

Astro News



Photo by Joe Juarez

While at the Los Angeles AFB commissary Sept. 29, Maj. Juan Echeverry and his sons stop to talk to a bunch of grapes, a.k.a. Capt. Bo Bloomer. The Health and Wellness Center and volunteers dressed up as fruit and veggies to promote healthy eating. See story, page 13.

Lyles declares FY01 'Year of the Family'

Gen. Lester Lyles
AFMC Commander

It's long been said that, in the Air Force, "we recruit the individual, and retain the family."

Recognizing the decisive role families play in the decision to remain in the military or as a civilian DoD employee, I have decided to name fiscal year 2001 Air Force Materiel Command's Year of the Family – or YOFAM, for short. The term is borrowed from a similar effort within Air Mobility Command, but our program will be our own.

And I use "family" in the broadest sense of the term: as a group of people working toward a common goal, with a mutual regard and concern for one another. This definition includes, then, military members of all ranks – married or single – civilian employees of any grade, and members of their immediate families, along with our contract workers and their families.

Beginning Oct. 1, and continuing into the foreseeable future, I and my subordinate commanders will make a concentrated effort to work on quality-of-life issues. We will evaluate our current quality-

— See YOFAM, Page 4

61st ABG gets new leader

John Ryan
Public Affairs

The former chief of contracts for the B-2 System Program Office, Aeronautical Systems Center, Wright-Patterson AFB, Ohio, took command of the 61st Air Base Group in a formal change-of-command ceremony Sept. 26 at Fort MacArthur.

Col. Phil W. Parker replaces Col. David E. Price, who is going to Wright-Patterson to become the Deputy Director, Plans and Programs at HQ AFMC.

During the ceremony, Parker emphasized the need for the 61st Air Base Group to continue to work together as a team to provide essential support functions.

"Just like a house is only as solid as its foundation, the foundation for our military community must support our operations. Men and women of the 61st Air Base Group, you are that foundation," said Parker.

Parker also stressed to the audience, "Everyone of us has a key role to play. From what I've seen, you are doing a marvelous job and I am confident that in the days ahead, we can do even better."

Parker entered the Air Force in 1979 as a graduate of the Reserve Officer Training Corps and began his career in contracting as a buyer at the F-16 System Program Office.

Following his initial assignment, Parker had four consecutive assignments at Eglin Air Force Base as the Buyer, Directorate for R&D Contracts;

Chief, Plans and Management Office/Executive Officer, Deputy for Contracting and Manufacturing; and Contracting Officer, Directorate for Range Systems Contracts.

Col. Parker's past assignments include contracting fraud, waste, and abuse prevention program manager, office of review and oversight, office of the Inspector General, Headquarters USAF; Assistant Director for Allied Contracts; Director for Systems Contracts, Directorate for Contracting, Strategic Defense Initiative Organization, Pentagon; and Weapons Systems Contracting Staff Officer, Directorate for Programs and Policy Implementation, DCS for Contracting, Headquarters AFSC, Andrews AFB.

After graduating from the Air Command and Staff College in 1991, Parker became an instructor there. He also had two follow-on assignments at Maxwell AFB.

— See PARKER, Page 3



Photo by Shaad Madison

Lt. Gen. Eugene Tattini, SMC commander, officiates as Col. Phil W. Parker, center, assumes command of the 61st ABG. Col. David Price, right, stands relieved of command and will report to Wright-Patterson AFB, Ohio.

Anthrax: Only deployed airmen to get shots this year due to vaccine shortage

John Ryan
Public Affairs

Anthrax is a deadly disease that normally affects animals, especially cattle and sheep. However, anthrax spores can be produced in a dry form that can be incorporated into weapons. When inhaled by humans, these particles cause the destruction of the brain and internal organs of the chest, resulting in death within 4-7 days. At least 10 countries have or are suspected of developing a biological warfare capability.

With the current world threat environment and the unpredictable nature of terrorism, our military leaders have deemed it critical to include biological warfare defense as part of Department of Defense force-protection planning. "Because our troops serve on the front line of freedom, we must take special care to protect them," President Clinton said recently.

The anthrax vaccine manufactured under contract by the Michigan BioPort Corporation has been licensed by the Food and Drug Administration and in use since 1970.

— See ANTHRAX, Page 5

Commander's Corner: *Commentary from Lt. Gen. Eugene Tattini***CFC: Together we'll achieve some awesome results**

**SMC Commander
Lt. Gen. Eugene Tattini**

Just two days ago, many of us gathered with our fellow Air Force colleagues and Los Angeles area community leaders at the Club to kick off this year's Combined Federal Campaign. This campaign, like Labor Day, Columbus Day and Halloween has come to define our center's seasonal shift into fall. But in many respects this

important opportunity to share is more akin to our Thanksgiving observance as it is that one chance each year we have to show our families, friends and neighbors how much we appreciate the blessings that have been bestowed upon us.

