

Astro News

SMC launches 28th GPS satellite into orbit Delta launch recognizes military veterans

Master Sgt. T.J. Helton
Public Affairs

After a 24-hour delay, the Global Positioning Satellite IIR-6 was successfully launched into orbit on a Delta II rocket from Cape Canaveral Air Force Station, Fla., Friday.

The satellite will add to the constellation of orbiting satellites that provide accurate 24-hour navigation to land, air and sea craft as well as missile navigation systems.

"This is a great day for the warfighter and the civilian user of GPS," said Jerry Heydinger, GPS Space Systems Program Manager. "This satellite will help assure continued full constellation coverage."

This is the 28th GPS satellite, and the 5th IIR, in the constellation that is being positioned to replenish another satellite.

"The IIR-6 continues the success story of our recent replenishment launches to maintain the GPS constellation," said Col. Douglas Loverro, Director, NAVSTAR GPS joint program office. "These replacement spacecraft represent the continued commitment to keep the GPS system healthy for the future."

The initial launch scheduled for Thursday was postponed due to closeout photos suggesting a lockwire was installed backwards on one of the two vernier engines that steers the Delta II during ascent.

"The one-day launch slip provided us the time to go out to the launch pad and properly reinstall the lockwire," said Lt. Col. Nancy Insprucker, Medium Launch Vehicles program manager. "Since most of our Delta II rocket hardware is already built, Lieutenant Colonel Scott Swanson, the Delta II program manager, and his team are sharply focused on mission success. Had we launched

with the lockwire installed 'as-is', one of the vernier engine's liquid oxidizer lines could have come loose during flight, and we might have lost the mission. We don't launch before it's time."

After replacing the lockwire, the weather became the next obstacle.

"While there was a 40-percent chance of violation due to possible inclement weather for Friday's attempt, Colonel Mike Baker, Mission Director and Detachment 8 commander, and the rest of the launch team thought the weather might improve as the count proceeded," said Insprucker. "As it turns out, the weather was on our side, and we were able to launch right at the beginning of the window."

Getting the satellite launched was only the beginning of the mission. Once in orbit, it must undergo a series of on-orbit testing including verifying the navigation signal is stable, within operational limits, and that all spacecraft systems are operating correctly.

"The testing began immediately after launch," said Heydinger. "The first acquisition was approximately 35 minutes after launch, the solar arrays deployed on day four, the W-sensor deployed on day five, final station acquisition maneuvers begins after day seven, then testing follows for several weeks until the SVN (space vehicle number) is declared operational.

The launch also offered a time to honor Veterans Day. This launch was dedicated to military veterans to include prisoners of war and missing in actions.

"This was an important dedication since there simply aren't enough opportunities to show our veterans how much we appreciate them and their service," said Insprucker. "Friday's launch was an attempt to demonstrate how much today's Air Force values our veterans' contributions to our great country."



Boeing photo by Carleton Baillie

A Delta II successfully launches with the Global Positioning System IIR-6 satellite from Cape Canaveral Air Force Station Friday. The launch was dedicated to military veterans including those who were prisoners of war and missing in action.

Air Force announces plan to select NCOs as recruiters

WASHINGTON (AFP) — Taking a page from the other services' recruiting duty selection process, the Air Force is ending its all-volunteer recruiter system and adopting a selection-based program.

The Air Force is embarking on a "cultural shift" that will bolster its recruiting force and make recruiting duty an integral part of nearly every NCO's career path, according to Air Force officials. The program is aimed initially at staff sergeants (and selects) through master sergeants with less than 16 years in service. All career fields will fall under the new policy. The

first group of people selected will be named by March 2001.

"While the all-volunteer system served us well in a less competitive environment with fewer recruiters, it can't sustain the number of recruiters with the necessary skills we need to meet our future requirements," said Air Force Chief of Staff Gen. Michael E. Ryan. The Air Force is seeking to place 1,650 recruiters in the field by August 2001. It currently has approximately 1,364 recruiters.

"We realized one of the key issues we faced is the number of recruiters we have

in the field," said Brig. Gen. Paul Hankins, director of the Recruiting and Retention Task Force at the air staff.

"This is a significant challenge right now," he said. "If you don't recruit enough of the right people with the right skills, the Air Force will have a hard time meeting its mission in the future, which is why we need to get our best NCOs out as recruiters as soon as possible." Chief Master Sgt. of the Air Force Jim Finch said, "Recruiting, like any other special duty, provides a much broader perspective of the Air Force, and to the men and women who actually

go and perform that duty, they learn things about the Air Force that certainly help them when they become senior NCOs."

Hankins said the forced drawdown in the past decade also included a reduction in the number of recruiters in the field. "They were still able to meet their goals because the number of accessions was reduced to aid the drawdown and military service held strong as a viable opportunity for our nation's youth.

