

# The Challenge

## SIAD cleans up ordnance and debris from a canyon on the upper burning ground

By Susan Holliday  
Environmental Specialist

The upper burning ground (UBG) is a 4,130-acre area located northeast of the main depot. Formerly the home of the 'largest operating demolition grounds in the world', it is also the site of a canyon filled with metal debris. The site was supposedly named after Madge Hansen, a former Ammunition Surveillance Inspector, who, as the legend goes, authorized the first munitions debris to be placed in the canyon. We do not know the timeline of its operation, but believe it to have been in the 1940's and 1950's.

Whatever the truth of the beginnings are, metal debris, including live ordnance, was simply pushed over the side to form what is currently known as Hansen's Hole.

Until now, a barrier of concertina and the outer fences kept personnel and

wildlife from the area. This fall Sierra Army Depot began a field program to clear ordnance, explosives and debris from the hole. To date, we have removed over 1,500 tons of recyclable metal from the canyon.

Our next step, at this site, will be to construct a "CAMU" or corrective action management unit (much like a landfill) in the canyon to contain soils, which were found to have high levels of lead from previous activities on the demolition grounds.

The CAMU will require long-term maintenance to ensure that remaining material does not cause harm to the environment.

The Installation Restoration Program has developed the plan for clean up and long term monitoring in conjunction with our Restoration Advisory Board and California Environmental Protection Agency.



Photo by Environmental Office

Pictured above are just a few stacks that make up more than 1,500 tons of recyclable metal uncovered during the clean up of Hansen's Hole located on the upper burning ground. These stacks are ready to be picked up and disposed of properly. The long-term plan is to continue monitoring the area by the environmental office and the State of California.

### Sierra Army Depot Lean/Six Sigma

By Allen Jones

One of the most important parts of all Lean events is the Process Owners themselves. Success or failure is often determined by the degree of their active involvement. They are the first line of support to the team and are the established experts of the area that will be affected by changes made by the teams.

Initially, they are responsible for the identification of the boundaries, goals, expectations, measurements and the benefits that are expected to be the result of the event itself. Their coordination with the leaders in other areas is needed to ensure that changes in their areas, do not adversely affect other areas not involved in the event, or to bring others in for consultation.

Process owners empower the team to make process changes consistent with the director's vision. They participate in the event and are responsible for the kickoff, daily leader's summary team meetings and the out

brief to the command group. They ensure that recommended changes are implemented during the improvement event to the greatest extent possible. They also are responsible for ensuring that any changes to the process, which cannot be employed immediately, are implemented as soon as possible. They are needed for follow-up with support organizations as required to ensure timely implementation of changes. They are responsible for the baseline data collection with the assistance of the division chiefs and other organizations. And lastly, should be responsible and accountable for the sustainment of implemented improvements. This can include reporting monthly metric/production, Action Plan status, maintenance of Production Control Boards and visual management tools to the Process Improvement Branch, (Lean core team).

## Army Civilian Creed

**I Am an Army Civilian**

**-a member of the Army team**

**I am dedicated to the Army,  
its Soldiers and civilians**

**I will always support the mission**

**I provide stability and continuity during  
war and peace**

**I support and defend the Constitution of  
the United States and consider it an  
honor to serve the nation and its Army**

**I live the Army values of loyalty, duty,  
respect, selfless service, honor,  
integrity and personal courage**

**I Am an Army Civilian**

# Commander's View

The past few months have presented us all with tremendous challenges concerning workload and the startup of new programs. As most of you already know, we have had to shift work schedules for a number of our temporary employees in order to manage operating expenses until sufficient workload develops to bring them back to work full time. I understand how difficult this is for everyone. I simply ask that all of you continue to focus on the programs that we currently have funded, and strive to do your best in maintaining our reputation as a depot that provides high quality products and services, on-time, to our men and women in uniform. They need you and deserve nothing less. Each individual effort adds to our strength and contributes to our mission of providing for the needs of the Department of Defense.



We continue to monitor the budget situation with an eye on the impact to our temporary and term employees. The situation is in a constant state of change as DoD budgets are finalized, but I'm optimistic that we will have firm guidance on new programs for the remainder of the year within the next 60 to 90 days. I will keep you informed of our progress and workload developments through the CPAC, the supervisory chain-of-command, and your union representative as the situation becomes clearer.

As I visit work sites and speak to each of you, safety is always in the forefront. Accidents throughout the depot are on a downward trend line, and I attribute that primarily to your efforts. Keep up the great work and awareness, and please continue to identify and reduce hazards in your particular work centers. Each and every one of you are critical to maintaining a safe work environment.

As a final note, I want each of you to know how much I appreciate your individual efforts in seeing that we continue, under trying conditions, to exhibit the depot motto, 'Pride in Excellence.'

The next few months will be exceptionally demanding for all of us, but together we'll get through it. I'm extremely proud of what we do here every day, and remain totally confident in your ability to meet any challenge head on.

Until next month – Let's Get to Work!

## National Children of Alcoholics' Awareness Week

February 12-18, 2006

Children are affected by living with non-recovering alcoholics in many different ways. National Children of Alcoholics' Awareness Week help people exposed to alcoholism in their families, gain insight into the factors that affects their behavior as children and adults.

