



# Astro News

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“Forging the shape of military space for the 21st century”

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

## Town Hall/Community Expo brings base families together

By Tim Dougherty  
Astro News Editor

“It was a good interchange,” said Col. Phil Parker, the commander of the 61st ABG, commenting on the first ever Town Hall and Community Expo held Friday at Fort MacArthur. “We had lots of great questions in our open forum and I think it went very well.”

The Town Hall and Community Expo was requested by the Los Angeles AFB family to give members the chance to ask various questions on topics such as housing, youth sports, childcare, security forces and much more. It was also the chance to publicize the many programs available that thank and support the family.

One of the questions came from Master Sgt. Gary Borromeo, the deputy director of the Family Support Center, who wanted to know why the 30th Street gate to the Fort MacArthur housing area is sometimes closed during the middle of the day, forcing him to make a difficult u-turn at that gate. Parker asked 61st Security Forces commander Maj. Lyle Cary to address this issue. “We are committed to bring security forces up to a manning level by this summer where we won’t be forced to close any of the gates. In the meantime, we’ll look at coming up with some kind of a notification system,” Cary said.

Over 100 Los Angeles AFB family members participated in the Town Hall.

In addition to the open forum Town Hall meeting, displays were set up throughout the Community Center from the various services and programs available at Los Angeles AFB.

“Gen. Lester Lyles, the commander of the Air Force Materiel Command, has designated 2001 as the Year of the Family. YOFAM is an initiative to say thank you and find ways we can support the family. The Community Expo was designed to help publicize the services and programs on base that support the family,” Parker said.

Capt. Deborah Schueren, the director of the Health and Wellness Center, enjoyed the Community Expo and said it

See Town Hall, Page 2



Photo by Joe Juarez

Master Sgt. Gary Borromeo asks base commander Col. Phil Parker a question about the gate at the Town Hall March 16 at Fort MacArthur. Nearly 100 people attended the open forum.

## Base energy usage drops to record low while costs skyrocket

By Ed Wilson  
Base Energy Manager

January was a very good month for electrical energy use for the base portion of Los Angeles AFB. Electrical consumption was down 3.8 percent when compared with January last year. In fact, January’s electrical consumption is the base’s lowest recorded usage for the last five years.

Natural gas usage for the month of December (the last full month of complete data) is also down substantially from the previous year’s reading for December. Gas usage reported an 18.8 percent reduction when compared to the same time period the year before. The reduction in consumption

stems from efforts to save energy on the base which are showing success.

Unfortunately, with rising

utility rates, this tremendous reduction in usage is not met with equally impressive cost reductions. While the con-

sumption has reached record lows, natural gas costs have risen to record highs. Natural gas prices are up a whopping 71

percent from last December. Electricity costs increased 9 percent for this past January – a small increase when compared to natural gas costs.

Conservation efforts help a great deal. This usage reduction is very impressive and demonstrates that we can make a difference. Nothing can be done to control utility rates, but controlling usage will affect overall energy costs.

The base’s cost would have been substantially higher had it not been for the extra effort placed on energy conservation by all those who try to make a difference. Thank you for your outstanding help and keep up the good work. Questions about energy conservation can be directed to the base energy awareness office at 363-0904.

### What is a ‘Stage 3 Power Alert Notification’?

When electrical demand comes within 98.5 percent of the available supply, the California Independent System Operator issues a “Stage 3 Power Alert Notification” that forces Southern California Edison and other power providers to reduce demand on the state’s power grid system.

One such way to reduce demand is to impose involuntary “rolling blackouts” within each power providers’ territory. When this happens, power is shut off to some consumers to

keep minimum operating reserves available.

Los Angeles AFB for the most part is within SCE’s territory and would be subject to these blackouts if not for the “essential customer” provision. Areas A and B and the Lawndale site are considered exempt from rolling blackouts. However, Fort MacArthur is subject to rolling blackouts during Stage 3 Power Alerts.

