

Get to camp sites early

Labor Day weekend visitors to the Sequoia and Inyo National Forests will have to arrive early if they hope to find empty campsites in the popular mountain areas. Visitors are also urged to remember Stage II Fire Restrictions are in place because of hot-dry weather this summer.

This last weekend of summer is expected to bring thousands of campers and sightseers to the Sierra region. Campgrounds are available on a first-come first-served basis throughout most of the Eastern Sierra region. There are also a few private campgrounds offering space with hookups for recreation vehicles.

Wilderness permits are needed by all visitors who plan overnight stays in wilderness areas and for day trips to some of the more popular wilderness area desti-

nations.

Rafters using the Kern River need to obtain permits from U.S. Forest Service offices in Bakersfield or Kernville. Forest officials also noted swimming and floating is not recommended in the Kern River; an estimated 12 persons have drowned in the river this year.

Fire restrictions now in force prohibit portable stoves, campfires or smoking outside developed campgrounds or designated fire-safe areas. Campers in the forest, where there is no campground, are required to have a campfire permit and a shovel in their possession for a cooking or warming fire. Since escaped campfires are the largest cause of wildfires in the forests, campers are urged to make certain all campfires are dead out when leaving them.



BENEFIT — China Lake police donated the use of their pistol range last Saturday for a fundraiser held by the High Sierra Reel and Gun Club. About 30 members of the club took part in a shoot whose proceeds were given to the Ridgecrest Women's Shelter, which houses battered women and children. — Photo by PH2 Rick Moore

Big weekend set at Bishop

Tonight's queen coronation, street dance and finals in the whisikerino contest will kick off the 54th annual Homecoming and Wild West weekend at Bishop.

Tomorrow's activities start with a parade at 10 a.m. down Bishop's Main Street. Everyone will then head to the Tri-County Fairgrounds for family fun and games — no admission fee. The chili cookoff is at 2 p.m. and a giant chili feed at \$3 per person takes place at 5:30. Saturday evening's PRCA rodeo calls for admission of \$6 for adults and \$3 for children. At 9 p.m. a dance finishes the evening; no one under 21

is admitted and admission is \$5 per person.

Sunday starts with the Lion's Club pancake breakfast in the park from 7 to 11 a.m., followed by a junior rodeo at the fairgrounds at 1 p.m. Admission to that is \$1 per person. A western dinner at the fairground — \$5 per person — will be held at 5:30 and the PRCA rodeo starts at 8 p.m.; again \$6 for adults and \$3 for children.

Monday, Labor Day, will feature a local rodeo at 1 p.m. All seats are \$5 for this event.

Shot clinic slated Thursday

Appointments are not necessary for the Kern County Health Department's monthly immunization clinic that will be held in Ridgecrest at 250 W. Ridgecrest Blvd. on Thursday, Sept. 4. The clinic will run from 8:30 a.m. until noon.

A parent or legal guardian must accompany each of the youngsters for 2 months through 17 years of age planning to get their immunizations; these parents or guardians must sign consent forms.

Each immunization costs \$2, with a maximum charge of \$5 per family per visit.

This maximum charge does not cover Haemophilus influenza type b (Hib) vaccine; charge for an injection of Hib vaccine is \$11.

Credit cards, insurance forms or large bills will not be accepted, but Medi-Cal stickers will be honored. If they have had a recent physical examination under the program, Child Health and Disability Prevention Program-eligible children can receive all vaccines without charge.

CL Players to present plays

Two one-act plays entitled "Dreamers" will be presented by the Summer Theater Workshop of the China Lake Players on Friday and Saturday, Sept. 5 and 6, at the China Lake Players Theater, located at Blandy Avenue and Lauritsen Road.

Reno Venturi and Bob Hoffman, facilitators, coordinated the summer program for the 15 workshop members around presentation of two plays. Plays selected by workshop members were "Three on a Bench" by Doris Estrada, a light comedy, and "Balloon Shot," a drama.

Tickets are \$2 for all seats. Reservations may be made by telephoning The Music Man, 375-4001. Doors open at 6:30 on the two evenings, with the curtain going up at 7 p.m.

Community Events

Ongoing adult ceramic classes are held every Monday evening at the Craft/Hobby Center. Learn how to complete professional looking ceramic pieces that make great gifts—all the better because they are handmade!

Classes are from 5:30 to 8 p.m. every Monday (holidays excluded) for six weeks. Basics of ceramics and, with sufficient progress, more complicated techniques will be taught.

Fees for the six-week course are \$10 per person for active duty military or dependents; \$12 per person for DOD civilians, retired military or dependents; and \$16 per person for private citizens.

For more information or to register, call the Craft/Hobby Center at NWC ext. 3252 Monday through Friday from 9 a.m. to 8 p.m. or on Saturday from 10 a.m. to 4 p.m.

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"Digital Display" will be the DJ at the disco being held at the Enlisted Mess on Wednesday, Sept. 3. For only \$1 each, authorized patrons and guests can disco from 8 until 11:30 p.m.

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A dinner special of beer-batter cod is being offered at the Enlisted Mess tonight. Dinner will be served from 5:30 until 9 p.m.

+++

Due to the upcoming holiday, the Commissioned Officers' Mess will be closed Sunday and Monday; and the Enlisted Mess, Chief Petty Officers' Mess, Auto Hobby Center and the Craft/Hobby Center will be closed Monday. Operating under regular hours will be the China Lake Golf Course and Hall Memorial Lanes. Holiday hours for the gym will be from 11 a.m. until 6 p.m.; lap swimming at the pool will be from noon until 1 p.m. and open swimming will be from 1 to 6 p.m.

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Starting Sept. 8, the Commissioned Officers' Mess will offer a Monday lunch special at only \$2.25 per person. On Sept. 8, the special will be shish-ka-bob, rice pilaf and salad; Sept. 15, roast beef sandwich, mashed potatoes, vegetable and roll; Sept. 22, home-made ravioli, salad and garlic bread; and Sept. 29, chicken cacciatore, salad and rolls.

It is not necessary to belong to the COM to take advantage of the lunch specials.

Mess membership urged

All civilian employees are encouraged to become a member or associate member of the Commissioned Officers' Mess, Chief Petty Officers' Mess or Enlisted Mess, depending on which they are eligible to join.

Eligibility for the COM is GS-9, Demo Project equivalent or above. Some GS-9s and Demo equivalents have the option to belong to either the COM or to have an associate membership in the CPOM. CPOM

associate membership is GS-5 through GS-8 and Demo Project equivalents, and EM memberships are GS-1 through GS-4 and their Demo Project equivalents.

All members are also encouraged to take advantage of all the special activities, such as the disco or dances with live bands.

Further information can be obtained by telephoning the COM at 446-2549, CPOM, NWC ext. 3634; or EM at 446-6929.

COM holds open house Friday

All people eligible for membership at the Commissioned Officers' Mess are invited to a special open house on Friday, September 5. The evening special will feature a steak dinner, swimming and dancing to disco music on the patio. Dinner will be served from 6 to 9 p.m. and music for dancing or listening pleasure will be from 8 until midnight. Find out what the benefits of belonging to the COM are!

Only a limited number of tickets are available and can be purchased at the Officers' Mess for only \$6 each. Reservations are required by Sept. 2. Please call NWC ext. 3105 for additional information.

