



Astro News

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"Forging the shape of military space for the 21st century"

Los Angeles Air Force Base, Calif., Feb. 23, 2001

Air Force Vice Chief of Staff visits Los Angeles AFB

By Tim Dougherty
Astro News Editor

"Where SMC goes, so goes the Air Force," said Air Force Vice Chief of Staff Gen. John Handy during a visit to Los Angeles AFB last week. "The beauty of the Space and Missile Systems Center is that it really is the leading edge of the spear for acquiring space systems, monitoring the acquisition process and delivering them to the Air Force. The critical nature of this organization cannot be overstated."

During an interview with Astro News, Handy touched briefly on the Space Commission Report and about the Space and Missile Systems Center's role in the integration of air and space assets.

"As we look at the recommendations of the Space Commission report, a lot of issues revolved around who the SMC commander may work for in the future. Our view is that the Space Commission recommendations are right on the mark. While clearly we can refine the processes to the good



Vice Chief of Staff Gen. John Handy says SMC is the "leading edge of the spear in acquiring space systems."

of the [program executive office] and program directors, all of that means good news for the Air Force and SMC.

"If you look at the major programs like Evolved Expendable Launch Vehicle or Space-

Based Infrared Systems or even some of the Global Positioning System improvements – three major programs and certainly good examples of what we are doing in aerospace integration today – all of those areas

indicate that we have to capitalize on not only the more air-breathing (aircraft) part of the Air Force, but on our space assets. As you look at that integration, all of the efforts that we do today are to train people to look at the aerospace medium as a seamless area of our Air Force responsibilities. Air Force Vision 2020 is certainly an excellent articulation of our vision for the future – complete integration of air and space assets for now and well into the future."

Handy said that this future is only secured by ensuring the Air Force has the people to do the job.

"Clearly the most pressing issues today are recruiting and retention and quality of life. We spent a lot of time last year working on recruiting aspects of our Air Force and we met our goals last year. That doesn't give us any reason to sit back and relax. We're still aggressively working the recruiting part of it, and then we have to be concerned with retaining the family issue," Handy said.

Handy echoed comments often heard from Air Force Chief of Staff Gen. Michael Ryan. "As you've heard the chief say many times, 'we can keep the members in but it's the families who really decide to stay.' Our focus has been on how can we continue to take care of families in our Air Force. That includes [Basic Allowance for Housing] improvements, quality of living in terms of military family housing and the list goes on and on," Handy said.

"Clearly, bringing troops into the force is an important aspect. However, once they are in, [we have to] ensure they are aware of the quality of life issues to include TRICARE, for example. We're working extremely hard in the medical area to improve the benefits of our medical programs, not only for our active-duty, but for our retirees. From initial entry to retirement, our leadership has done an awful lot this year in connection with our friends [in Congress] to ensure the whole force is cared for a lot better than in the past," Handy said.

AF reviews workforce, hiring procedures

'No hiring freeze' DoD officials say

WASHINGTON (AFP) — The Air Force has received guidance and authority from the Department of Defense to hire, promote and reassign individuals consistent with the president's initiative to streamline the government workforce.

There is no hiring freeze, officials said.

Secretary of Defense Donald Rumsfeld issued a memorandum

recently delegating the authority to the service secretaries. The memo addressed a White House memo outlining a presidential initiative to flatten the federal hierarchy and reduce the number of high-level managerial positions.

The Air Force has further delegated the authority to appoint, promote and reassign individuals to installation commanders with appointing authority subject to the following conditions:

— Decisions to hire into positions with supervisory codes of 1, 2 or 3 at the GS-11 through 15 (or equivalent) levels must be made in writing by the

appointing authority considering the president's initiative to flatten hierarchies and reduce high-level managerial positions.

— Supervisory and managerial positions in most efficient organizations and the federal wage system are exempt from the review.

— The Air Force Executive Resources Board is delegated the authority to approve appointments or movement within positions above the GS-15 level.

— All other positions not subject to review will be filled subject to hiring conditions in effect before Jan. 20.

Rumsfeld's memo directs senior DOD managers to "establish procedures to review and approve hiring decisions" and says they may "appoint, promote or reassign individuals to positions after determining that doing so is consistent with the president's initiative."

Air Force has directed that supervisory GS-11 through GS-15 positions be reviewed to ensure:

— The largest number of employees work for the smallest number of supervisors needed to carry out the mission effectively.

— Unnecessary supervisory layers are eliminated.

— Unnecessary deputy and assistant supervisory and manager positions are eliminated.