"However, as the economy grew stron-

— See Recruit, Page 7

Thanking those who answered call to duty

Gen. Lester Lyles
AFMC Commander

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFMCNS) — Every past or present member of our military has given a solemn oath to preserve and defend the Constitution of the United States. This, more than anything else, sets people in uniform apart.

We are a patriotic people with strong national beliefs and a deep respect for those who have served and died for our nation's interests. I'm proud that our airmen, soldiers, sailors, Marines and coast-guardsmen are continuing the same honored service and commitment to keep this nation free.

While few of today's uniformed men and women have found themselves facing direct enemy fire, we know that the mere act of "showing the flag" around the world can be hazardous. Sadly, 19 of our own airmen lost their lives in a terrorist bomb

attack in Saudi Arabia a few years ago; more recently, 17 of our sailors were killed aboard the U.S.S. Cole during what should have been a routine refueling operation.

We grieve their loss, even as we vow to press on with their unfinished task: protecting the United States and its Constitution; defending the cause of freedom around the world; and maintaining a sometimes-fragile peace in war-torn countries.

Nearly 25 million Americans are veterans of that struggle. It's both an honor and a humbling experience to be included in this group of men and women who pledged to defend our country in war and peace.

I urge every member of Air Force Materiel Command to make time to recognize our veterans. Put flowers on the grave of a relative who served; thank that veteran you see at the base hospital for his service and make time to hear his story. I guarantee you'll walk away feeling humbled yet grateful for their sacrifices and proud to carry on their work.



Photo by Joe Juarez

From left: 22-year Air Force veteran David McClenon, Floyd Pond, a 21-year veteran of the Army Air Corps and Air Force, Jack Jones, a 20-year veteran who served in the Navy, Coast Guard and Air Force, and Aldrich Podlesak, a 20-year veteran who served in the Army and Air Force, all volunteer their time at the Los Angeles AFB Retiree Activities office to assist other veterans. More veteran salutes, page 8.



The base CFC campaign exceeded its goal of \$238,000 by raising \$240,700.



Action line 363-2255

The Action Line is your direct link to Col. Phil Parker, 61st Air Base Group commander. Its purpose is to make Los Angeles AFB a better place to live and work. Below is a list of people to call if you have an issue to address.



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

- Civil Engineering – Lt. Col. William Saunders 363-0287
- Commissary – Al Cherry 363-6140
- Comm. Sqd. – Lt. Col. Lori South 363-0798
- Equal Employment Opportunity Program Office – Leonard Gonzales 363-1565
- Equal Employment Opportunity Program Office – TTY for hearing impaired 363-6862
- Family Support Center – Tom Sanders 363-5365
- Fraud, Waste and Abuse Hotline 363-2020
- Housing – Jon VanHoose 363-8340
- Logistics – Maj. Ronald Graham 363-0351
- Medical – Col. Mark Wisniewski 363-5005

- Mission Support – Lt. Col. Maureen Hurley 363-1230
- Privacy Act/FOIA – Jesusa Cruz 363-2576
- Public Affairs – Lt. Col. Robert Potter 363-0030
- Security Forces – Maj. Lyle Cary 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

Space and Missile Systems Center
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Editorial policy

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tor of the purchaser, user or patron. For advertising information or space reservations, call Gail at (661) 945-5634.

Submit articles to:
SMC.PA.ASTRONEWS@
LOSANGELES.AF.MIL
 OR
Call 363-0303 for more
information.

News Briefs

Thrift Shop items are for sale

The Thrift Shop is open every Thursday from 9:30 a.m. to 2 p.m. and receives donations or consignments until noon.

The shop is located on the west side of Building 243, across the street from the Commissary parking lot and next door to the Class Six store in Area B. For additional information, please call 363-1143.

Holiday Bash set for Dec. 9

The annual SMC Holiday Bash Christmas party will be Dec. 9, at the Fort Mac Community Center. Social hour starts at 6 p.m., dinner at 7 p.m., entertainment/games from about 8:30 to 9:30 p.m., then dancing until 11 p.m. Dress attire for men is coat and tie and corresponding attire for women.

The buffet dinner includes sweet and sour meatballs; chicken drumettes; carving station with roast turkey breast, roast beef, roast ham; bite-size pumpkin cakes, assorted cookies, cranberry bars, and chocolate decadence.

Ticket prices are as follows:

Officers, E-7, GS-9 and above	\$15.00
E-6, GS-8 and below	\$10.00
Non DoD (including Aerospace)	\$25.00

To purchase tickets contact your Holiday Bash representatives by Dec. 8.