Movies

FRIDAY, SATURDAY AUGUST 29, 30

"MURPHY'S LAW"
Starring
Charles Bronson and Carrie Snodgrass
(Action-Drama, rated R, 100 min.)

SUNDAY, MONDAY AUG. 31, SEPT. 1

"LADY JANE"
Starring
Helena Bonham and Cary Elwes
(Drama, rated PG-13, 142 min.)

WEDNESDAY SEPTEMBER 3

"LEGEND"
Starring
Tom Cruise and Tim Curry
(Fantasy/Adventure, rated PG-13, 89 min.)

FRIDAY SEPTEMBER 5

"THE COLOR PURPLE"
Starring
Danny Glover and Whoopi Goldberg
(Historical-Drama, rated PG-13, 154 min.)

Starting Times: Matinee / 2 pm Evening / 7 pm

(G) ALL AGES ADMITTED
General Audiences
(PG) ALL AGES ADMITTED
Parental Guidance Suggested
(R) RESTRICTED
Under 17 Requires Accompanying
Parent or Adult Guardian

★ U.S. Government Printing Office.
1986 — No. 40020

FROM: _____

PLACE
STAMP
HERE

TO: _____

Center plan stresses crisis management push Life-line systems vulnerable to earthquake interruption

Crisis management following any sort of disaster is especially important in a remote area like the Indian Wells Valley because life-line systems are extremely vulnerable here.

For instance, those who have lived in this area when snow has fallen on the high desert become aware quickly that there's one road north, two roads south, one road east and one road west — and that all of these are easily closed by even a small snowfall or by ice.

When roads are closed, whether because of snow or because a road might cross an earthquake fault (and both Highway 14 and 395 cross the San Andreas fault before they reach the Los Angeles basin), food importation ceases. This has an almost immediate effect since the local markets have only roughly a two-day supply of food on hand. Those who do not have food for several days stored in their own cupboards are apt to be on an involuntary diet.

Water is even more critical to survival in this desert environment. An interruption in

electric power means that pumps don't operate and all water used in the local area has to be pumped from the ground. An earthquake not only could interrupt the supply of electricity but also could crack and break well heads and casings, adding to the problems of getting water from the ground to those who need it.

Anyone living in the local area should, to be safe, have water stored. A minimum storage would be 10 gallons per person (roughly a week's supply for anyone who uses water carefully for drinking, cooking and absolutely essential cleanliness), plus whatever water is needed for pets or farm animals.

Electric power depends on the power grid functioning. Once the grid is down for any reason, pumping of water ceases, lights don't work nor do telephones and all cooling and air conditioning equipment halts. Emergency generators will keep medical and other essential facilities operating — but would not be adequate to provide power

to residents.

For times when the power goes off, each household should have at least one flashlight on hand with fresh batteries (batteries should be kept in a refrigerator to ensure that they are fresh). Also, to receive emergency information, each family should also have a battery-powered radio or a functioning car radio.

Since electricity also powers gasoline pumps, those with empty gas tanks aren't going to be able to get around very well. Keeping at least a half tank of gas in the family car is wise.

Sewer lines are also fragile. If a crisis takes the form of an earthquake, residents should be conscious of potential trouble with waste disposal.

The crisis management plan carries a section on personal preparedness for a disaster. Current plans for implementation of the plan include sending an "all hands" distribution copy of the personal preparedness section.

Recent earthquakes in the Chalfant Valley north of Bishop reemphasize the

need for disaster preparedness in the local area. When the earth starts shaking, it's too late to get ready. Yet, earthquakes are only one of the myriad of disasters and crises that can occur.

Fundamental to any disaster preparedness is a center-wide crisis management plan; the newest revision of a crisis management plan for NWC is expected to roll off the press on or about September 15. Crisis management plans are mandated by OPNAVINST 5530.14A, 3440.15, 3440.16 and a number of ancillary materials.

Since the plan itself is extensive, various aspects of it will be discussed in a series of Rocketeer articles. Those who will need to examine the crisis management plan in greater detail will be able to do so by obtaining a copy of the sections that they need or a copy of the complete document from Code 24.

(See map on Page 3)



Navy award earned by NWC personnel officer

Eva Bien, the Center's Civilian Personnel Officer, was presented the Navy Award for Excellence in Civilian Personnel and Equal Employment Opportunity in a ceremony held in Washington last Friday.

The award was presented in the office of Chase Untermeyer, Assistant Secretary of the Navy (Manpower and Reserve Affairs). It was initiated by the Board of Governors of the Navy's civilian personnel system, the Office of Civilian Personnel Management, to recognize outstanding personnel officers throughout the Navy.

Ms. Bien was nominated for the honor by the Space and Warfare Systems Command for her work with the Demonstration Project. Joining her in receiving an award for the Demo Project was Randy Riley, Civilian Personnel Officer for the Naval Ocean Systems Center in San Diego.

The other two recipients of the award were Ron Townsend from Pensacola, who was honored for his EEO work, and Jerry Walsh from the Naval Facilities Engineering Command for creative work with performance assessments.

Gerry Schiefer, NWC Technical Director, who flew to Washington to be present for the ceremony, told attendees at the Commander's meeting Monday that, "I was extremely proud that Eva received one of these first four awards ever presented for the outstanding work that she has done for the Center."

Ms. Bien then showed the plaque and framed certificate comprising the award to the group present. She commented that she felt that the award really recognizes the work accomplished by a team consisting of everyone working in the Personnel Department and the line managers throughout the Center.

A 28-year-Center employee, she has headed the Personnel Department since 1975. Her outstanding work has brought her the Michelson Laboratories Award, a Navy Meritorious Civilian Service Award and recognition from the Federal Executive Board of Los Angeles. She holds a bachelor's degree in business administration from the University of California at Berkeley and a master's degree in public administration from the University of Southern California.

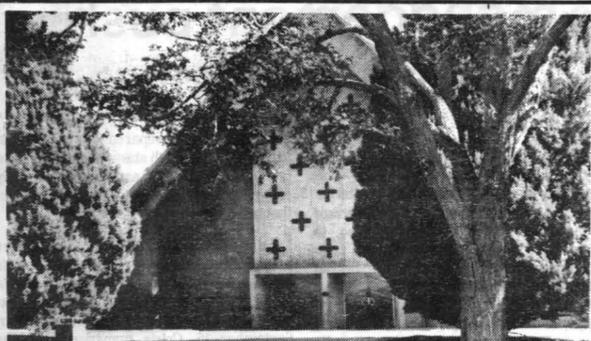


PROUD RECIPIENT — Center Technical Director Gerry Schiefer and Center Commander Capt. John Burt join with Eva Bien in showing the plaque and certificate that she received for her work as Civilian Personnel Officer at NWC. The presentation was made in Undersecretary of the Navy (Manpower and Reserve Affairs) Chase Untermeyer's Office last Friday morning. — Photo by PH2 Rick Moore

Weather Report

	Max	Min	Peak Gust
Fri.	108	70	18 knots
Sat.	104	64	17 knots
Sun.	102	64	17 knots
Mon.	104	68	18 knots
Tues.	102	71	21 knots
Wed.	97	74	13 knots
Thurs.	104	69	22 knots

All measurements are made at Armitage Airfield.



