

Astro News



Congrats from the top

Staff Sgt. Bill Gomez

After reenlisting, Senior Airman Eumir Arceo from the 61st Communications Squadron, is congratulated by AFMC Commander Gen. Lester Lyles at a ceremony June 2. General Lyles also promoted Shantell Johnson from the Directorate of Contracting and Jennifer Causey from the Directorate of Developmental Planning to Senior Airman.

SMC Small Business Program wins AF Special Achievement Award for FY99

Charles Willet
Director of Small Business

The Secretary of the Air Force Special Achievement Award will be presented to SMC by the Honorable Whitten Peters, Secretary of Air Force, at a ceremony in the Pentagon Monday.

Through intense education, training and counseling efforts, combined with judicious use of the set-aside program and placing specific emphasis on the Woman-Owned Small Business and Small Business Administration's 8(a) and Small Disadvantage Business programs, SMC exceeded all of its Fiscal Year 1999 small business goals.

Early involvement in the acquisition strategy planning of our major programs enabled the Small Business Office to conduct meaningful dialogue with program managers and contracting officers to include small business considerations in all SMC acquisitions. This proactive strategy contrib-

uted to the success of SMC exceeding all quantitative and qualitative small business goals by 159 percent, which was the highest of any AFMC Center.

The Woman-Owned Small Business goal was surpassed by 275 percent, also the highest in the Command. SMC's Small Disadvantaged goal achievement of 250 percent rated second highest of any AFMC Centers. The dollars obligated toward prime contract awards were \$120.4 million for total small business of which \$52.6 million was awarded under the small business set-aside program, \$50.1 for small disadvantage business and \$37.4 to Woman-Owned small businesses.

SMC was Air Force Materiel Command's nominee for this Special Achievement Award.

SMC has an impressive history of exceeding its small business goals, meeting or exceeding them for 10 consecutive years. SMC continues to search for ways to increase small business participation in support of our programs and mission.

Lyles addresses priorities, calls AFMC 'top notch'

Peggy Hodge
Public Affairs

The Air Force Materiel Command is a top-notch organization accomplishing its mission well and doing an excellent job of providing for the warfighter said Gen Lester Lyles, the AFMC commander, during an interview with the "Astro News" June 2.

"I want AFMC to be associated with excellence—to be the recognized organization for acquisition, science and technology and logistics and sustainment issues," Lyles said. "My priority is to see that everyone recognizes this, as well as how this diverse organization works together to achieve its goal."

SMC's role is the center of excellence for everything we do in space, he said.

"Space is definitely our future and certainly our present as well as our past. A more prominent role for space activities in the U.S. Air Force is our goal," said Lyles. "We want to ensure we're placing the right kind of resources, processes and emphasis on space programs, and this includes training our people to make sure they understand the benefits and synergy of air and space activities."

Lyles emphasized the importance of space and missile acquisition and the role of AFMC's product centers and their commanders in this process.

"I want the command to take a more prominent role in acquisition," said Lyles. "The execution of the acquisition activity—the people, the resources and the processes—are accomplished at AFMC. This program is worked with real experience and expertise in our centers. I want to ensure this is recognized and that we have a more prominent role in the decision making process."

Lyles subscribes to the philosophy that AFMC is the technical "conscience" of the Air Force. "This is a natural role for AFMC and a priority for the command. AFMC should be the champion and its commander the leader—the "conscience" for science and technology for the Air Force," he said.

SMC's role is the center of gravity for science and technology associated with space activities, said Lyles. "This organization can help me be the 'conscience' for the science and technology of our space program."

As a former SMC member and commander, Lyles nurtures a healthy understanding for the organization and its mission. "I have tremendous respect and admiration for everything SMC embodies and what it can be for the future," said Lyles. "My priority here is to help you accomplish your mission and make sure we do everything we need to do for our Air Force's space program."

Splish Splash: Summer's here, water safety must be everyone's priority

Staff Sgt. Mark A. Garner
NCOIC Ground Safety

Summer is here and the weather is heating up. Many of us, if we haven't already, will visit the beaches. We do not realize the dangers when entering the water for a nice swim, dive, boat ride, skiing or surfing. The real danger is your own ability and experience to perform the sport you enjoy.

Since the beginning of fiscal year 2000, the Air Force has lost six individuals as a result of drowning mishaps, compared to a total of two during the entire fiscal year 1999. We cannot afford to continue this trend. As we draw closer to the summer months (101 Critical Days of Summer), water safety must become a top priority

due to the increased likelihood of water related mishaps. Analysis of the year's mishaps indicates there are no age, rank or geographical boundaries. Three of the six had companions with them when they drowned. Two others were swimming in the ocean while intoxicated. Another swimmer became unconscious after striking his head and was swept over a waterfall.

Every commander, supervisor and individual must emphasize the awareness for safe swimming and water related activities. Personnel should be advised not to swim alone and of the hazards associated with alcohol consumption and swimming. The high risk of swimming or boating in unfamiliar waters should be emphasized.

Most drownings occur within 10 yards of shore. Learning to swim and understanding water hazards can

increase your chances of survival. Here are some tips:

- * Never swim alone. Use the Buddy System and swim with a friend at all times.
- * Swim in a safe place, preferably a pool or beach with qualified life guards.
- * Don't swim when overheated, tired, chilled or in storms.
- * Wait at least 2 hours after meals before entering the water.
- * Don't dive into unfamiliar waters.
- * Learn basic water rescue and water survival techniques to assist others and to protect yourself.
- * Alcohol does not mix with swimming and boating.
- * Most importantly, know your ability.