The Moving Wall returns to LA

The 13th annual presentation of the "Moving Wall," a half-scale replica of the Vietnam Memorial Wall will be on display at the Edison Substation Park in Hawthorne on Marine Avenue from Nov. 20-24. The wall will be on display 24 hours a day during the Thanksgiving Holiday weekend. For more information, call 813-5866.

Outdoor Rec opens its doors

Outdoor Recreation Center will have a ribbon-cutting ceremony Monday at 11 a.m. in Building 242.

Lt. Gen. Eugene Tattini, SMC commander, will preside over the ceremony, which will feature a barbecue, cake, punch, popcorn, games and giveaways.

The center, now located in Building 242 at the site of the old supply store area just next door to the gym, "is bigger and better than ever," said Jerry Cwynar, Community Support Flight Chief.

In addition to renting camping and sporting equipment, they sell amusement park tickets as well as tickets to many of the popular Southern California popular attractions. The Center also conducts group backpacking and kayaking trips.

The new center will also have a retail store that will sell various types of outdoor sporting equipment. In the near future, the center will have a bike repair area, where a professional will repair your bike, and a ski tuning shop.

Chief listing is now available

RANDOLPH AIR FORCE BASE, Texas (AFP) — The Air Force has released its list of the newest chief master sergeant selectees.

The Air Force has tentatively selected 417 of 2,935 eligible senior master sergeants.

Base opens new military housing



Photo by Joe Juarez

A ribbon-cutting ceremony officially opened the 71 new housing units located at White Point Housing.

John Ryan
Public Affairs

A ribbon-cutting ceremony officially marking the completion of the 71 unit, 24.4 acre, Air Force Military Family Housing project was held Thursday at the former Naval White Point Housing site.

General Lester Lyles, Air Force Materiel Command commander, joined Lt. Gen. Eugene Tattini, Space and Missile Systems Center commander, in presiding over the ceremony. In addition to the ribbon-cutting ceremony, Lyles presented the prestigious Air Force Materiel Command Design Award to SMC.

Construction of the new housing facility started in May

1997 and was completed within its \$13.2 million budget Nov. 7.

The 16 one-story and 55 two-story, three and four bedroom homes range in size from 1,350 to 1,550 square feet. Each of the homes has a two-car garage, a separate kitchen and dining room area, and is equipped with at least two complete bathrooms. In addition to the amenities, many of the homes have magnificent views overlooking the Pacific Ocean.

"The homes are located in one of the most stunning locations under DoD ownership," said Tattini. "We have every right to be proud of this neighborhood, and we look forward to making every effort to work with our surrounding San Pedro neighbors to build on our existing relationship and create an even stronger community."

Expanded buyout program to help reshape work force

Gerry J. Gilmore
American Forces Press Service

An expanded civilian buyout and early retirement program will enable the Department of Defense to reshape its work force, the Pentagon's top civilian personnel official said.

Diane Disney, the deputy assistant secretary of defense for civilian personnel policy, said the fiscal 2001 National Defense Authorization Act extends the scope of the buyout and early retirement programs.

The legislation allows DoD to retain some job positions vacated by employees taking separation incentives and reassign those slots to specialties envisioned for the work force of 2010.

"The existing early retirement and buyout programs are continuing," Disney said. "There is no change in them. What we have is an additional authorization that permits us to reshape the work force."

Under the original program, Disney said, DoD was required to abolish a position every time an employee taking a buyout left the organization.

In fiscal 2001, about 1,000 buyouts under the expanded program will be offered within DoD, Disney said.

Another 4,000 buyouts are on tap for each of the next two years, pending congressional authorization.

Many "baby-boomer" DoD civilians are expected to retire during the next five years, Disney said. DoD now has about 77 percent fewer people in their 20s than a decade ago. In light of these developments, she said, DoD

must now start hiring younger people with the information technology and other specialized skills needed for tomorrow.

"After 11 consecutive years of downsizing, we have many organizations where we might have the right number of people, but we don't necessarily have the right mix of skills," Disney said.

"The expanded buyout program will allow us to permit someone to leave, but then allow us to reengineer that position for the skills that we'll need in 2010," Disney said.

For example, Disney said, a mid-level logistician could be approved for a buyout and the slot moved to hire an information technology specialist. Also, different language skills might be required today, she added.

"There was a time when knowing Russian was absolutely essential during the Cold War," Disney said. "But, we may not need as many Russian speakers today. We may need more Arabic or Serbo-Croatian speakers because the world is not what it was."

Disney said the original civilian buyout program "was very much" a downsizing tool. Since 1989, officials note, the defense department trimmed more than 400,000 civilian positions, with nearly 140,000 employees having qualified for separation incentives.

DoD does plan to reduce the work force further — about 4,200 positions in 2001 and 3,400 in 2002 — through normal retirements, the original buyout program and attrition, Disney said.