The great news commentator Walter Lippmann once said that, "We are not mere individuals isolated in a tempest. We are members of a community and what we do – what we have to do – we shall do together...with friends beside us." The wisdom of those words means more today than ever before, especially here at Los Angeles Air Force Base where we are so well integrated into the El

Segundo, San Pedro and greater Los Angeles communities.

Each year, the Combined Federal Campaign serves as a means of expressing the many blessings and the prosperity we are fortunate to enjoy. It also reminds us of those who are less fortunate and may need our help.

As members of a community that is dedicated to public service, those of us who work here at Los Angeles Air Force Base, uniformed and civilian alike, pride ourselves in the fact that we serve from the production lines to the frontlines, in preserving peace, freedom and security.

But we must never forget that we also serve as a part of a much wider American community. And so the CFC allows us to step beyond the fence to affect those in our community in a more fundamental way. This Campaign allows us to really show the community that we serve, both locally and on the national level, that we are a symbol of public service to the American public and that we have a vital connection to it.

Our CFC gifts are drops of hope that ripple out across our communities, our nation and our world. They are the gifts of charity, of education, of nutrition and sometimes even the gift of life.

They will help those we know and those we will never meet. They are gifts that will make our world a better place, and they cast great credit on those who give and great benefit on those who receive.

Over the past few years, the number of those who

have contributed to this important campaign has continued to grow. In the past two years since I took command of SMC, we are averaging around 53 percent of our employees who opened their hearts and their wallets to this Campaign—achieving the highest record that we've seen in more than a decade. And as a point of fact, we've seen this growth at a time when the number of personnel assigned to the base has actually dropped. Therefore, I'm confident we can do even better this year.

Standing on the success of last year's theme, "For your community, for your family, for yourself," we now focus on this year's theme, "Help us build a bridge for a brighter tomorrow."

So, we're looking to raise over \$238,000 for hundreds of worthy causes. And once again, we also have the opportunity to contribute directly to several of our local base services that are listed in the CFC brochure.

With your continued support, I am confident we will provide direction and leadership to our co-workers and colleagues and serve as an example to all federal workers in the Greater Los Angeles Area.

It was a great pleasure for me to help kick off this year's campaign this past week and I'd like to personally thank all of you who participated in that event and who have already worked so hard on this year's campaign.

I call upon each of you to join me in pledging our collective strengths to surpass last year's contributions for this most worthwhile endeavor. Together we can achieve some awesome results.

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 any issues that need to be addressed.

Base Exchange – David Clore 640-0129
Base IG – Lt. Col. John R. 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 L. South 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 – Jon M. VanHoose 363-8340
Logistics – Capt. Tam Elliott 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 W. 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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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

Flu vaccine delayed, limited

A nationwide shortage and delay in the arrival of this year's influenza vaccine is causing a significant change to the vaccination procedures for the 61 MDS at Los Angeles AFB, according to Master Sgt. Basil Franz, 61 MDS Public Health Office.

"The influenza vaccine is expected to arrive next month but in limited supplies. The immunization clinic will first vaccinate high risk military personnel deploying or transferring to areas such as Korea and Southwest Asia," Franz said. "This prioritization method will ensure that we balance our primary task to maintain optimal military readiness with our responsibility to protect our most vulnerable populations. Multiple high-risk categories will be immunized simultaneously before other categories of personnel are vaccinated," he said.

For information or to answer questions about this year's influenza vaccine program, contact the 61 MDS Public Health office at 363-1816 or the Immunization Clinic at 363-1501. The Immunization Clinic is open Monday through Friday from 7 a.m. to 11:30 a.m. and again in the afternoon from 1 p.m. to 3:30 p.m. If you have specific medical concerns and feel you may need the vaccine, please consult your primary care manager.

Free gridiron tickets available

Military personnel are invited to see the UCLA Bruins do battle with their PAC-10 rival Stanford Cardinal Nov. 4 at 3:30 p.m. at the Rose Bowl. Free general admission tickets are available for military personnel in uniform or with I.D. cards, while reserved tickets are available with a buy-one-get-one-free offer. Reserved tickets are priced at \$25 with end-zone seats priced at \$12 for adults and \$4 for children under 12. For more information, contact the UCLA central ticket office at 825-2946.

Base parking update, info

Civil Engineering is in the process of repainting the base commander approved reserved parking plan in Area A. The repainting is intended to clear up any questions regarding reserved parking spaces. Only the authorized individual is allowed to park in a designated parking space.