Divine Services

PROTESTANT

SUNDAY WORSHIP SERVICE 10:30 a.m.
SUNDAY SCHOOL (Annexes 1, 2, 4, and the East Wing) 9 a.m.
BIBLE STUDY (East Wing)

Wednesday 11:30 a.m. Sept. through June
 Thursday 7:00 p.m. Officer's Christian Fellowship
 Christian Military Fellowship
ROMAN CATHOLIC

SUNDAY MASS 9:00 a.m.
CONFESSIONS (Sunday) 8:15-8:45 a.m.
COMMUNION SERVICE (Monday) 11:35 a.m.
DAILY MASS (Tuesday through Friday) 11:35 a.m.
CONFESSIONS (Friday) 4:30-5:00 p.m.
RELIGIOUS EDUCATION CLASSES (Sunday) Sept. to May 10:30 a.m.

JEWISH

WEEKLY SERVICES (Friday, East Wing) 7:30 p.m.
ADULT EDUCATION (Saturday, Annex 4) 9 a.m.
RELIGIOUS SCHOOL (Sunday, Annex 4) 1 p.m.

Chaplain J. Milton Collins, Capt., CHC, USN
 Chaplain A. J. Smith, Cdr., CHC, USN
 Hearing impaired equipment available. Nursery available.
 Phone NWC ext. 3506, 2773

PROMOTIONAL OPPORTUNITIES

Applications for positions listed in this column will be accepted from appointable Department of Navy employees within the area of consideration and from eligible employees of attached activities who are permanently assigned to NWC unless otherwise specified in the ad. Appointable means career or career conditional employees, temporary employees with reinstatement or VRA eligibility and employees serving under Veterans Readjustment Appointments (VRA). Alternative recruitment sources may also be used in filling these positions; vacancies are subject to restrictions imposed by the DOD Priority Placement Program. Applicants must meet all legal and regulatory requirements including minimum qualification requirements by the closing date. Applicants will be evaluated on the basis of experience, education, training, performance ratings and awards as indicated in the SF-171 along with any tests, medical examinations, performance evaluations, supplemental qualification statements and/or interview that may be necessary. Career ladder promotions are subject to satisfactory performance and cannot be guaranteed. **APPLICATION PROCEDURES:** Candidates must submit a current SF-171, along with a supplemental qualifications statement (if required), and should submit a copy of their latest Annual Performance Evaluation if relevant to the vacancy. If a supplemental statement is not required, candidates are encouraged to submit additional information which then addresses the specific Knowledge/Skills/Abilities (KSAs) cited in the ad. Write the position title/series/level and announcement number on the SF-171 and all attachments. Be sure that your forms are complete and accurate since you cannot be rated on missing data nor will you be contacted for additional information. Be certain the SF-171 and supplement are dated and have original signatures in ink. All applications will be retained in the vacancy announcement file; they will not be returned or filed in official personnel folders. Applications and supplements are accepted at the Reception Desk, Room 100, Personnel Department, 505 Blandy. Ads close at 4:30 p.m. on Friday, one week after the announcement, unless otherwise specified. Applications received after 4:30 p.m. on the closing date will not be considered. The Naval Weapons Center is an Equal Opportunity Employer; selections are made without discrimination for any nonmerit reason.

No. 26-041, Computer Programmer, DS-324-1/2, Code 26022 — Incumbent will train to use the data base software, SMARTSTAR. Using SMARTSTAR, the incumbent will develop data bases for the Department; train users to input and retrieve data from the data bases, interface with all levels of personnel within the Department to define areas where computerization will be an asset to the responsibilities of the department. The incumbent will work closely with other members of CISO in support of the department in the C&IS area. KSAs: Knowledge of VAX/VMS; to Datatreve, Basic; of SMARTSTAR desirable, but not mandatory. Ability to use VAX/VMS; to communicate effectively with individuals at all organizational levels both orally and in writing; to plan, organize and coordinate complete data base projects; to work effectively in a team environment; to work under pressure. If filled at the DS-2 level, promotion potential to the DS-3 level but is not guaranteed.

No. 26-057, Planner and Estimator (Sheetmetal Mechanic), WD-3064, Code 2013 — The incumbent provides detailed manpower, material estimates and inspection of buildings and structures as assigned. Job Elements: Ability to facilitate production; technical practices; ability to interpret instructions and specifications; knowledge of pertinent materials; knowledge of pertinent tools and equipment. Supplemental required.

No. 22-222, Explosives Test Operator Leader, WL-6517-10, Code 32723 — Responsible for direction of 5-10

employees in the following classifications: Explosives Test Operators, Explosives Operators, Explosives Workers and Machinists. Required to perform as well as lead all phases of experimental propellant and explosives work; give detailed instructions to assigned subordinates; check operations for adherence to schedules and safety standards; plan work assignments within the guidelines established by the supervisor. Elements: Knowledge of math; of processing of propellants, explosives and chemicals; of processing techniques and operation limitations; of smooth and safe work flow. Ability: to read blueprints and sketches. Supplemental required. Promotion potential to WL-10.

No. 22-223, Plumbing Worker, WG-4206-7, Code 22534 — Receives supervision from a journeyman or supervisor. The incumbent lays out, assembles and installs pipes and fittings for the following: process heating systems, hot water, industrial water, low pressure air, sanitary drainage and venting systems, fresh water distribution systems made up of transit, steel, cast iron, plastic, etc. Sets, hands or installs plumbing fixtures, hot water tanks, heating boilers. Tests, maintains and repairs all piping systems. Elements: Knowledge of standard plumbing methods and techniques. Ability to read, interpret and work from instructions; to perform a variety of work in the assembly, installation and repair of plumbing equipment; to plan, lay out and set up work. Supplemental required. Promotion potential to WG-7.

Advisors to be on-Center

Dr. Jagdish Prabhakar of Cal-State University Northridge (CSUN) and academic counselors of Cal State Bakersfield will be on-Center Sept. 5 and Dr. Orlando Madrigal of Cal-State University Chico will be on-Center Sept. 12 to advise current and prospective students in the external degree programs offered by their respective schools.

CSUN has external degree programs in electrical engineering, applied mechanics and mechanical engineering at NWC which lead to a master's degree, as well as an undergraduate program in electrical engineering.

External degree programs offered at NWC by Bakersfield include a bachelor's degree in business administration and master's degree in public administration. Bakersfield also provides math courses in other external degree programs at NWC.

Cal-State University Chico has external degree programs in computer science which lead to bachelor's and master's degrees.

Those who wish to see Dr. Prabhakar, Dr. Madrigal or one of the Bakersfield academic counselors are asked to make an appointment by telephoning Cyndi Jones, NWC ext. 2648.



Personnel Development Opportunities

CONTRACTING OFFICER'S TECHNICAL REPRESENTATIVE (COTR)

Three classes scheduled for Fiscal Year 1987: 6-9 October 1986; Monday-Thursday; begins at 1300 on 6 October and ends at 1130 on 9 October; Training Center; deadline 19 September 1986. By Naval Regional Contracting Officer.

The two other classes will be: 26-29 January 1987, deadline, 5 January; and 4-7 May 1987, deadline, 17 April.

Scope: The purpose of this course is to enhance the administration of service contracts. The course is for people who furnish technical input to contractors, evaluate contractor performance, and perform inspection and acceptance of services provided under contract. The training is designed to ensure that COTRs understand their responsibilities in administering service contracts.

Deadline: See above.