"But, that number of reductions is far less than the high numbers we saw in the mid-'90s," she said.

Farewell to real hero

Medal of Honor recipient Levitow dies after long struggle with cancer

WASHINGTON (AFP) — Air Force Sgt. John L. Levitow, one of only 16 airmen awarded the Medal of Honor for exceptional heroism during wartime died Nov. 8 at his home in Connecticut after a lengthy battle with cancer. He was 55.

Levitow, the lowest ranking airman to earn the medal, received the honor as a result of an incident on Feb. 24, 1969. At that time, the airman first class served as loadmaster aboard a severely damaged AC-47 gunship flying a mission over Long Binh, South Vietnam.

Suffering from more than 40 shrapnel wounds in his back and legs caused by a mortar blast, he saw a smoking magnesium flare amid a jumble of spilled ammunition canisters. Despite loss of blood and

partial loss of feeling in his right leg, the 23-year-old threw himself on the flare, hugged it close, dragged himself toward an open cargo door and hurled the flare out. Almost simultaneously, the flare ignited harmlessly outside the door and away from the munitions.

President Richard M. Nixon presented the Medal of Honor to Levitow on Armed Forces Day, May 14, 1970, at the White House.

After Levitow left the Air Force, he worked in the field of veteran's affairs for more than 22 years. His most recent work was for Connecticut developing and designing veteran programs.

Funeral arrangements for a military burial at Arlington National Cemetery have been made for today.



Photo by Staff Sgt. Jason Tudor

Levitow examines the cockpit of the C-17 named for him, *the Spirit of John L. Levitow*, Jan. 23, 1998, in Long Beach, Calif.

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 John Brazelton at 363-6897.

Whereabouts known...



Photo by Teri Mathis

Colonel Phil Parker, 61 Air Base Group commander, updates his DD Form 93, record of emergency data. The military personnel flight is currently conducting a 100 percent audit of emergency data and locator information. Accurate information is critical to ensuring accountability and mission readiness. Accountability of personnel is also evaluated during higher headquarters inspections. Come by customer support, Building 219, to ensure all your information is up to date.

Got a story idea? Let the Astro News help you tell it. Call 363-0303 for more information.

Dollars and sense

Fiscal facts to help save you money

Did you know...

... That Public Law mandated the Department of Defense on May 1, 2000 to use the Government Travel Card by all Federal Employees – both military and civilians. The card will be used for both temporary duty travel and for permanent change of station travel. The contracting bank is Bank of America.

... When you have an unused airline ticket, it must be turned in to SATO as soon as possible and must “not” be claimed on your travel voucher. The reason—the refund comes from the airline company, not from the government or SATO.

... SATO charges an \$11.50 transaction fee per airline ticket. The transaction fee is reimbursable and must be claimed on the travel voucher.

... The Government Travel Card payment is due in full by the 28th of each month. It will be delinquent and reported to your unit if payment is not received by the 28th.

... A portion or even all of your travel pay settlement can be sent directly to-

ward your government Bank of America travel card account. All you need to do is specify on the travel voucher “Split Disbursement” and the amount you would like sent to the account.

... If you’re on temporary duty for more than 45 days, you can file an “interim,” or “accrual” voucher to reimburse the expenses you have incurred until that point.

... For any specific questions or other answers regarding the Government Travel Card, please contact your unit Agency Program Coordinator. If you do not know who your unit APC is, contact Capt. Mark Holbrook at 363-0811.

Dollars and Sense is a forum to provide education on financial matters. If you want a particular issue addressed, please send your questions to Capt. Mark Holbrook by e-mail to: mark.holbrook@losangeles.af.mil.

For other questions, call Customer Service at 363-1534. Leave a detailed message and your call will be answered the same day.

— Recruit from Page 1

ger and the force stabilized, it became more difficult to meet goals with the number of recruiters we had in the field, a number that dropped as low as 890 just 18 months ago," he said.

"The recruit-the-recruiter team went out to bases and organizations and tried to convince people to volunteer to become recruiters, but we couldn't get the number of volunteers necessary to sustain or to grow the recruiting force fast enough," Hankins said.

Under the new process, he said, "If you are nominated and selected to be a recruiter, that means you've been identified by a lot of people as being a cut above your peers."

The selection process will follow these general procedures:

— Air Force Personnel Center officials will conduct an initial screening of records for those NCOs in the target population meeting select quality force standards to compile an initial candidate list.

— AFPC will forward names via personnel message to all command levels and outline procedures for commanders, first sergeants and supervisors to conduct a quality force and personal evaluation and make a recommendation on each candidate's suitability for recruiting duty.