Everyone is reminded to respect flag while on base

By Tech. Sgt. Jon King
Advanced Systems Directorate

Is it too much to spend a few minutes a day reflecting on what it means to be an American? I don't think so. I witnessed an incident a couple of days ago that was the proverbial "straw that broke the camel's back." While standing just inside the doors of Building 120 waiting for the Fort MacArthur shuttle bus, a gentleman started to exit the building while the National Anthem was playing. As I do on a regular basis, I mentioned to the gentleman "Sir, retreat is playing, please let it finish before you exit." His reply was "so, what's retreat?" I explained that it is a military custom that signifies the end of the official duty day and a time to give respect to the flag. His response was "well I'm not in the military, so it doesn't apply to me." I further explained that although not in the military, he was on a military installation and should honor the customs. He went on to ramble about how we respect symbols but destroy the environment or something like that. My feeling is this: If you don't care to honor the customs and courtesies of the military, don't work on a military installation or for a contractor that supports the military.

On almost a daily basis while waiting for the bus, I notice people not giving proper respect for our flag during retreat. This includes contractors, civilians and, on occasion, military members in uniform. I think in most of these instances it's not a matter of intentional disrespect, rather it's a lack of education.

In the military, we signify the end of the official duty day by the playing of the National

Anthem. Here at Los Angeles AFB that time is 4:30 p.m. Monday through Friday. This is the time we show respect to all who have paid the ultimate sacrifice so that you could live in a land of freedom. It should not be looked upon as simply a rule you have to follow by saluting a symbol. It's your privilege to spend each day quietly to say "Thank You" for your freedom.

Here are the procedures to follow while outside and the first note of Retreat, the music played immediately before the National Anthem, is heard.

Military in uniform: Face the flag or the music if the flag is not visible. Stand at "parade rest." After retreat, stand at "attention," and when the first note of the National Anthem is heard, execute a hand salute and hold until the final note is finished.

Military not in uniform: "Parade rest" for retreat. Stand at the position of "attention" during the National Anthem.

All non-military personnel, to include contractors, Department of Defense civilians and dependents: Stand quietly until final note of National Anthem is finished.

Courtesies for all: While in a car, upon the first note of Retreat, stop your vehicle and sit quietly until the final note of the National Anthem. Do not enter or exit buildings during retreat. Absolutely do not try and "duck in" a building or car if you hear the music.

If you're like me, while I stand and salute, in my head I say the words to our National Anthem. To this day, after 14 years of service, I still get chills of pride – not because I am serving in the Armed Forces, but because I am an American.

Q: The Base Gym was not open at 5 a.m. as scheduled nor was it open by 5:40 a.m. when I left. This is something that occurs five or six times a year. I hope the commander takes some action on this. Thank you.

A: This is actually the third time the Fitness Center has been late opening in the past 12 months. Following the last incident in June, new procedures were put in place to prevent this from recurring. These new procedures have worked well over the past six months but, unfortunately on Jan. 23, the day that prompted your call, there was a base-wide mobility exercise that caught the Fitness Center staff short of manpower. In the future we will ensure the Fitness Center opens on time and is adequately staffed to maintain full operations on a daily basis and during exercises. Thanks for your call.

Q: I went to the commissary and I bought a 5-pound bag of clean chitterlings selling for \$6.99 a bag. I went off base and I see the same 5-pound bag selling for \$2.99 per bag. I wonder why there is such a difference in the price? I thought it was supposed to be less expensive at the base commissary. Even the 10-pound bucket of unclean chitterlings is selling for \$7.99 on base, while the off-base price is \$3.99 a bucket. I explained this to the people in the commissary. They buy it at that cost and sell it at that cost. I would like to know why it's so high.

A: Thanks for your call. I've forwarded your question to Napoleon Singletary, the commissary administrator, and his response follows:

Action Line

Shoppers at military commissaries save an average of 27 percent on their overall grocery bill compared to what they would spend at a civilian grocery store. However, we cannot promise that every item is priced lower than you'd find at a civilian store. Civilian stores use what is called "flexible prices" to lower the price of an item that may be seasonal or a slow mover. In turn, prices are raised on fast-moving items or high-volume items to make up the difference, frequently

without the consumer even being aware this is occurring. Most often, this is the reason selected items are cheaper in civilian stores. In addition to providing lower prices overall, commissaries do not charge tax. There is a 5 percent surcharge on your overall bill, which is used to pay for the operation of the store. Once again, you may find individual items cheaper on the economy or in club stores, but you should still achieve substantial savings by shopping at the commissary.

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. If you have an issue that needs to be resolved, discuss it first with your supervisor or First Sergeant. Call the Action Line if you can't find a solution through your

chain of command. Your call will be recorded and, if you leave your name and number, you will get an answer to your question.



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 – Randy Farley	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
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Astro News

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For advertising information or space reservations, call Gail at 661-945-5634.

Submit news to:
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Call 363-0303 for more
information.