All commanders and supervisors must work very hard to reverse the current trend.

Action Line 363-2255

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

I read your Commander's Action Line response regarding the base policy on admission of guests to the commissary. Thank you very much for taking a stand against admitting unauthorized personnel to the commissary. I hope you will stand by your comments and not change the base policy.

Commissary management is quick to point out that allowing guests into the commissary would not authorize them to make purchases. However, for the reason I gave in my previous Action Line, I have decided to continue our current policy that requires guests to remain in the waiting lounge at the entrance of the commissary while authorized customers do their shopping. For your information, I recently read in a strongly worded legislative bulletin from the Air Force Sergeant's Association that advocates your point of view on this issue. I also understand AFSA plans to run an article on commissary privileges and related policies in their June *Sergeants* magazine.

According to my office thermometer, it is presently 80 degrees in my office, and by this afternoon, it will read 82. The heat and lack of airflow in our area is not conducive to performing our



jobs. We have tried working this concern through the Building Manager but have received no relief from the heat and lack of airflow. If we leave the fire doors closed, we receive no airflow from the first to the second floor (they say heat rises, and, in our case, the air is indeed cooler downstairs). Your help in relieving us from this heat will be appreciated.

Thank you for bringing this to our attention. Base Civil Engineering is concerned with the comfort needs of all facility occupants. The area of Building 110 where there is no airflow (Rooms 2564F, 2570A and 2570F) is the result of a construction project to replace air handlers and other heating ventilating and air conditioning equipment. Civil Engineering selected this time of year to perform much-needed work to have the least impact on building occupants. During this time of the year, mild climatic conditions permit BCE to accomplish two very important requirements. First, perform maintenance and repair on facility HVAC equipment that cannot be taken off line during the more extreme winter and summer seasons. Secondly, save scarce operations and maintenance dollars for facility improvements by using outside air to meet the comfort needs of building occupants. Additionally, Los Angeles AFB has an installation heating and cooling policy, which is outlined as follows: Air conditioning is available to base buildings from June 15 through October 15 and heat is available from Nov 1 through April 15. At all other periods during the year, outside air is drawn directly into buildings. We regret any inconvenience this HVAC system upgrade has caused; however, the work will provide greater com-

fort dividends. Please understand, BCE is working closely with the contractor on this project and will restore HVAC service as soon as the equipment becomes operational.

The Action Line's 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 communicate. Below is a list of people to call:

Base Exchange	David Clore	640-0129
Base IG	Dorothy Brown	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. Elizabeth Vallery ..	363-2806
TRICARE		363-0261
24-hour Crime Stop		363-2124
Legal Office	Col. Scott Bagley	363-0916
Area Defense Counsel ..	Capt. Art Kirkpatrick ..	363-6776

Astro News

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Editorial policy

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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.

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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.ASTRONEWS@
LOSANGELES.AF.MIL**

OR

Call 363-1221 for more
information.

News Briefs

Boeing hosts tech exposition

The Boeing Company will host a two-day technology exposition at The Club, June 28-29, from 8 a.m. to 4 p.m. It is open to U.S. government military, The Aerospace Corporation and U.S. civil service personnel of U.S. citizenship only. A valid U.S. government or The Aerospace Corporation's photo ID badge must be presented for admission to the exhibit.

Exposition highlights include technical and programmatic displays and models on a variety of Boeing and Air Force space-related initiatives and technologies. Some of these programs and initiatives include the Delta launch vehicle family, the global positioning system and the intercontinental ballistic missile systems

CCDP, DLAMP nominations

Nominations for the Civilian Competitive Development Program and the Defense Leadership and Management Program must be submitted to SMC/AXR by June 23. Grades GS-13 through 15 are eligible.

CCPD and DLAMP are major components of the civilian developmental processes. Both represent solid commitments on the part of the Air Force to support the professional development of its civilian workforce.

CCDP is designed to select the right person at the right time for the right training and to assure suitable follow-on assignments. More information can be found at <http://www.dp.hq.af.mil/dps/ccdp.htm>.

DLAMP is a systematic program of joint training, education and development within DOD for future civilian leaders. For more details, call Lt. Col. Rosa at 363-6769 or Irma Gonzales at 363-3109. For direct questions pertaining to Intermediate Service School, Senior Service School or Executive Development Courses call Gary Durbin at 363-3413.

Kosovo Campaign Medal

President Clinton has approved establishment and award of the Kosovo Campaign Medal and campaign streamers to recognize the accomplishments of Air Force members participating in or in direct support of Kosovo operations within fixed areas of eligibility.

Military members authorized the KCM must have participated in or served in direct support of one or more Kosovo operations within the Kosovo Air Campaign or Kosovo Defense Campaign area of eligibility.

For more information about the medal, call the base awards and decorations office at 363-5376.

AFAF exceeds goals

Well done! Los Angeles AFB and its tenant units raised \$33,791 for the 2000 Air Force Assistance Fund campaign—192 percent of our goal. The money donated will go to one of four charitable organizations that support Air Force members and their families.



Lieutenant Gen. Eugene Tattini officiates the SMC/TL stand up ceremony with project director Col. Neil McCasland. Staff Sgt. Bill Gomez

2-letter moniker 'TL' given to SBL project office

2nd Lt. Thomas A. Stuhl
Space Based Laser Project Office

The Space Based Laser project office became an official 2-letter organization within the Space and Missile Systems Center May 31.

"Missile defense is a national priority," said Lt. Gen. Eugene Tattini, SMC commander. "The space based laser integrated flight experiment is important to the future of the national security space missions."