— The refined candidate list will then be forwarded to the AFPC and Air Education and Training Command. The Center will begin posting available locations on the EQUAL Plus listing around mid-January. Candidates on the list will have the opportunity to volunteer for specific openings via EQUAL Plus and AFPC will make every effort to place them at those locations. AFPC will then fill all remaining vacancies from the candidate pool.

— Candidates who are identified to fill a vacancy will be directed to take the Emotional Quotient Index which will further determine if they have the necessary aptitude and "skill sets" to be a successful recruiter.

— Candidates will then undergo a final suitability check along with appropriate medical and credit checks before final assignment selection.

— Those not initially selected for recruiting duty will remain on the candidate list from which AETC and AFPC will continue to select the next generation of recruiters.

NCOs on the candidate list will be able to volunteer for specific locations if they desire; however, failing to vol-

unteer does not mean they will avoid selection, according to Hankins. "It is expected there will be some NCOs selected who do not volunteer for specific locations," he said. "The AFPC and MAJCOMs will work together to ensure individual units or career fields are not adversely impacted by these selections.

This pool will be continually changing as people get promoted or move in and out of the eligibility window, according to Hankins. AFPC plans to release the initial list to commanders this month.

"We want people to understand that they're going to be part of a large pool of people selected as candidates for recruiting," he said. "However, that does not mean they will necessarily be picked for recruiting duty. A list of available recruiting assignments will go out each cycle and people in the candidate pool can either volunteer for one of the assignments or they can wait to see if they are selected.

"There are only so many recruiting assignments that will come open each year, against a pool of several thousand people. Obviously, if no one in the candidate pool volunteers to take one of the assignments, a person will then be selected," Hankins said.

Once recruiters complete their recruiting tour, they will then return to their primary career field. "We want them to return to their career field as more experienced, better rounded NCOs who can not only do their jobs better, but can better retain our people," he said.

However, if people want to come back to recruiting as senior NCOs in the future, they can volunteer under the EQUAL system for available jobs.

Hankins acknowledged it may be tough for people to accept this new system.

"Many people feel there is a stigma to being a recruiter," he said, but he believes NCOs will rise to the challenge.

"People may initially hesitate and may think this is not in their best interest, but when they get to their assignment location we believe they will step to the plate and give an outstanding effort," he said. "When it's over, I feel most of them will say it was a great job, and we will do our best to give them the tools to do their job and to do it well."

"These people will be handpicked as quality NCOs and they will go out and do what a professional NCO does. Just like when someone is tasked to deploy for a contingency, they may not like it and they may not volunteer for

it, but they go and do a great job," Hankins said.

"Over time, we believe this will be self-perpetuating," he said. "This will build confidence in the field that recruiting duty, and all special duties, are good for your career, that you will be taken care of, given the tools and training to succeed, and ultimately, your career will be enhanced."

According to Finch, this new policy follows a two-part approach. "First, we focus on selecting the best people for recruiting duty, and second, these people will be better prepared as leaders tomorrow."

"If we explain the process and the intent, focus on the benefits, and encourage our best and brightest to go into this duty, we'll be fine," Finch said. "We've used the all volunteer system to start our process in the past. However, there are a lot of people who would do a great job if someone simply asked them to do it.

"I think this is a much better process because it identifies the best people right up front, and allows us to encourage them to go into this duty. I believe this change is a move in the right direction for our Air Force," Finch said. Hankins cited some of the significant benefits of being a recruiter. "You will have job autonomy, assigned to locations distant from direct supervision; significant responsibility, in charge of considerable resources; special duty pay and two additional points toward promotion," he said. "With the improvements to TRICARE (TRICARE Prime for recruiters and immediate family) and other quality of life issues being addressed by Congress in this year's authorization bill, it is important to note your family will be taken care of as well. Most importantly, you will be playing a vital role in helping form the future of our Air Force."

Under the new policy, Ryan and other senior leaders see recruiting and other special duties becoming an integral part of nearly every NCO's career.

"This cultural shift will, in the long run, produce a better-rounded NCO who not only returns to his or her career field with experience in other areas, but also is better equipped as a spokesperson to help train and retain our experienced force," Ryan said.

"It is important for these NCOs to realize and understand how critical their future role is to the success of our Air Force," he said. "We consider them to be our very best and we will do everything we can to guarantee their success as both a recruiter and a career NCO."

Coupons, deals are now on back of commissary receipts

The Defense Commissary Agency, or DECA, will deliver even more savings to customers by offering manufacturers' coupons on the back of the commissary register tape. Made possible through an agreement with Pinpoint Con-

sumer Targeting Services, coupons can range from a few "cents off" on popular products, to as much as \$175 for computer software that customers can purchase online. The new program began at the commissary at Los Angeles

Air Force Base in late October.

Commissary customers redeemed over 223 million coupons in FY 1999.