Recent Separations

Code	Name	Title
122	Ketcham, Ronald L.	Operations Research An.
2522	Kuster, Kathy L.	Clerk-Typist
2522	Leonguerrero, Joseph	Clerk-Typist
2522	Rochow, Kurt W.	Purchasing Agent
25255	Holland, Antoinette F.	Contract Spec.
3566	Kroll, Gail G.	Secretary (Typing)
36084	Morrison, Sara L.	Chemical Engr.
3626	Eisenhower, Roy F.	Engrg. Tech.
3646	Marcus, William A.	Model Maker
64131	Bennett, Jerry D.	Engrg. Tech.

CLMRG team conquers highest Soviet peak

Back from climbing Pik Kommunizma, the highest mountain in the Soviet Union, are Bob Rockwell, Terry Moore and Mike Renta from the China Lake Mountain Rescue Group and John Ellsworth from June Lake.

Pik Kommunizma, first climbed by a Soviet group in 1933, is 24,590 feet; the Pamir Range in which it is located is found at the edge of the Tibetan plateau, near the borders of both Afghanistan and China.

Each summer since 1973 the Soviet Union has conducted a summer mountaineering camp for which climbers throughout the world are eligible. By paying a fee of about \$1,300 for all in-country expenses, the climbers are met in Moscow on a prescribed date by the Soviet International Mountaineering Committee. They stay at the Sport Hotel in Moscow (which caters exclusively to athletes and teams in Moscow for competition) and are returned to Moscow after their climbing.

From Moscow, the group of 350 climbers from 19 countries made a 4 1/2 hour flight on a TU-154 to the city of Osh, where they transferred to four Yak 40 jets for a one hour flight to a dirt landing strip at the mud-hut village of Darayun-Korzon. There the group boarded buses to travel three hours over a very dusty, bumpy road to the main base camp at Achik-Tash, elevation 12,300 feet, in the Pamirs, next to Pik Lenina.

Camp officials (all Masters of Sport, the highest level of capability recognized by the Soviets) asked for a list of the most significant climbs from visiting climbers to determine their levels of expertise.

The camp director advised climbers on climbing routes. Helicopters were available to fly the climbers to whichever of the three base camps they wished to use and would even make drops of food and equipment high in the mountains for the climbers.

Climbers selected their food from the camp commissary for the climbing days. Food allowance is 7.5 rubles (about \$10) per day. Whatever is not used is provided as a credit at the end of the trip and is usually taken in the form of cognac, champagne or caviar. Cash refunds are not given.

Each climbing group was also given a radio and told to check in twice a day, at noon and 5 p.m. Itineraries also had to be signed by the camp physician, the head of the rescue service and the camp director.

The local men climbed Pik Petrovsky — 15,813 feet ("A simple day hike," according to Rockwell) — before flying by helicopter to the base camp at the Fortambek Glacier at 13,123 feet.

There they were advised to make their climb up Pik Kommunizma in stages, with five camps established before reaching the summit. Altitudes of the camps were, for Camp 1, 16,730 feet; Camp 2, 19,685 feet; Camp 3, 20,013 feet; Camp 4, 21,325 feet; and Camp 5, 22,638 feet. The summit itself is 24,590 feet. Good maps for the area were not available before they went to Russia, nor was good information about climbing routes.

The Soviet climbers suggested the group climb to Camp 1 on the first day, then to Camp 2 on the second and spend the night there. Leaving sleeping bags and as much equipment as possible, they should then return to base camp for two to three days of rest before making their actual assault on the mountains. (Rockwell noted that the men suffered almost no problems due to altitude, so perhaps the Soviet way of acclimatizing is worth considering.)

An unpleasant surprise to the group was that they had expected to have about 300 to 500 feet of what is considered class 3 of difficulty en route to Camp 2. They discovered there was about 5,000 feet of class 3 and even some class 4 climbing needed to reach Camp 2, some of the most strenuous climbing anyone in the local group had ever done. Adding to the difficulty was that, according to the Soviets, 1986 turned out to be the worst year for weather since 1968. Instead of being able to descend after one night at Camp 2 on their acclimatization climb, they were delayed there by storms for three nights.

After a return to base camp and a rest, they then made their final assault on Pik Kommunizma and returned to Camp 2 on July 28. While there, Ellsworth contracted violent stomach cramps and intestinal distress; he was unable to go with the other three when they were ready to move on the next day. They left him with one of the tents in the hope that a rest of several days would be enough for him to overcome his problems. He eventually returned to base camp but did not feel back to normal until the local group returned to the United States.



NWC CONNECTION — Atop Pik Kommunizma, Bob Rockwell, a member of the China Lake Mountain Rescue Group, poses with the Naval Weapons Center emblem he left at the top of the Soviet Union's highest mountain peak. Rockwell was joined by CLMRG members Terry Moore and Mike Renta in a July assault on the mountain.



FLAG WAYER — Bob Rockwell holds an American flag aloft as he stands atop Pik Kommunizma, highest peak in the Soviet Union at more than 24,500 feet above sea level.

By the evening of July 31, they reached Camp 5, finding winds exceeding 50 knots and a temperature of 10 degrees F. The next morning they began their final climb at 11 a.m. The route to the top of Pik Kommunizma goes right over Pik Dushambe (22,640 feet), gaining the three remaining climbers credit for another peak. Each of the climbers went up at his own rate of speed, said Rockwell; although the route was steep, it was not too dangerous to allow such separate climbing.

By late afternoon Rockwell and Moore reached the peak. They said they had tremendous views of tall mountains and giant glaciers in all directions. At about 6 p.m. they began their descent, running into Renta en route. Because of impending darkness and lack of food, water and shelter at the top, he joined them in the descent. They arrived back at Camp at about 11 p.m.

Although they had originally planned to climb other mountains after their ascent of Pik Kommunizma (as well as the ones they climbed in preparation), the delays due to weather had been costly, so these plans had to be abandoned. They were on their way back home within a few days of achieving their goal of reaching the top of the highest Soviet mountain.

NWC Rocketeer

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Athletes prepare for the Center's mini triathlon

Competition in the 1986 Naval Weapons Center Mini Triathlon will be in three age groups and four team divisions when the October 18 event gets underway at 8 a.m.

Registration has opened at the Recreation Services Department's Sports Branch Office for this second annual competition. The advance registration deadline is Oct. 1 for a \$3 per person discount.

The mini triathlon consists of a 1/2 mile swim, 6.2 mile run and a 25 mile bicycle ride. The swim will be held at NWC's indoor pool, while both the run and bike ride will cover mostly level roads around the

Naval Weapons Center.

Divisions included this year are a junior division for those under 17 years of age, senior participants 18 to 34 and a masters division for anyone 35 years of age or older.



Sports

Team competition will be broken into men's, women's, mixed and junior (15 and under) divisions this year.

There is a \$10 per person entry fee for entry blanks postmarked no later than Oct.

tober 1. Late entrants will pay \$13 per person.

All participants will receive a T-shirt. First through fifth place finishers in each division will win awards and in team competition, all members of the first place team in each group will receive an award.

Route maps and entry forms are now available from the Sports Branch Office at the NWC Gym. They can also be obtained by calling the office at NWC ext. 2334 or writing to the branch and requesting the forms.

For additional information call the Sports Branch at NWC ext. 2334.

Youth Soccer registration dates include September 12 deadline

Advance registration is now underway for the Naval Weapons Center's Youth Soccer League competition this fall, according to officials from the Recreation Services Department's Youth Activities Branch. Youngsters in grades one through six can register at the Information, Ticket and Tour Office from 9 a.m. to 5 p.m. Monday through Friday.