Children of alcoholics experience greater physical and mental health problems and higher health care costs than children from non-alcoholic families. Children however, can be protected from many problems associated with growing up in an alcoholic family by establishing healthy family traditions and if the active alcoholic is confronted about his or her problem. This awareness week is one attempt to give families information and resources to address substance abuse in the family.

The Alcohol and Drug Control Officer (ADCO) and the Fitness Center Staff will be sponsoring a **free** Family Valentine Dance with activities for children in the Fitness Center on Feb. 20, from 5:30 p.m. to 8:00 p.m. There will be music, games for all ages, door prizes and give-a-way items. **Alcohol will not be served at this event.**

An finally, on Feb. 15, ADCO will have an informational booth in the Mission area in celebration of National Children of Alcoholics' Awareness Week.

If anyone wants more information on how substance abuse affects families, contact ADCO, 4190.



# The Union's Position: AFGE, Local 1808

## PERSONNEL SYSTEM DELAY SIGN OF DOD BACKING OFF NSPS, AFGE SAYS

*Recent Delays Reveal Lack of Faith in Extreme Personnel Proposal*

WASHINGTON—The American Federation of Government Employees (AFGE) today learned that the Department of Defense (DoD) is delaying some aspects of its proposed National Security Personnel System (NSPS) until October 2006. This new development follows DoD's December 2005 decision to delay training on the new personnel system.

AFGE has argued that NSPS stands to devastate the federal workforce by gutting worker pay, eliminating collective bargaining rights, rendering whistleblower protections moot and wasting millions of taxpayer dollars. AFGE, along with several other unions, filed suit against DoD to halt the imple-



mentation of portions of NSPS in February 2005. A hearing on the lawsuit is scheduled for next Tuesday, Jan. 24.

DoD released the final NSPS regulations in early 2005 with an eye toward beginning system implementation in the summer or fall of 2005. However, legal challenges from AFGE, along with its union coalition partners, have delayed implementation. AFGE now has learned that instead of full execution, DoD will implement a pilot version of

NSPS in employee spirals. Under the revised schedule, Spiral 1.1, which includes 11,000 employees, would start implementation in late April 2006, Spiral 1.2 would begin in October 2006 and Spiral 1.3 would start in January 2007.

"All these delays prove what we've been saying all along—NSPS is a sinking ship," said AFGE National President John Gage. "If you look at DoD's recent actions, it is clear that they are not ready to implement such a far-reaching system. It was ill conceived from the start, and we tried to offer sensible recommendations that were fair to government employees. DoD now needs to face the facts, scrap what they have and start over."

In a Dec. 23, 2005 letter, NSPS Program Executive Officer Mary Lacey told managers to put all January 2006 content-specific NSPS training on

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## The Challenge

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## Home safety tips on carbon monoxide poisoning

Although the popularity of carbon monoxide (CO) detectors has been growing in recent years, it cannot be assumed that everyone is familiar with the hazards of carbon monoxide poisoning in the home. Often called the silent killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

### Facts & figures

- According to the National Safety Council, 200-300 unintentional-injury deaths a year are due to carbon monoxide poisoning.

- The dangers of CO exposure depend on a number of variables, including the victim's health and activity level. Infants, pregnant women, and people with physical conditions that limit their body's ability to use oxygen (i.e. emphysema, asthma, heart disease) can be more severely affected by lower concentrations of CO than healthy adults would be.

- A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.

### Symptoms of CO poisoning

The concentration of CO, measured in parts per million (ppm) is a determining factor in the symptoms for an average, healthy adult.

### Safety tips in the home

- Install CO alarms (listed by an independent testing laboratory) inside your home to provide early warning of accumulating CO. CO alarms should be installed in a central location outside each separate sleeping area. If bedrooms are separated and audibility could be impaired, more than one unit may be required.

- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds. Post that number by your telephone(s). Make sure everyone in the household knows the difference between the fire emergency and CO emergency numbers (if there is a difference).

- Test CO alarms at least once a month and replace CO alarms according to the manufacturer's instructions.

- CO alarms are not substitutes for smoke alarms. Know the difference

between the sound of smoke alarms and CO alarms.

- Have fuel-burning heating equipment (fireplaces, furnaces, water heaters, wood and coal stoves, space or portable heaters) and chimneys inspected by a professional every year before cold weather sets in.

- When purchasing new heating and cooking equipment, select products tested and labeled by an independent testing laboratory.

- When using a fireplace, open the flue for adequate ventilation.

- Open a window slightly when using a kerosene or gas heater. (**Note:** Kerosene heaters are illegal in many states. Check with local authorities before buying or using one.) Only refuel outside, after the device has cooled.

- Never use your oven to heat your home.

- When purchasing an existing home, have a qualified technician evaluate the integrity of the heating and cooking systems, as well as the sealed spaces between the garage and house.

### Safety tips outside the home

- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle, generator, or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.

- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.

- Only use barbecue grills – which can produce CO – outside. Never use them in the home or garage.

- When camping, remember to use battery-powered heaters and flashlights in tent trailers, and motor homes.

