it takes to process most military citizenship applications, thanks to a plea for help put to the secretary of the Air Force.

The new process, which is effective throughout the Defense Department, was prompted by a question from an airman to Secretary F. Whitten Peters during the secretary's visit last year to Patrick Air Force Base, Fla.

Senior Airman Alexander Cubas, a native of Honduras, had asked the secretary for his assistance in cutting through the red tape at the Immigration and Naturalization Service.

His question led the Air Force to seek improved relations between not only the Air Force, but between all military services and the INS.

"This is really a case of several government departments working together to find a sensible solution to a serious problem," said Peters. "It also shows why it's so important for people like me to get out in the field and

hear from our airmen. Airman Cubas raised a very real and legitimate concern and that prompted action. As a result, thousands of people will benefit."

"Non-citizen Air Force members are barred from re-enlisting, holding a security clearance, and are limited in overseas assignments and deployments," said Maj. Scott Porter, Air Staff project officer.

"The major benefit of the new process is that military applications for citizenship will now be approved within four to six months versus one to two years under the old timeline," Porter said. All military applications for citizenship will be sent to one INS service center in Lincoln, Neb., for processing.

Before, military citizenship applications were processed with all other applications and were sent to a regional service center, depending on where the member lived. Now, airmen applying for citizenship under the rule that makes them eligible after three years of military service (as opposed to the standard five years of residence in the United States) will get special handling.

See INS Page 6

Chief speaks on challenges facing the enlisted force in the year 2000

Chief Master Sgt. Don Cleveland
Command Chief Master Sergeant

My crystal ball tells me the airmen of tomorrow are headed for some exciting and challenging times. The airmen of the 21st must be more attuned to the pace of change than the airman of the 80s or 90s. Fortunately, the Air Force has prepared each of us for success through various technical schools, multi-level professional military education, timely upgrade and on-the-job training, continuous feedback and daily mentoring. The airmen of the future must seek additional educational opportunities to provide a wider technical base to support the mission. Off-duty education is one way to enhance your knowledge and increase your value to the organization. Also, look for on-duty opportunities to increase your responsibilities such as offering to take the lead during the absence of key personnel. Each incremental step you take to increase your exposure to new and different duties will better prepare you for changes to the workforce. However, one of the side effects of a more skilled workforce has created retention problems.

We have experienced losses where industry has convinced a growing number of the technologically savvy troops to join their ranks. The impact on the remaining enlisted corps is an unequal distribution of skills and rank. You may be asked to retrain to fill vital shortages created by the losses. Or we may see existing career fields merge with others or create entirely new career fields due to new technologies. For example, who will maintain, service and support the new airborne laser system under development? Look

what has already happened to the communications and information management career fields with the advance of information technology and the World Wide Web. Are you prepared to meet the challenges presented by information warfare? Again, I highly recommend you prepare for the future through continued education. Knowledge gives you the power and edge over the competition and keeps our most vital resource, people, strong. Education is a force multiplier. As we implement the Aerospace Expeditionary Force, any force multiplier is essential to air power.

As our workforce is defined by competitive sourcing and privatization, we are challenged to support the mission with remaining forces. We still need volunteers for the Base Honor Guard mission. Private organizations such as the Base Enlisted Association, Top-3, Air Force Sergeants Association, Air Force Association and the Noncommissioned Officers Association also need your help. Evaluate your time and talent and then consider how you can make a difference in your base and local community. One element that will not change for the airman of the 21st Century is the willingness to take care of our own.

We cannot change the future by worrying about it. Rather, we can prepare for it by studying the lessons of the past and working together to meet today's mission while keeping a vision to the future. Tomorrow is at our doorstep. How we challenge ourselves today will determine how well we weather the changing world around us. Working together, we will meet any challenge placed in our path because we are the best enlisted corps in the world, bar none! So, twenty years from now, tell me how close my crystal ball was on the mark.

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.Astronews2@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>
Jan. 28.....	Jan. 20
Feb. 11.....	Feb. 3
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

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.

Try your supervisor, first sergeant or commander. Call the Action Line if you can't resolve a problem. Your call will be recorded, and if you leave your name and phone number, you will receive an answer.



Bus service

Is there any way that Los Angeles AFB can provide some type of shuttle bus service for base children attending Dana Middle School? At the present time, children living on Fort MacArthur have to walk approximately one mile through downtown San Pedro.

Thank you for your e-mail. I can appreciate your concern for our school children.

However, Air Force guidance allows bases to provide transportation to local public schools only when the school is not accessible or the public school is unable to adequately provide a child's education.

In the case of Dana Middle School, there is no indication that the school is inaccessible by walking or that the quality of education is inadequate. In addition, the LAUSD has specific transportation guidelines that apply to all

children from kindergarten to senior high school. According to Larry Hammon, assistant principal at Dana Middle School, all children who reside within a two-mile radius are considered to be within walking distance. Fort MacArthur is one mile from the school.

Providing shuttle bus service for Dana students would be contrary to both Air Force and Los Angeles Unified School District policy.

Astro News

*Space and Missile Systems Center
Editorial Staff*

Lt. Gen. Eugene L. Tattini
Lt. Col. Robert Potter
Capt. Jodi Unsinger
Master Sgt. Tim Helton
Peggy Hodge
John Ryan
Ronea Alger

Commander
Director of Public Affairs
Chief of Internal Information
Editor
Staff Writer/Proofreader
Staff Writer
Staff Writer

Editorial policy

The editorial content is edited, prepared and provided by the Space and Missile Systems Center Public Affairs Office, Los Angeles AFB, Calif. All photos are U.S. Air Force photos, unless otherwise indicated.