OSC scholarships

The Los Angeles AFB Officers' Spouses' Club is accepting scholarship applications from high school seniors who are military or Department of Defense civilian dependents. Applicants must have a 3.0 or better grade point average. The application deadline is March 1. Contact Denise Knebl at 833-2400 for an application or more information.

AF taps new O-5s

Congratulations to the following members of the Space and Missile Systems Center for their selection to lieutenant colonel:

Walter Brecevic, AD; Lyle Cary, ABG; Laurence Dobrot, TM; Debra Doucette, XP; Bruce Johnson, TL; Dennis Lileikis, CL; Anthony Logue, Det. 11; Mario Moya, CZ; John Pistolessi, CW; John Santacroce, TE; Gregory Schiller, AD; George Stoller, TE; Christopher Terry, Det. 8.

Course offered

The Defense Technical Information Center Western Regional Office is sponsoring the Department of Defense Scientific and Technical Information Manager Training course, offered by DTIC headquarters. The class is free and will be held March 7-9 at the Building 80 classroom. The three-day course is an overview of the DoD Scientific and Technical Information Program and how the program's responsibilities are implemented by the local STIP manager.

Contact Daisy Clark, DTIC Western Regional Office, at 363-8980 for more information or to register for this course.

Clinic open house

An Open House will be held at the Fort MacArthur Clinic for active-duty and family members tomorrow from noon to 4 p.m. Meet Dr. Samuel Cloud and the staff. He arrived at the Los Angeles AFB in July 2000 and enjoys treating both children and adults alike. He received his medical degree from the University of Washington medical school and his specialty is family medicine.

QRLV launch set for March from Kodiak Island

By Hap Parker
Public Affairs

The rocket systems launch program division of the Space and Missile Systems Center's Test and Evaluation branch at Kirtland AFB, N.M., has set March 23 as the launch date for the first of a series of sub-orbital Quick Reaction Launch Vehicle launches from the Kodiak, Alaska, Launch Complex. The QRLV-1 launch will be the initial flight of the QRLV program, which began in fiscal year 2001 and consists of launching one QRLV per year until fiscal year 2008.

"The primary objective of the QRLV program is to provide realistic theater ballistic missile scenarios in support of the Alaskan Command Northern Edge exercise," said Mel Herrera, the QRLV-1 mission manager. "As secondary objectives, the QRLV launches will also be used for various experiments, ranging from measuring atmospheric attributes to demonstrating new



An artist's depiction of space assets supported by SMC's Test and Evaluation branch includes everything from satellites to the shuttle. Courtesy photo

technologies," Herrera said.

For the QRLV-1 mission, SMC/TEB awarded contracts to the Orbital Sciences Corporation to integrate the launch vehicle, and to the Alaska Aerospace Development Corporation for lease of launch facilities at the Kodiak Launch Complex located on the Narrow Cape peninsula of Kodiak Island. The QRLV-1 is a single-stage launch vehicle

using a refurbished M56 (Minuteman I, stage 2) rocket motor.

The QRLV launches are not connected to the National Missile Defense program. The ALCOM Northern Edge exercise is an annual joint-services arctic-weather training exercise involving over 10,000 troops from all branches of the U.S. armed forces and Alaska-region Canadian Forces. The

exercise is designed as a regional crisis response scenario, with participating units employing selected component forces.

The QRLV launches will allow Northern Edge participants to execute ballistic missile warning, battle management, command, control and communications capabilities, test planning scenarios and exercise defensive strategies during an actual ballistic missile flight.

Likely vehicle configurations for subsequent QRLV vehicles are various single- or two-stage combinations of M56 (Minuteman I, stage 2), SR19 (Minuteman II/III, stage 2), M57 (Minuteman I/II, stage 3) and Castor IV (Delta/Atlas strap-on) rocket motors. All rocket motors utilized by SMC/TEB are treaty-compliant.

The QRLV-1 launch represents the third Air Force launch from KLC. SMC/TEB completed two atmospheric interceptor technology launches from KLC in November 1998 and September 1999.

New director takes charge at SMC Systems Acquisition

Kathern Gaskins, a member of the Senior Executive Service, is director of systems acquisition, Space and Missile Systems Center, Los Angeles AFB. As director, she is the functional manager for program management, engineering, acquisition logistics and a number of acquisition support functions, including system safety and security, civil engineering and RFP support. She is responsible for formulating, evaluating and implementing policy, processes, procedures, training and resources to develop, produce and deploy advanced space and missile systems.

"I am delighted to be joining the SMC team. It's an incredibly exciting period for the program offices and staff at SMC. We're engaging once again in a significant national level discussion about the objectives and approaches to using our space assets and how we ought to structure ourselves within the Defense Department to pursue that mission," Gaskins said.