### If your CO alarm sounds

- If it is a battery-powered intermittent alarm, check the battery.

- If it is a steady alarm or you are unable to determine the source, evacuate the dwelling.

- Report the CO alarm warning by calling the appropriate phone number.

- Do not re-enter until the responding agency says it is OK.

- Call a qualified technician to inspect all equipment.

(Source: National Fire Protection Association, [www.nfpa.org/itemDetail.asp](http://www.nfpa.org/itemDetail.asp))

Carbon Monoxide concentration levels and the associated symptoms	
CO concentration (parts per million)	Symptoms
50	No adverse effects with 8 hours of exposure.
200	Mild headache after 2-3 hours of exposure.
400	Headache and nausea after 1-2 hours of exposure.
800	Headache, nausea, and dizziness after 45 minutes; collapse and unconsciousness after 1 hour of exposure.
1,000	Loss of consciousness after 1 hour of exposure.
1,600	Headache, nausea, and dizziness after 20 minutes of exposure.
3,200	Headache, nausea, and dizziness after 5-10 minutes; collapse and unconsciousness after 30 minutes of exposure.
6,400	Headache and dizziness after 1-2 minutes; unconsciousness and danger of death after 10-15 minutes of exposure.
12,800	Immediate physiological effects, unconsciousness and danger of death after 1-3 minutes of exposure.

## Base Support welcomes back a former employee

By Mary Deming  
Office Automation Clerk

After ten years, Civil Engineer Tracy Totten has returned to Sierra Army Depot after achieving his long-term goal of becoming a Professional Engineer with the State of California.

Totten worked at SIAD as a General Engineer in the Engineering Plans and Services Division of the Directorate of Public Works from 1985 through 1995.

He originally came to the depot after graduating from the College of Engineering at the University of California-Davis. He was president of his class and was recognized at graduation for outstanding achievement with the de-

partmental citation. While at UC Davis, he obtained his Bachelor of Science in Agricultural Engineering, with an educational focus on electrical circuits and systems and machine design.

After leaving SIAD, Totten spent an entire winter in the Mid-West climbing towers, day and night, to perform field engineering and electrician duties on microwave telephone systems. He also spent a year and a half working for Plumas County as a Civil Engineer in the Road Department.

During this time, Totten worked on repairing many bridges and roads in the Lake Almanor Basin, Feather River Canyon, Mohawk Valley, Graeagle and Plumas-Eureka State Park.

Most recently he worked as the Assistant Director of Public Works for Lassen County. His duties included supervision of the Animal Control and Buildings, Grounds and Utilities Divisions of the Public Works Department. He was the engineer of record for numerous projects including the new animal control facility at the Susanville Airport.

Totten also served as the point of contact for the four general aviation airports managed by the County and participated in ground water management on any issues relating to the Fish Springs Ranch and water export to the Reno area. In addition, Totten also served as secretary to the Susanville Veterans Memorial building task force.

Totten is a native of the local area. Both sides of his family go four generations deep in the Fall River Valley area in Lassen and Shasta Counties north of Susanville.

He is very happy to return to the Engineering Team and wanted to get involved at SIAD in the post-BRAC period.

Totten said, "The challenges here are professionally stimulating, and I hope to be getting in on the ground floor of a revitalized and successful endeavor here at SIAD."

His experience and his past tenure at Sierra Army Depot make him a true asset. Welcome back Tracy.

# AT HOME – A Parent’s Guide

From the Desk of



Chris Graves

Your ten-year-old comes home from school at 3:00 p.m., but you don’t get home from work until 5:00 p.m. He’s at home alone for those two hours every weekday. What does he do until you arrive?

Most likely, he gets a snack or talks on the phone. Maybe he watches TV, but since you’re not there, you worry. Just like the majority of American parents who work and have to leave their children on their own after school everyday, you are anxious about your child’s safety. But by following the safeguards listed below, you can help ease some of this worry and take measures that will protect your kids even when you’re not around.

### Are They Ready?

Can your children. . .

- § Be trusted to go straight home after school?
- § Easily use the telephone, locks, and kitchen appliances?

- § Follow rules and instructions well?
- § Handle unexpected situations without panicking?

§ Stay alone without being afraid?

### What You Can Do

Make sure your children are old enough and mature enough to care for themselves.

Teach them basic safety rules.

Know the three “W’s”: Where your kids are, What they’re doing, and Who they’re with. (Don’t forget to check on state law about the age at which children can be left at home alone.)

Curiosity...Are there things you don’t want your children to get into? Take the time to talk to them about the deadly consequences of guns, medicines, power tools, drugs, alcohol, cleaning products, and inhalants. Make sure you keep these items in a secure place out of sight and locked up, if possible.

Hang emergency numbers by the phone and teach your children to use them. Teach Your “Home Alone” Children To check in with you or a neighbor immediately after arriving home.

§ How to call 9-1-1, or your area’s emergency number, or call the operator.

§ How to give directions to your home, in case of emergency.

§ To never accept gifts or rides from people they don’t know well.

§ How to use the door and window locks, and the alarm system if you have one.