The *Astro News* is published every other week on Friday. The editorial office is located in Building 105, Room 4030, in Area A. The telephone number is (310) 363-6428.

Deadline for article submissions is Thursday, noon, the week before publication. Articles should be sent via e-mail to the editor or sent on disk. The mailing address is SMC/PAI, 2420 Vela Way, Suite 1467, El Segundo, Calif. 90245-4659.

The *Astro News* is published by Aerotech News and Review, a private firm, in no way associated with the U.S. Air Force, under exclusive contract with the SMC Public Affairs Office. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Astro News contents are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or the Department of the Air Force.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit fac-

tor of the purchaser, user or patron.

For advertising information or space reservations, call (661) 945-5634.

Submit articles to:

**SMC.PA.ASTRONEWS2@
LOSANGELES.AF.MIL**

OR

**Call 363-6428 for more
information.**

News Briefs

Replacement recommended

WASHINGTON — Defense Secretary William S. Cohen has recommended the president nominate Rudy de Leon to replace Deputy Defense Secretary John J. Hamre, who will step down from his Pentagon post March 31.

De Leon currently serves as undersecretary of defense for personnel and readiness. Hamre plans to become president and chief executive officer of the Center for Strategic and International Studies.

“Rudy de Leon has dealt with many of the department’s toughest and most important issues — maintaining readiness, improving quality of life for troops and families and making sure the department remains a leader in providing equal opportunity to all,” Cohen said in a Jan. 10 press release.

Air Force awards contracts for six more F-22 Raptors

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — The Air Force Dec. 30 awarded contracts totaling more than \$1.5 billion to Lockheed Martin Aeronautical Systems, Marietta, Ga., and Pratt & Whitney, West Palm Beach, Fla., to build six F-22 Raptor production-representative test vehicles.

The contract awards to the F-22’s airframe manufacturer, Lockheed Martin, are valued at slightly more than \$1.3 billion. These follow an earlier \$195.5 million advance buy contract to the company. A separate contract award of \$180 million to Pratt & Whitney will fund two F-119 engines for each of the six aircraft, for a total of 12 engines.

“We are confident that the F-22 is ready to move forward in the defense acquisition process,” said Air Force Chief of Staff Gen. Michael E. Ryan. “These contracts put the F-22 program one step closer to its goal: a low-rate initial production decision by December 2000.”

Dishonored checks at DECA cost patrons

Beginning Feb. 1, an administrative fee of \$25 will be assessed to patrons whose checks bounce. The only exception is when a check bounces because of a bank error.

The great majority of commissary customers write good checks. In fact, more than 99.8 percent of checks written to commissaries clear just fine. For the very few that don’t, this puts DeCA’s collection procedures in line with other retailers. In fiscal 1998, patrons wrote 43 millions checks to commissaries worldwide. During that same time, banks returned more than 71,000 patron checks to commissaries. Customers made good promptly on most of those with only about 22,000 checks eventually proceeding to debt collection.

The new fees are expected to help further reduce the number of dishonored checks. The change brings the commissary in line with dishonored check practices and procedures used by the commercial grocery sector, military exchanges, and Morale, Welfare and Recreation activities.

Airmen’s Attic gets donations...



Photo by Airman First Class Angela Malek

Chief Master Sgt. Don Cleveland, SMC Command chief master sergeant, assists Bonnie Christensen, a San Pedro community leader, with items she recently donated to the Los Angeles AFB Airmen’s Attic, which the Family Support Center is establishing. The purpose of the program is to assist active duty personnel E-5s and below and their families assigned to the metropolitan Los Angeles area. The Center is recruiting volunteers and seeking donations of basic household items and small appliances. For more information about volunteering or making a donation, contact Sue Foulkes at 363-3540.

Suicide

Community approach to prevention gives everyone a role

Leigh Anne Redovian
AF Surgeon General Public Affairs

BOLLING AIR FORCE BASE, D.C. (AFPN) — With its community approach to suicide prevention, the Air Force is enjoying a steady decline in its suicide rates. But instead of resting on their laurels, Air Force Surgeon General, Lt. Gen. Paul Carlton and members of his Suicide Integrated Product Team, are saying one suicide is one too many.

The team is combating suicide rates by instilling in every Air Force member that suicide prevention is a community problem.

“We have to stop thinking of suicide prevention as something only mental health professionals do,” Carlton said. “All of us have a responsibility to our fellow airman and co-workers. Recognizing when a person is having problems and actively encouraging that person to seek help is a vital part of suicide prevention.”

The Air Force measures suicide rates per every 100,000 people. In 1999, the rate was approximately 5.6 per 100,000, down from 12.4 per 100,000 in 1996. As of Dec. 13, there have been 19 suicides in the Air Force, which Carlton adds is too many.

“We still lose too many airmen to suicide in the Air Force, and it is preventable,” he said. “We cannot stop and declare victory, but instead we need to continue our

efforts.”

Today, the Air Force is using an integrated delivery system that includes chaplains and professionals from mental health, family support, child and youth services, health and wellness centers and family advocacy — all working together and taking responsibility for prevention. To date, suicide prevention efforts include an emphasis on involving and training leadership, annual suicide prevention training for all military and civilians and a database that tracks not only suicides but also suicide attempts.

According to Lt. Col. Wayne Talcott, who leads the Air Force’s suicide prevention team, raising suicide awareness is not enough.

“Our pilots are responsible for early signs of problems with their jet engines, so mechanics can intervene before engine failure occurs,” Talcott said. “In the same way, we expect our commanders, first sergeants and supervisors at every level to be responsible for their co-workers and watch for early signs of problems so we can intervene early.”