If rolling blackouts are implemented at Fort MacArthur they will probably

last between 1-2 hours. It is unlikely that a blackout would occur more than one time in a day. Blackouts are performed on predetermined regions and scheduled in a fashion so as not to occur to the same customer twice in a day.

Housing areas exempt from rolling blackouts include Pacific Crest, Pacific Heights and Whites Point since these areas are within Los Angeles Department of Water and Power territory which is served with municipally produced power.

# Coming to terms with what it means to be a 'leader'

By Dennis Volpe  
Electronic Systems Center

HANSCOM AFB, Mass. (AFMCS) — All too often we hear the term "leadership" used in many different contexts:

- Leader, not a follower
- You are leaders
- You need to develop better leadership skills to succeed
- As a leader, you must be or do (put your own words here)
- Lead by example, etc., etc.

But, what is leadership and what does it mean? Several quotations from past senior military leaders have helped me come to terms with the definition of leadership.

"Leadership is the art of accomplishing more than the science of management says is possible," said Secretary of State Colin Powell, who was also an Army general and former Joint Chiefs of Staff chairman.

"I feel like a turtle sitting on top of a fence post. I know I'm up here, but I know I didn't get

here by myself," said Gen. Mike Dugan, former Air Force Chief of Staff.

"The day soldiers stop bringing you their problems is the day you have stopped leading them," said Powell. "They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership.

"Have fun in your command. Don't always run at breakneck pace," said Powell. "Take leave when you've earned it. Spend time with your families."

There is a common thrust to all quotes: It's people that get the job done — not leaders.

Without skilled, dedicated people, leaders will fail. It's leadership's responsibility to create and nurture an environment, which attracts the best people and leads our organizations to excel.

When people are happy and motivated, they'll do their best for you and the organization.

They need to be appropriately recognized and rewarded for doing so.

People also need to understand where they fit in the organization — we should never let our people feel as if they were merely pawns in a chess game to be moved and sacrificed for whatever well-intentioned reasons. Everyone, no matter what their job or role, must feel that they are an integral and important part of the organization.

Leadership goes both ways, up and down the management chain.

A good leader must show commitment to the organization and people within it and not just be a caretaker. A good leader needs to be available and accessible to the staff to debate and resolve issues or problems.

A good leader must also follow through on commitments to make sure effective implementation or resolution.

A leader who is unwilling to lead in this manner is not a

leader but is simply a "custodian."

Effective leaders also need to be visionaries. They need to look into the future and know where the organization can go and show the way.

Effective leaders need to be acutely aware of the core competencies of the organization and skills of the team to leverage them appropriately for the organization. Once you have attracted and motivated the best and brightest, it does not serve you well to stifle creativity.

We need to encourage the entrepreneurial spirit and not punish the forward thinkers for being "out there" but rather support, focus, guide, protect and reward these creative visionaries because they probably have it right after all. In this way, we encourage innovative ideas — not the same old "status quo."

A good leader has an obligation to protect their folks when they have knowingly

placed them in harm's way or when they have gotten themselves there accidentally.

When you are asked for "top cover," you need to provide it. If your folks are wrong, then you need to extract them as gently as possible while providing top cover. You need to do this without regard for your own well-being or status.

The "captain goes down with his ship" not because he wants to, but because he has placed the safety and well being of his crew ahead of his own. Never, ever cut them off and let them die.

As a leader, you need to recognize that people need balance in their lives, have outside interests, have families and need to spend time with them. Unless absolutely unavoidable, you should not infringe on "off duty" time.

Finally, leadership is not a function you can delegate. It is your individual obligation and responsibility to those you lead.

## Town Hall, from Page 1

was a huge success. "It was great to have an opportunity to show people what we have to offer them at the Health and Wellness Center. If they want to lose weight, improve their nutrition or fitness level, stop using tobacco or better manage their stress, the HAWC has a program. We also have a comprehensive patient education library," Scheuren said.