Coupons on register tape is just one way that commissaries are offering customers the opportunity to increase their

grocery savings. Web surfers can find out more about commissary bargains by checking out the "Shopper's Cart" at www.commissaries.com. (Information courtesy of the Defense Commissary Agency)

Saluting our local veterans

Many Los Angeles AFB civilians previously wore a uniform. Here's a look at just a few of the many who served.



Rod Jones left the Air Force after four years to play college basketball.



Frederick Sagandoy, security forces, spent 20 years in the Marine Corps.



Todd Trabue, GPS training manager, recently retired from the Air Force.



Los Angeles AFB network specialists from left: 10-year Air Force veteran Sam Tai, 12-year Air Force veteran David Ellis, 6-year Navy veteran Rod Graham, 7-year Army veteran Al Basiulis, 4-year Air Force veteran Lois Webb and 5-year Air Force Veteran Larry Pegues.



Los Angeles AFB photographers Teri Mathis, left, and Shaad Madison. Mathis spent four years as an Air Force photographer while Madison is a 9-year Air Force veteran.



Vernon Utley, security forces, is a 15-year veteran of the Marine Corps.



Nelson Arca at finance, retired from the Navy after 20 years in disbursing.



Navy veteran Ismael Gonzalez supports the local computer network.



Gerald Cwynar at Services retired from the Air Force after 21 years.



Pat Bloch, Civilian Personnel Office, is a 4-year veteran of the Army.



Laura Shields, relocation manager, is a 4-year veteran of the Navy.



John Bohon, in presentations, is a 4-year veteran of the Coast Guard.



Ruby Hawkins works for Services. She is a 5-year veteran of the Air Force.

Swing and a hit...



Photo by Lou Hernandez

Lieutenant Colonel Terrence Regan, 61st Air Base Group Deputy Commander, takes a swing during the company grade officers vs senior grade officers softball game held Friday at the Lawndale softball field. The CGOA won the game by a score of 15 to 4.

Warning: Beware of drugs containing phenylpropanolamine

DALLAS (AFP) — The Army and Air Force Exchange Service has removed any drugs containing phenylpropanolamine from its shelves after a Food and Drug Administration warning to consumers to stop using over-the-counter cough and cold medications and appetite suppressants (diet pills) containing PPA.

According to the FDA, PPA could cause hemorrhagic strokes, or bleeding in the brain, in young women.

Among the products affected are cough-cold remedies such as Alka-Seltzer Plus, dimetapp and triaminic, along with the diet pills dexatrim and acutrim.

Customers with cough and cold symptoms can purchase other over-the-counter drugs such as sudafed, benadryl, drixoral and AAFES-brand products containing a safe alternative called pseudoephedrine, said ex-

change service officials.

The AAFES' sales directorate has compiled a complete listing of drugs containing PPA to assist its managers with the removal process. AAFES customers will be offered the opportunity to return any unused product for a full refund.

"It's important to remember that this notice by the food and drug administration is only a warning and not a recall or formal ban," said Mike Beverly, AAFES chief operating officer. "However, we feel that this warning is of such significance that we're taking this immediate action."

Customers should review ingredient labels to see if phenylpropanolamine is listed.

If you have any questions regarding this action, the FDA has established a direct toll-free line at 1-888-463-6332, or consult your health care provider.

Civilian employees can change health benefits

RANDOLPH AIR FORCE BASE, Texas (AFP) — This year's open season for civilian employees to enroll or change their health care runs until Dec. 11 with elections effective Jan. 14, 01.

"This is a good opportunity for civilian employees serviced by the Air Force Personnel Center Benefits and Entitlements Service Team to review their health care needs," said Christine Watkins, employee relations specialist. "We strongly encourage employees to take an extra close look at their health plan this year because premiums for health maintenance organizations will increase an average of 8.5 percent, while the more traditional fee-for-service plans will see an average increase of 10.9 percent. Also, there are a number of plans dropping out of the FEHB program or reducing their service areas.

"Although health plan carriers leaving the program are required to notify each of their members, BEST will also send letters to affected employees," said Watkins. "However, it's important to note it remains the employee's responsibility to ensure their plan has not been terminated or changed, and to enroll in a new plan as appropriate."

Watkins said most carriers change coverage and fees from year to year and benefits such as prescription drugs, dental services, co-payments, and co-insurance should be looked at carefully when making a decision.

To help in the decision-making process, FEHB Open Season guides, rates and plan brochures will be available on the BEST homepage at <http://www.afpc.randolph.af.mil/dpc/BEST/fehb.htm> within the next few days.

Employees will make open season elections and changes by using the BEST automated Web or phone system. Individuals electing self- and family coverage can do so by accessing the BEST Web automated system anytime at http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. Employees electing self- and family coverage using the telephone-automated system or requiring counselor assistance can call 1-800-997-2378 Monday through Friday from 7 a.m. to 7 p.m. Central Standard Time.