"At the same time, the efforts of a number of years of SMC program office work are coming to fruition in significant launches and the realization of new space capabilities. How we end up restructuring ourselves in concert with Space Command is obviously going to be a significant challenge and will require considerable care. However, it will also give us an opportunity to put into place the infrastructure for the next 30 years in America's military space program, so this is also a very important time here at SMC."

Gaskins began her career at the Sacramento Air Logistics Center at McClellan AFB, Calif., in 1968. She has worked in packaging design, labor relations, depot industrial operations and weapon system management. She has served as the deputy for resource management with the Directorate of Maintenance; deputy system program director for the A-10 and A-7 aircraft weapon systems; and as associate

director of aircraft management, where she had system management responsibilities for the A-10, F-111, F117 and F-22 weapon systems. She also held the dual position of deputy to the Detachment 25 commander, and deputy for space with the Space and Command, Control, Communications and Intelligence Systems Directorate. In this capacity, she was responsible for providing sustainment support for many of the programs managed at SMC. "It's good to be involved again in the system management business," she said.

"And getting re-acquainted with the space, launch and control programs is a welcome return to familiar ground," she said.

Prior to arriving at SMC, Gaskins worked as the controller and financial management director at the Sacramento Air Logistics Center. She provided financial and strategic policy, guidance and procedures to the commander, product directorates and other key organizations.

Her formal education includes a bachelor of arts degree in liberal arts from the University of the Pacific in

Stockton, Calif., where she was graduated as an outstanding scholar in 1968. She received a

master of arts degree in English from California State University at Sacramento in 1971. In addition, in 1983 she completed the Air War College, Air University, Maxwell Air Force Base, Ala., as a distinguished graduate, and in 1990, participated in the Senior Officials in National Security Program, John F. Kennedy School of Government, Harvard University, Cambridge, Mass. In 1992, she completed the Defense Systems Management College, Fort Belvoir, Va.

"I'm looking forward to working with the outstanding executive and senior military leadership team here at the center, in the command section, the various SPOs, and the other key support organizations. I am also very pleased to be serving with the diverse group of professionals here on the AX and Aerospace Corporation staffs," said Gaskins.



Gaskins

Lyles: AF studying snakes in search for better weapons

By Jim Lea
Pacific Stars and Stripes

OSAN AIR BASE, South Korea – The Air Force is studying snakes in its search for new and better weapons systems. Gen. Lester L. Lyles, Air Force Materiel Command commander, said in an interview here Feb. 8 that his command is studying a “certain type of viper that has the most sensitive thermal sensing system known to man.

“It’s far more sensitive than anything we’ve been able to devise for our aircraft and weapons systems,” he said.

The snake is able to sense a fraction of a degree change in temperature from kilometers away, Lyles said.

“We’re trying to learn from the chemical and genetic makeup of the viper how that’s done,” he said. “We’re trying to figure out if we can make sensors like that.”

He said the research is part of a program to “take advantage of Mother Nature’s perfection

to develop systems that are far better than we have devised in the past.”

Lyles spoke during a trip throughout the Pacific which he said allowed him to talk about what his people are doing and “to find out what we need to be working on to support them better.”

Lyles said many people think the biggest challenge for his command is to develop and acquire new systems. It’s not.

“Getting the F-22 and Joint Strike Fighter programs up and going and science and technology (programs) for the future certainly are major responsibilities,” he said.

But he said a phrase he has repeated since taking command in April is, “It’s logistics.”

“The logistics, sustainment and maintenance problems of our oldest systems are the biggest challenge we and the warfighters have today,” he said. “Our job is to help make sure

we’re doing everything we can to keep those systems effective, capable and safe so they can accomplish the mission.”

Lyles also mentioned:

— Aging aircraft - His command has opened an Aging Aircraft Program Office to specifically address the issue. “We’re going to leverage all the dollars available to the Air

“We’re trying to learn from the chemical and genetic makeup of the viper...”

Force and try to bring technology to bear to help solve the problems,” he said.

— Laser weapons - The Air Force wants to develop a space-based laser similar to the airborne laser system that can knock down enemy-launched missiles during the vulnerable launch phase. “We’re also working with the other services to develop advanced tactical laser systems that eventually can sit on platforms like the C-130 or even on an unmanned combat aerial vehicle,” he said.

— Spare parts - Getting spare parts for every major system the Air Force has is problematic, he said. The fix, he said, is to change policies for acquiring and contracting for parts. “We’ve been doing things in the same way for the past 20 years. I’m convinced that if we change some of those policies, we can do a better job of getting parts into the hands of the warfighters a lot quicker.”

— People -

“We’re having a heck of a time keeping people with science and engineering backgrounds in the Air Force. There are too many lucrative opportunities in the civilian sector, the economy is great and people are taking other jobs. We’re not retaining the scientists and engineers we need.”