Education was a large part of the Community Expo, but there was also some fun and games, both for children and adults. Outdoor Recreation inflated their "moon jump" attraction and also spun up the cotton candy and popcorn machines. Later, adults attended a St. Patrick's Day party at the Harborview Lounge.

## 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. If you have an issue that needs to be resolved, discuss it first with your supervisor or First Sergeant. Call the Action Line at 363-2255 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 — Capt. Bo Bloomer ..... 363-5126
- 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/Health Benefits — Rosie Manning ..... 363-0261
- 24-hour Crime Stop ..... 363-2124
- Legal Office — Col. Scott Bagley ..... 363-0916
- Area Defense Counsel — Capt. Art Kirkpatrick ..... 363-6776

## Astro News

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

## Luncheon today

A reminder that today is the 5th Annual Honor Guard Recognition Luncheon at 11:30 a.m. in The Club Ballroom. This annual event recognizes Honor Guard volunteers who put in many hours of effort supporting funeral honors along with various on-base and off-base Honor Guard functions. A limited number of tickets will be available at the door.

The menu consists of vegetarian lasagna, penne pasta with red sauce and meat sauce, along with Caesar's salad, hot garlic bread, iced tea and coffee. The meal price is \$10 for current and former Honor Guard members and \$12 for all others.

Supervisors of current Honor Guard members are especially encouraged to attend.

## TRICARE news

With the passage of the National Defense Authorization Act for 2001, TRICARE Management Activity will implement a new benefit, TRICARE Prime Remote for Family Members.

Beginning Oct. 1, active duty family members who reside with their TRICARE Prime Remote eligible sponsors in remote locations will be eligible to enroll in TRICARE Prime Remote for Family Members. Locations designated as TRICARE Prime Remote are generally more than 50 miles in distance or a one-hour drive time from a military medical treatment facility. For more information, contact Rosie Manning at 363-0261.

## TRICARE award

At the recent 2001 TRICARE conference in Washington, D.C., Defense Health Program leaders presented awards for excellence in access to military treatment facilities and customer satisfaction. Los Angeles AFB's 61st Medical and Dental Squadron and the 341st Medical Group, Malmstrom AFB, Mont., were selected as cointerwinners in the category of access achievements by an ambulatory facility within the Continental United States.

# Space Based Infrared payload passes key test

SUNNYVALE, Calif. – Senior leaders from the Air Force's Space Based Infrared Systems Program Office observed a key test sequence of the Pointing and Control Assembly qualification hardware for the SBIRS High payload at the Lockheed Martin Sunnyvale facility.

"This successful test is a major accomplishment for the SBIRS High program. SBIRS is the first step in a credible missile defense for America and the PCA test provides the groundwork for victory," system program director Col. Mike Booen said.

The PCA hardware supports all SBIRS missions by providing pointing accuracy for the sensor. Initial tests indicate

the PCA's performance is exceeding requirements. Qualification testing is performed to demonstrate to the Air Force that system requirements have been met.

"The PCA is like the base of a telescope. It doesn't matter how good your telescope is if you can't precisely point it at the star you want to see," Booen said. "Pointing accuracy is incredibly critical when you're looking at enemy missiles. You have to be accurate and you have to be able to point the sensor quickly. I'm very pleased with the significant progress the team has made in this area. We're on the right path for success."

The PCA hardware is now

being prepared for shipment to the Aerojet Corporation payload test facility in Azusa, Calif., where it will be integrated into the SBIRS sensor for the payload qualification program.

The SBIRS program will provide the nation with critical missile defense and warning capability well into the 21st century. SBIRS is one of the Air Force's highest priority space systems. It is designed to incrementally upgrade and eventually replace the Defense Support Program.