Parking around the 61 Medical Clinic will be disrupted for the duration of the construction of the new medical facility. Visitors to the clinic are asked to park in front or behind the current clinic. Parking in the Commissary parking lot is authorized as well. For additional information, contact Civil Engineering at 363-1775.

HAWC holds youth art contest

The Health and Wellness Center is sponsoring a children's art contest. Children can draw their favorite fruits and vegetables and win a collection of stuffed fruit and vegetable characters, pencils and more. To participate, submit artwork to the HAWC, Building 244 by Oct. 13. The child's name must be on the front bottom right-hand corner of the artwork with the sponsor's name and contact number on the back. Three winners will be selected to kick off National Health Education Promotion week. For more information, please the HAWC at 363-6266.



DoD police join law enforcement union

Lt. Gen. Eugene M. Tattini, SMC Commander, and Officer Dwayne Pittman, Sr., President, IBPO Local 548, put pen to paper Sept. 7, to finalize the first ever Collective Bargaining Agreement with the International Brotherhood of Police Officers. IBPO Local 548 represents Department of Defense Police Officers assigned to the 61st Security Forces Squadron at Los Angeles AFB. The CBA emerged after three weeks of spirited bargaining between members of the SMC-IBPO Partnership Council. The

agreement normalizes labor management relations in the first civilian Security Forces Squadron in the Air Force. Col. David E. Price (left at table), the former 61 ABG/CC, and Officer Pittman jointly chaired the negotiations. Col. Kenneth Freeman, AFMC/SF, also attended the signing ceremony. He had driven down from Edwards AFB to confer with Lt. Gen. Tattini and Maj. Lyle W. Cary, 61 SFS/CC, regarding force protection issues. (Photo by Joe Juarez.)



2000 CFC underway

Sylvia Drew-Ivie, executive director of "To Help Others" Clinic and daughter of Dr. Charles Drew who discovered plasma in blood, gives the keynote speech at the 2000 Combined Federal Campaign kick-off breakfast Oct. 4 at The Club. She spoke on how individuals can contribute to helping mankind, rather than simply achieving individual goals. The CFC is the only authorized solicitation of charities in the federal workplace. The Los Angeles AFB goal this year is to surpass last year by contributing \$238,000 to the various charities served by the CFC. See your unit representative to contribute. (Photo by Doug Wood.)

PARKER, From Page 1

First, Parker was the Chief, Professional Military Education Branch, Directorate for Plans and Programs, Headquarters Air University. He then became the Deputy Commander, 502d Support Group.

Parker then went back to the Washington, D.C. area where he attended the Industrial College of the Armed Forces. He later became the Chief of Staff for Special Programs, Defense Contract Management Command, Defense Logistics Agency at Fort Belvoir.

The colonel received a Bachelor of Business Adminis-

tration degree from Valdosta State University in 1979. He completed his Master's degree in Business Administration from the University of Dayton in 1982.

His decorations include the Defense Meritorious Service Medal with one oak leaf cluster, the Meritorious Service Medal with one oak leaf cluster, the Air Force Commendation Medal with two oak leaf clusters and the Joint Service Achievement Medal.

Col. Parker and his wife Sylvia have two daughters, Ashley and Laura.

POW/MIA day: Taking time out to remember

SMC commander gets flag to fly over Bldg. 105

Gen. Lester Lyles
AFMC Commander

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — Charles Barden used to live in Cuyahoga Falls, Ohio. He went to college, got his degree, became a captain and a UC-123B aircrew member in our U.S. Air Force.

Ralph Brower lived in Stow, Ohio. He also went to college, got his degree and became an Air Force captain; only he was a crewmember in an HH-3E aircraft.

I don't personally know either of these gentlemen. I'm not sure if either of them were married, had children or exactly what their lot in life was.

What I do know is both Barden and Brower were shot down over Laos Jan. 31, 1967 and Nov. 9, 1967, respectively. These warriors are two of more than 2,000 Americans listed as missing in action from the Vietnam War and many thousand of others from other American conflicts. Many Americans made the ultimate sacrifice in those conflicts, and many others were captured and taken as prisoners of war. These heroes endured torture, suffering and pain simply for being Americans.

Some of them have been scarred for life as a result. Others were fortunate to come home relatively unscathed. But for the Bardens, Browers and the thousands of others whose remains have not been returned or are unaccounted for, that was not the case. Many families are still waiting for news of their loved one's fate — any shred of



Photo by Joe Juarez

Lt. Gen. Eugene Tattini, SMC commander, is presented the POW/MIA flag at a ceremony last month. From left to right: Veteran's of Foreign War Commander Jim Certain, Senior Vice Commander Jim Green, and honor guard members Bill LaBate, LeRoy Forehand and Curtis Eder.

information. Did they suffer? Was it quick? Could they still be alive? We'll never know how great the load they bear truly is.