Officials said the FEHB open season also provides employees the opportunity to make changes to the initial premium conversion that became effective Oct. 8, allowing members to use pre-tax dollars to pay their FEHB insurance premiums. To make a change to the initial election, employees must fill out a Premium Conversion Waiver located on the BEST Web site or call the telephone automated system.

Career Assistance Advisor's Corner

1st Lt. Michelle Brunswick

Date entered service:
Aug. 26, 1985

Date arrived Los Angeles AFB: June 6, 1997

Selected for promotion to captain.

Job title: project manager, spacelift range command and control upgrades.

Career goal: I recently applied for a program called Education with Industry. If I am selected, it will provide me an opportunity to remain in the Air Force while working in a civilian company as

a project manager for 10 months. The goal is to learn how the commercial industry works and then bring those skills back to the Air Force.

Why I stayed in the Air Force?: I joined the Air Force in August 1985 right out of high school because I wanted to see the world. With that in mind, I spent 15 months in Turkey and four years in Germany. After two consecutive overseas assignments, it was time to discover what being in the Air Force stateside would be like. So I got an assignment to the Air Force Academy in Colorado Springs, Colo.

During my enlisted years, I was a personnel technician so it was relatively easy to attend night classes, and once, I completed my bachelor's degree, I applied to Officer Training School. I was selected to become



an officer and then assigned to Los Angeles AFB. I never joined the Air Force thinking I'd serve 20 years, but the last 15 have passed quickly. I've enjoyed the places I've been stationed, the friends I've made and the jobs I've done.

Every time the opportunity to separate from the Air Force comes up, I always ask myself: Do I like what I do? Do I like the people I work with? Do I feel I make a difference? As long as I keep answering yes to those three questions, I'll continue to be in the Air Force.

The Los Angeles AFB Career Assistant Advisor is Master Sgt. Martin Hamilton. If you would like to discuss your career goals and get help in reaching those goals, contact him at 363-2153.

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 363-0303.

Deadline for article submissions is Friday, close of business, the week before the publication date. Articles should be sent via e-mail to the editor at SMC.PA.Astronews@losangeles.af.mil.

<u>Publication date</u>	<u>Deadline</u>
Dec. 1	Nov. 24
Dec. 15	Dec. 8
Jan. 12, 2001	Jan. 5, 2001
Jan. 26, 2001	Jan. 19, 2001

If you aren't looking at the Air Force Online News, you aren't getting all of the news. After you read this paper, check out your other newspaper at www.af.mil



Double
your
intake.

The Fitness Center 363-6815

The Fitness Center offers one-on-one free individualized fitness programming. We have certified personal trainers that offer the following services: fitness assessments, personal fitness planning, fitness goal setting, programs to lower cholesterol, strength training, cardiovascular training, proper use of equipment and proper lifting techniques. Individual appointments can be made by calling 363-6815, or you can ask at the front desk for a trainer during your workout.

New aerobics schedule announced

A new aerobics contract started Nov. 1 for both the El Segundo and Fort MacArthur Fitness Centers.

Classes at El Segundo are Cycling, 6 a.m. Monday through Friday; Cycling, 11:30 a.m., Monday, Wednesday and Friday; Aerobics, 4:30 p.m., Monday, Wednesday and Friday; Aerobics, 11:30 a.m. Tuesday and Thursday; Cycling, 12:30 p.m. Tuesday and Thursday; Cycling; 4:30 p.m. Tuesday and Thursday; Martial Arts, 5:45 p.m. Tuesday and Thursday; Aerobics, 9:15 a.m. Saturday.

Classes at Fort MacArthur are Aerobics, 5:30 a.m. Monday through Friday; Aerobics, 9:15 a.m. Saturday. For more information or questions, call Jay Ramalho at 363-6815.

The Club 363-2230

The lounge opens at 4 p.m. every Friday. The DJ starts playing at 5 p.m. Free snacks are available to club members.

The barber shop is open from 7:30 a.m. to 2:30 p.m., Mondays through Fridays, and is located in Building 120 on the lower level floor. For more information, call 363-1733.

RV Storage 363-2081

For your convenience, Los Angeles AFB offers two recreational vehicle storage facilities. They are located next to the FamCamp in Lawndale and at Fort MacArthur. Storage fees are \$30 per month for RVs

more than 23 feet and \$20 per month for RVs less than 23 feet long.

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

Family Child Care 363-8334

The Seal Beach Naval Facility has openings in their Navy licensed family home day care homes. For more information, call Kathy Richards, family child care director at (562) 626-7899.