Evaluations of all players who did not participate in the 1986 spring league will be required to place players on teams according to skill levels. These evaluations will be held at North Schoeffel Field at 5 p.m. on Sept. 9 and 11.

Friday, Sept. 12 is the registration deadline and play in the youth league is scheduled to start on Saturday, Sept. 27.

Each player must be enrolled in the Center's Youth Sports Program and pay a \$2.50 equipment fee to take part in the league. Uniform shirts can be purchased for \$8.50 during registration for players who need them.

Volunteer coaches and referees are also needed to ensure a successful season.

Volunteers will be asked to donate an hour of their time in the evening each week and for games on Saturdays through Nov. 22.

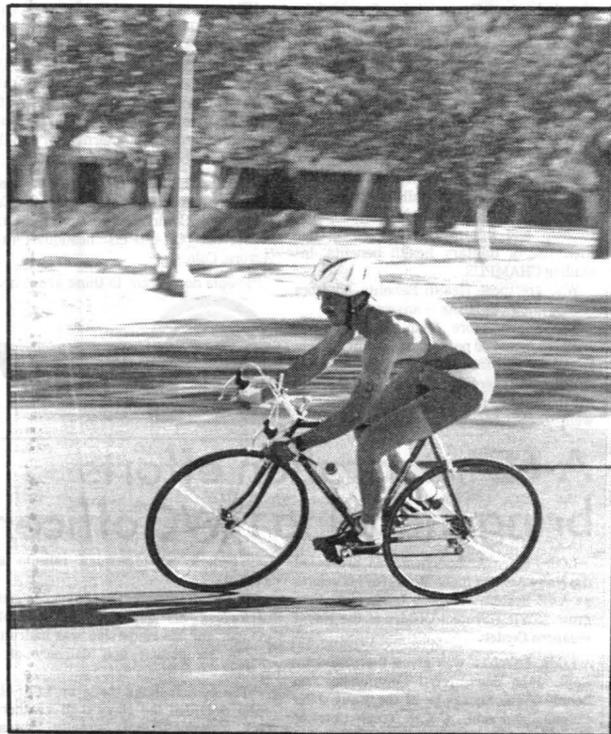
Bowlers still needed

Winter bowling leagues are now being organized at NWC's Hall Memorial Lanes for the 1986-87 season. There are openings for men, women and youth in scratch, mixed, handicap, military, junior and intramural leagues.

Department, division or branch teams can be formed and challenges issued to other groups if league bowling sounds like fun.

The staff at Hall Memorial Lanes feel there is something for every group when it comes to bowling. It doesn't matter if bowlers are young or old, men or women, they can fit into a bowling league somewhere.

For additional information on winter league schedules call Hall Memorial Lanes at NWC ext. 3471.



TRIATHLON TIME — Making the turn near the NWC Gym, a bike rider in last year's mini triathlon got off to a fast start in the final leg of the competition. Participants can register for the 1986 event set for NWC at 8 a.m. Oct. 18.

Sierra region remains a hot fishing spot

Anglers in search of planted rainbow trout continue to experience good results in most roadside waters of the Eastern Sierra region according to officials from the Bishop Chamber of Commerce and California Department of Fish and Game personnel in the area.

From Lone Pine Creek in the south to Levitt Creek north of Bridgeport, anglers can land rainbows up to 15-inches long on a variety of baits and artificial lures.

Around Lone Pine and Independence visitors will find large numbers of anglers, but also lots of limits or near limits in Lone Pine Creek, Independence Creek and the back-country lakes accessed from Onion Valley.

At Lake Sabrina anglers have been landing brook trout and karmloops trout up to 15-inches long on small lures and flies.

South Lake is giving up large numbers of pan-size rainbows on red salmon eggs,

marshmallows and worms. At Intake Two and North Lake, early morning and evening fishing using a bubble-fly combo brings best results.

The forks of Bishop Creek are also good to very good for fishing now. Small lures and many baits work well.

Pleasant Valley Reservoir is giving up many limits of rainbows and some karmloops trout on nightcrawlers or lures with the best fishing before the sun hits the water in the morning.

The lower Owens River is best fished with crawdads or flies in the evening.

Large numbers of anglers report good fishing in the Mammoth Lakes area where planted rainbows are being landed in large numbers of anglers using red salmon eggs, marshmallows and floating cheese from the shore. Lakes are also giving up trout to boaters fishing with Kastmasters, Needlefish or Dave Davis lures.

The best fishing this season is being reported by trollers fishing Grant Lake in the June Lake Loop. Needlefish, Super Dupers and Dave Davis lures bring the best results. June, Silver and Gull Lakes are yielding limits and near limits to anglers fishing with red salmon eggs, garlic bait, nightcrawlers and the bubble-fly combo.

Bridgeport Reservoir and Bridgeport Twin Lakes are hot spots with worms, flies and small, flashing flies, along with the popular bubble-fly combo.

Virginia Lakes are best fished with flies or the bubble-fly combo.

Water conditions on the East Walker River are restricting success to experienced fly anglers only for now.

Flies or artificial lures only is the rule for the second season at Crowley Lake. Anglers report olive woolly worms and mosquito pattern flies bring excellent results. There is a 18-inch minimum keeper size for rainbows caught at Crowley through the end of the 1986 trout season.

Blue Angel Marathon set

Marathoners and 10 kilometer run specialists can look forward to comfortable running conditions and outstanding competition at the Fourth Annual Blue Angel Marathon and Second Annual 10K Run at Pensacola, Fla. on Dec. 6.

This event is the Navy's official sanc-

tioned marathon which underscores the Navy's support of physical fitness, community involvement and competitive spirit.

For additional information on the Navy's official marathon call Autovon 922-4391 or (904) 452-4391, commercial.

NWC HOTLINE
Integrity, efficiency program
Call: NWC ext. 3636 (24 hrs.)
or call the Inspector General at:
(800)522-3451 (toll free)
288-6743 (Autovon)
(202)433-6743 (commercial)



FOOTBALL TIME — Mike Waters, former Burroughs High School star, and the son of Robert Waters, in NWC's Public Works Department, is making a strong free agent bid to join the National Football League's Philadelphia Eagles as a running back this season. In a game against the San Diego Chargers recently Waters caught his second touchdown pass of the exhibition season and carried the ball three times from the fullback position.

TV Booster group prepares data for viewers

Volunteers for the Indian Wells Valley Boosters, Inc. (TVB) are working on a series of fact sheets designed to help area television viewers be better informed of current television technology.

Shopping for a new television can be confusing, with salespeople throwing out terms such as "MTS, stereo TV and SAP" to shoppers who have no idea what the terms mean. The Booster's fact sheets are designed to explain such features in non-technical language so the average area resident can benefit from specialized

knowledge of TVB members.

Jim Rieger, author of the first such publication, says many things have changed since 1974 when the first TVB publication was completed. "TV sets have gotten better," said Rieger as he delivered the final draft of the fact sheet to TVB's board of directors. "And the way television programs go out on the air are a lot more varied than they used to be."

"That's what MTS or multichannel TV service is all about," Rieger explained. "Some programs are transmitted in stereo,

or with an optional foreign-language soundtrack. Some programs go out with coded signals that produce a printed sound-track on the screen for hearing-impaired viewers. MTS comprises the concepts of stereo TV and separate audio program (SAP) that make these features possible on newer sets," noted Rieger.