SBIRS is an integrated "system of systems" with multiple space constellations and an evolving ground element. The legacy Defense Support Program satellites will

continue to operate and provide data to the nation. Increment 1 will usher in a consolidated ground segment that will streamline the current software capabilities with an open architecture that will accommodate SBIRS High and Low components as they are fielded. Increment 2 will be marked by the addition of SBIRS High. This component will consist of satellites in geosynchronous earth orbit and sensors in a highly elliptical orbit.

SBIRS Low will be added as part of Increment 3. It will consist of a constellation of satellites in low earth orbit. Together, these systems provide far greater missile warning capabilities to the nation and warfighter.

## Base commander goes 'hands-free'



Photo by Joe Juarez

Vince Rosario, Land Mobile Radio systems manager with the 61st Communications Squadron, installs a hands-free device in base commander Col. Phil Parker's car which allows Parker to talk on his

cellular phone but keep both hands on the wheel. Although there are currently no laws prohibiting cell phone use while driving, officials encourage the use of hands-free devices for greater safety.

## 19th annual Space Power workshop kicks off April 2

Dr. William Ballhaus Jr., president of The Aerospace Corporation, will keynote the 19th annual Space Power Workshop set for April 2-5 at the Crowne Plaza Redondo Beach and Marina.

The Workshop is an international forum for the timely exchange of ideas and information on all aspects of space power. It is hosted jointly by Aerospace, SMC, and the Air Force Research Laboratory.

This year, the theme is "Commonality on Space and Terrestrial Power" and the general chairman is Dr. Warren Hwang, Director of the Energy Technology Department in Laboratory Operations.

Invited plenary speakers are: John Benner, Manager of the Electronic Materials and Devices Division, National Renewable Energy Laboratory discussing space implications of the terrestrial photovoltaics

roadmap; Brian Barnett, Vice President, Director of Battery Industry Studies, Arthur D. Little Co. describing commercial and space markets of lithium batteries; and Richard Bartholomew and Gerald Caesar, Program Managers in the National Institute of Standards and Technology giving an overview of the ATP investment in premium power technology.

Formal presentation

sessions encompass the different aspects of space power including architecture, energy generation, energy storage, power management and distribution, and program experience.

Informal discussion groups will debate the latest issues in space power.

Registration is \$225. Contact Jackie Amazaki, administration coordinator, at 336-4073 to register.

# Dollars and sense

## *Airline strikes may affect spring travel*

There is potential for one or more airlines being involved in a strike or work stoppage during early spring this year. With the federal government having 93,000 employees on travel on any business day, there will certainly be travelers with questions on what to do. While the GSA's Office of Government-wide Policy is optimistic that a strike will not occur, they want to help with a few tips on easing the burden of traveling during this unstable period.

The four major airlines that may strike are American, Delta, Northwest and United.

Q: What happens if the Government city-pair carrier that I planned to use is on strike?

A: The Joint Federal Travel Regulation lists exemptions to use of the city-pair contracts. Canceled flights due to a strike are significant enough to allow use of one or more of the

exemptions from use of a non-contract airline or alternative transportation as determined by your agency.

Q: What should travelers do to better prepare?

A: Anticipate a strike and take the following precautions:

- Make travel plans early - do not wait until the last minute.
- Be flexible and have a backup plan.
- Have SATO, airline and other emergency phone numbers ready for easy reference.
- Ask SATO to issue a paper ticket in lieu of an electronic ticket if you are ticketed on one of the potential striking airlines - only paper tickets can be exchanged with other airlines. Additional costs may be charged for the issue and mailing of a paper ticket.
- Check arrival/departure times frequently - call airlines prior to departing for the

airport.

- Check in early at the airport in case of last-minute delays or cancellations - you may have better luck in re-scheduling at airport.

- Be prepared to use an alternative method of transportation.

- Advise your agency before you travel that additional costs may be incurred if a strike occurs while traveling.

- Postpone travel if not essential.

- Use an alternative to traveling such as teleconferencing, or conference calls.

- Be aware of all the airlines that serve your destination. You may need to use a non-striking one.