General Tattini officiated at the formal ceremony

with project director Colonel Neil McCasland. The space based laser project has been a part of SMC since the late 1970's starting in the Space Defense System Program Office at Space Division.

"When the history book is written on SBL and everyone is credited, the people in this room will know it was them who actually started this project office," said Tattini.

"SBL will revolutionize the way the Air Force exploits space and the tools we can put in the warfighters hands for missile defense and space superiority," said McCasland.

Pegasus launches TSX satellite

1st Lt. Tonya Summerall
Public Affairs Office

The Air Force successfully launched a Pegasus rocket, dubbed "Stargazer," from the belly of an L-1011 aircraft while cruising 40,000 feet above the Pacific Ocean some 50 miles west of Vandenberg AFB June 7. Stargazer carried an \$85 million Tri-Service Experiments satellite into an elliptical orbit.

The Space Test Program of the Space and Missile System Center's Test and Evaluation section at Kirtland AFB, N.M., manages the TSX-5 program and supports two Department of Defense Space Experiments Review Board Experiments. These experiments are the Space Technology Research Vehicle-2 and the Compact Environmental Anomaly Sensor.

The STRV-2 is a multi-national, highly integrated suite of experiments designed to push the envelope of space based laser communication, imaging technology, satellite vibration suppression and material science. CEASE is an environmental scanner that will provide spacecraft with knowledge about surrounding space.

One of the mission's major goals is to use a combination camera and telescope to test new ways to identify from space, slow-moving aircraft flying over land. The goal is to have the ability to distinguish between various types of flying objects such as cruise missiles or enemy aircraft.



TSX satellite

"Getting the satellite into orbit is exhilarating," said Capt Kevin Benedict, the TSX-5 mission manager. "There are folks who have been working on this mission for more than four years and it's a very happy day for all of us."

Pay yourself first: 2000 Savings Bond program underway

Capt. Cindy K. Sabo
Savings Bond Project Officer

Saving for a child's education, retirement, a new car or a special vacation? U.S. Savings Bonds may be the vehicle to accomplish your goal. The Savings Bond campaign is currently underway and will continue until July 7 with this year's motto of "Creating a New Century of Savings."

Millions of Americans have discovered the easy way to save – pay yourself first. By enrolling in the payroll savings plan for U.S. Savings Bonds, your savings are set aside for you each paycheck. No decisions, no hassles.

Bonds offer not only an easy way to save but also a safe one. The U.S. Treasury guarantees your money and the interest it earns, even if your bonds are lost or stolen. Another bonus with savings bonds is the interest accrued is tax-deferred until cashed. Although the bonds

are subject to Federal income tax, you do not have to pay State or local income taxes on any accrued interest.

The 2000 Savings Bond Campaign includes the sale of the new treasury "Series I" Bonds in addition to the existing "Series EE" Bonds. Currently, EE Bonds are paying 5.73% and the new I Bonds are paying 7.49%.

Each May 1 and November 1 the Treasury announces a Series EE savings bond rate that is 90% of the average 5-year Treasury security yields for the six months before the rate announcement.

The 7.49 percent earnings rate for I Bonds bought from May through October 2000 will apply for the first six months after their issue. The earnings rate combines the 3.60% fixed rate of return with the 3.82% annualized rate of inflation as measured by the Consumer Price Index for all Urban Consumers. The new I Bonds are sold at face value in denominations of

\$50, \$75, \$100, \$200 and larger amounts.

Both E and I Bonds earn interest for as long as 30 years. Earnings are added every month and interest is compounded semiannually. Investors cashing their Savings Bonds before five years are subject to a 3-month earnings penalty.

Since Series I Bonds are tied to inflation, those buyers believing that inflation will continue will prefer the I Bonds while those believing inflation may go down may prefer the stability of the EE Bonds.

So, if you are looking for a guaranteed low risk option to round out your financial portfolio, consider the benefits of U.S. Savings Bonds. Your organizational representative will provide you with additional information on this year's campaign. Please take a few minutes to read about the advantages of U.S. Savings Bonds.

For additional information on I and EE



Staff Sgt Bill Gomez

Lieutenant Gen. Eugene Tatini enrolls in savings bond program.

Bonds redemption values and yields refer to the Treasury Department web page at <http://www.publicdebt-treas.gov> or for more information on the Bonds themselves, go to <http://www.savingsbonds.gov>

Unit Savings Bond reps ready to sign you up

SMC/CC- **SSgt. Gregory Call**, 3-2527, IG- **Lt. Col. John Woodcock**, 3-0802, AD- **SSgt. Omar Hernandez**, 297-2849, AX- **Capt. Lynn Reise**, 833-1767, CI- **Lt. John Englert**, 336-4473, CL- **Lt. Frank Mindrup**, 3-1003, CZ- **Capt. Cindy Sabo**, 3-0180, FM- **Capt. Darnell Holcombe**, 3-3423, IN- **Capt. Peter Wilewski**, 3-2952, MC- **Lt. Sean Tunaley**, 3-4752, MV- **Lt. Kristi Bateman**, 3-4115, PA- **John Ryan**, 3-1812, PK- **Dreamy Peckhem**, 3-1840, TL- **Capt. Mike Wood**, 3-8614, XP-

SSgt. Gregory Call, 3-2527, XR- **Lt. Robert Swearingen**, 3-2398, 61 ABG/CC- **SSgt. Amanda Pulsipher**, 3-0507, SV- **Chris McClintock**, 3-1884, CE- **SSgt. Scott Silva**, 3-5617, LG- **TSgt. Terry Sulton**, 3-2664, DO- **SSgt. Richard Rodriguez**, 3-2353, MSS- **SSgt. Carlos Chavez**, 3-5265, MDS- **Capt. Craig Anzilotti**, 3-0962, CS- **MSgt. Angel Jardiolin**, 3-3754, SFS- **SrA Derrick March**, 3-0786, AFSPC/Det 1- **Lt. Col. Gary Barrette**, 3-1967

ADS

LAAFB selected for Rideshare Program Diamond Award

Dan Dickerson

Base Commuter Programs Manager

Los Angeles AFB was presented the Diamond Award during a ceremony May 30, sponsored by the Southern California Association of Governments.