§ To never let anyone into your home without asking your permission.

§ To never let a caller at the door or on the phone know that they’re alone. Teach them to say “Mom can’t come to the phone (or door) right now.”

§ To carry a house key with them in a safe place (inside a shirt pocket or sock). Don’t leave it under a mat or on a ledge outside the house.

§ How to escape in case of fire.

See SECURITY, page 5



## Alvarez Says.....

### Government Vehicle Accidents

While operating government owned vehicles it is the responsibility of the driver to properly fill out a SF-91 MOTOR VEHICLE ACCIDENT REPORT sections I-IX at the scene of an accident. This form should be in your vehicle, either the glove box or with your trip ticket. Sections I-IX are for the driver to collect facts and record information on the accident. Section X will be filled out by your supervisor with

the details of your trip during which the accident occurred. The rest of the form, sections XI-XIII will be filled out by the investigating officer if bodily injury, fatality and/or the damage exceeded \$500.<sup>00</sup>. If you are involved in an accident while operating a government vehicle with a civilian vehicle or off post during an accident you will need to complete a DD form 518 and give it to the driver of the other vehicle. This form is equivalent to giving the other driver your insurance information if you were in an accident with your privately owned vehicle. If you hit a parked car and the person concerned is not available leave this card under their windshield wiper.

Both the SF-91 and the DD form 518 can be downloaded from ARMY KNOWLEDGE ONLINE under e-forms. The SF-91 has some basic instruction at the top of the report that should get you through it and the DD form 518 is self-explanatory. If you would like complete instructions on both of these forms, download FM 21-305 from ARMY KNOWLEDGE ONLINE and read chapter 10 (ACCIDENT CAUSES AND REPORTS).

Be vigilant while driving and wear that seat belt.

Sergeant Alvarez

## DoD to Restrict Cell Phone Use on Military Bases

By Sgt. Sara Wood, USA

American Forces Press Service

WASHINGTON, January – Defense Department installations have begun implementing new cell phone restrictions for drivers on military bases.

The new regulation, published in the Federal Register in April 2005, states that anyone driving a motor vehicle on a DoD installation cannot use a cell phone unless the vehicle is safely parked or the driver is using a hands-free device.

Many installations already have implemented the new restrictions, and the rest will implement the rules on their own schedule, said John Seibert, assistant for safety, health and fire protection for DoD. There is no deadline for installations to implement the restrictions, Seibert said, but he expects most will do so this year.

“We have not issued an implementation schedule,” he said. “But it’s definitely getting everyone’s attention.”

The law enforcement policy offices for each military department are putting together policies and procedures for the implementation and enforcement of the restrictions, Seibert said. He explained that this regulation is a minimum requirement, and installation commanders still have the authority to put stricter rules in place. Each installation will determine the punishment for violation of the rules, he said.

As the installations implement the restrictions, they have a responsibility to notify the public by putting up signs or putting notices in base newspapers, Seibert said. Many installations are allowing a grace period in which motorists in violation of the rule will be warned and not ticketed.

This regulation was developed based on information from the National Highway Traffic Safety Administration, which studied driving distractions as the cause of motor vehicle accidents, Seibert said. The study found that cell phone use is the fastest growing and most visible distraction that leads to accidents, he said.

The DoD regulation follows suit with many regulations that states and cities have already imposed. Currently only Connecticut, New York, New Jersey and the District of Columbia ban hand-held cell phones for drivers, but many cities have imposed their own rules, according to the Governors Highway Safety Association.

“We are in front of the majority, but we certainly are not the first ones to do this,” Seibert said.

This cell phone regulation will increase traffic safety on installations, Seibert said, but more importantly, it will encourage safe driving habits.

“Our intent is that this will drive an increased attention to the importance of safe driving and that we’ll see a change in driving behavior, both on military installations and off,” he said.



# Contracting 101

## Splitting Requirements



Splitting requirements to stay under a particular dollar threshold is prohibited by the Federal Acquisition Regulations.

Several dollar thresholds exist within the contracting process. The most common are:

- Purchases under \$2,500, commonly referred to as the "micro purchase" threshold. This is the dollar limit that purchase cardholder's outside the Contracting Office are normally set at for making purchase card transactions. Requirements over \$2,500 must be sent to the Contracting Office.

- The simplified acquisition threshold consists of all purchases under \$100,000.

When needs are known by the end user, he/she must take into account the cumulative total of all the needs known at that time. If the same or similar items are needed or several items though different can be purchased from the same vendor, you need to take into account the total estimated dollar value of all of the items.

For instance, Eddie Enduser needs office supplies. Individually, the office supplies are valued under \$2,500. If they are consolidated, they are over \$2,500. Eddie Enduser decides to choose a purchase card buyer to make the purchase when initiating the purchase requests. The purchase

cardholder, not really paying attention, purchases a few of the items one day and a day or two later decides to purchase the remaining items. This is splitting.

The end user knew that the cumulative value of the office supplies was over the purchase card buyer's threshold, but still chose to route the purchase requests to that person. The purchase cardholder didn't make the situation any better because they completed the split purchase. The splitting started with Eddie Enduser and he should have initially sent all of the purchase requests to the Contracting Office because they were over \$2,500.