We held the National POW-MIA Recognition Day last month. We took time from our busy schedules to show these family members and all former POWs that we re-

member and are thankful for the sacrifices they and their loved ones have made for the cause of freedom. And that we'll not settle for anything less than a full accounting of those souls still unaccounted for.

It is my hope and prayer that all still missing will someday be accounted for. But until that day, let's remember...

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.

YOFAM, From Page 1

of-life programs, revamp or end those that aren't working or aren't working well enough and continue to implement those that do work well, while ensuring everyone who can benefit from them knows about them.

I and my staff here at the headquarters will facilitate this ongoing effort for the command, but it must be implemented at the base level.

My goal is quite simple: ensure that all members of the AFMC family can say YOFAM made a positive impact on their lives and on the lives of their loved ones. Making this happen won't happen overnight. It will take work, and we need your help.

My first agenda item will be to increase awareness of the many excellent quality-of-life services already in existence. If you already know, great: tell a friend. If not, then tell us how we can do a better job of publicizing these services.

That's the second part of our strategy. Your input will be critical. We need good, honest feedback to develop new quality of life initiatives based on your concerns.

My staff is in the process of building a comprehensive YOFAM website through which you will be able voice your quality-of-life suggestions, or you can send your inputs directly to yofam@wpafb.af.mil. I promise you that each and every piece of feedback that we receive will be answered in a timely fashion. I hope the leaders at each AFMC base will follow suit and develop their own YOFAM websites with a similar feedback loop to handle base-specific issues.

My YOFAM team and I have already started to explore a variety of initiatives focused on improving the AFMC family's quality of life. Some of them:

- Form focus groups composed of married and single military personnel, family members and civilian employees designed to identify quality-of-life concerns and potential improvements.
- Assist with base-wide celebrations in conjunction with Military Family Week in November and Spouse Appreciation Day in May.
- Develop an orientation course to help new spouses

of military members learn about the lifestyle, culture and customs of the armed services.

- Implement a Squadron Commander's Spouses Course starting in December to help the spouses of new squadron commanders understand their spouse's new responsibilities.

- Establish teen forums and youth focus groups to help us address the quality-of-life concerns of our younger family members.

- Distribute information about TRICARE and other "helping agencies" through development of pocket guides.

- Explore adding reserved parking spots for expectant mothers at such base facilities as the commissary, base exchange and hospital.

This is just our starting lineup. Your feedback will help us select the next wave of initiatives; their scope is limited only by your imagination.

I am sincerely dedicated to improving the AFMC Family's quality of life, but I need your help. Together, we can make a difference.

'Day job' gives Air Force artist lots of ideas



Original artwork by Lt. Col. Mark Pestana

Lt. Col. Mark Pestana's Air Force T-38 "Self Portrait" that won 1st place in the 1990 Air Force art contest. Winning this award got Pestana serious about art.

Tech. Sgt. Tim Dougherty Public Affairs

Is he an artist who sometimes wears a uniform, or a career aerospace professional who dabbles in art? For now, Lt. Col. Mark Pestana, currently an Individual Mobilization Augmentee with SMC/XR (Developmental Planning), considers aerospace his priority but admits that it's stage one of his career.

"The greatest accomplishment of my life professionally was earning my Air Force pilot's wings. And for now, my prime interest lies with my involvement in aerospace research, with NASA and the Air Force. Of course, when I retire from that, I won't really retire because I hope at that point my art 'career' will move ahead," he said.

His art accomplishments are already impressive. He's designed the art for eight space shuttle mission patches. Three of his paintings are in the Air

Force collection at the Pentagon, while a painting depicting the Vostok-1 launch of Yuri Gagarin, the first human in space, hangs at the Mission Control Center near Moscow. Pretty amazing considering a previous Air Force assignment was flying reconnaissance missions during the Cold War against the Soviet Union.

"Flying Cold War reconnaissance missions around the world was very rewarding and exciting. It was an important part of history and I'm proud to have played a role in it. It's also exciting to see my work go into space on the pressure suits of shuttle astronauts," Pestana said.

Pestana's own history with art goes back as long as he can remember.

"I've always enjoyed drawing. My mother's an artist, and when I was about 13, I borrowed her paints and brushes and started painting. Even though I liked drawing airplanes, my first painting was a seascape and I still have it," he said.

"What really motivated me to seri-

ously pursue this avocation was being awarded First Place in the 1990 USAF Art Competition. The painting is sort of a 'self-portrait' depicting an Air Force T-38 in nearly vertical flight, a memorable experience from undergraduate pilot training."