The Diamond Award recognized the base as having one of the highest most consistent numbers of rideshare participants in the area. The award also highlighted the proactive management support of the program and for operating a successful program with low cost.

Each year, SCAG identifies individuals, large and small companies and corporations who have made significant contributions to the environment and quality of life in Southern California.

"Fortunately, base personnel realize they have a cluster of potential rideshare partners at Fort MacArthur and take advantage of it," said Jim Riley, Chief of Environmental Management. "It's their environmental stewardship and participation that won this award for us and I thank them for it."

Los Angeles AFB also has more than 100 individuals riding in vanpools while others ride the bus, Metrolink, walk and bike. Recently, during Bike to Work Day, more than 20 cyclists rode to work.



Staff Sgt. Bill Gomez

Gate 5 Reopens

Lieutenant Gen. Eugene Tattini, SMC Commander, reopens Gate 5 following its renovation. Along with the general is (l-r) Lt. Col. William R. Saunders, 61st Civil Engineering Commander; Col. David E. Price, 61st Air Base Group Commander; and Mr. Jim Riley, Chief of Environmental Management.

SMC Today

Got a good story? The staff of the video program, 'SMC Today', would love to hear about it. To submit story ideas for 'SMC Today', call Terry Hagar at 363-2465.

Students 'plug in' to exact location

John Ryan
Public Affairs Office

When Mark Lonergan and Tina Wilson's fourth grade classes at Park Western Place Elementary school in San Pedro started to discuss topics related to space, they thought about guest speakers. They remembered that Col. Pete Hoene, the Deputy System Program Director for the Global Positioning System at Los Angeles AFB, had been a guest speaker at the school last year.

After a few telephone conversations, Col. Hoene, and a team of officers including Lt. Col. George Eveland, Captains Jamie McGrath, Cynthia Parliment, Marc Baumann, Julian Stephens, and Lieutenants Andrew Watson and Wade Henning responded to the call and visited the school.

Park Western Place Elementary is a magnet school located in San Pedro. The school stresses an accelerated math and science program along with the usual core subjects. "The children really thirst for knowledge," said Lonergan. "Although this specific area was not a part of the curriculum, when the opportunity arose to have Col. Hoene come in and discuss GPS, I knew they [the children] would be excited."

Colonel Hoene spoke about how the Global Positioning System is comprised of a satellite constellation (roughly 24 satellites) in orbit about 11,000 miles above the surface of the earth, a ground segment to control the satellites and receivers that use the information from space to provide

very accurate position, navigation and timing. Hoene described how GPS affects everyone's life including uses for banking, communications and recreational uses like hiking, fishing and hunting. Colonel Hoene also discussed GPS military applications and described how GPS is a great example of a dual use system that supports both military and civil users. Finally, he handed out models of the system and of launch vehicles to discuss how GPS satellites get into space.

Once the children understood GPS they were split into four groups where the rest of the team showed each child how to use an actual GPS receiver. The children were able to use coordinates or the maps on the GPS receiver to locate various landmarks on the playground. Additionally, they enjoyed being able to see how fast (miles per hour) they could run and walk on the playground.

Once the demonstrations were complete, it was time for recess, but the children weren't too interested in playing. They were still asking questions about GPS and space.

"It was great to see the children take an interest in the space program. Their brains were soaking up the information, processing it and asking some very intelligent questions," said Hoene. "We are very fortunate to have schools like Park Western and teachers like Mr Lonergan and Mrs Wilson that encourage their students' interest in science at a very early age. Overall, this was a very rewarding experience for both the students and for those of us who put on the demonstration."



Courtesy photo

Lieutenant Col. George Eveland, from the GPS Joint Project Office, demonstrates the GPS system to Jessica Liou and Boris Stanasic during a recent visit to San Pedro's Park Western Place Elementary. Fourth grade teacher, Mark Lonergan, looks on.

Celebrating 40 years of partnership



Photos by Eric Hamburg

A visitor to The Aerospace Corporation's 40th Anniversary event discusses the Space Based Infrared System. Right photo: Capt. Eric Hurdle, SMC/EELV program office, an Aerospace Corporation employee, work together on an EELV display.



Astro News deadlines

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

<u>Publication dates</u>	<u>Submission dates</u>
June 30	June 22
July 14	July 6
July 28	July 20
Aug. 11	Aug. 4
Aug. 25	Aug. 18
Sept. 8	Sept. 1
Sept. 22	Sept. 15

Leading LA

Technical Sergeant James H. Luellen



Technical Sgt. Luellen is the Chief of Resource Management, 61st Security Forces Squadron. He manages the squadron's many resources being the financial and budget advisor, police vehicle manager, supply and equipment custodian, acting first sergeant, weapons and ammunition custodian and chief of training.

Technical Sgt. Luellen is pursuing a degree in security administration from the Community College of the Air Force.

"My goal is to complete a degree in financial management. With my knowledge of the Air Force's Accounting System, I would like to be part of the civilian work force," said Luellen.