The same situation can occur at the \$100,000 threshold; but in those instances a purchase cardholder is not involved. However, the end user can cause the split purchase in these situations by attempting to initiate purchase requests at staggered intervals just to avoid the threshold, which may require some additional documentation.

## TACOM LCMC Commanding General's message on sexual assault

The Army Sexual Assault Prevention and Response Program reinforces the Army's commitment to eliminate incidents of sexual assault through a comprehensive policy that focuses on education, prevention, integrated victim support, rapid reporting, thorough investigation, appropriate action, and follow-up. Army policy promotes sensitive care for victims of sexual assault and accountability for those who commit these crimes.

As part of its ongoing sexual assault awareness, prevention, and response program, the Army has established a website that provides excellent information and resources. The website includes instructions regarding response and care for victims of sexual assault, guidance for leaders, prevention and awareness programs, and the applicable Army regulations and policies.

Here's a link to the Army website: <http://www.sexualassault.army.mil/>

I have a responsibility to establish a command climate where safety is promoted, where Soldiers and Army civilian employees receive information concerning sexual assault risk reduction techniques, and where Soldiers and Army civilians feel free to report incidents. Sexual assault is unacceptable and incompatible with the Army values.

Thank you for everything you do throughout the year in support of our joint warfighters.

//signed//

WILLIAM M. LENAERS  
Major General, USA  
Commanding

## Healthy Hearts

By Melody A. French, Ph.D., FNP  
Health Clinic



February is American Heart Month. So, let's talk about the heart. The cardiovascular system (heart & blood vessels) is the pump and tubing that keep the blood circulating to all of our vital organs. The system of blood vessels, which includes the arteries (high in oxygen) and the veins (low in oxygen), is over 60,000 miles long. The adult heart pumps about five quarts of blood per minute which equals about 2,000 gallons of blood each day. Your heart is located in the center of your chest, under the breastbone (sternum) between the lungs. Your heart beats about 100,000 times per day. Blood takes about 20 seconds to circulate throughout the entire vascular system (meaning from the time it leaves the heart until it re-

turns). Pretty amazing system which works under its own electrical, vascular and muscular power.

Coronary artery disease (CAD) is the number one killer in America. Coronary artery disease affects more than 12 million people in the United States. The disease process occurs when arteries become clogged and narrowed, usually by fatty plaque and blood clots. This process, known as atherosclerosis, can cause the heart to not get enough blood supply. The blood

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## Security:

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§ To not go into an empty house or apartment if things don't look right - a broken window, ripped screen, or opened door.

§ To let you know about anything that frightens them or makes them feel uncomfortable.

### Take a Stand

Work with schools, religious institutions, libraries, recreational and community centers, and local youth organizations to create programs that give children ages 10 and older a place to go and something to do after school - a "homework haven," with sports, crafts, classes and tutoring.

Don't forget that kids of this age can also get involved in their communities. Help them design and carry out an improvement project!

Ask your workplace to sponsor a Survival Skills class for employees' children. You can kick it off with a parent breakfast or lunch. Ask your community to develop a homework hotline latchkey kids can call for help or just to talk.

Join or start a McGruff House or other block parent program in your community to offer children help in emergencies or frightening situations. A McGruff House is a reliable source of help for children in emergency or frightening situations.

## Union:

(continued from page 2)

hold until March 2006 with the only exception being the Naval Sea Systems Command. Additionally, Lacey said her office "received much feedback in the course of all these activities that lead us to conclude we need more time to focus on simplifying the performance management design..."

In creating NSPS, AFGE feels DoD defied Congress by refusing to engage in any meaningful collaboration with the unions that represent the department's employees, as called for in the defense authorization legislation that authorized the creation of the new personnel system.

If implemented as currently planned, NSPS would affect more than 700,000 DoD workers.

"There's also the issue of cost," continued Gage. "Estimates say that implementing NSPS in just the first spiral may cost \$75 million or more. At a time when our troops are fighting for their lives and need every possible resource, implementing this severely flawed and incomplete system would be a grotesque misuse of taxpayer dollars."



# Youth Services and local school team up to start a bowling league

By Lanaya Chapman  
Youth Services

## CYS Starts Fort Sage Middle School Bowling League

Fort Sage Middle School and Child and Youth Services are very excited about the new Middle School Bowling League.

CYS thought it would benefit the school to take advantage of the resources we have in our community. Our Sports Director Marci Smithers has coordinated with Ms. Kay Ingram a teacher at Fort Sage Middle School in putting the Bowling League together. The Bowling League will be played during the months of January and February. The students will meet once a week during P.E. at the Bowling Alley to bowl. The class is broken up into teams and the youth have a chance to measure their individual progress throughout the league. The youth will benefit from this program and CYS would like to thank the school for their continued partnership.

