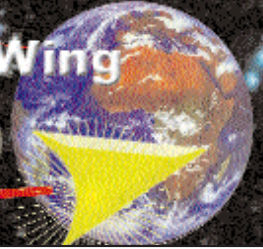


MISSILEER



INSIDE

Desert warriors



Local warfighters support Operation Iraqi Freedom
Page 3

Aerospace guy



OG commander recalls runs over Iraq
Page 10

Moving season



Office eases stress for military families
Page 12



Cookies for the troops

Third-graders from Sandra Moskal's class at Roosevelt Elementary School in Cocoa Beach, present 2,002 cookies to Patrick members March 21. The cookies were baked and donated by the Doubletree Hotel in Cocoa Beach. (Photo by Staff Sgt. Joel Langton)

GPS: warfighters' most accurate friend

By Capt. Susan A. Romano
45TH SW PUBLIC AFFAIRS

With the Delta IIR-9 poised and ready to launch Monday, its payload will play a crucial role to the warfighters involved in Operation Iraqi Freedom.

The global positioning system gives the men and women on the battlefield precise 24-hour navigation services including extremely accurate location information, such as latitude, longitude, altitude, velocity and precise time.

Military forces benefit from GPS because it increases precision and reduces collateral damage, while allowing forces to maneuver and navigate with exacting accuracy.

"Munitions that use GPS have a significant advantage over laser-guided bombs," said Lt. Col. Brad Broemmel, 1st Space Launch Squadron commander. "They have the capability to cut

through the weather, smoke or sand to reach their intended targets. Laser-guided bombs require a warfighter to continually point at the target. GPS users can 'fire and forget' their munitions from a much greater distance and with less risk to personnel."

In the first six days of Operation Iraqi Freedom, more than 80 percent of the munitions that hit several thousand targets were precision guided, according to the Department of Defense.

A GPS satellite emits a continuous navigation signal and orbits Earth every 12 hours. The system is so accurate that time can be figured to within 25 billionths of a second, velocity within a fraction of a mile per hour and location to within 16 meters, or about 52 feet.

The Boeing-made Delta II expendable launch vehicle is used to launch GPS satellites from Cape Canaveral into nearly 11,000-mile circular orbits

and have a life span averaging eight to nine years.

"We have come a long way from our GPS capabilities in Desert Storm," said Col. Gregg Billman, 45th Operations Group commander. "In 1991, those of us lucky enough to have a friend or relative send us a Radio Shack GPS unit in a care package, read the manuals the night before the first mission, strapped them onto our legs in the cockpit, and used them as a backup to our primary navigation means - Mark 1 eyeballs, charts and a stopwatch.

They became a great add-on to our 1968-era, analog INS airplanes. Though we couldn't integrate the GPS into the airplanes navigation or bombing systems, they became a great sanity checker as we radar navigated across the Iraqi desert at 200 feet doing 540 knots. Now our systems are incredibly sophisticated and integrated into nearly every piece of mobile military equipment."

Outstanding is just the START!



By Brig. Gen. Greg Pavlovich
45TH SW COMMANDER

Greetings everyone! I want you to know I'm up to speed and engaged as much as anyone on what is transpiring over in Iraq. At the same time, with the speed of activity and reporting taking place, it would be impossible for me and the *Missileer* staff to print war information for a weekly paper that wouldn't almost be immediately outdated.

I know many people want updates on our people and what they are doing. I can understand this quest for information, but right now, our people are focused on fighting a war. Many are in harm's way in the Persian Gulf region and there is always the threat of terrorism. Just as soon as it calms down for them, the information will flow back here and we'll tell their stories, you have my word on that.

With this in mind, I'll use this column and our base paper to keep folks abreast of Space Coast activities and let the literally hundreds of reporters overseas keep us updated on the war. At press time, all of our people overseas are performing great, making us all proud and most importantly, are all safe.