He has been in the Air Force for more than 19 years. He donates blood at the San Pedro Peninsula Hospital on a quarterly basis.



The 61st Air Base Group held its annual Combat Olympics Friday. The Olympics pit Air Base organizations against one another in events such as a tug-of-war, ob

*Photos by
Lou Hernandez,
Shaad Madison and
Doug Wood*



Members of the 61st Civil Engineer Squadron pose with championship trophy.



During the pie-throwing contest, Den

61st Air Base Group

Combat Olympic warriors



stACLE course and a pie-throwing contest.



Friendly rivalry was a factor as many Olympians ended up in the tug-of-war mud pit.



nis Martin takes one in the face.



Staff Sgt. Carlos Chavez, 61st ABG, finds the mud pit his final resting point.

Lawyer faces trials outside court

Ronea Alger
Public Affairs Office

Strong athletic competition has always inspired Jesse Arnstein to reach for the top. Two major events recently put the lawyer on trial.

The 138-pound attorney came a step closer to achieving a long sought after goal when he finished in the top seven percent of a field of 1,500 competitors in the Ironman California triathlon at Camp Pendleton, Calif., May 20.

"More people ask why I did it, rather than how I did it," Arnstein said, "I enjoy the challenge and like having an important goal in my life to strive for. Most significantly, the

reward that comes with meeting such an overwhelming challenge is more satisfying than any other accomplishment I've achieved in my lifetime."

The triathlon began at 7 a.m. with a 2.4-mile swim and 1,500 pairs of arms and legs thrashing through the Pacific Ocean. The swim was followed by a 112-mile bike ride, which Arnstein completed in less than 6 hours averaging about 19.5 miles per hour. Then, he finished the competition with a 26.2-mile run in 3 hours and 23 minutes averaging 7:47 per mile.

Overall, he finished the triathlon in 10 hours, 40 minutes and 18 seconds, and ended up 106th out of 1,500 competitors. Several professional athletes took part in this event.

Arnstein's next competition was June 3 in the Armed Forces Triathlon Championship in Ft. Eustice, Va. He was selected to compete on the Air Force Team along with 83 competitors, 60 men and 23 women. Athletes were chosen by their service to compete in the race. He swam one mile, biked 25 miles and ran 6.2 mile in 2:09:31, finishing in 28th place.

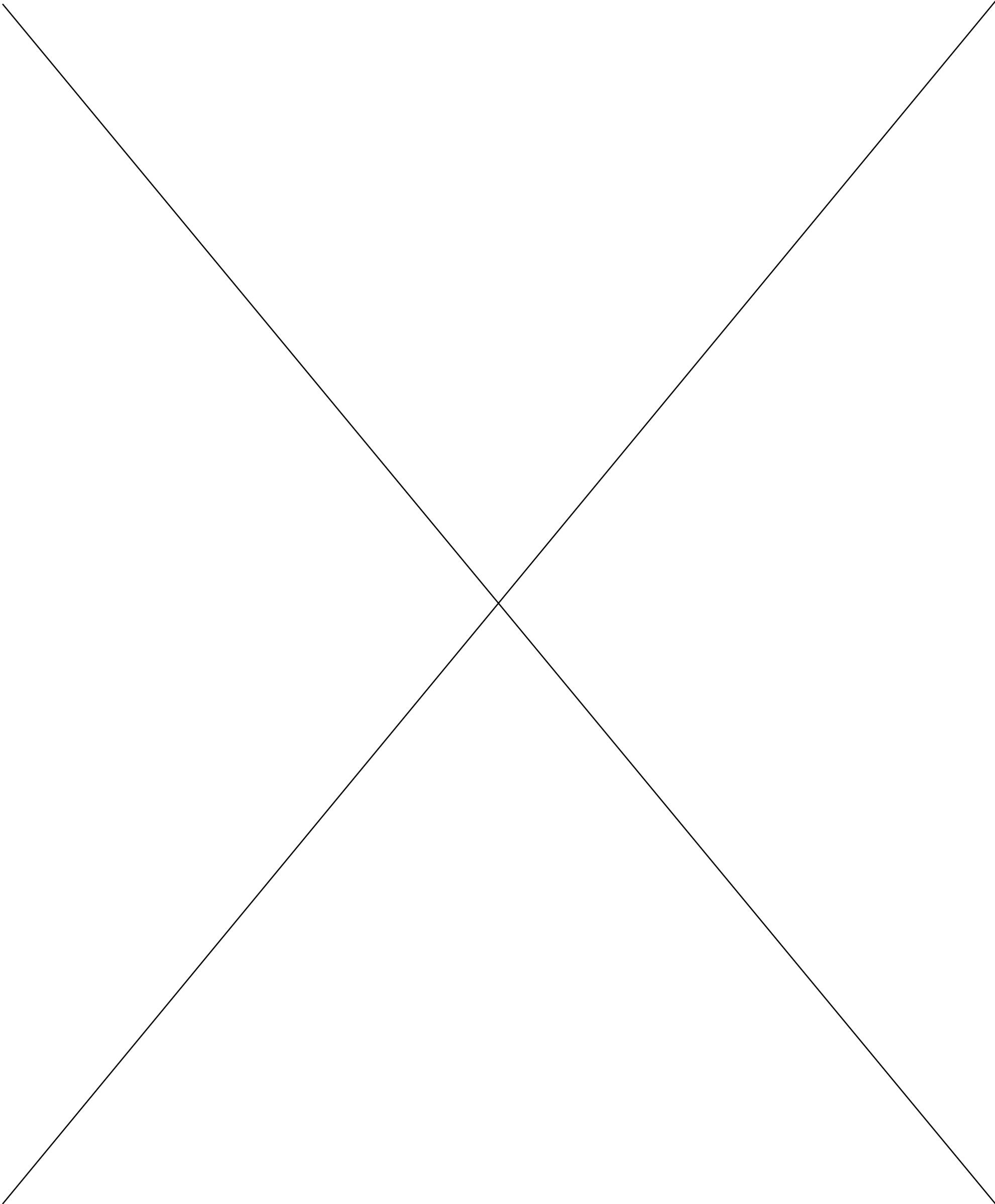
"Participating in the armed forces championships was one of the best experiences I've ever had as an athlete. It was exciting to mingle with athletes from every service, many of whom I've read about," said Arnstein.