Although he's had countless hours of formal training for his various aerospace assignments, he's never spent a minute in formal art training.

"I haven't taken any art classes. I've just kept drawing and painting. As with any skill, the old adage "practice makes perfect" is the advice to follow. A very important part of this learning is my membership in the American Society of Aviation Artists. I've been very fortunate to receive the critiques and mentorship from some of our nation's greatest aviation artists," he said.

His practice has certainly paid off in terms of personal satisfaction, and a goal is to have it pay off financially as well.

"I'd like my art to be in demand to the point where I can rely on it for income. That's tough, since there's lots of talent and competition out there, and art, being a very personal thing to the buyer, is difficult to sell at a productive rate. I've made some money from my art but certainly not enough for me to quit my day job," Pestana said.

That day job is with NASA's Dryden Flight Research Center near Edwards AFB, Calif., flying worldwide Earth Science missions on NASA's DC-8 "Flying Laboratory." He's flown atmospheric sampling missions over the South Pacific, through hurricanes in the Atlantic and sampled ozone chemistry over the Russian arctic. Quite a contrast for someone who began his Air Force career as an Orbit Analyst at NORAD's Cheyenne Mountain Complex keeping

track of Soviet space activity. He's also been involved with Department of Defense space shuttle missions and the International Space Station Program.

"Every one of my assignments has been great. At SMC, I've been fortunate to be involved in the highly successful Delta II launch program supporting GPS and other satellite programs. My current assignment in SMC/XR, with involvement in developing air and space integration initiatives, uses both my aviation and space experiences," he said.

Almost all of his aerospace experiences have given him ideas for paintings.

"I see things to paint every day. At Edwards AFB there is no shortage of subject matter with NASA and the Air Force conducting flight research on many projects. I'm also inspired by the work going on at SMC. I have dozens of paintings 'in my head' so to speak. I can imagine many different scenes, and I wish I could find the time to get them all on canvas.

"As a NASA engineer for the Space Station Program, I had fantastic experiences going to Moscow several times and working with the Russians. I went to the once-secret Russian Air Force base "Star City" where cosmonauts are trained. I've been inside the Soyuz and Mir simulators and also to Mission Control Moscow during one of the Shuttle - Mir dockings. I've also been to their Armed Forces Museum where the wreckage of Gary Powers' U-2 is proudly displayed," Pestana said.

Late this month, Pestana will attend the Air Force Art Program recognition dinner at Andrews AFB. Secretary of the Air Force F. Whitten Peters and Chief of Staff Gen. Michael E. Ryan will personally thank each artist who has completed works for the Air Force in the past year.



The artist, Lt. Col. Mark Pestana, at work at home in Tehachapi, Ca.

Courtesy photo

Home, sweet, home

New 'White Point' housing area transforms into a neighborhood as residents begin to move in

John Ryan
Public Affairs

The much-anticipated housing complex at White Point is becoming a reality. Currently, 31 families have moved into the area. It is anticipated that the remainder of the 71 housing units will be occupied by the end of next month.

"It was certainly a struggle at times," said 1st Lt. Rob Russo, project manager, "but it looks like all of those struggles have paid off."

With million-dollar views of the Pacific Ocean, residents on a clear day can see Catalina Island. This may be the best housing the Air Force has to offer.

A formal ribbon cutting ceremony to officially open the new housing area is planned for the first part of next month. For now, life has never been better for the new White Point residents.



Photo by Joe Juarez

Gorgeous ocean views and cool breezes could make White Point housing area the best in the Air Force.

ANTHRAX, From Page 1

It is a safe and effective vaccine, which uses dead bacteria rather than live bacteria to protect U.S. Forces.

"I have approved the use of the anthrax vaccination program for the total force. This is an efficient, effective and safe way to protect our forces against an emerging threat," said Secretary of Defense William S. Cohen.

"Currently, the only personnel requiring the anthrax vaccine are those who are going to the gulf region or transferring to Korea," said Lt. Col. Keith Kulow, 61st Medical Squadron Chief of Professional Services.

The DoD has directed that the limited supplies of vaccine be channeled to the high-threat areas to be available for the personnel actually requiring the vaccination. Like many military medical treatment facilities, the Los Angeles AFB clinic is currently out of the vaccine. Personnel will obtain the anthrax vaccinations in country upon arrival.

Normal supplies of the vaccine are expected in about eight months. For now, shots will be postponed for personnel not in a high threat area and due for shots 4, 5 or 6. All vaccinations will be resumed at the point at which they were interrupted.

As a part of the Anthrax Vaccine Immunization Program, each squadron commander and SMC two-letter is responsible for ensuring all military and those emergency essential civilian personnel who are

going to deploy are trained in the AVIP by Nov. 1.