The Air Force is not alone in its battle against suicide. In 1999, the U.S. surgeon general described suicide as a “serious public health problem.” Nearly 31,000 people commit suicide annually in the United States.

“The subject of suicide is very disconcerting for many people, but the first step toward preventing suicide is getting people to talk about it,” Talcott said.

**Do you have a good story idea?
Call the Astro News at 363-6428.**

Blotter: Busy season ends with thefts, charges of disturbing the peace

The following police activity is from Dec. 25 to Jan. 7. All information was provided by the 61st Security Forces Squadron resource protection section.

Theft of money

A civilian employee reported the theft of \$80 from her purse, which had been left in an unlocked office.

Trespassing

A retired Army member was detained at the base exchange for trespassing. An investigation revealed the individual had been previously issued a suspension of base exchange and commissary privileges letter in April 1999 for shoplifting. An incident complaint report was accomplished. Security forces escorted the individual off of the installation.

Disturbance with alcohol and drug use

While investigating a disturbance in progress at Fort MacArthur, security

forces made contact with an Air Force member, who is a minor, and his guest. The individuals appeared to be under the influence of alcohol. While investigating the incident, security forces found what appeared to be marijuana, marijuana seeds and drug paraphernalia on the floorboard of the guest's vehicle. The Air Force member was released to his supervisor. The guest was escorted off the installation.

Dumpster fire

An Air Force member reported a fire in a trash dumpster on 31st Court adjacent to Pacific Avenue, on Fort MacArthur. Security Forces and Los Angeles City Fire Department responded and extinguished the fire. The cause of the fire is currently under investigation.

Medical emergency

AAFES store detectives reported three medical emergencies.

The son of an Army member fell against a bench and cut his knee. El Segundo City Fire Department Paramedics treated and

released the son.

The wife of a retired Navy member was complaining of dizziness and cold and clammy skin. Security forces and El Segundo City Fire Department Paramedics responded. She was transported to Robert F. Kennedy Hospital for further evaluation and treatment.

The wife of an Army member slipped and fell at the base exchange. The wife apparently injured one of her knees, her back and her neck. Security forces and El Segundo City Fire Department Paramedics responded. She was transported to Robert F. Kennedy Hospital for further evaluation and treatment.

Shoplifting

A retired Air Force member was detained for allegedly shoplifting a bottle of cognac valued at \$69.80 from the Class Six store. Security forces and El Segundo Police Department responded. The individual was issued a suspension of base exchange and commissary privileges. El Segundo Police Department cited the in-

dividual for petty theft.

Domestic dispute

An Air Force member's guests were involved in a verbal domestic dispute at the Fort MacArthur Community Center. Security forces responded and determined no crime occurred. They were released to their sponsor.

Disturbing the peace

Two Air Force member dependents were involved in a verbal dispute in the Fort MacArthur housing area. Security forces responded and determined no crime had occurred. Both men were released to their sponsors.

Damage to government property

A civil engineering employee reported damage to Building 33, the residential storage room door. Security forces are investigating.

Theft of private property

A contractor reported the theft of his company cellular phone which had been left on an office desk. Security forces are investigating.

The Air Force has an online newspaper available at the touch of the finger. Check it out at www.af.mil/newspaper

Congratulations

Quarterly award winners

The Space Based Infrared Systems Program Office quarterly award winners for October through December 1999 are: senior company grade officers: **Captains Stephen Kassebaum** and **Justin Trumbo**, junior company grade officer: **2nd Lt. Robert Lyons**, administrative support civilian: **Jeraline Louis**, junior-level civilian: **Janice McFarland**, mid-level civilian, **Renee Berry**, **John Shure**, Aerospace, and **Alonza Chubbs**, contractor, and mission IPT team award: **SBIRS High Corporate Commitment Team**.

Enlisted Promotions

The following enlisted members were promoted in January: to the rank of technical sergeant: **Winston Ashford** and **Enrico Pamintuan**, staff sergeant: **Navann Huoth** and **Mecole Spencer**, senior airman: **Candace Coyne**, **Pahola Obrien** and **Kimberly Whilock**, airman: **Perry White Jr.**

Officer promotions

The following officers were promoted in January: to the rank of major: **Mark Hancock** and **Mark Sardelli**, captain: **Se'kou Billings**, **Don Hunt** and **Bach Nguyen**, first lieutenant: **Brian Bone**, **Colette Burnum**, **Kevin Mantovani**, **Ted Mills**, **Michael Scott** and **Eric Staub**.

Serving LA proud...



Photo by Staff Sgt. Jeff Capenos

Senior Airman Melissa Lozano, an SMC systems acquisition team member, is supporting the Air Force's expeditionary mission while assigned to the 320th Expeditionary Security Forces Squadron, Eskan Village, Saudi Arabia.

Talking Air Force...



Photo by Staff Sgt. Angela Stafford

Technical Sergeant Scott Gregg, an Air Force recruiter in Glendale, Calif., talks to Oscar Lomeli, a Gardena High School band student, about the Air Force during Rose Bowl activities in Pasadena Jan. 1. The Air Force participated at the 111th Rose Parade with the "Total Force Band" starting the parade and a flyover by a B-2 Spirit stealth bomber.

INS from Page 1

"Applications from servicemembers have always been more difficult to process, mainly because of the extra forms required," said Porter. "Add this to the sheer numbers of applications from people seeking U.S. citizenship throughout the country and you can see the reason for backlog."