*Dollars and Sense is a forum to provide education on financial or travel matters. E-mail questions you'd like to have answered to Capt. Mark Holbrook at: mark.holbrook@losangeles.af.mil.*

## AFA/CGOA awards scholarships



Photo by Capt. Janet Haug

2nd Lt. Erin Melcher and Capt. Bo Bloomer were recently awarded \$1,000 as the first recipients of the Air Force Association/Company Grade Officers Association Master's Degree Scholarship sponsored by the AFA General Bernard A. Schriever Chapter Education Foundation. The CGOA co-sponsors this event by publicizing the scholarship and holding the scholarship board. From left to right: Bob Marohn, president AFA Schriever Chapter, Bloomer, Melcher and Gene Grimm from the Schriever Education Foundation. Bloomer is currently taking his last class to complete his master's degree from Chapman University in organizational leadership while Melcher is enrolled at Webster University in a program that will lead to a master's in Business Administration. For more information on this scholarship program, contact CGOA president Capt. Janet Haug at 363-3603.

# Hazardous waste roundup April 21

By Mehdi Sanwari  
Base Civil Engineering

Each person in the United States produces an average of four pounds of household hazardous waste each year for a total of about 530,000 tons. The average U.S. household generates more than 20 pounds of household hazardous waste per year. As much as 100 pounds can accumulate in the home, often remaining there until the residents move out or do an extensive cleaning.

To assist Los Angeles AFB personnel in the proper disposal of household hazardous waste, a roundup will be held on April 21 to allow military personnel to turn in household

hazardous waste. The roundup will be held in the parking lot across from the Fort MacArthur Community Center from 9 a.m to 3 p.m.

When turning in household hazardous waste, put cans in a cardboard box. Do not mix the different household chemicals. All containers should be closed and not leaking any material. The household hazardous waste should not exceed 5 gallons or 50 pounds total and must not be radioactive. Ammunition and explosives will not be accepted.

Individuals turning in household hazardous waste will be required to complete a form and provide information including name, address, office

symbol, phone number, and the type of waste that's being turned in.

A virtual tour is available online at the Environmental Protection Agency's Region 9 website by starting at [www.epa.gov](http://www.epa.gov) for information on what potentially hazardous products are common in homes.

Some examples of products that constitute household hazardous waste include drain openers, oven cleaners, toilet-bowl cleaners, ammonia and chlorine bleach.

If you have any questions or for more information on the hazardous household waste roundup, call Base Civil Engineering at 363-0496.

# Local photographer wins big



Above photo by Joe Juarez

Above: Retired Marine and local photographer Johnny McCall, above center, presented a certificate by 61st ABG commander Col. Phil Parker and Services director Gary Van Dusen for winning first place in an Air Force-wide photo contest. Right: McCall's entry "The Family" is a computer-enhanced collage of four generations of his family.



# 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



# Air Force personnel system goes high-tech

## “MilMod” replaces ‘70s era technology

**RANDOLPH AFB, Texas (AFP)** — In less than two months, military personnel specialists throughout the Air Force, Air National Guard and Reserve will begin using state-of-the-art technology to process “total force” personnel information.

The Air Force Military Personnel Data System Modernization program, or MilMod, will be turned on May 1, replacing the 1970’s technology currently being used with a relational database using the Oracle Human Resources software. It has been more than 20 years since the last major update.

“We’ve been working hard for nearly five years building this modernized system to take Air Force personnel processing into the next century,” said Lt.

Col. Ed Oliver, MilMod program manager at the Air Force Personnel Center. “Our folks have been working seriously long hours to get this new system up and running by the May 1 deadline. We’re now in the final stretch and are building the world’s largest, and we think the best, human resource system.”

Master Sgt. Jean Barrett, Los Angeles AFB Personnel Management System chief, is excited about this new technology.

“This is good news for us because it will improve the overall processing time of personnel actions such as duty information changes or assignment actions since we will be dealing with a single personnel database,” Barrett said.