That’s particularly true for the civilians who work with the Air Force, he said. Lyles’ command employs about 40 percent of the Air Force’s total civilian work force. Within five

to seven years, 70 percent of those civilians will be eligible to retire. It’s a problem that began in the early 1990s when the Department of Defense slapped a freeze on hiring civilians.

But the fact that many civilians could be retiring soon “is beginning to hit home in the Air Force, the other services and in Congress,” Lyles said.

“So we’re beginning to put more money into hiring more and training more civilians,” he said. “Congress really has begun to help us by creating legislation that offers incentives to people who are nearing retirement to do so now so new people can be brought into the work force.”

Jim Lea is the Osan Bureau Chief for Pacific Stars and Stripes, Osan Air Base, South Korea. This article was originally printed on Feb. 11 and is reprinted with the permission of European and Pacific Stars and Stripes, Department of Defense.

Space Test Program awards contract

By Hap Parker
Public Affairs

The Department of Defense Space Test Program at Kirtland AFB, N.M., has awarded a \$50.8 million contract to Spectrum Astro Inc. of Gilbert, Ariz., for the communication/navigation outage forecasting system spacecraft and launch service.

Orbital Sciences Corporation Launch Systems Group, Herdon, Va., Composite Optics Inc., San Diego, Maxwell Technologies, San Diego, and Analex Corp, Phoenix, were named as major subcontractors

in the award. Contract face value of \$50.8 million does not include optional contract line items.

The C/NOFS payload suite is provided by the Air Force Research Laboratory Space Vehicles Directorate, also at Kirtland AFB, and consists of seven instruments plus a data processing unit which provides the data interface between the instruments and the spacecraft. C/NOFS is designed to specify and forecast ionospheric scintillations in the equatorial region.

“The ability to forecast these ionospheric disturbances

gives the capability to alert the warfighter of UHF satellite communications blackouts and global positioning system navigation disruptions during periods of increased solar activity,” said Col. James A. ‘Mouse’ Neumeister, program director for the DoD Space Test Program.

“This allows the warfighter to anticipate and enact contingency solutions to UHF SATCOM and GPS outages. On-orbit operations will be performed by our research, development, test, and evaluation support complex,” he said.

The most sweeping changes to military healthcare in a decade are underway. Attend one of the following briefings to learn more about health benefits. For more information, call 363-0261 or 800-242-6788.

Active-duty and families:

Tuesday 3 p.m. at the Fort MacArthur Community Center.

Retirees and spouses: 10 a.m. and 1 p.m. Monday at The Club and Tuesday at the Fort MacArthur Community Center.

Dollars and Sense

New web site

A new Air Force Financial Services Center Web site allows members to access, review, and, in a limited fashion, modify personal pay records, including allotments, W-4s, savings bond program participation, and Thrift Savings Plan balances, said Col. Gregory Morgan, director of accounting, banking and comptroller support.

“You can also view your latest leave-and-earnings statement or calculate how much that pay raise or promotion will mean to the bottom line,” he said.

The site also contains a link to the Employee/Member Self-Service system. Personal identification numbers have been mailed to active-duty members allowing them to create a password and log into EMSS. Visit www.saffm.hq.af.mil/affsc.

Currently Air Force military members can only change their direct deposit and W-4 information. In the near future, you will be able to view your leave and earnings statement and change allotments.

Temporary duty info

The cost incurred during temporary duty travel for personal laundry or dry cleaning and pressing of clothing, up to an average of \$2 per day, is a separately reimbursable travel expense in addition to per diem when travel within the Continental United States requires at least 7 consecutive nights TDY lodging in CONUS.

Direct questions to Customer Service at 363-1534.

Dollars and Sense is a forum to provide education on financial matters. If you want to read information on a particular subject, please e-mail mark.holbrook@losangeles.af.mil.

Military healthcare is changing... learn what's new

The "Iceman" cometh

Fort MacArthur hit by snow day



Fort MacArthur was deluged by more than 20 tons of snow Feb. 9 as the annual Snow Day returned. Jim Mueller and his company "The Ice Man" turned 140 300-pound blocks of ice into snow and created sled runs, play areas and two 5-foot snowmen. At top left: Emily Allman and Lilly Martinez (front) brave the sled run. Top center: Sanairia Royston is bundled up for the "cold." Top right: Cienna Stuhl gets a chance to try on her new parka. Bottom left: Taylor Cooning is pounded by a snowball.