The training includes watching a 23-minute video. In addition, each individual will be given a wallet card and a pamphlet entitled, "What Everyone Needs To Know About The Anthrax Vaccine." These materials have been distributed to the two-letters or may be obtained by calling Master Sgt. Basil Franz at 363-1816. The video is also available for viewing at <http://www.losangeles.af.mil/anthrax.shtml>.

To assist squadron commanders and SMC two-letters with the AVIP Program, SMC has appointed a Risk Communication Team, including Franz as the team leader; Capt. Peter Kang, SMC/JA; John Ryan, SMC/PA, and 1st Lt. Kevin Mattern, SMC/IN. The team is also available to answer questions from personnel on any aspect of the AVIP.

There are three phases of the vaccine. Due to the shortage of the vaccine, only nine individuals from Los Angeles AFB who are assigned to mobility are expected to be vaccinated between now and the end of 2000. Approximately 100 more will be put on mobility and vaccinated by early 2001. It is anticipated that all military personnel assigned to Los Angeles AFB will be vaccinated by 2003.

Additional information is available at the anthrax website at: www.anthrax.osd.mil. (61MDS contributed to this report.)

Astro News deadlines

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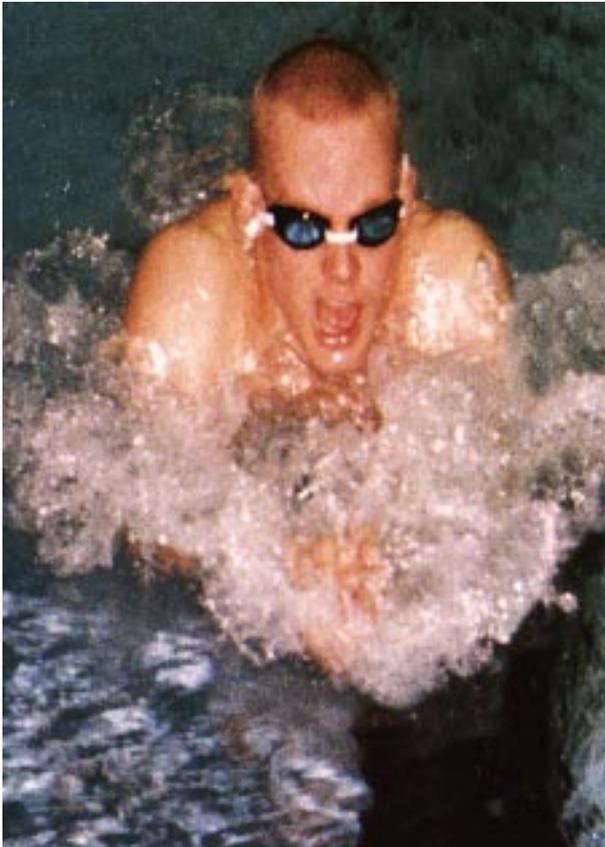
Deadline for article submissions is Friday, close of business, the week before the publication date. Articles should be sent via e-mail to the editor at SMC.PA.Astronews@losangeles.af.mil.

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Double
Double
your
intake.





SMC swimmer takes 2nd in 100-meter butterfly in international competition

2nd Lt. Cody Rasmussen from the SMC/TL (Space Based Laser Project Office) participated in the AirCent Swimming Championships in Ramstein, Germany, Sept. 20. His team represented the United States Air Forces in Europe in competition against Air Force teams from countries such as Germany, United Kingdom, Denmark, Netherlands, and Belgium. Rasmussen placed second in the 100m butterfly and was part of the second place 400m medley relay team. Rasmussen, a recent Air Force Academy graduate, was voted Most Valuable Player of the Academy's swim team his senior year and placed third in the Western Athletic Conference championships in the 200 butterfly. Last year he was ranked 24th in the nation in the 200 fly and qualified for the Olympic trials. He also received Academic All-Mountain West Conference honors all four years while at the Academy. *(Courtesy photos.)*



Battling it out for sand court supremacy

Capt. Stu Eberhardt, left, prepares to set the volleyball and dominate other members of SMC MILSATCOM on the Sand Pit Sept. 26 during their military training day. Losers from the volleyball Sand Pit and basketball Battle Court were relegated to the Decontamination Pit where cars were washed and over \$500 was raised for their Winterfest. (Photo by Tech. Sgt. Tim Dougherty.)