Los Angeles AFB is striving to expand family child Care Services in homes of military and retired military members. If you are a spouse who lives either on or off base and are interested in becoming a licensed family child care provider, contact Hyechong Froschl at 363-8334 or stop by the child development center at Fort MacArthur, Building 31.

Providers:

Amy Gonzalez can provide child care from 7 a.m. to 5 p.m., Mondays to Fridays, for children ages 3 and up on a full, part-time and drop-in basis. For more information, call 514-1938.

Johvon Tidwell can provide child care from 6 a.m. to 5 p.m., Mondays to Fridays for children ages 2 and up on a full, part time and drop-in basis. For more information, call 547-9762.

The above providers are the only individuals authorized to provide child care in the Fort MacArthur, Pacific Heights and Pacific Crest areas. In accordance with Air Force Instruction 34-276, "Persons wishing to provide care for more than 10 hours per week on a regular basis in government quarters must be trained, licensed and granted approval from the base commander." If your child care provider is not on this list, please notify our office immediately so we can invite them to become trained and licensed through our family child care office.

Free Thanksgiving luncheon

The Chaplain Service Division is sponsoring a free Ecumenical Thanksgiving Luncheon Program titled

Martin Luther King Jr. lunch set for Jan. 12

A buffet-style luncheon to celebrate the life of Dr. Martin Luther King Jr. will be held Jan. 12, 2001, at The Club starting at 11 a.m. The theme is "Celebrate! Act! Remember! A day on, not a day off." Tickets are available for \$12 until Dec. 15. Thereafter, tickets will be sold for \$13 with the deadline to purchase tickets Jan. 5, 2001. This event is sponsored by the Black Employment Program. Contact Shirley Lamb at 363-2030 or Carolyn Adams at 363-6473 for tickets or more information.

The guest speaker will be Claiborne Haughton Jr., director of the Civilian Equal Employment Opportunity office for the Deputy Assistant Secretary of Defense. Haughton began his Federal government career in 1967 and has held positions such as equal opportunity specialist, deputy director for contractor employment compliance and acting deputy assistant secretary of defense for equal opportunity. He is currently listed in the Who's Who in Government and has received numerous awards including the Presidential Rank of Meritorious Senior Executive from President Clinton. Haughton grew up in Baton Rouge, La., and currently resides in Arlington, Va., with his wife Linda. The Haughtons have two sons, Alexis and Akili.



Courtesy photo

Claiborne Haughton Jr. to speak at local lunch.

Chapel Schedule

Roman Catholic

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

Sunday: Mass at 9 a.m., Continuing Christian Development in Building 37 at 10:15 a.m. and RCIA meets at 10:15 a.m. in Building 37 conference room until Easter.

Protestant

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

For more information on baptisms call Chaplain, Maj. Randy Roberts at 363-1871.

Classes are available for those interested in becoming a Roman Catholic. Would you like to know more about the Catholic Faith? Are you already an adult Catholic wanting to receive the Sacrament of Confirmation? The Rites of Christian Initiation for Adults classes begin Sept. 22 at 10:15 a.m. in Building 37, 2nd floor conference room.

The classes are free and will be held three times a month until April 8, 2001. For more information or to register for the class call Chaplain, Maj. Randy Roberts at 363-1871.

All the above services are at the Fort MacArthur Chapel. Call the Chaplain Service Division office at 363-1956 for more information.

"Things to Be Thankful For." Special guests will be the Los Angeles Teen Challenge Choir. The event will take place Nov. 21 at The Club ballroom from 11:30 a.m. until 12:30 p.m. It is free for the first 200 people who make a reservation for \$5. The \$5 will be returned to you at the door. Tickets are available by calling 363-1956. Tickets are also available from all Chapel staff members.

Community Center 363-8225

Due to seismic upgrades to Building 425, Fort Mac Hall is closed to groups of 50 or more until January 2001.

Are you ready for some football?

Monday Night Football is here! Watch Al Michaels along with new comers Dan Fouts and Dennis Miller and come and see your favorite team play on a big screen at the Harbor View Mondays from 5 to 10 p.m. You must be an identification cardholder and over 18 years old to attend.

GRE subject exams offered

The Education and Training Flight will be offering the Graduate Record Examination Subject Exams on Dec. 13 at 8 a.m. in Building 219, room 1580C. These exams are open to military members who are applying to graduate school or other programs. The Air Force funds only one exam in a lifetime -- additional administrations are unfunded (examinee pays). The fee for the exam is \$99 payable at the administration and must be paid by check, money order or credit card. Cash will not be accepted. This administration is accomplished with paper and pencil. Computer-based versions are available at national test centers only and are not reimbursable. Examinees are required to specify which subject area is needed when signing up. To sign up or for additional information, call the Education Services at 363-1388.