Capt. Jesse Arnstein is Judge Advocate in the Los Angeles AFB legal office.



Staff Sgt. Bill Gomez

Capt. Jesse Arnstein on the move.



Blotter: Medical emergencies top responses

The following information covers Los Angeles AFB police activity for the past two weeks. It's provided by the 61st Security Forces Squadron.

Medical emergency

A civilian employee who works at the Base Exchange telephoned the Law Enforcement Desk to report that a wife of a retired Air Force member had fallen outside the exchange and needed medical treatment. The Department of Defense police and security forces members were briefed and responded. Investigation revealed the individual had tripped as a result of a crack in the ground near the exchange and as a result sustained a contusion over the left eyebrow. She was transported to the hospital for further treatment.

Shoplifting

A Base Exchange detective telephoned the Law Enforcement Desk to report they were detaining an AIC for

shoplifting. The individual had taken a pair of sunglasses costing \$ 39.95. A DoD police officer and security force member was briefed and responded. The individual was issued a suspension letter. The El Segundo police cited the individual for petty theft and was released to a 61st Security Force member.

Verbal Dispute Over Pizza Price

A services civilian employee telephoned the Law Enforcement Desk to report a pizza delivery man trying to change the price of the pizza she ordered. He attempted to increase the charge from what she was quoted by three dollars. The delivery man started to argue but finally conceded and sold the pizza for the price originally quoted. The services employee attempted to contact the manager to report the matter who was not available. Later that night, the pizza man returned to the pool area to ask the services people not to report him to his manager. The manager of the pizza parlor telephoned the services cash-

ier and told her the delivery man would not be sent to the base to deliver pizza in the future.

Accidental Overdose

A two-year old daughter of an Air Force member was treated by the Los Angeles Fire Department paramedic for swallowing some prescription medication that belonged to her sibling. The paramedic determined the child needed to be transported to San Pedro Peninsula Hospital for treatment.

Medical Emergency

A commissary civilian employee notified the Law Enforcement Desk to report a medical emergency. A security forces member was dispatched and contacted the El Segundo Fire Department. The paramedic stated the subject was being transported to Kaiser Medical Center for treatment to her left eye, which had been cut on the cornea by a coat hanger in the women's bathroom stall door.

Do you know your Area Defense Counsel?

Who is the ADC?

Captain Arthur Kirkpatrick is the Area Defense Counsel (ADC) assigned to Los Angeles AFB and March ARB. He is a fully qualified attorney assigned by the Judge Advocate General of the Air Force to serve as your Defense Counsel. Captain Kirkpatrick, like all judge advocates, is licensed to practice law and is in good standing with the Colorado State Bar. He received his juris doctor from the University of Denver.

Captain Kirkpatrick does not work for any commander at Los Angeles AFB or the Staff Judge Advocate. The ADC is a tenant unit and reports directly to the Chief Circuit Defense Counsel at Travis AFB.

Who is the Defense Paralegal?

Staff Sergeant Neely Brody is the Defense Paralegal (DP) assigned to the ADC. Her duty is to assist the ADC in the management and operation of the office. The DP schedules appointments, helps prepare the necessary documents for cases, interviews clients and witnesses and assists the ADC with trial preparations. Although the DP is not an attorney, she is a trained paralegal and a vital member of your defense team.

Why Should You See the ADC?

The ADC can ensure your legal rights are properly safeguarded, inform you of your various options and advise you as to which course of action is most likely to affect a favorable resolution to your case. You are the client, and as such, your dealings with the ADC are confidential and privileged. There is no harm in consulting with the ADC, especially if you are unsure of your situation. Remember there is usually nothing you can say or do to clear up an incident that cannot be said or done after consulting with the ADC. Under Article 31 of the Uniform Code of Military Justice, you have the right to remain silent and the right to consult with an attorney prior to making any statements which may incriminate you!

Where is the ADC located?

No, the ADC is not located at the Legal Office! The ADC office is located in building 219, room 1732, in Area B. To set up an appointment, call 3-6776.



Captain Arthur Kirkpatrick and Staff Sgt. Neely Brody, Los Angeles Air Force Base Area Defense Counsel and paralegal.

Health & Fitness Fair dubbed 'huge success'

John Ryan
Public Affairs Office

Over 200 personnel attended the two-day Health and Fitness Fair on May 21 and 22. "It was a huge success," according to Capt. Deborah Schueren, HAWC Director. To back up her words, Schueren provided the following statistics.

Twenty-six of the 69 people who had their cholesterol tested had high cholesterol. Five people had high blood sugars and two men had high prostate enzymes indicating possible prostate disease. Twenty-seven people had eye exams. Of those, five patients were referred to schedule a routine eye exam for refractive error, and one patient was referred to schedule a routine eye exam for high intraocular pressures (possible glaucoma). "These events plant little seeds in people's lives. If we can identify treatable risk factors in just one person and convince them to seek help and make healthy changes to prevent or delay disease, then it's all worth it. That's what health fairs are all about," said Schueren.