"This new process is significant because first-term airmen must have their citizenship in order to re-enlist," he said. "In the past, people have often had to extend their enlistment because the citizenship application process was so lengthy. Now, if you have three years of service, you can apply and have your citizenship well in advance of when you have to re-enlist."

Under the new procedures, active-duty

and reserve non-U.S. citizens may apply for citizenship through their military personnel flights. The MPFs will handle all the administrative details of the citizenship application process.

"The MPFs will supply all the documents the member will need, and will verify service dates and any derogatory information that the member may have on file," Porter said. The office will also request a background check and schedule

Improve from Page 1

tended to artificially decrease rates."

The new BAH relies on objective market-based information. The rate is based on rental costs by pay grade, dependency status and location. It's designed as a partial reimbursement to assist service members in affording suitable off-base housing.

"Across the command there are significant increases in high cost areas, including Los Angeles and Hanscom," said Lt. Col. Gill. "On the other end of the spectrum, there are significant decreases at Hill Air Force Base in Utah, and Wright-Patterson Air Force Base in Dayton, Ohio."

There is a rate protection clause that will prevent service members from receiving a reduction in pay. "Those individuals already assigned to a location and collecting BAH at 1999 rates will not have their rates lowered if the 2000 rate decreases," said Chief Mazza.

The new lower rates apply only to those individuals assigned to the area on or after Jan. 1, allowing service members to make a fixed commitment to housing based on market conditions at the time of their arrival at a new duty station.

Rate protection continues indefinitely, provided the member retains "uninterrupted eligibility." Only the following circumstances could result in losing rate protection: member is reassigned to a new permanent duty location with lower housing costs; as a result of a demotion; or change in dependency status (from with dependents to without dependents). Promotions are specifically excluded in the definition of a change in status.

For specific BAH rates, service members can visit the Per Diem web site at <http://www.dtic.mil/perdiem/rateinfo.html>.

members to have their fingerprints taken at the local application support center.

"This change makes the process easier for the member and the INS," he said. "Now, people can go to a central office to get the forms and information they need."

Porter said MPFs now have a booklet, "The Air Force Guide to Citizenship Application," outlining the complete process.

Airman Cubas was sworn in as a citizen of the United States July 21, 1999.

Bicycle safety starts with a helmet

Staff Sgt. Mark Garner
Los Angeles AFB Safety Office

Cycling can be a wonderful form of exercise and a quick means of transportation. It can also be life endangering if you fail to cycle safely. To reduce the risk of injuries, riders of all ages are encouraged to wear a helmet.

Each year there are about 900 bicycle-related deaths in the United States and half a million bicycle-related injuries treated in hospital emergency rooms.

Studies show that the use of a helmet can reduce head injuries by 85 percent.

As long as a helmet fits properly and meets the American National Standards Institute standard, the Snell Memorial Foundation standard or the American Society for Testing and Materials, it will greatly increase your chances of coming away from an accident relatively unscathed.

Myth: Helmets are not cool.

Fact: Helmets are designed to help prevent injuries to your head.

Myth: Helmets aren't comfortable.

Fact: Helmets today are lightweight and well ventilated. Look for the standards sticker.

Myth: Helmets are too expensive.

Fact: Good helmets can be found for as low as \$25.

Myth: I have never worn a helmet and nothing has happened to me so far.

Fact: Bike crashes or collisions can happen at any time, even to professional bike racers.

The helmet is the main piece of safety equipment for riding a bike. It is mandatory for anyone riding a bike on an Air Force installation or in base housing areas to wear a helmet. In addition to helmet use, you must obey the same traffic laws as vehicle operators. During the hours of darkness, you must have a headlight and taillight in working order. Always wear bright colors so vehicle operators will be able to see you.

For more information, call 363-3048 or refer to AFI 91-207, U.S. Air Force Traffic Safety Program.



Durable Power of Attorney: Do I need one?

Capt. Kristine Kijek
Assistant Staff Judge Advocate

Editor's note: This is the second of a two-part feature concerning the importance and types of durable powers of attorney.

Previously, we reviewed the benefits of having a durable power of attorney for finances in order to take care of personal financial matters if you were someday unable to manage them yourself. But, what if you were incapacitated and needed someone to make medical decisions for you? Unfortunately, the durable power of attorney for finances would not give that appointed person, also called your attorney-in-fact, that kind of authority.

You can, however, prepare a durable power of attorney for health care—called a health care proxy in some states—which allows you to choose someone whom you trust to make your medical decisions if you can't. This document is different than a "living will" (also called a Healthcare Directive or Directive to Physicians), which tells your doctors your preferences

about certain kinds of medical treatment and life-sustaining procedures. In other words, a living will basically tells the doctor when you want life sustaining efforts (such as respirators, tube feeding, etc.) to be discontinued, typically when there is no longer brain activity.

On the other hand, a durable power of attorney for health care allows your attorney-in-fact to actually make any and all of your health care decisions. This power is typically quite broad and can even include choosing which doctors will provide your care, deciding what types of treatment and drugs will be administered, and reviewing your medical records for accuracy, just to name a few. Keep in mind, however, that you can limit the authority you give your attorney-in-fact to whatever decisions you feel comfortable with.

Ideally, the durable power of attorney and the living will would work together. For example, your living will typically contains a directive explaining the treatment you wish to receive or not receive, while your durable power of attorney will appoint someone to oversee your directive, as well as your other medical decisions.

A durable power of attorney typically ends at the time of your death. That means you can't give your attorney-in-fact authority to manage matters after your death, such as paying your debts, making funeral or burial arrangements or transferring your property to the people who inherit it.