### CYS Basketball

This year, CYS is participating with Lassen Youth Basketball in Susanville

in providing a basketball league within Lassen County. The league will consist of boys and girls teams from 5<sup>th</sup> to 8<sup>th</sup> grade. The practices are at CYS and started in December. The league games started in January and will end in March. Games are played on Saturdays in either Susanville or Herlong. The CYS has two boys teams signed up, one 5<sup>th</sup> and 6<sup>th</sup> grade team and one 7<sup>th</sup> and 8<sup>th</sup> grade team. There is also a 5<sup>th</sup> and 6<sup>th</sup> grade girls team. All teams are full except for the 7<sup>th</sup> and 8<sup>th</sup> grade boys team. So if you are interested in signing your youth up to play on the 7<sup>th</sup> and 8<sup>th</sup> grade boys team please contact Marci Smithers ASAP at CYS at 827-4696. If anyone is interested in supporting our youth basketball teams by attending their games, please contact Marci for a game schedule. We wish the teams the best of luck at a successful season!!

### New Tutoring Program for SAS Youth

Child and Youth Services is offering a new Tutoring Program for School Age Students. This is a great opportunity for those of you who would like additional support for your children's

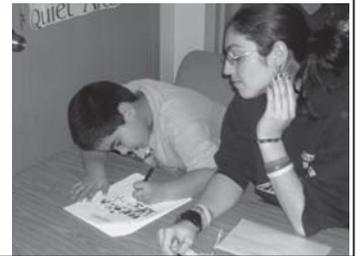
homework. The tutoring program started in January and will continue through May. Tutoring is available Tuesdays and Thursdays from 4:00 p.m. to 5:00 p.m. Our high school stu-

dents will be providing this extra assistance for the youth. If you are interested in having your child participate in the tutoring program, contact Renate Jones or Lanaya Chapman at 827-4696.



Pictured at right, Kyla Stevens, a student at Herlong High School looks over the shoulder of Anthony Gonzalez as he works on his homework. Stevens is one of several high school students who have volunteered to help those younger students that may require additional assistance with their school work.

Kyrstina Edwards, a Herlong High School student, volunteers her time to help Audrane McGinnis with homework as part of the new tutoring program that is provided at Youth Services after school hours. Edwards, along with other high school students, help make this tutoring program a success for all.



# MWR Services

## Skedaddle Inn Meeting Center

The Skedaddle Inn Meeting Center/Lounge is now open Monday through Thursday, 6:30 a.m. to 5:00 p.m., Thursdays until the last customer leaves. It is also equipped to cater large or small events.

Call the manager at 827-4360 or email: [skedaddle.inn@sierra.army.mil](mailto:skedaddle.inn@sierra.army.mil). Business hours are Monday through Friday, 6:30 a.m. to 5:00 p.m.

## Sierra Lodge/Guest House

Call the depot lodging manager, 827-4544, or email: [skedaddle.inn@sierra.army.mil](mailto:skedaddle.inn@sierra.army.mil) for information. Room rates from \$50.00-\$60.00 per person.

## Sierra Bowling Center and Snack Bar

Open Monday through Thursday, 11:00 a.m. to 8:00 p.m. Call 827-4442 for information. Check out the Lunch Specials that are advertised Monday through Thursday. Delivery available on all orders received before 10:30 a.m. Contact the Snack Bar to book your birthday packages and holiday parties early.

## Physical Fitness Center

Open Monday through Thursday, 11:00 a.m. to 1:00 p.m. and 5:00 p.m. to 8:00 p.m. Open Friday, Saturday, Sunday from 11:00 a.m. to 1:00 p.m. There is no charge for general use for military and depot personnel. For other authorized patrons, there is a \$2.00 daily charge with special monthly rates available. Regular membership is \$20.00, premier membership is \$40.00. A tanning bed is also available at a rate of \$6.00 per tan or a monthly rate of \$35.00. Use of the Racquetball Courts is only \$3.00 per hour.

Now available - Prepaid orders for custom hats, jackets, and shirts with depot logos.

ITR is available at the Physical Fitness Center. For more information call 827-4655 or email [ITR@sierra.army.mil](mailto:ITR@sierra.army.mil) or [ok.fern@sierra.army.mil](mailto:ok.fern@sierra.army.mil).

## Outdoor and Equipment Rental

New party rental items are now available along with new ATVs. A safety class is required to rent ATVs and Boats. Also don't forget if you have not already taken the State of California test for water craft, now is a

great time to get it done - Warm weather is just around the corner. Books and test are available at the gym during regular business hours - THIS IS A NEW REQUIREMENT TO RENT WATER CRAFT THIS SUMMER. For information call Chris Long at (530) 827-4354 or send an email to [Christopher.Long@sierra.army.mil](mailto:Christopher.Long@sierra.army.mil).

## Laundromat

Open daily, 6:00 a.m. to 10:00 p.m. in building 142. Cost for wash, \$1.25 and \$.50 cents with a longer drying cycle. Please call 827-4655 for additional information.

## Recycling Center

Open Monday through Thursday, 6:30 a.m. to 5:00 p.m. Call 827-4504 or email [vending@sierra.army.mil](mailto:vending@sierra.army.mil) to schedule a pick up or service.

## MWR Office

The Administrative Assistant can be reached at (530) 827-4497, Monday through Thursday, 6:30 a.m. until 5:00 p.m., or send an email to [diane.plaster@sierra.army.mil](mailto:diane.plaster@sierra.army.mil). Business Office is (530) 827-4178 or (530) 827-4609.