Photos by Joe Juarez

A day at the market



Photo by Joe Juarez

Farmer's Market, that is. Located at 3rd and Fairfax in Los Angeles, the Farmer's Market is a great place to spend an afternoon with the kids, as a couple or by yourself. The market has been in operation since 1934 when it was little more than a place where farmers would sell fruit, vegetables and flowers from the tailgate of their trucks. Now it's the home to more than 100 specialty shops selling everything

from newspapers and magazines to souvenirs and sausages. Another Los Angeles pastime popular at the market is "stargazing" which takes place during the day as well as night. And yes, as the above depicts you can even buy fruit and vegetables. For more information, times and directions, go to www.farmersmarketla.com on the Internet. Be warned, it's very busy on the weekends.

Good nutrition?

The secret is out...

By Tim Dougherty
Astro News Editor

I like to cook and I love to eat. Even if you claim you aren't very interested in food, I guarantee that you still have to eat if you want to live. Last week at the Health and Wellness Center, I attended a class and learned the secret of eating to live. And the secret isn't much of a secret.

"I'm not going to teach anything today that you probably haven't heard already," said Kimberly Cahill, the registered dietician for the Los Angeles AFB HAWC. "I think most people know what to do to give their body what it needs for good nutrition and health. The problem is they just don't do it."

Take soda for example. If you regularly drink a can of soda a day, did you realize that cutting out that can of pop can translate to weight loss of 18

pounds in a year? Of course, if you substitute that Coke with a milk shake or a slurpee, you won't see that result, but substitute a bottle of water or a Diet Coke and you're taking a step in the right direction.

At the General Nutrition class, which is held every other month at the HAWC, Cahill said that the secret to good nutrition is truly found in the food pyramid.

"The government put together the food pyramid many years ago and although there have been minor updates over the years, I find that these guidelines are the simplest to follow and will give the best results for weight loss, cholesterol control or whatever the case," Cahill said. "The problem with most 'fad diets' is that the person follows it for a while and gets some results. Then they go back to their old habits and their body goes back to how it was before they started

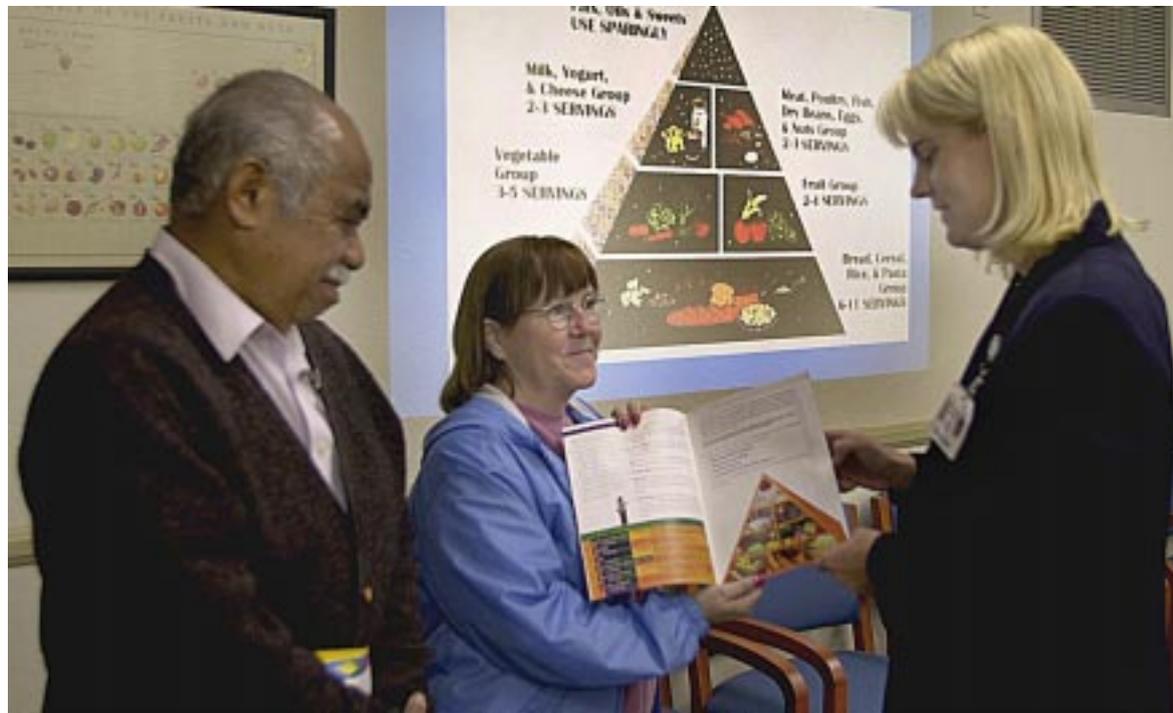


Photo by Joe Juarez

Kimberly Cahill, right, discusses the food pyramid with Jan Kailola, left, and Lauene Hetrick

the diet. Eating from the pyramid is for life and the results will be permanent."