If you want your attorney-in-fact to have authority to wind up your affairs after your death, you should name that person as the executor of your will. Your durable power of attorney may also end for various other reasons – for instance, if you revoke it, if a court invalidates it, if you get a divorce (and your spouse was named as your attorney-in-fact), or if your attorney-in-fact is unavailable or incapacitated.

If you have not completed either a health care directive or a durable power of attorney, the doctors will use their own discretion in deciding on your medical care. If a question arises about whether a serious procedure is authorized, doctors may turn for consent to a close relative—spouse, parent or adult child. Friends and unmarried partners, although they may be most familiar with

your wishes, are rarely consulted, or are purposefully left out of the decision-making process.

Problems arise where partners and family members disagree about what medical treatment is proper and/or necessary. These battles could wind up in court, where a judge, who usually has little medical knowledge and no familiarity with you, will decide the future of your treatment. Such legal battles are unnecessary if you have the care and foresight to use a formal document to express your health care wishes.

To create a legally valid durable power of attorney, you must properly complete and sign a form. Some states have their own forms, but none are mandatory. Depending on the state, you may have to sign the document in front of a notary public and witnesses.

The SMC Legal Office can prepare both the durable powers of attorney for finances and for health care for active duty and retired military.

For more information, call 363-0916 to make an appointment with a legal assistance attorney.

(Additional information provided by Nolo.com)

Sports Shorts

Power Walking

The El Segundo Fitness Center is forming a power walking class. The class will be during lunch time. For more information or to sign up, call 363-6815. Other times are being considered.

Cybox Equipment

The El Segundo Fitness Center has new Cybox equipment. Certified trainers are available for a lesson on proper use of the equipment.

Monthly Cardio Fitness Challenge

The fitness center now conducts a monthly fitness challenge. The challenge will run from the first of the month until the last day of the month. This month it's on the treadmill. The goal is to complete the most miles or distance on a different piece of equipment. Each month a different piece of cardio equipment will be used. All "points" may be logged in at either center, but must be logged in on the day the "points" were accomplished. This program is open to active duty, retirees and their families. The winner will receive an award. For more information, call 363-6815 or ask at the desk.

Black-soled shoes prohibited

Patrons are reminded all basketball shoes must be handcarried into the fitness center and no black-soled shoes are permitted on the basketball floor. No street shoes, hiking boots or sneakers that have been worn outside are permitted on the new floor.

Personal trainers

The fitness center offers free, one-on-one, individualized fitness training. Some services offered are fitness assessments, programs to lower cholesterol, strength training, cardiovascular training and proper lifting techniques. For more information, call the fitness center at 363-6814.

Martial arts instructor needed

The fitness center is looking for a certified martial arts instructor interested in teaching martial arts classes on base. For more information, call 363-6814.

Aerobics

El Segundo Fitness Center

Mondays

6 a.m.-Cardio surprise, 11:30 a.m.-Step I, 4:30 p.m.-Step II

Tuesdays

6 a.m.-Yoga, 11:30 a.m.-Kick, 4:30 a.m.-Muscle

Wednesdays

6 a.m.-Step I, 11:30 a.m.-Step II, 4:30 p.m.-Multi Step

Thursdays

6 a.m.-Yoga, 11:30 a.m.-Kick, 4:30 p.m.-Hi/Lo

Fridays

6 a.m.-Mixed, 11:30 a.m.-Step I, 4:30 p.m.-Mixed

Saturdays

9:15 a.m. Saturday surprise

New Year's resolution...