## BLACK HISTORY MONTH CELEBRATION

Americans have been celebrating Black History Month since 1926. Harvard scholar Dr. Carter G. Woodson organized the first annual Black History celebration the second week in February. Dr Woodson chose that time because it coincides with the birthdays of Frederick Douglass and Abraham Lincoln - two men who had greatly impacted the black population. Over time, Black History Week evolved into Black History Month and now is celebrated over a four-week period.

In celebration of Black History Month, Special Emphasis Program Managers are sponsoring a Black History Luncheon on Feb. 16, 2006, from 11:30 a.m. to 12:30 p.m. in the Skedaddle Inn. There will be a special menu and a short play for this program. Cost is \$8.00 per person. Any questions and/or reservations, contact Lynette Hall at 4507 or Gregory Pryor at 4190 NLT Feb. 9.



**SALARY TABLE 2006-RUS**  
**INCORPORATING THE 2.10% GENERAL SCHEDULE INCREASE AND A LOCALITY PAYMENT OF 12.52%**  
**FOR THE LOCALITY PAY AREA OF REST OF U.S.**

(See <http://www.opm.gov/oca/06tables/locdef.asp> for definitions of locality pay areas.)

(TOTAL INCREASE: 2.83%)

**EFFECTIVE JANUARY 2006**

*Annual Rates by Grade and Step*

Grade	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
1	\$ 18,399	\$ 19,014	\$ 19,626	\$ 20,234	\$ 20,847	\$ 21,207	\$ 21,810	\$ 22,420	\$ 22,444	\$ 23,010
2	20,687	21,179	21,864	22,444	22,694	23,361	24,029	24,696	25,363	26,030
3	22,572	23,324	24,077	24,830	25,583	26,335	27,088	27,841	28,594	29,346
4	25,338	26,183	27,028	27,873	28,718	29,564	30,409	31,254	32,099	32,944
5	28,349	29,295	30,240	31,185	32,130	33,075	34,020	34,966	35,911	36,856
6	31,601	32,654	33,708	34,761	35,814	36,867	37,920	38,974	40,027	41,080
7	35,116	36,287	37,457	38,627	39,797	40,967	42,138	43,308	44,478	45,648
8	38,890	40,187	41,483	42,779	44,075	45,371	46,668	47,964	49,260	50,556
9	42,955	44,387	45,819	47,252	48,684	50,116	51,549	52,981	54,414	55,846
10	47,303	48,880	50,456	52,033	53,609	55,185	56,762	58,338	59,915	61,491
11	51,972	53,705	55,437	57,170	58,903	60,636	62,369	64,102	65,834	67,567
12	62,291	64,367	66,443	68,519	70,595	72,671	74,747	76,823	78,899	80,975
13	74,074	76,543	79,012	81,480	83,949	86,418	88,886	91,355	93,824	96,292
14	87,533	90,450	93,368	96,286	99,203	102,121	105,039	107,956	110,874	113,791
15	102,964	106,396	109,827	113,259	116,691	120,123	123,555	126,987	130,419	133,850



**Refer Your Friends and Receive Discounts on Your Next Vacation!!!**

Save money and support our MWR programs with your vacation by becoming a member of the Armed Forces Vacation Club. There is no membership fee. The SIAD Information, Tour and Registration (ITR) receives a concession per each reservation when these services are used. If you are interested in . below. And for booking purposes, SIAD's account number is **324**.

Active duty and retired military personnel and their families are immediately eligible for discounted vacation travel whenever they're ready! **The Armed Forces Vacation Club (AFVC)** offers tremendous opportunities to experience year round vacations all over the world at a space available rate of only **\$264** per week!

This space available vacation program uses time-share vacation resorts worldwide that have unused units available for your use. **NO MEMBERSHIP FEES OR DUES with AFVC!** If you meet the eligibility criteria, you are automatically a member and your military service to <ST1:COUNTRY-REGIoN w:st="on">America</

<ST1:COUNTRY-REGIoN> has paid your dues for life. All you have to do to take advantage of this fantastic offer is check the thousands of dates and locations available at [www.AFVClub.com](http://www.AFVClub.com) and select where you want to go!

Your membership is registered and you receive an AFVC account number when you call to book a vacation. When you find the vacation option you want, simply call 1-800-724-9988. One of our vacation guides will help you through the rest of the process. Don't worry, they don't want your life history, only name, address, phone number, e-mail address and installation assignment. Full details are available at [www.AFVClub.com](http://www.AFVClub.com).

You'll find weekly rentals, nightly rentals and last minute vacation getaway options that are sure to fit your often unpredictable schedule. Prices will vary depending on the option you choose, but you'll find fantastic bargains and unique offerings that come with resort vacations.

**Share this offer with a friend and you'll save even more!** Tell an eligible friend. When they register

and book their first vacation as a new member, and supply your AFVC account number to the vacation guide, you can earn a \$50 credit towards your next AFVC booking. Each new eligible member you encourage to register for the **Armed Forces Vacation Club** and who books a vacation at the same time, earns you up to a total discount of \$250.00. Just make sure you provide them your AFVC account number (7033-#####) to give to the vacation guide when they call to book their first vacation with us. To review all of the procedures and details of the refer-a-friend offer go to <http://www.afvclub.com/refer.asp>.