At the bottom of the pyramid are the food choices that should be the foundation of any eating plan. At the top are food choices that should be eaten moderately. The overall guidelines are to follow the

"ABCs" for good health – Aim for fitness, Build a healthy base and Choose sensibly.

"Aim for fitness" includes aiming for a healthy weight. You should balance the calories you eat with your physical activity. Doing 30 minutes or more daily of moderate physical activity should become part

of your routine.

"Build a healthy base" means creating an eating pattern that contains a variety of grains, fruits and vegetables. Include several servings of whole grain foods such as whole wheat, brown rice or oats. Eat five servings a day of

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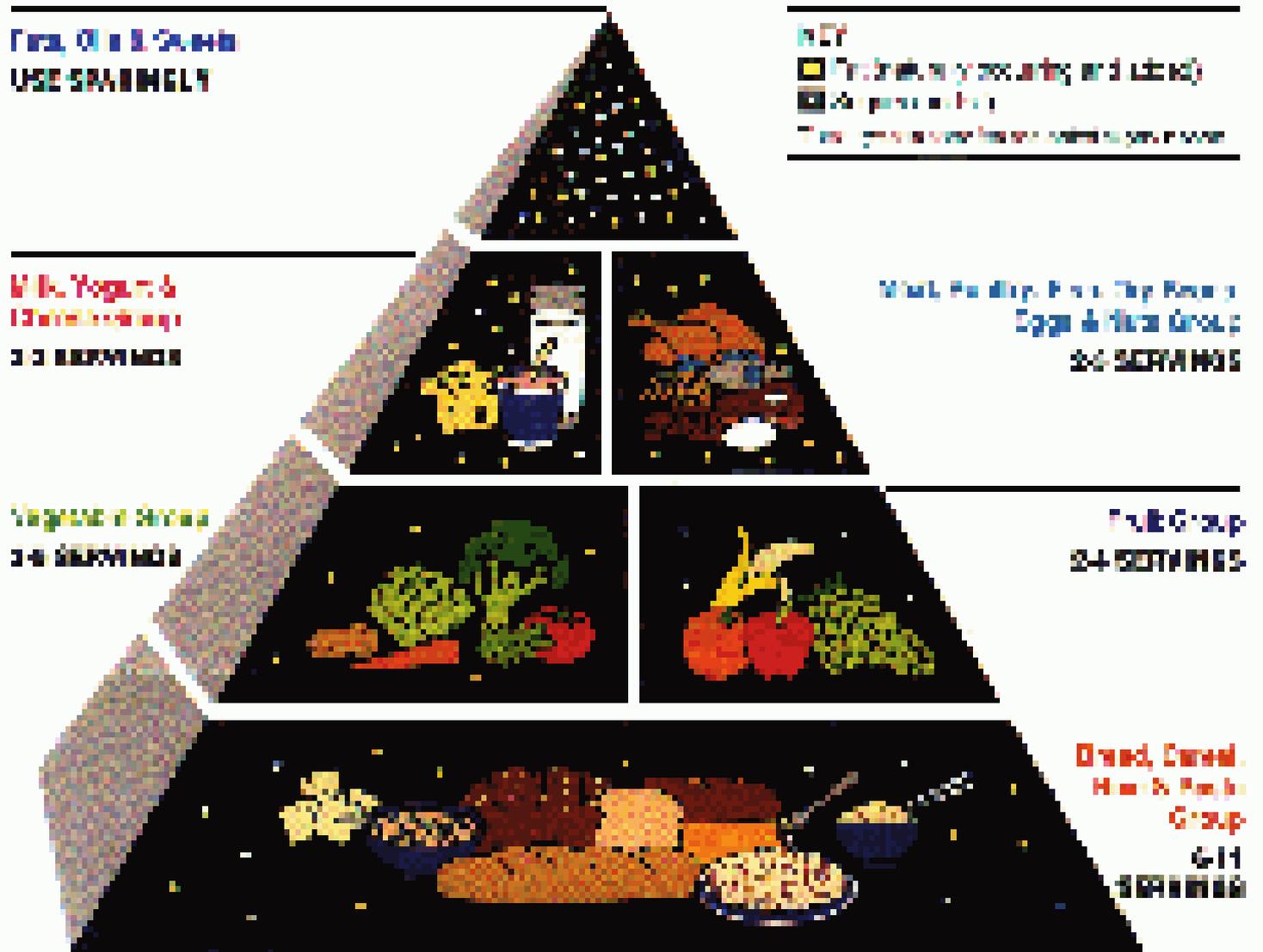
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fruits and five servings a day of vegetables. Dark green leafy vegetables, orange fruits and vegetables and cooked dry peas and beans are some of the best choices.