Later fact sheets will deal with other state-of-the-art developments such as cable ready capability and baseband inputs. "Eventually we'll combine this new information with our original material for an

updated version of the 'TV Booster Book,'" said Ed Middlemiss, TVB president. Editing and printing to the MTS fact sheet should be finished for distribution this fall, commented the head of the non-profit organization.

Anyone interested in getting a copy of the MTS fact sheet can call Middlemiss at 375-5192, or leave a message on the Booster's recorded announcement device at 446-7442. In addition to receiving messages, the answering device informs callers about the status of Booster TV channels and FM radio stations.

DOD personnel, dependents given tips for safer travel

With the increased threat of terrorism, many service members traveling overseas have taken steps to protect themselves that are contrary to standard travel policy.

There have been several reports of military personnel placing identification cards and passports in their luggage and not being able to show them to airline or immigration authorities. Some service members have arrived at airline check-in counters carrying only a military identification card when a passport was required.

While the Department of Defense and the services are doing all they can to accommodate those traveling to or through high-threat areas overseas, basic travel regulations must still be followed when traveling through areas that are not considered high risk.

Department of Defense personnel must still travel on no-fee official (red) passports or on official orders with identification cards as required by the country being visited. Command-sponsored family members will continue to use the no-fee regular (blue) passports with an official endorsement.

However, those Department of Defense personnel traveling on official orders to or from high-threat areas, or through high-risk airports by commercial air, can obtain and use the regular fee passport for security reasons. They will be reimbursed for the passports and visas by the government.

In some cases, Department of Defense personnel may also be authorized to fly on foreign-flag airlines and use indirect routings to avoid high-risk areas. Transportation offices should be consulted for the specifics regarding those authorizations.

When travel overseas becomes necessary, the following precautions are recommended by Department of Defense anti-terrorist experts to help reduce the hazards associated with potential terrorist assaults:

When making travel arrangements, leave the rank and military address off travel documents and hotel reservations. Use office symbols on orders and leave authorizations if the word description indicates a high or sensitive position.

Consider getting a seat at the rear of the plane away from potential hostile action, which usually takes place near the cockpit. Window seats offer more protection because hijackers move up and down the aisles. A seat by an emergency exit may provide escape opportunities.

Civilian clothing should be worn on all commercial flights, but it should be void of anything clearly of U.S. origin. That would include cowboy hats and boots, belt buckles, baseball caps or clothing that carries American-product logos. Long-sleeved shirts can be used to cover visible U.S.-affiliated tattoos.

Arrive at the airport early and don't loiter in public sections. Proceed through the security checkpoints as soon as possible to secure areas to await your flight.

Blend in with the other passengers, but don't discuss your military association with anyone. All hijackers may not reveal themselves at the same time. Sometimes hijackers leave one person secretly among the passengers to try to identify any security people who may be on the aircraft.

If you are traveling on a tourist passport, remember that it is only a shallow attempt to hide your affiliation with the Department of Defense. Surrender your passport if asked; if directly confronted, confirm that you are with the Department of Defense. Be prepared to explain that you always travel on your personal passport and were not intentionally trying to deceive anyone.

The above measures are precautionary and will help increase your awareness of the terrorist threat. But, remember, your chances of becoming a victim of terrorism are extremely remote.

By Tom Joyce
American Forces Information Service

School starts Tuesday

School opens again on Tuesday and all drivers need to be especially watchful for the tots and tykes who'll be crossing streets on their way to class.

Since school buses will be going through the detours that have been established

while flood control work is ongoing at the main gate, drivers should also allow a little extra time to reach their destination if they plan to enter or leave the Center when children are being transported to or from class.

Telephone no way to discuss classified info

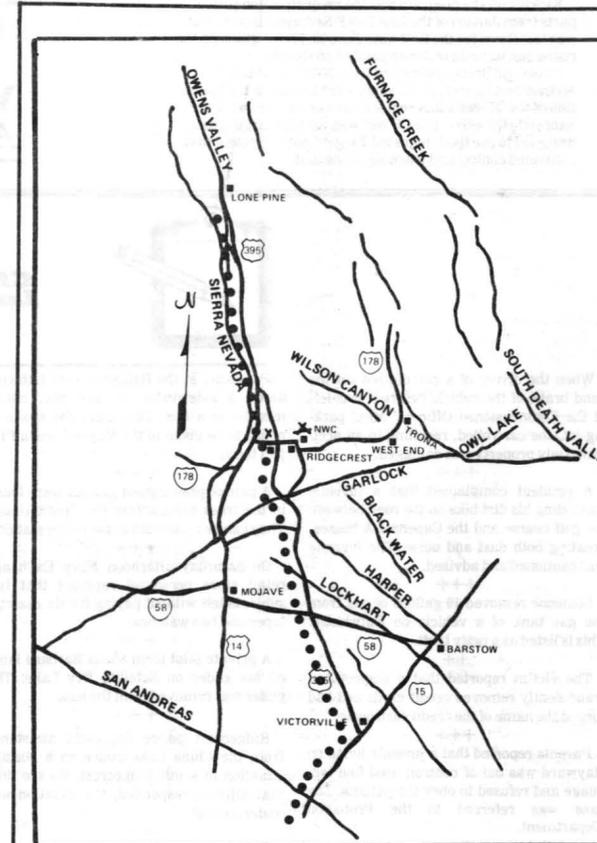
There are COMSEC measures that can be taken to reduce the amount of classified and sensitive information that gets passed along. The following suggestions are provided by the Air Force's Electronic Security Command, but apply to all military members:

"Don't try to 'talk around' classified or sensitive information while using unsecure communications. If you have to discuss

sensitive information, use secure communications.

Make it a rule to never discuss any aspect of a classified activity on the phone. In many cases, these conversations drift from unclassified discussions to classified discussions.

Discuss the subject face-to-face with the person if at all possible. This will definitely decrease the risk of intercept.



FRAGILE SYSTEMS — How easily the local area can be cut off from the outside world is clearly shown by this map. The dotted line shows the electric grid; the other lines show identified earthquake faults. Roads leading into the Indian Wells Valley all cross one or more of the fault lines and could easily be ruptured by quakes occurring on those faults.

Reservations needed for NWC graduation lunch

Reservations are being taken for the annual graduation luncheon September 12 honoring the Center's graduates of the past academic year in the external degree, Fellowship and Cooperative Education programs.

The luncheon will be held from 11:30 a.m.

until 1 p.m. at the Commissioned Officers' Mess. Menu choices are a chef salad or hot roast beef; either is \$5. Reservations must be made no later than Monday, September 8, by telephoning NWC ext. 1387.

Friends, supervisors and co-workers of graduates are encouraged to attend.

If you have to use an unsecure telephone to speak with someone, don't use one where classified information is being discussed. The telephone can pick up background discussions.

If possible, draft a message and send it through the communications center. This is a secure method and the information you pass on will be well documented.

Push the hold button after you hang up on

a multi-line phone. A monitored phone can still transmit conversations if a line is engaged.

Communications security involved a lot of common sense. Just realizing that people hostile to the United States are listening to your conversations should dictate what you say over the telephone. Ask yourself this question: "If I were a member of the Soviet bloc, how happy would I be to have this information?"

Japanese aircraft used for drone conversion

Like old soldiers, some outdated military aircraft never die — they are milked for their last ounce of usability by being converted into target drones.