**The Armed Forces Vacation Club** shares a portion of its revenue with your service morale and welfare programs for every vacation you take through this program.

Your service to <ST1:COUNTRY-REGIoN w:st="on">America</ST1:COUNTRY-REGIoN> earned you this special offer. Don't miss out! Log on to [www.AFVClub.com](http://www.AFVClub.com) and start planning your vacation!

## HEALTH:

(continued from page 5)

carries oxygen to the heart muscle. If the heart muscle does not get enough oxygen it cannot work properly and the tissue will eventually die.

When plaque narrows the blood vessels on the heart enough, ischemia (a cramping of the heart muscle due to a lack of oxygen) can occur. Ischemia usually occurs when the heart's oxygen demand increases such as during activity, eating, excitement and exposure to cold. If ischemia lasts less than 10 minutes it is unlikely that damage occurs to the heart muscle, however longer than that and heart muscle begins to die.

Symptoms of CAD include angina (discomfort, heaviness, pressure, aching, burning, fullness, squeezing or painful feeling in the chest, left shoulder, arms, neck, throat, jaw or back), shortness of breath, palpitations (sort of irregularity or fluttering sensation in the chest), a faster heartbeat, weakness or dizziness, nausea, and/or sweating. Another common complaint may be that of indigestion.

If any of these symptoms occur you should stop what you are doing and rest. You should call 9-1-1 or have someone with you do so. Statistics show that people often wait 4 hours before seeking treatment for heart attack symptoms. This is usually because of denial, fear that they are having a heart attack. The delay can mean permanent damage to your heart.

Risk factors for CAD include those you cannot change and those you can change. Risk factors that you CANNOT change include: being male, older age, family history of heart disease, being postmenopausal, race (African Americans, American Indians, and Mexican Americans are more likely to have heart disease than Caucasians). Risk factors that you CAN change or control include: smoking, high LDL (bad cholesterol), high blood pressure, physical inactivity, obesity, uncontrolled diabetes, stress and anger.

So what are some of the numbers you should know in relationship to better heart health? Your blood pressure should be below 120/80. We used to think that as long as your blood pressure was below 140/90 you were doing just fine but now we know that if your blood pressure is consistently between 120/80 and 139/89 you have what is called prehypertension and will go on to develop full blown hypertension. There are three cholesterol numbers that are important. First of all total cholesterol should be less than 200. Your LDL (bad cholesterol) should be as close to 100 as you can get it. And your HDL (good cholesterol) should be above 40, but preferably above 60. And then there are triglycerides which should be less than 150.

Eating a healthy diet will help decrease your CAD Risk Factors. Some suggestions include eating more fish, eat 6-9 servings of fruits and vegetables per day, limit fats in the diet and feed your body regularly. Also reduce salt intake, keep yourself hydrated (drink lots of water) and enjoy the food you do eat. If you try to deprive yourself of everything you enjoy eating, you will not continue to eat healthy. Look at different ways to prepare foods that enhance flavor and decrease fats and calories. Pay attention to serving size as well. Super-sizing has become a harmful phenomenon in this country. If you must supersize anything make sure it is that serving of broccoli.

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Herlong, CA 96113

Getting some exercise never hurt anyone. This does not mean you have to go to a gym and submit yourself to the torture of the 2% body fat skinny aerobic instructor whose goal is to make you work out until you drop. Something as simple as a two-mile walk 3-4 times a week. At least 20-30 minutes of some type of aerobic exercise will be very beneficial. And for those of you who put forth the argument "but I walk all day at work" there is the American Diabetes Association suggestion of 10,000 steps a day which is the equivalent of 5 miles. Wear a pedometer at work and count your steps. You may find that you are not as active as you think you are.

And finally QUIT SMOKING. I have talked about this before and given you strategies for quitting. Your heart prefers oxygen. When you smoke you give it carbon monoxide. Do your heart a favor and increase your oxygen consumption by quitting.

One final comment. Heart disease is the leading cause of death in women over age 40, especially after menopause. Once a woman reaches age 50 the risk for heart disease increases dramatically. So although being male is an uncontrollable risk factor for CAD once women reach a certain age all bets are off. Bad habits, unhealthy life-styles catch up with all of us. So put down that double cheeseburger, grab a peach and a bottle of water and get walking. That is after you put out your cigarette.

Here's to many more 100,000 beats of your heart.



Photo submitted

Steve Podhurst, Director of Base Support presents donated toys from the DBS holiday fund raisers and employee donations to Kenny Ault, Toys for Local Children representative on Dec. 14, 2005. The Directorate of Base Support collected over \$350.00 in donations to support the annual toy drive.

## Flag Contest

Commander to recognize a work site for outstanding performance.

The flag will be displayed at the winning site each month.

The theme of the flag will be Excellence In The Workplace.

The prize is undetermined, but will be worth your efforts!

Submit your design to the PAO