Beginning Monday, we're commencing daily non-denomination prayer services in the Seaside and Cape Canaveral Air Force Station chapels (E&L building) from 12:15 -12:30 p.m. for all personnel and their families currently supporting Operation Iraqi Freedom. We'll continue services for the duration of the war.

Monday's Delta II, GPS launch highlights the important role the 45th plays in national defense and what we do for the warfighter. If you've seen the media embedded with the coalition forces, you know GPS guides them through the sandstorms and the smoke from oil fires. Most of the operational satellites in space today were launched from the Cape. That is what we do for our nation.

I wish the entire Delta II/GPS team the best. I know you understand how important this launch is to America and the warfighter. Good luck and GO DELTA!

I'd like to welcome the retired generals and flag officers visiting our bases today. Through a series of tours and briefings, we're updating them on what's going on and ensuring this important group of citizens are in the know.

They'll be among the honorees at our special retreat ceremony at 4:45 p.m. at Patrick's Memorial Plaza.

We've put out the word and let all of the military retirees in our surrounding community know that tonight's retreat is in their honor. If you're a retiree, I hope you come tonight to receive the recognition you deserve. For the rest of our base populace, please join me as well in recognizing our military retirees.

Tomorrow is a very special day for the 45th Space Wing, as we'll host our annual Retiree Day. The event is from 9 a.m. - 1 p.m. in Patrick's Hangar 750. An opening ceremony with speakers is at 10 a.m. in the base theater. For those needing to renew ID cards and car decals, Military Personnel in Bldg. 537 will be open during the event. Bus transportation is provided to and from the locations to ease traffic and assist retirees and their families. Retiree Day is an opportunity for our retiree community to come out to the base and receive the latest and greatest in information on issues affecting them. It also gives me a chance to update them on our missions and to tell them all the great things you are doing to keep our country safe.

But more importantly, it gives all of us a chance to say thanks. The reason we are the greatest country in the world and the most powerful military ever known to man is due to the service and sacrifices of those who came before us. Many of the retirees visiting us tomorrow were our early space pioneers who ensured we always stayed a step ahead of our enemies in space technology stretching back to the moon landing and even earlier.

Even more of them served in World War II, Korea, Vietnam and the Gulf War and some even as late as the Kosovo action in 1998. Plus, there were many other operations, such as those in Grenada and Panama, where our retirees protected our freedom and America's interests abroad.

We can always count on our military retiree community for support. Many of them, after leaving the service, became the business and government leaders of the Space Coast. They are in charge of groups like the Air Force Association and local Chamber of Commerce Military Affairs Committees that provide us with unconditional support.

It's very important to keep them informed. Many of the benefits we enjoy today to include changes in health care rules and pay raises are due to our retirees informing Congress of some of the hardships we face. For example, "TRICARE for Life" was a direct result of our retiree community voicing concerns to Washington D.C., on our behalf.

If you see a group of retirees or an individual, thank them for their service and all they did and still do for our country.

I have some more awards to brag about. I was just notified our 45th Space Communications Squadron won the Lt. Gen. Grant Award for being the best Space Communications Squadron in Space Command. Also, the 45th SCS won the AFSPC Information Assurance

Organization of the year.

Receiving the aforementioned awards didn't come as a surprise since the 45th SCS earned an "Excellent" rating during the Operational Readiness Inspection. In addition, the ORI team recognized two best practices, three professional performers and eight professional teams from the squadron. It's well deserved and my congratulations to the entire squadron.

Master Sgt. Randy Harmon of the 3rd Space Launch Squadron is walking a little taller these days. He was the recent recipient of one of the Air Force Association's Brent Scowcroft Awards. These awards honor outstanding performers in the missile, space, and command, control, communications and information community. He was one of five winners AF-wide.

Master Sgt. Harmon ensured 10 critical launch and processing facilities were mission-ready for current and future launches and reported readiness status of the facilities that process the \$455M Titan IVB and \$250M Atlas rockets. During 2002, he reviewed 11 infrastructure upgrades and modifications resulting in the approval and implementation of \$700K of improvements projects. Simply put, without these facilities, we don't launch rockets. WELL DONE!