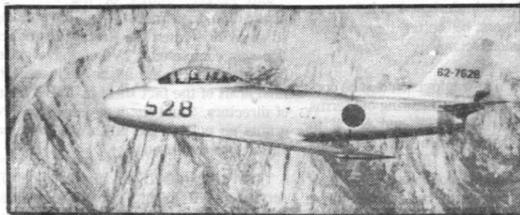
As their name suggests, target drones are expendable and replacements were needed for the locally developed QF-86H and the QT-38A drones (the unmanned versions of the USAF's Sabrejet and Talon aircraft).

In 1977, the endeavor to acquire replacements for these drones was made possible by the acquisition from Japan of four "F" models of the Air Force F-86 Sabrejet.

The four were the first of approximately 50 that NWC's Aircraft Department received from the Orient. In addition, about 600 tons of spare parts were shipped to China Lake from Spain.

Kicking off the program was the reconstruction (using parts from Japan) of the first F-86F Sabrejet aircraft that was test flown for the first time June 30, 1977 — still with the rising sun insignia of Japan painted on its side.

Pilots and drone controllers from NWC and Pacific Missile Test Center, Point Mugu were trained in the operation of the QF-86Fs that replaced an earlier version of the Sabrejet (QF-86H). The QF-86F was the first target drone designed to use the Integrated Target Control System that combined control and tracking in one unit.



China Lake Police Reports

When the driver of a car did not set the hand brake of the vehicle before it was left at the Commissioned Officers' Mess parking lot, the car rolled, resulting in an accident. Only property was damaged.

A resident complained that a juvenile was riding his dirt bike on the road between the golf course and the Capehart A houses, creating both dust and noise. The juvenile was cautioned and advised.

Someone removed 10 gallons of gas from the gas tank of a vehicle on Entwistle. This is listed as a petty theft.

The victim reported that a suspect had fraudulently removed credit cards and had forged the name of the credit card owner.

Parents reported that a juvenile living on Hayward was out of control, used foul language and refused to obey the parents. The case was referred to the Probation Department.

Unknown persons removed the Pepsi Cola machine located outside the Center library. The machine was found several days later where it had been dumped back of the newspaper recycling center.

A good citizen found a wrist watch at Michelson Laboratory and turned it in to the China Lake police.

A newspaper vending machine was found on the desert near Saratoga Avenue. The machine had not been broken into.

China Lake police arrested an 11-year-old runaway who was in possession of a stolen bike. He was turned over to the Ridgecrest police because this originated as their case.

A non-injury accident occurred when someone slowed to turn into the Credit Union — and the car behind did not.

At 5:30 p.m. on Aug. 21 officers found a 16-month-old child toddling down Nimitz Avenue. A door-to-door check turned up the child's parents, who had been taking a nap.

One driver made a turn at Lauritsen east of Sandquist Road and another car was coming. The driver of the second vehicle complained of pain, but did not wish medical treatment.

Minor damage occurred when one vehicle backed into another at Ninth Place and Decatur.

Personnel at the Ballistics Test Lab cornered a sidewinder (a live one, not a missile) in a box. They gave the snake to police to be given to the Mojave Green Project team.

A pair of prescription glasses were found in the trees across from the Credit Union. They can be reclaimed at the police station.

On Saturday afternoon Navy Exchange retail store personnel reported that two subjects left without paying for six cassette tapes and two watches.

A private pilot from Santa Barbara landed his glider on Satellite Dry Lake. The glider was removed from the base.

Ridgecrest police requested assistance from the China Lake police on a hostage situation in south Ridgecrest. By the time that officers responded, the situation was under control.

A military subject living on Lauritsen brandished a handgun and fired the gun into the floor following a verbal altercation that he and his wife had gotten into earlier in the day. Sunday afternoon the wife called police and asked officers to stand by and keep the peace while she moved out.

A driver stopped on a traffic stop at the intersection of Stroop and Knox was found to be under the influence. She was arrested and taken into custody for five hours to sober up before being cited into court. Her husband was also arrested for an assault on a police officer and for being drunk and disorderly; after being booked, he was released to VX-5.

When one driver made an unsafe backing maneuver in the east parking lot of the Range Control Center, he backed into another vehicle.

CLPD officers made a traffic stop at the intersection of Forrestal and Parsons and discovered that the driver was under the influence of alcohol. He spent the next several hours at the police station sobering up before being cited into court and released.

Since the owner of a vehicle on Hubbard Circle did not respond to a 72-hour notice, police removed the vehicle.

An improperly stored firearm found at the BEQ was confiscated by police and brought to the China Lake police station to be secured.

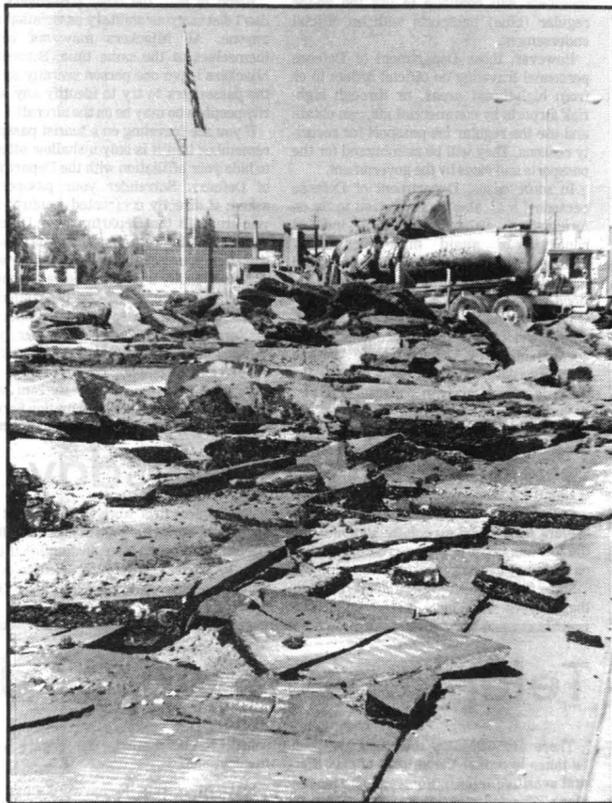
A noisy party after midnight on Burroughs Avenue brought a complaint to the police from neighbors. Police responded and the person hosting the party agreed to keep the noise level down.

On making a traffic stop on a vehicle at Blandy and Hussey at 1 a.m. Aug. 21, police discovered the driver to be under the influence. The driver spent the next several hours at the station sobering up before being cited and released.

An officer found a box of 10 circuit computer boards near the east gate of the Michelson Laboratory compound.

As one vehicle was turning at the intersection of Richmond Road and Blandy Avenue, another struck it.

On receiving a complaint that someone had parked his vehicle in the motorcycle area at the gym, police located the owner of the vehicle and got him to move it.



MAIN GATE — Flood control construction continues to block use of NWC's main gate. Center employees, contractors and visitors are making use of three marked detours during this construction period. The major flood control project underway is designed to prevent a repeat of the extensive flooding experienced onboard the Center during the August, 1984 flood. The work is expected to take up to another week to complete. — Photo by Steve Boster

HBAs maintaining links to CHAMPUS families

She was on the phone with the billing clerk from a local doctor's office when the man walked in. He was in his 50s and worry lines had etched themselves into his forehead up to the point where it had once met his vanishing hairline.

He stood at her desk, waiting. His hands worked at the top of a crumpled paper shopping bag, opening it, then curling it closed.