This new system will support all “life cycle” person-

nel management functions from recruiting through job assignment and ultimately separation or retirement. It will provide real-time updating and reporting capabilities that are not available in today’s Personnel Data System, Oliver said.

“Current automation technology is being leveraged to improve support at all levels and is the foundation for

building a robust integrated personnel system for the total force,” he said.

The new system has several inherent improvements over the current system. The most apparent improvement is the graphical-user interface, which will give personnel technicians online, real-time access to personnel information.

“We’ve also standardized the support we’re providing to the total force,” Oliver said. “This will improve system support to

the Air National Guard and Air Force Reserve personnel processes.”

But, as with any new system, there will be a transition period where the normal personnel functions that people use will be unavailable, officials said. There will be a nine-day period prior to the implementation date where no personnel transactions will be accepted into the systems being replaced. All active-duty, Guard and Reserve members are urged to complete any personnel actions before April 21.

## No fooling, SGLI up to \$250,000 April 1

Under the Veterans Benefits and Health Care Improvement Act of 2000, effective April 1, all military members eligible for insurance under Servicemembers Group Life Insurance will become insured for an increased maximum coverage of \$250,000. Also, following the effective date, all

persons newly eligible for SGLI coverage will have \$250,000 in coverage until they make a valid election or declination otherwise. The monthly premium for SGLI will remain \$.80 per \$10,000 of coverage. Therefore, the monthly premium for full coverage will be \$20 for the increased coverage. On or after

April 1, a member may decline coverage or elect a reduced level of insurance in multiples of \$10,000.

No action is required of members who elect full coverage as the increase is automatic. Contact the military personnel flight to elect no coverage or less than the maximum.

# A beautiful day in our neighborhood



The Fort MacArthur Community Center was the site of the Community Expo last week. Clockwise from top left: Michelle Castleman from Outdoor Recreation spins some cotton candy for a young guest. Kimberly Gill, left, and Capt. Deborah Schueren from the Health and Wellness Center talked to members of the community about weight loss, kicking the smoking habit and other healthy lifestyle options. Cheryl Cobb, from Services Marketing, signed people up for a gift basket giveaway as she promoted the various activities Services provides. Christina Kobayashi, left, the acting child care director at the Fort MacArthur Child Development Center, discusses child care options with a Los Angeles AFB family member. Department of Defense police officer Jose Meza chats with Chaplain (Maj.) Jim Walker.

Photos by Joe Juarez



## 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

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.

Current 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.

**Ann Hall** has an opening for a child two years or older. Call 832-5673 for more information.

**Kimberly McClure** has an opening for a child two years or older. Call 833-8188 for more information. **Kellie**

**Heironimus** provides hourly care for children of all ages. Call 833-5751 for more information.

**Tina Alejandro** has an opening for a child two years or older. Call 832-2620 to speak to Tina.

**Joan Smith** has two openings for children two years and older. Call 241-1422 for more information.

## Running for fun on St. Patrick's Day



Photo by Joe Juarez

Lunch time runners at the Fitness Center participate in the annual St. Patrick's Day Fun Run last week. While not a race against each other, it was a race against the clock as each runner was asked to

guess his or her elapsed time for the 10 kilometer run. Tech. Sgt. Jeffrey Feller took first place by guessing a time of 50 minutes, 30 seconds and finishing in 48 minutes, 56 seconds.

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 child care for more than 10 hours per week on a regular basis in base housing must be trained, certified and granted a license by the base commander.

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.

## 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. Individual appointments can be made by calling 363-6815, or you can ask at the front desk for a trainer during your workout.

## Teddy Bear Tea

The Community Center and volunteers from the base community are sponsoring a Teddy Bear Tea for children up to five years old. The tea is free and scheduled for April 5 from 9:30 to 11 a.m. in the Community Center. There will be live entertainment, photo opportunities and tea and treats. Reservations may be made by calling Kelly Beck or Shelly Beres at 519-7876.