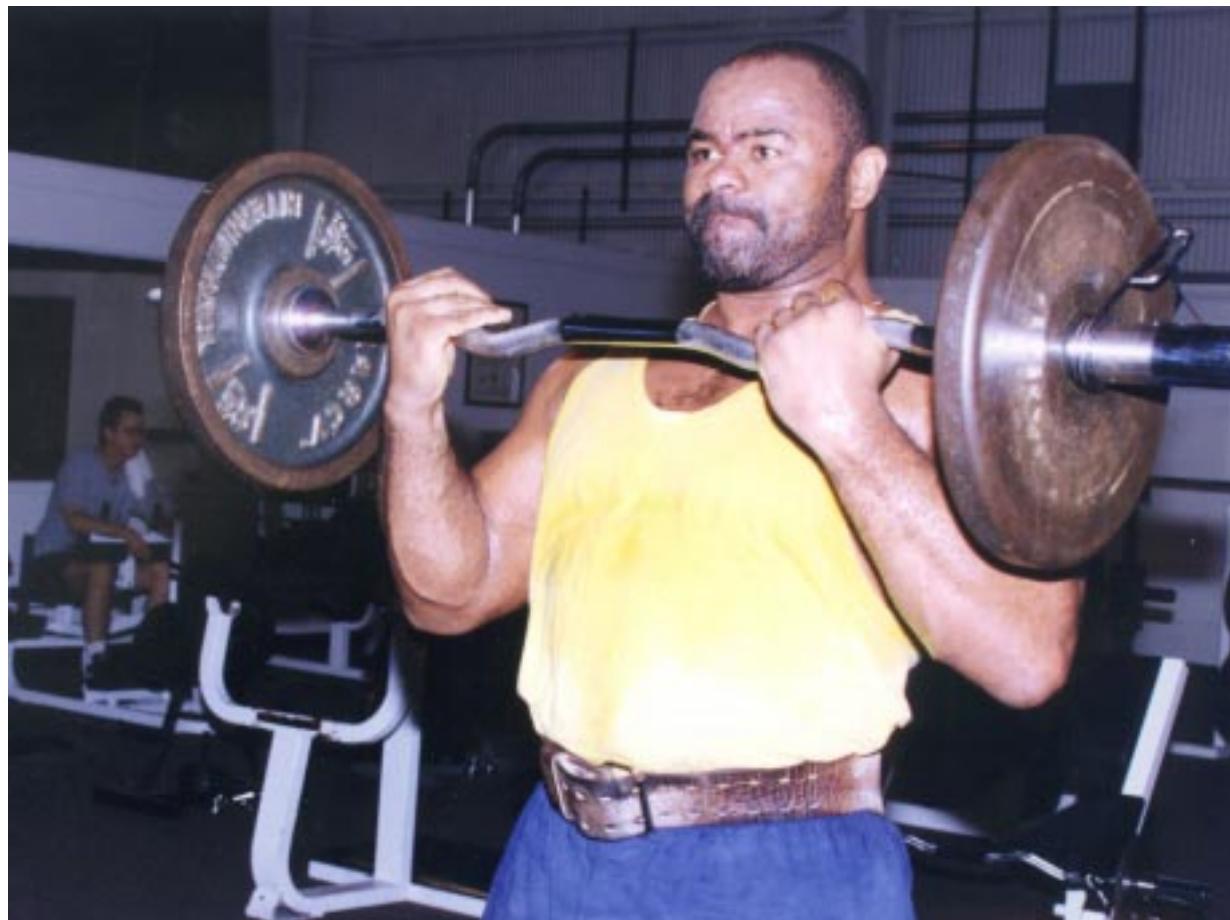


Photo by Teri Mathis

Donald Mundy, of The Aerospace Corporation, gets in shape with the El Segundo fitness center's weightlifting equipment, which is available to Los Angeles AFB and Aerospace members. The fitness center has personal trainers that will help set up your program for maximum gains. For more information about the base fitness centers and programs, call 363-6815.

Ergonomics takes pain out of computer work

Staff Sgt. Daniel Cockrell
61st Medical Squadron

After hours of work in front of your computer, you may feel tired, restless or pain. Proper use of ergonomics can help the pain go away.

Ergonomics is the scientific discipline applied in designing and arranging computer workstations. All commanders, directors and functional managers will ensure ergonomically safe workplaces are provided to employees in accordance with SMC Instruction 48-102, Ergonomics Program. The 61st Medical Squadron, Bioenvironmental Engineering Element, suggests incorporating the following ergonomic principles when working with computers:

- Adjust chair-seat height so your arms are horizontal and wrists are straight when operating the keyboard or mouse. You may also need to adjust the height of the computer table or install an adjustable-height keyboard support.

- Use a footrest if the seat height required to position your arms and wrists correctly does not allow your feet to reach the floor comfortably. Be sure to provide sufficient room under the table for your knees and feet.

- Adjust the height of the video display terminal screen so the top of the screen is level with, or slightly below, your eye level.

- If you wear eyeglasses, make sure the focal distance between your eyes and the screen is appropriate (usually 22 inches). Single-vision lenses with an appropriate focal distance are recommended.

- Place document holders as close to the VDT screen as possible. Position documents at the same level and distance as the screen.

- To avoid glare, tilt the screen to a more vertical position, install a glare screen, and/or reduce lighting levels. Arrange the screen so that it is at a right angle to any nearby windows.

- Align the keyboard, mouse, VDT, and document holder to avoid excessive head movements. The workstation should be set up so that you look directly ahead at the screen and are not sitting at an angle.

- Consider using a light touch or change to a trackball mouse to improve user comfort. Use a wrist pad if you cannot maintain straight wrists while typing.

- Move away from the computer periodically; stand up, walk, stretch, and relax your eyes.

For more information about your workstation, call Senior Airman Chadwick Mayer at 363-2215.

Legal office offers free tax assistance, electronic filing

Capt. Karri L. Garrett
Assistant Staff Judge Advocate

The base legal office implements their annual free tax program Feb. 3.

The Judge Advocate General Department's annual tax program is implemented at base level by legal offices throughout the Air Force.

As another free benefit available to military members, retirees and their family members, the Military Volunteer Income Tax Program provides assistance in preparing simple tax and electronically filing tax returns.

Volunteers, known as Unit Tax Advisors, are trained by the Internal Revenue Service and the State of California to assist military members, retirees and their dependents in preparing and electronically filing tax returns.

Electronic filing is the fastest, most accurate way to file your taxes. It is also the fastest way to receive a refund, especially if you choose direct deposit. Refunds are generally issued in about two weeks. Filing taxes by mail can mean a

wait of six to eight weeks for a refund check. Even if you owe a balance, you may still file early but pay later.

Is the program successful? Yes, and it grows each year. The 1998 Air Force Tax Program filed 24 percent more electronic returns than in 1997. One out of every four Air Force members used the program in 1998, and that number is expected to increase.

Estimated savings to Air Force people in 1998 who avoided having to pay for the same service by commercial companies was almost \$9 million.

Both California and federal tax forms are available in a filing cabinet located near entrance to Building 120 on the side of the Area A mall. Individuals may also download or order federal and all state forms and publications from the IRS home page at www.irs.gov.

Retired personnel seeking tax assistance can call the Retiree Affairs Office at 363-0183. Several retired personnel have been trained as UTAs and can provide tax forms.

The tax program will end April 14. Call your UTA or the legal office at 363-0916 for more information.

Flying high...



Photo by Judson Brohmer

EDWARDS AIR FORCE BASE, Calif. (AFP) — The F-22 Raptor 4001 soars above the clouds, achieving the fighter program's 500th flight test hour during its 225th sortie. To date, the F-22 has completed more than 11 percent of its flight-test regime — consistently performing even better than designed.