In addition, the following personnel won prizes during the Health and Fitness Fair:

Baby Jogger – Ms. Carol Hill from SMC/PK
Polar Heart Rate Training Monitor – Maj. Ray Belz, SMC/TL
Dyna Ball Exercise Ball – Ms. Kathy Hall
Tae Bo Exercise Tapes – Ms. Teresa Pileggi, LG
Weight Lifting Belt - TSgt William L. Medlock, AFOSI
Exercise Video – Annette Jones, E-7, USA
Low Fat Cookbook – Mr. Kyle Morgan
Shaquille O'Neil Autographed Basketball – Capt Eli Brown, SMC/FM

**June is Health &
Fitness month**

Congratulations



The following Technical Sergeants were recently selected for promotion to Master Sergeant: 61st Air Base Group; **Rafel Lopez**, Vito Tibangin, 61st Medical Squadron; **Calvin Cohens**, **Brian Whitehouse**, 61st Communications Squadron; **Brian Rhodes**, Detachment 9; **John Goodson**, **Edward Palacios**, Detachment 8; **John Kavanagh**, Detachment 11; **Paul Boyd**, Milsatcom Joint Program Office; **Hugh Bonnar**, Space Based Infrared SPO; **Douglas Nall**, Directorate of Intelligence; **Miguel Ramirez**, Advanced Systems Directorate; **Fred Brouwer**.



The following Staff Sergeants were recently selected for promotion to Technical Sergeants: 61st Air Base Group; **Israel Caraballo**, **Jennifer Clark**, **Michael Ford**, **William Gomez**, **Thomas Hansen**, **William House**, **Bernard Lutap**, **Mary Martin**, **Nicole McClain**, **Kevin Wilson**, **Scott Ytzen**, **Developmental Planning**; **Norman Bautista**, Advanced Systems Directorate; **Neely Brody**, **Launch Programs**; **Jeffrey Burgos**, Directorate of Systems Acquisition; **Jim Darity**, Detachment 9; **Richard Grover**, Advanced Systems Directorate; **Dana Hughes**, **Jon King**, Space and Missile Test and Evaluation Directorate; **Bruce Guyer**, Detachment 11; **Richard Ming**, Plans and Programs; **Gregory Call**, Space and Missile Systems Center; **Miski Burton**.

Chapel Schedule

Roman Catholic

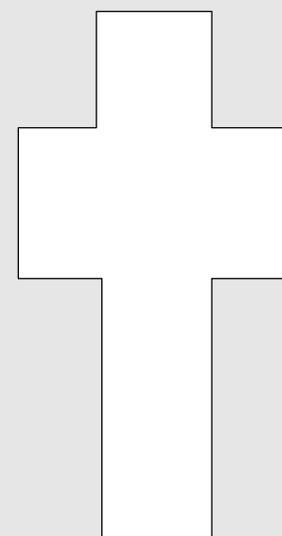
Saturday: Sacrament of Reconciliation at 3:45 p.m., Mass at 4:30 p.m.

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.



Fund raising at Summer Bash

Sign up now to have a fund raising booth at this year's Summer Bash held July 4 at Fort MacArthur. The registration process has changed so call Kathleen Thelen at 363-0305 for more information.

The Club 363-2230

The Club will hold a barbecue every Thursday this summer in the Area A Mall. Food is served between 11 a.m. and 1 p.m. Items are priced a la carte and may include ribs, chicken, hamburgers, hot links, potato salad, corn cobbetts, baked beans, coleslaw and fresh fruit.

The Club will host a Summer Splash Membership Party June 20 from 4 to 7 p.m. The free event offers food and door prizes and is open to Preferred Plus! and Club members only. For more information on Preferred Plus contact the club.

Every Friday the bar is open at 4 p.m. The DJ starts playing at 5 p.m. Free snacks are available to club members.

Today and June 23 at 4:30 p.m., free Swing Dance lessons are being offered in the Atrium. Beginners are especially wanted! Give it a try!

Vet Clinic 363-8269

The Vet Clinic will be opened Friday and June 23. The clinic accepts VISA and MasterCard. Appointments may be made by calling 363-8269. Messages may be left on the answering machine when the clinic is closed.

Youth Services 363-8383

The L.A. Experience Summer Camp, June 26 to September 1, is for children between the ages of 5 and 12 years. Kidz Korner Youth Center offers kid-friendly activities throughout the summer break. Activities include field trips, swimming, unsurpassed art creations, cooking projects, community service projects, hiking and sports events. Camp is a full-day care program, and fees are based on the annual income of both parents. Register is open now.

Los Angeles AFB Family Member Support Flight is participating in Project 2000. Project 2000 is a collection of donated food and clothing items that will be donated to the community and to the homeless. The drop-off points are both Child Development Centers, the Community Center and the Youth Center.

Youth Activity members between 5 and 12 can learn Karate. Free karate classes are held every Tuesday from 5 to 6 p.m. on the upper floor of the Youth Activities Center.

Give Parents a Break - If you are 5 to 12 years old, don't miss out on the fun you could be having from 1 to 6 p.m. tomorrow. The program is free for family members of active duty military. Contact your commander, first shirt, Family Support Center or chaplain for the criteria.

Join Hands Day - Youth Services will join hands with the city of San Pedro to work at the San Pedro Volunteer Center, June 17. The goal is to bring youth and adults together to provide service and to foster camaraderie between the base and the city.