She hung up the phone and looked at the man.

"May I help you?"
"I sure hope so." He opened the sack and dumped a small mountain of receipts, physicians' statements and other papers onto the desk top. "I need CHAMPUS to pay these medical bills, but I don't know if I'm eligible and I don't understand the claim form. Could you fill it out for me?"

Far-fetched? Couldn't happen in the real world?

Wrong.
Scenes like this one can happen and do, to Health Benefits Advisors all over the world. They're on the front lines in the campaign to help and inform families concerning their use of military health benefits, including CHAMPUS.

Who are these Health Benefits Advisors — also known as HBAs — anyway?

There are more than 600 of them worldwide and 80 percent are women. They range in age from 18 to 60 and beyond. About a third are full-time HBAs; the rest are part-time, performing other duties as well. Some are military and some are

civilian government employees; the civilians are usually GS-7s — but some languish at grades 5 or 6. They don't work directly for CHAMPUS; they're employees of the military activity at which they're located.

Their primary job is to help the system work for both service families and for civilian providers of care. They stay in touch with the representatives of CHAMPUS' regional claims processors and serve as focal points for the distribution of information about military health benefits in general.

HBAs must know what kinds of civilian care are available in the surrounding communities. They must know what care can be gotten at the nearest military hospital or clinic. They must be familiar with CHAMPUS and how to use it, and they must be able to translate this complicated program into simple terms for military family members and their spouses.

HBAs struggle daily against an assortment of problems, according to Coast Guard Lt. Cmdr. Terry Fraviss, a liaison officer at CHAMPUS headquarters in Aurora, Colo.

"People don't want to think about health

care until they need it," he said. "By the time they finally get to the HBA for some information about CHAMPUS, it may be too late; they may already have spent money that could have been saved if they had just checked with their HBA before getting the care."

Another problem, he noted, is with people who may have used CHAMPUS once, years ago, and have since forgotten what to do.

Still another tough situation for HBAs, Fraviss went on, is the idea many service family members and their sponsors have that CHAMPUS is — or should be — free.

"This myth of free health care is one of the greatest sources of unhappiness among service members and their families," he declared. "For whatever reason, they've come to expect one thing (free care) and they get another (cost-sharing)."

When asked what they would tell CHAMPUS-eligible families if they could talk to them all at once, the HBAs said:

- Try to get care at a military hospital first. If not practical, try CHAMPUS. But be prepared: Find a provider of care who participates in CHAMPUS and understands his or her role — accepting CHAMPUS' allowable charge as the full fee for the care and submitting the claim.

- Be aware of both CHAMPUS and other military health benefits before you have to use them. Remember that a military retiree can use service hospitals and clinics for the rest of your life — but CHAMPUS eligibility generally ends if they become entitled to Medicare Part A, which is usually at age 65. Your Medicare entitlement may occur before age 65 as the result of a disability or chronic kidney disease. By the way, when the dependents of active-duty service members are entitled to Medicare Part A, they are still eligible for CHAMPUS.

- Get other health insurance, such as employer-sponsored insurance, or a CHAMPUS supplemental policy, which may pick up part or all of the cost of what CHAMPUS itself does not pay.

- When you submit a CHAMPUS claim, make sure you use the proper CHAMPUS claim form. Also, make sure it's filled out completely, including the required signatures and has all of the necessary supporting documentation attached. Be sure to keep copies of everything submitted.

- Give the CHAMPUS claims processor three or four weeks to process your claim before following up on it.

- The HBA also has a supply of CHAMPUS claim forms and CHAMPUS handbooks.

- Get to know the nearby HBA today. He or she can be a valuable source of information about the military health benefits. At China Lake call Lyn Wilson at the Branch Medical Clinic, NWC ext. 2911-245.



Military News

A-6E integration efforts bring medal to NWC officer

LCdr. Marc A. Lucchesi was presented the Navy Achievement Medal for his efforts as A-6E System Weapons Integration Program (SWIP) Project Officer at the Naval Weapons Center.

LCdr. Lucchesi was given the medal by Capt. John Burt, NWC Commander, on behalf of the Secretary of the Navy John Lehman and Adm. C.A.H. Trost, Chief of Naval Operations.

According to the citation accompanying the medal, LCdr. Lucchesi, "displaying exceptional leadership, dedication and technical expertise directed the NWC efforts to direct and monitor the development of the multimillion dollar simultaneous integration into the A-6E aircraft of HARM, IR and Laser Maverick, Harpoon 1C and

the generic air-to-surface missile software."

The citation notes he has consistently performed his duties in an exemplary manner and his leadership was instrumental in completion and delivery of the system.

"The contributions made by LCdr. Lucchesi provided the Navy's all-weather attack community with greatly increased tactical options and standoff capability," stressed the citation.

This accomplishment came through untiring efforts, perseverance and unfailing dedication to duty, said the citation accompanying the award.

Capt. Burt made the presentation during the weekly Commander's Meeting on Monday morning.



ACHIEVEMENT MEDAL — Capt. John Burt, NWC Commander, pins the Navy Achievement Medal on LCdr. Marc A. Lucchesi at Monday's Commander's Meeting. LCdr. Lucchesi won the medal for his work on the A-6E System Weapons Integration Program.

Navy boosts fitness rules

Active duty Naval personnel will have to pass a physical fitness test twice a year and do more to meet standards according to a newly issued Navy instruction.

Over the past three years Navy personnel have shown significant improvements in overall physical fitness. This new policy is designed to continue these gains.

The new instruction increases the number of sit-ups necessary to pass the test and reduces the time allowed to complete the 1.5 mile run. Push-ups for male and female service members have been added

to the test to measure upper body strength and endurance.

Personnel who fail the test repeatedly and are excessively overweight may not be permitted to reenlist, extend, transfer or be promoted.

This program, a natural part of the personal excellence efforts, will help raise physical fitness standards in Navy. As a contribution to readiness, it should be the goal of all personnel to meeting physical fitness and body weight standards by the end of 1989 fiscal year.

Animal clinic set for Tuesday

A well-animal inoculation clinic for pets of active duty and retired military will be held on Tuesday. All pets are seen by appointment only between 10 a.m. and noon and 1 to 2 p.m. They will be seen by an Army veterinarian from Fort Irwin.

Appointments can be made by telephoning the Craft/Hobby Center at NWC ext. 3252; additional information can be obtained at the number also.

Horses stabled off-base must be transported to the Center stables to receive their shots.

Pediatric visits planned at Clinic

Monthly pediatric clinics will again be held at the Branch Medical Clinic, starting September 18. Children will be seen between 8 a.m. and 4 p.m. on that day, and from 8 to 11 a.m. on September 19.

Appointments are mandatory. Those wishing to have a child seen should telephone NWC ext. 2911 to make an appointment.

Fall Fashions at Exchange

Those interested in being modishly dressed at a minimal cost will be taking advantage of the Fall Fashion Forecast sale now underway at the Navy Exchange retail store. However, they'll not be able to do so on Monday — the store will be closed because of the Labor Day holiday.

The special Labor Day sale will be held on Tuesday, Sept. 2. Parents who have got-

ten their children off to school can do their shopping peacefully that day.

And Christmas is not too far off once school starts. Toyland will hold its annual opening next Saturday, Sept. 6. This is the year to live up to that resolution of getting the Christmas shopping done early. Take advantage of the wide range of toys on hand at the start of the holiday shopping season.