Mandatory training

Mandatory military training day for all military assigned to Los Angeles AFB is Jan. 26 in the The Club ballroom at the following times:

8 to 9 a.m., 9 to 10 a.m., or 10 to 11 a.m. for Area A attendees.

1 to 2 p.m., 2 to 3 p.m. for Area B attendees

3 to 4 p.m. is a make-up session

The topic is Law of Armed Conflict training. Uniform of the day is battle dress. Bring an AF Form 1098 to document the training. For more information, call Senior Master Sgt. Ouimette at 363-2315. Civilians are welcome to attend.

AFPC assignment briefing

An officer and enlisted assignment team will visit Los Angeles AFB Jan. 27 to conduct "Spread the Word" briefings about the newest assignment system. Both officer and enlisted briefings are general in nature.

The officer assignment team is in Building 100, Room 1330 from 8 to 10 a.m. and 2 to 4 p.m.

The enlisted assignment team breakfast at The Club with Top 3 and BEA officers is from 7 to 8 a.m.

The enlisted assignment team is also in Building 100, Room 1242 from 8:30 to 10:30 a.m. and 1 to 3 p.m..

All members of the MPF and commander support staffs are encouraged to meet with the enlisted assignment team in Room 1242 from 3 to 4 p.m.

For more information, call Capt. Sandra Waggle at 363-0527.

Carpool permits

The Rideshare Office will renew and accept new applications for carpool permits. They also have new bicycle lockers left in areas A and B. For more information, call Dan Dickerson at 363-0912.

Professional Development Institute

The Los Angeles Chapter of the American Society of Military Comptrollers hosts a Regional Miniature Professional Development Institute Jan. 26 and 27 at Fort MacArthur's Community Center. The theme is "Financial Management at the Dawn of a New Millennium." There will be keynote speakers from Air Staff, Headquarters Air Force Materiel Command and the Navy. A dozen workshops will be offered on a variety of financial

management and career development topics. The luncheons will feature prominent motivational speakers with diverse backgrounds. For all individuals that register before Jan. 7, you will receive an early registration discount. For more information, call Debra Brooks at 363-3787, JoAnn White at 363-3219 or Maj. Bruce Johnson at 363-5585.

Vehicle decal renewal

Vehicle decals with the year "99" attached expired Dec. 31, 99. A grace period has been extended to Jan. 30. The following information must be taken to Building 219, room 1061: base identification, current driver permit, current vehicle registration and proof of insurance before Jan. 28. For more information, call Donna Feick at 363-1204.

MPF Saturday hours

The military personnel flight, customer service office is open the first Saturday of every month. Services include identification card issuance, personnel records reviews and updating emergency data forms, servicemen life insurance and family dental forms. For more information, call Janice Nicol at 363-1109.

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.

TRICARE News

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 receive 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.

Office of Special Investigations

Air Force Office of Special Investigations Detachment 110 provides mandatory terrorism awareness training the second and fourth Tuesday of every month at 9 a.m. in Building 243. This training is required for 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.

Chapel Schedule

Roman Catholic

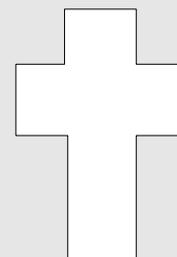
Saturday: Sacrament of Reconciliation at 3:45 p.m., Mass at 4:30 p.m.

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 for more information.



The Club 363-2230

Members only special is a breakfast croissant sandwich for \$2.75

The Club hosts a buffet luncheon Thursday in the ballroom. The cost is \$5.95

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 veterinarian 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

Youth activities is open to DoD civilian employee's family members. For more information, call 363-8565 or 363-8381.

Parent's night out is Jan. 23 at the Fort MacArthur Teen Center. Some of the choices for the night's activities are dodgeball, chase and snakes, volleyball and musical bumps. Food items include ballpark franks, chips and sodas. Dessert will be the batters choice bunt cake. Kickoff is 7 p.m. and the Home

run will be hit at 10 p.m. Cost is \$7 for members and \$10 for nonmembers. Wear your special sports Jersey or T-shirt to see if you have a chance at possibly winning a prize.

Los Angeles AFB Performing Arts Troop--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.

A Kids Connection, member's only, youth activity, 9 to 12 years of age in grade school, is Saturday at the Teen Center from noon to 4 p.m. Shoot some basketball, hang out in the pre-teen room or help with the props for the performing arts troop.

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

Child Development Center 363-8335

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

The El Segundo CDC offers a parent workshop Tuesday from noon to 1 p.m. in the lounge in Building 208. The topic will be child abuse. This free workshop is open to all parents.

Preschool children will be visiting the El Segundo Fire Department on Friday from 10 to 11 a.m.

Continued on Page 14

Only in California...



Photo by T.J. Helton

Cevana Palmer, 9, shivers after going neck-deep into the Pacific Ocean as part of the youth center's polar plunge Jan. 21.

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 offices hours of operation 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 email. To send a fax, dial DSN: 833-2790 or commercial (310) 363-2790. To sign-up via email, send to spacealax@travis.af.mil.