Win a trip with 'Cupid's Choice'

The Family Advocacy office is sponsoring a contest designed to help couples identify the positive aspects of their relationships and focus on what makes a healthy relationship. The Cupid's Choice is open to all 61ABG and SMC active duty, retired, civil service and contract personnel involved in a traditional relationship who want to brag about what keeps their relationship strong. Couples will be required to submit a list of 10 statements that describe the ingredients that keep their relationship healthy and loving. The list should

be sent to the Family Advocacy office via e-mail: Elisa.Parr@losangeles.af.mil. You can mail submissions to 61st Medical Squadron/SGOH, 2420 Vela Way Suite 1467, El Segundo CA 90245-4659, or fax to 363-6898. Entries are due by Oct. 13. The 1st place winner will receive a trip for two, the 2nd place winner will receive a dinner for two and the 3rd place winner will receive his and hers gift baskets. Winners will be announced at the 61st ABG meeting. The winning entries will be publicized in the *Astro News*.

Mouth protectors let you keep smiling

Maj. Guy Delgadillo
Preventive Dentistry Office

Mouth protectors prevent over 20,000 injuries each year from sports that result in any type of physical contact. While they are essential in contact sports, they are also recommended while participating in activities such as skateboarding, racquetball and other sports where sudden falls and collisions may occur.

Mouth protectors come in three types. The first type, stock, are inexpensive and come preformed and ready to wear. They don't always fit well and can be very bulky and make breathing and talking difficult.

The second type, boil and bite, should be softened in water. It is then inserted and allowed to adapt to the shape of your mouth. These fit better and are more comfortable to wear than a stock mouth protector.

The third type is custom made and fitted by a dentist. It is fabricated from an impression of your teeth. They are the most comfortable and best fitting of the three types. The custom-made mouth protector allows the athlete to speak and breathe with ease.

The base dental clinic will provide custom-fitted mouth protectors for active duty members. For more information or to schedule an appointment, call 363-0962.

As mom said: Eat your veggies!

HAWC sponsors '5-a-Day' fruit, vegetable promotion

Kimberly Cahill
Health and Wellness Center

The Health and Wellness Center hosted its 2nd annual 5-a-Day fruit and vegetable promotion Sept. 29. The day started at the Los Angeles AFB Commissary with booths set up with fresh produce snacks for sampling, as well as information on nutrition. Capt. Bo Bloomer, 2nd Lt. Joe Bolina, and Staff Sgt. Jason Rusticelli from the Civil Engineering Squadron, and Staff Sgt. Alonzo Jones from the HAWC were a huge hit as they volunteered to dress up as

fruits and vegetables to drive the point home.

The 5-a-Day promotion moved on to the El Segundo Child Development Center and finished at the gates of Ft. MacArthur with the produce characters handing out goodie bags to those entering and exiting the base.

The HAWC planned the 5-a-Day promotion to highlight the benefits of fruits and vegetables in the daily diet. Leading health authorities, including the National Cancer Institute, recommend eating 5 or more servings of fruits and vegetables everyday for better health. These foods are

an essential ingredient for a healthy lifestyle and can lower your risk of certain types of cancer, heart disease, diabetes, stroke, obesity and birth defects. They are low in calories, fat and sodium while being a valuable source of fiber, folate, potassium, vitamin A and vitamin C. A serving is equal to 1 medium-sized fruit, 3/4 cup of 100 percent fruit or vegetable juice, 1 cup of raw vegetables or 1/2 cup cooked or canned vegetables or fruit. For more information on the benefits of fruits and vegetables, log onto the Produce for Better Health Foundation website at www.5aday.com.



Photo by Joe Juarez

Hoppin' Jalapeno a.k.a. 2nd Lt. Joel Bolina shows where to find hot peppers in the Commissary during the '5-a-Day' promotion Sept. 29.

Nationwide 'Great Escape' fire drill set for Oct. 11

Los Angeles AFB has teamed up with the nonprofit National Fire Protection Association, the official sponsor of Fire Prevention Week, and other fire departments across North America to promote "The Great Escape: the World's Largest Fire Drill" during Fire Prevention Week 2000, Oct. 7-13.

Launched by the NFPA in October 1998, "The Great Escape" is a three-year public safety campaign aimed at making people safer from fire by motivating them to develop and practice a home fire escape plan.

Results from the past two years highlight the campaign's effectiveness: NFPA has documented hundreds of thousands of families participating in "The Great Escape" each year, with 58 lives saved as a direct result, including 35 children under the age of 12. In addition, NFPA's national survey data shows a significant increase in the number of people who have developed and practiced a home fire escape plan over the past two years.

Home fire escape planning can make the difference between life and death in a fire.

"A typical home fire can become deadly fast. From the time the smoke alarm sounds, you may have as little as two minutes to escape," says James Powderly, Los Angeles AFB Fire Chief. "That means everyone in the household needs to react immediately. The Fire Prevention Unit believes this is an effective program for providing those life safety skills."