Congratulations to Tech. Sgt. Pamela Bidel for winning the 14th Air Force Outstanding Paralegal Airman of the Year. The annual award recognizes the most outstanding paralegal of the year, based upon demonstrated superior initiative, technical skill, leadership ability and devotion to duty.

Tech. Sgt. Bidel enhanced the office's preventive law program through innovative methods, creating handouts, briefing at the first ever Patrick AFB living wills symposium, first military family adoption workshop, and monthly pre-deployment briefings at Patrick AFB Family Support Center. Pam will be competing at AFSPC and we expect she will be bringing home the hardware!

Kudos also to Col. Chuck Mackett and the 45th Medical Group for acing their Joint Commission on the Accreditation of Health Care Organizations/Health Services Inspection. Our Med Group won its Super Bowl! The inspection showed the exceptional support the 45th Space Wing and the Patrick community receive from our medics.

They earned phenomenal scores of 97 out of 100 on the JCAHO Ambulatory Clinic inspection, 99 on the JCAHO Behavioral Health inspection and 91 on the Air Force HSI.

Also, congratulations to Patrick's Fitness Center on receiving an outstanding four-star rating from AFSPC. Those folks work long hours, lots of holidays and give it their 150 percent to provide a top-notch facility where we can stay WarFit!

Wow! The results of this inspection leave no doubt: Our medics are the best.

Keep our people in your prayers and keep leaning forward and doing your best! Have a good weekend and be safe. God bless America!



Missileer
1201 Edward
H. White II
Street
Building 423,
Room C-130
Patrick AFB,
FL 32925
(321)494-5922

Published by Cape Publications, Inc., a private firm in no way connected with the Air Force, under exclusive written contract with the 45th Space Wing, Patrick AFB, Fla.

This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Missileer* are not necessarily official views of, or endorsed by, the U.S. government, the DoD or the Dept. of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or Cape Publications, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 45th Space Wing Public Affairs Office.

All photographs are Air Force

photographs unless otherwise indicated.

Cape Publications
Advertising Department
P.O. Box 419000
Melbourne, FL 32941-9000
Retail: (321) 242-3808
National: (321) 242-3803
Classified: (321) 259-5555

Deadline for submissions is 2 p.m. the Friday before publication.

45th Space Wing
Brig. Gen. Greg Pavlovich
45th Space Wing Commander

Lt. Col. Mike Rein
Chief of Public Affairs
michael.rein@patrick.af.mil

1st Lt. Eric Badger
Chief of Internal Information
eric.badger@patrick.af.mil

Missileer Staff
Sue Walden
Editor
susan.walden@patrick.af.mil

Staff Sgt. Joel Langton
Associate editor
joel.langton@patrick.af.mil

Monique Seaman
Webmaster
monique.seaman@patrick.af.mil

Jim Laviska and Beth
VonLaufen
Photographers

Air Force leaders proud of warfighters



Master Sgt. Alex Abbey, a pararescue specialist with the 920th Rescue Group, jumps from an HC-130 during a recent training exercise somewhere over Southwest Asia. He's among more than 300 members for the 920th RQG deployed overseas. (Photo courtesy of 920th RQG)

WASHINGTON — The following is a joint message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"As our nation calls upon its armed forces to meet this next challenge in the war on terrorism, the men and women of the U.S. Air Force will play a pivotal role in striking our enemies, defending our coalition forces, and protecting our allies. As you have always done, you will perform your duties with honor, and with the



Deployed in place space operators, Capts. Joy Meade, left, and Beth Stargardt, support the warfighters as they ensure another safe launch from the Cape. (Photo courtesy of 1st SLS)

This week's quote from the front

“The difference between me and an Iraqi soldier is that I'm willing to die for his freedom.”