January arrivals

<u>Day</u>	<u>Date</u>	<u>Flight Number</u>	<u>Arrival time</u>	<u>Arriving from</u>
Wednesday ...	19, 26	MC88.....	1250	Seattle, Yokota, Iwakuni, Misawa
Saturday	15, 22, 29	MC80.....	1435	Seattle, Yokota, Kadena

No scheduled arrivals on Monday, Tuesday, Thursday, Friday, or Sunday

January departures

<u>Day</u>	<u>Date</u>	<u>Flight Number</u>	<u>SPACE-A Showtime</u>	<u>Departure time</u>	<u>Destinations</u>
Sunday	16, 23, 30	MC71	1740	2040	Seattle, Osan, Kadena
Monday	17, 24, 31	MC87	1950	2250	Seattle, Yokota, Iwakuni, Misawa
Thursday	20, 27	MC79	1940	2240	Seattle, Yokota, Kadena

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

NOTE: Due to larger aircraft for the Patriot Express, all flights to Alaska have been canceled.

The El Segundo CDC currently has openings for ages 3 to 5 years old. Please visit our CDC and pick up an application.

The Fort MacArthur CDC has immediate openings for pre-toddlers 12 to 24 months and for the part-day enrichment program 3 to 5 year olds. For more information, call Nancy at 363-8335.

The Air Force Aid Society and the Fort MacArthur CDC sponsor "Give Parents a Break" the 3rd Saturday of each month from 1 to 6 p.m. The CDC accepts children from 1 to 5 years old. This program is free for family members of active duty. This month, give parents a break is Saturday. Call Air Force Aid Society at 363-1121 or the CDC at 363-8335 to see if you qualify.

Rooms 1, 2 and 3 have story time Jan. 26. If you would be interested in sharing a favorite story or book with our children, please inform your child's teachers.

Rooms 2 and 4 will be heading to a train museum Friday. If you are interested in accompanying us on this trip, please inform your room teacher. Don't forget to have the permission slips signed. Price will be announced at the center.

Rooms 2 and 4 head to the San Pedro library Jan. 28. They will learn about libraries as a vast resource of information. If time permits, we will stay for story time. Please sign up in your child's classroom.

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. You

will receive all the training required.

The Community Center 363-8225

Join the Community Center to watch a Martin Luther King, Jr. parade on Crenshaw Boulevard on Monday. The van departs the Community Center at 9 a.m. and returns at 1 p.m. The cost is \$2 per person. Sign up deadline is today.

Join the Community Center's trip to the new Staples Center to see the LA Lakers take on Portland Jan. 22. The trip leaves the Community Center at 4:30 p.m. and returns after the game. The cost is \$27 per person and includes ticket and transportation. This trip is open to all identification cardholders and their guests. Sign up deadline is Friday. Payment is due at time of reservation.

The community center hosts a tour to the taping of "Veronica's Closet" Jan. 25. The bus leaves from the Community Center at 3 p.m. and returns at 10 p.m. Sign up deadline is Jan. 24. The trip is \$2 per person.

Harbor View Room Friday Night Schedule:

Today: DJ plays contemporary, oldies and hip-hop music from 8 p.m. to midnight

Friday: Karaoke, 8 p.m. to midnight
Jan. 28: DJ plays contemporary, oldies and hip-hop music from 8 p.m. to midnight

Tickets & Information 363-2190

Los Angeles AFB offers four recreation vehicle storage facilities. They are located next to Building 219 and 215 in Area B, next to the FamCamp in Lawndale and one at Fort MacArthur. Storage fees are \$30

per month for RVs over 23 feet and \$20 per month for RVs under 23 feet long.

Ski tickets are in for Big Bear's Snow Summit.

The prices are Big Bear Mountain: \$27.50 and Snow Summit: \$31.00.

Ski Rental Package - \$8--includes skis, boots and poles

The RV storage area located at Fort MacArthur is open to active duty military personnel residing in Los Angeles AFB military housing.

Services has tickets to the Long Beach Aquarium. Prices are \$11.50 for adults and \$6.00 for children.

Catalina Express. Prices for adults are

\$31.50 and children are \$25.50. Super Saver group package rates are also available.

Tickets are available for the San Diego Zoo. Prices for adults are \$17.70 and children are \$10.10.

Auto Skills Center 363-1705

January monthly special is Lube and oil change for \$25. This special includes lube and oil change, front brakes, all fluid levels and belts and hoses checked.

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.

Important medical phone numbers

The following are phone numbers for the 61st Medical Squadron's clinic:

Appointment desk	363-0964
Dental clinic	363-0962
Flight Med/Physical Exams	363-5029
Fort MacArthur Clinic	363-8291
Health and Wellness Center	363-6268
Health Benefits Advisor	363-0261
Immunizations	363-1501
Laboratory	363-5011
Mental Health Clinic	363-1251
Optometry Clinic	363-2485
Outpatient Records	363-5024
Pediatric Clinic	363-6958
Pharmacy	363-2860
Primary Care Clinic	363-0037
Public Health	363-5034
Radiology	363-2480
Managed Care/TRICARE	363-5040
TRICARE Prime Service Center	(800) 242-6788

For after-hours care, call the health care finder at 352-5443 prior to seeking non-emergency care.

To cancel a scheduled appointment, call the appointment desk at least 24 hours prior to your appointment.

The El Segundo clinic and services hours for dental, flight medicine, optometry, women's health, primary care, mental health, pediatrics is from 7 a.m. to 4 p.m. weekdays. Active-duty sick call is 7 to 7:30 a.m. and 1 to 1:30 p.m.

The Fort MacArthur clinic and services hours for pediatrics and primary care are weekdays from 7 a.m. to 7 p.m. and Saturday from 8 a.m. to noon. Active-duty sick call is 7 to 7:30 a.m. and 1 to 1:30 p.m.

For billing questions, call the Resource Management Office at 363-5044, weekdays from 7 a.m. to 4 p.m.