"The Great Escape" is a fun, family-oriented program that can make a life-saving difference for everybody," says Lt. Col. William Saunders, Los Angeles AFB Civil

Engineer. "As we enter into the third and final year of this campaign, I ask that all of you participate in a home fire drill to ensure not only your safety during a fire, but that of your families as well."

"The Great Escape" fire drill will take place in Military Family Housing on Oct. 11 at 7 p.m. For more information or assistance in developing your own plan, contact the Los Angeles AFB Fire Prevention Unit at 363-2395 or 363-3506. (Courtesy of the Los Angeles AFB Fire Prevention Unit.)

Chapel Schedule

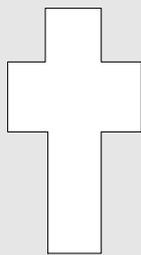
Roman Catholic

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

Sunday: Mass at 9 a.m., CCD 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 Father 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. 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.

The Club 363-2230

Every Friday the lounge is open at 4 p.m. 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., Monday through Friday, and is located in Building 120 on the lower level floor. For more information, call 363-1733.

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, cardio-vascular 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 workouts.

Community Center 363-8225

A trip to Tijuana is Sept. 23 and will depart the Community Center at 8 a.m. and return by 5 p.m. Cost is \$6.

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 back! Join 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 Sept. 25 from 5 to 10 p.m. You must be an identification cardholder and over 18-years old to attend.

RV Storage 363-2081

For your convenience, Los Angeles AFB offers two RV storage facilities. They are located next to the FamCamp in Lawndale and 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 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 Childcare 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 on Fort MacArthur, Building 31.

Providers:

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

Terri Gregg can provide child care from 7 a.m. to 5:30 p.m., Monday to Friday for children ages 2 and up on a full, part time and drop-in basis. For more information, call 832-1099.

Johvon Tidwell can provide child care from 6 a.m. to 5 p.m., Monday to Friday 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.

Black Employment Program offers free disability, health seminar

The Black Employment Program is hosting a Lunch and Learn seminar Oct. 19 from 12 p.m. to 1:30 p.m. in

Building 125, which will cover important issues such as disability, health and life insurance and much more. The presentation will feature Delois Rolle, an independent life and retirement insurance representative. Rolle is an active member in the North Orange County Senior Network as well as a member of the California Advocates for nursing homes.

HAWC offers monthly workshops to improve health, live better

The following is a list of classes offered at the Health & Wellness Center in October and November. Most classes are offered monthly. Contact the HAWC at 363-6266 to sign up for any of these classes or to obtain further information. Classes are open to active duty, family members, DoD civilians and contractors. All classes will be held in the recently remodeled Health & Wellness Center, located in Building 243, across from the Commissary.

October

- Oct. 12, 19, 26 10 - 11 a.m.**
Step to Lower Cholesterol (4 class series)
- Oct. 10 11:30 a.m. - 1 p.m.**
General Nutrition
- Oct. 10, 16, 23, 27, 30 9:30 - 11 a.m.**
Tobacco Cessation (series of five classes.)
- Oct. 10, 16, 20, 23 5:30 - 7 p.m.**
Tobacco Cessation (series of five classes.)
- Oct. 11, 18, 25 9 - 11 a.m.**
Think Light! Weight Loss Program. (series of eight classes, mandatory and voluntary program.)
- Oct. 17 9 - 11 a.m.**
Smart Shopping Commissary Tour
- Oct. 31 8 a.m. - 3 p.m.**
Stress Management

November

- Nov. 2, 9, 16, 30 10 - 11 a.m.**
Step to Lower Cholesterol (4 class series)
- Nov. 14 11:30 a.m. - 1 p.m.**
General Nutrition
- Nov. 6, 13, 20, 27 9:30 - 11 a.m.**
Tobacco Cessation (series of five classes)
- Nov. 7 9 - 11 a.m.**
Heart Healthy Eating
- Nov. 1, 8, 15, 22 9 - 11 a.m.**
Think Light! Weight Loss Program. (Series of eight classes, mandatory and voluntary program)
- Nov. 21 9 - 11 a.m.**
Smart Shopping Commissary Tour
- Nov. 28 8 a.m. - 3 p.m.**
Stress Management



Annual photo contest deadline extended

The Community Center is hosting the Annual Los Angeles AFB Photo Contest. The four categories are monochrome prints, color prints, transparencies and digital photos.

Subjects to consider are military life,

people, nature, creative effects and computer imaging and enhancement (digital photo category only). All identification cardholders are eligible to participate. Deadline to turn in photos is Oct. 25. The Community Center will exhibit all nomi-

nees in the ballroom Oct. 27. Los Angeles AFB winners will be sent to the Air Force Materiel Command for competition in the major command contest.

For additional information, visit the Community Center or call 363-8225.