“Choose sensibly” means just that. Limit your intake of solid fats such as butter. Read food labels so you know what you are eating. Don’t get “full” on soft drinks or sweets because those will tend to crowd out other foods you need such as milk products or other calcium sources. If you drink alcoholic beverages, do so sensibly – limit intake to one drink a day for women or two drinks a day for men. And if you only drink on the weekends, you can’t “save up” those drinks during the week and drink them all on Friday night.

The next nutrition class, “Heart Healthy Eating” at the HAWC, is March 13 from 9-11 a.m. This is a great class to learn how to cut down on fat and prevent heart disease.

I’m going to follow guidelines from the General Nutrition class and I’ll report how it’s going in a later issue.



Clippers honor AF

The Los Angeles Clippers welcome all Los Angeles AFB personnel to Staples Center on March 5 at 7:30 p.m. for their game vs. the Denver Nuggets. The Los Angeles AFB Honor Guard will present the colors, and the group will be welcomed on the big screen. Tickets for this game are available at a special discount: \$35 tickets are available for \$20; \$25 tickets are available for \$15 and \$20 tickets are available for \$12. Don't miss an excellent opportunity to enjoy exciting National Basketball Association action with your friends and family. Tickets are being sold at the Tickets and Tours desk inside the newly renovated Outdoor Recreation inside Building 242 in Area B. Deadline to purchase tickets is Feb. 26.



Outdoor recreation gets bikes tuned for trip



Photo by Teri Mathis

No place local to go Mountain Biking? Think again! Roy Durtschi tunes up one of the mountain bikes available at Outdoor Recreation in preparation for a mountain bike trip scheduled for March 24 to the slide area of the Palms Verdes Peninsula. The cost is free and includes a guide. The trails are fun and the view is incredible. Bring lots of water and some quick energy

snacks as the ride is very strenuous. The trip departs from Fort MacArthur in front of the Community Center at 8 a.m. and will return around noon, depending on the group. Rent a bicycle from Outdoor Recreation for \$10 and it will be brought for you to use on the ride. For more information or to sign up, call Outdoor Recreation at 363-2753.

Outdoor Recreation

March 3. Big Bear Ski Trip. \$45 includes transportation, lift ticket and ski rental. \$40 if you have your own skis. The bus departs the Fort MacArthur Community Center at 5 a.m. and Outdoor Recreation at 6 a.m. The bus will return to Outdoor Recreation at 7:30 p.m. and to the Community Center at 8:30 p.m. A minimum of seven skiers need to sign up before Feb. 28 to make this trip a possibility. The maximum number of participants is 11.

Youth Center

"YOFAM" 2001 Year of the Family membership sign-up. Sign up now for before- and after-school programs, summer camps, family events, teen scene and much more. Call 363-8565 for information.

Extended child care

The Child Development Center will implement a new child care initiative to extend the hours of child care to accommodate for extended duty hours. Extended duty is defined as temporary shift change, unplanned longer duty day, unplanned weekend duty, short-term temporary additional duty if no other parent available, dual military or

single parent deployment. For more information, contact Iris Alexander at 363-5950.

Family Child Care

The Seal Beach Naval Facility has openings in their Navy licensed family home day care homes. For more information, call Kathy Richards 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.

RV storage

Los Angeles AFB offers two recreational vehicle storage facilities 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 Fitness Center

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. Research has shown that exercise helps prevent many types of disease, helps people sleep better and relieves depression. Individual appointments can be made by calling 363-6815, or you can ask at the front desk for a trainer during your workout.

Worship schedule

Roman Catholic: Sacrament of Reconciliation Saturdays at 4 p.m., Mass at 4:30 p.m. Mass at 9 a.m. Sundays. Continuing Christian Development is held in Building 37 at 10:15 a.m.

Protestant: Sunday School at 9 a.m. in Building 37. General Protestant worship at 10:30 a.m. For more information, contact Chaplain Maj. Jim Walker at 363-6433.

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

Classes are available for

anyone interested in becoming a Roman Catholic and receiving the Sacrament of Confirmation. For more information about the Catholic faith, call Chaplain Maj. Randy Roberts at 363-1871.

Poster contest

To celebrate the 10th Anniversary of the Summer Bash the Fort MacArthur Community Center is hosting a Poster Contest. The winning design will be used on all poster, flyer, and promotional materials command-wide to promote this year's Summer Bash. Judging will be done in 4 age groups: 6 - 9 years old, 10 - 13 years old, 14 - 18 years old, and adult. This contest is open to all base personnel and family members, active duty, retirees, reservists, civilians and contractors. Entry deadline is March 9. Pick up an entry form from the Fort MacArthur Community Center or call 363-8225 for details.