Parent's Night Out will be June 30 from 7 to 12 p.m.

Child Development Center 363-8335

El Segundo

Family Fun Day - All parents are invited to the Family Fun Day Picnic on June 30 from 10:30 a.m. to 12:30 p.m. Fun activities are planned including lunch. The

event is free, but reservations are due by June 23.

Fort Mac

National Children's Day Carnival is from 10 a.m. to noon, June 13, with lunch served at 11 a.m. Register in your child's room by June 12.

The Fort MacArthur CDC has immediate openings for ages 12 to 24 months. If you would like more information, contact Nancy at 363-8335.

The Community Center 363-8225

A trip to see a taping of the Jaime Foxx Show will be June 20. The trip departs the Community Center at 3 p.m. and returns at 9 p.m. The cost is \$2 per person and registration deadline is today.

Fort Mac Hall 363-8412

The Community Center has a game night Tuesday from 7:30 to 9 p.m. in the Fort Mac Hall in Bldg. 425. The night is free and open to all identification cardholders ages 18 and over and their guests. Several board games as well as cards will be available, or bring your own.

The Community Center hosts "Mommy and Me" June 21 from 10 a.m. to 12 p.m. at Mac Hall. This session is free. Moms (and Dads too) are invited to come with their toddlers for a morning of exercise and fun.

The Community Center hosts a Pre-4th of July Dance from 9 p.m. to 1 a.m., June 30, at Mac Hall. The cost is \$3 per person and is open to all ID cardholders 18 and over and their adult guests.

Tickets & Information 363-2190

San Diego Padres tickets are now available at tickets and information. We're still the best source for tickets for the following attractions: Disneyland adults \$34.50, kids \$27.50. Knott's Berry Farm adults \$20, kids \$14.50. Universal Studios adults \$29.50, kids \$24.00. Magic Mountain adults \$20.50, kids \$11. Sea World adults \$32.20, kids \$25. San Diego Zoo adults \$21, kids \$11. Wild Animal Park adults \$17.95, kids \$12.95. Legoland adults or kids \$25.25. Long Beach Aquarium adults \$12.95, kids \$7.50. Raging Waters adults \$15.95, kids \$13.95. Hurricane Harbor adults \$13.95, kids \$12.

Outdoor Rec

Want to go camping with the family, but don't have the time? Or energy? Or equipment? Let Outdoor Recreation help out, June 23-24.

Outdoor Rec will set up the tents and take them back down when finished. Lessons on how to set up tents are also available. Sleeping bags, sleeping mats or cots, lanterns, stoves, water jugs., etc. are provided.

Dinner and breakfast will be cooked. Camping will be at the Fort MacArthur swimming pool pavilion with free swimming at 10 a.m., June 24.

The pool will be open for two hours of free swimming before the regular opening time (based on availability of lifeguards).

Swimming Pool

Fort MacArthur swimming pool is open. Hours of operations: 12 to 8 p.m., Thursday to Tuesday.

RV Storage

For your convenience, Los Angeles AFB offers four RV storage facilities. They are located next to Bldg. 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.

*The RV storage located at Fort MacArthur is open to active duty military personnel residing in LAAFB military housing.

FamCamp

Los Angeles AFB operates a Family Campground, or FamCamp. We have 15 hardstand units with hookups for water and electricity.

It is open year round and advanced reservations are accepted. The camp is located two miles south of LAAFB in Lawndale.

It is located on Aviation Blvd, between Marine and Rosecrans. The fee is \$8 per day. Outdoor Recreation handles the reservations. Call 363-2081.

Auto Skills Center 363-1705

June Monthly Special: Lube and Oil Change Special is \$18.50 - Drain oil, add new oil up to 5 quarts for most cars and change oil filter.

AIDS Walk

Team SMC will embark on their fourth consecutive year as participants in the 16th annual AIDS Walk Los Angeles. The walk will be held Oct. 15 beginning and ending in the back lot of Paramount Studios, Hollywood. The 10K walk follows an interesting route through the historic streets of Hollywood. In the past, there have been runners and roller bladers as well as the walkers.

Last year, the team came within a few pledges in becoming one of the top 20 fundraising teams. The team is looking for organizational points of contact to provide information on the walk. For more information, call either Rick McGilton at 363-0959 or Tony Riccio at 363-3059.

Thrift Shop summer hours

The Thrift Shop doors will close for the summer June 29 at 2 p.m. The consignment area will close at noon June 29. The Thrift Shop will re-open Sept. 7 at 9:30 a.m. If you have any donations or consignments, contact Rita Decelles at 831-8315.

Torah Club

The next base Torah Club meeting will be held June 21 at 11:30 a.m. in The Aerospace Building A3, Room 2260. Mark Sanders, now the Outreach Director of the Los Angeles Office of Jews for Judaism, will provide an insider's view of the missionary movements focused on converting Jews to Christianity.

As a former fundamentalist minister, Mark Sanders, now practicing Judaism, has the unique insight into the missionary movement. For more information, please call the chaplain service division at 363-1956.

Self-help extends hours

The Fort MacArthur Self-Help store has extended its hours. Now the store is open from 10 a.m. to 6 p.m. Tuesdays and Thursdays. These hours will be in effect throughout the summer. For more information, call Andy Craddock at 363-8310.

AFA salute banquet date change

The Air Force Association Gen. Bernard Schriever Los Angeles Chapter 147 Salute Banquet 2000 has been rescheduled to August 25 at the LAX Marriott Hotel.

The guest speaker for the event will be Deputy Secretary of Defense Rudy DeLeon who is a native of the South Bay.