## Gymnastics offered

Gymnastics classes are being offered at the Fort MacArthur Fitness Center at 3:30 p.m. on Tuesdays and Thursdays.

## 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.

## Camping trailers available for rent



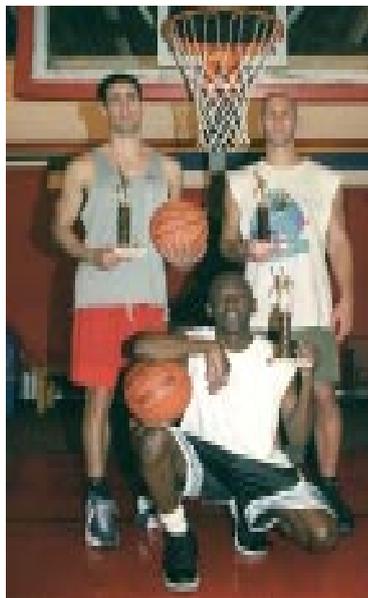
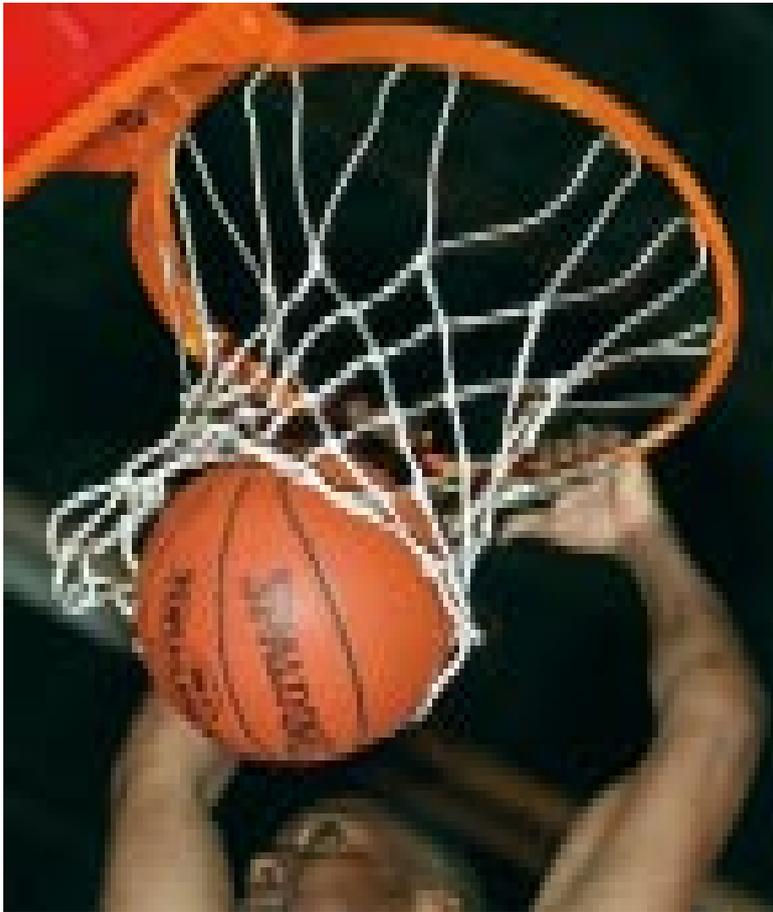
Photo by Joe Juarez

Col. Mark Wisniewski, the commander of the 61st Medical and Dental Squadron, checks out the camping trailer available for rent from Outdoor Recreation. The trailer can sleep four adults and comes with air conditioning and heating, a refrigerator, a stove, and a sink with a 10-gallon water tank. It even has a Dolby Digital home theater system with surround sound, DVD and a 70 inch high definition television system! (Not really.) The trailer rents for \$35 per day with a 2-day minimum rental period and a \$100 deposit. Reservations can be made up to a month in advance. Call Outdoor Recreation at 363-2753 for more information or to make a reservation.

United States Air Force  
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# Jammin' on the hardcourt



Lunch hour cagers gathered on the court for a slam dunk competition March 11 at the Los Angeles AFB Fitness Center. Above: E.Q. Anderson thrills the crowd with an acrobatic dunk. Top center: Anderson, Jerry Hernandez, right, and Keith Willoughby, kneeling, pose with their trophies. In the six-foot or below category, Anderson took first place, Willoughby came in second and Hernandez placed third. Bottom center: Jeff Burgos, left, Jan Whiting, right, and Bryant Grant, kneeling, pose with their prizes in the six-foot or over category. Burgos placed first, Whiting was second and Grant was third. Far right: Hernandez takes advantage of the 8-foot rim for a powerhouse jam.

Photos by Joe Juarez

# 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 at noon the week before the publication date. Articles should be sent via e-mail to the editor at:

**SMC.PA.Astronews@losangeles.af.mil**

Photos can be mailed to the following address:

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

**Publication date**

**Submission dates**

April 6 .....	March 30
April 20 .....	April 13
May 4 .....	April 27
May 18 .....	May 11
June 1 .....	May 25
June 15 .....	June 8
June 29 .....	June 22

## Space-A destinations for March

March 2001 departures				
Date	Flight #	Space-A showtime	Departure Time	Destinations
25	MC71	5:35 p.m.	8:35 p.m.	Seattle, Osan, Kadena
26	MC87	7:50 p.m.	10:50 p.m.	Seattle, Yokota, Iwakuni, Misawa
29	MC79	7:30 p.m.	10:30 p.m.	Seattle, Yokota, Kadena
March 2001 arrivals				
Date	Flight #	Arrival time	Arriving from	
28	MC88	1:50 p.m.	Seattle, Yokota, Iwakuni, Misawa	
24, 31	MC80	3:35 p.m.	Seattle, Yokota, Kadena	

**Notes:** No scheduled departures on Tuesdays, Wednesdays and Fridays. Passengers with confirmed reservations can check in six hours before departure. No scheduled arrivals on Monday, Tuesday, Thursday, Friday and Sunday. For more information, contact the AMC ticket counter at 363-0714 or 363-0715.

# Parent/Teen workshops set for April 21 at Ft. Mac

By John Ryan  
Public Affairs

The Family Advocacy, Services, Family Support Center and Chaplain offices at Los Angeles AFB have combined resources to promote a full-day of Parent/Teen workshops at Fort MacArthur April 21. The workshops will cover a variety of topics. The event is open to all members of the Los Angeles AFB community and will be held on the second floor of Building 37 from 9 a.m. to 4 p.m.

Register by April 1 to receive free childcare at the Fort MacArthur Child Development Center for children aged 6 months to five years.

Parents and teens will enjoy a full day of workshops. Registration begins at 9 a.m. At 9:40 a.m., guest speaker Juliet Funt, daughter of Allen Funt, creator of the Candid Camera television show, will offer an

exciting presentation emphasizing the impact of language in communicating.

Several workshops for parents and teens will be offered following the guest speaker. For parents, there are workshops on Practical Parenting Strategies; How to Get Stress Under Control; Balance Restored; and Sexual Awareness in Young Children: What is Normal, Creating Healthy Boundaries within the Family, and Effective Parent/Child Communication.

There are also workshops designed for both the parent and teen or just the teen: Using Creative Arts to Build a Family Esteem Team; Contraceptive Choices, Healthy Eating and Disordered Eating; How much do you really know about Alcohol and Anger Management for Everyone.

For more information or to register contact Elisa Parr or Martha Hathaway at 363-1251.

## Live blues at Harborview Lounge



Courtesy photo

Local blues and soul singer Janiva Magness will perform at the Harborview Lounge at the Fort MacArthur Community Center March 30 from 7-11 p.m. Blues Access Magazine says Magness is a "no-nonsense blues powerhouse."