— An unidentified American soldier, March 23

knowledge that our nation's security depends upon the excellence and professionalism of every airman in our Air Force.

"Ours is the greatest joint warfighting force ever assembled, and our nation is blessed to have over 700,000 active, Guard, Reserve, and civilian airmen taking the battle to the enemy and securing our homeland.

"You, the brave warriors who voluntarily risk your lives to protect our values and way of life, are the reason we will prevail in this fight. The American people have the utmost confidence and trust in you, they support you, and are proud of your dedication. We couldn't be more proud of your service, and are both hon-

ored and humbled to lead this force.

"In this time of conflict and great sacrifice, the admiration, thoughts and prayers of our entire nation are with you and your families. Do your duty to the best of your ability and we will secure victory, for the sake of our nation and freedom-loving people around the globe." (Air Force Print News)



Airman 1st Class Tricia Meinders, left, 45th Comptroller Squadron, stands duty outside of her deployed location in Southwest Asia. She's among more than 150 members of the 45th Space Wing currently deployed. (Photo courtesy of Airman 1st Class Tricia Meinders)

Med group tops in civilian, military inspection

From staff reports

Not only is Patrick's clinic one of the best in the military, but the inspectors said it was one of the best in the nation after putting the 45th Medical Group through a rigorous inspection by civilian and military inspectors.

Inspectors from the Joint Commission on the Accreditation of Health Care Organizations/Health Services Inspection gave the medics the white glove treatment, and the medical team came out with nearly unprecedented scores.

The group was ecstatic after the scores came out. "The Med Group won their Super Bowl," said Col. Charles Mackett, 45th Medical Group commander. "The inspection showed the exceptional support the 45th Space Wing receives from their medics."

Despite the recent deployment of more than half of their providers and several key personnel, the 45th Medical Group earned scores of 97 out of a possible 100 on the JCAHO Ambulatory Clinic inspection, 99 out of a possible 100 on the

JCAHO Behavioral Health inspection and 91 out of a possible 100 on the Air Force HSI inspection.

Col. Steve Meigs, AFSPC surgeon general, confirmed that Patrick's inspection scores beat or matched the highest inspection scores recorded in the command since 2000. Col. Meigs, the former medical director of the Air Force Inspection Agency, praised the 45th Medical Group. "Its Joint Commission Ambulatory Clinic score places Patrick among the leading ambulatory clinics in the nation in the civilian side or military side," he said.

Four of 15 HSI subject areas earned special recognition and eight medical group processes are being considered for Air Force Medical System benchmarks. There were no Type 1 or 2 HSI findings, a first for the IG team chief in 44 medical group inspections. Additionally, there were no Type 1 JCAHO findings and JCAHO granted Accreditation with Full Compliance, again a first for the JCAHO team chief.



Capt. (Dr.) Dawn McNaughton examines Georgina Page, wife of Staff Sgt. Polie Page, 45th Civil Engineer Squadron. (Photo by Jim Laviska)



Though the speed limit sign says five miles per hour, drivers are speeding through the congested area of Burger King, gas station and the pharmacy causing accidents and near misses. (Photo by Sue Walden)

Slow down in Patrick's pharmacy, Class 6 area

By Sue Walden
45TH SW PUBLIC AFFAIRS

Congestion, speeding and drivers ignoring traffic signs are to blame for several accidents and near misses in the Patrick's Burger King, Class 6/Shoppette/gas station and pharmacy area.

"It's always been a trouble area," said Martin Lackie, safety specialist with 45th Space Wing Ground Safety. "Lots of people are there during peak times and many are breaking the law."

Speeding is the leading cause of the accidents, according to Mr. Lackie. The speed limit is five miles per hour on the side road, although many drivers have a habit of doubling and tripling the posted speed.

Hurrying to get into the pharmacy line, picking up lunch at Burger King or rushing in and out of the Class 6/Shoppette to pick up a few items all contribute to traffic congestion and increased speeds.

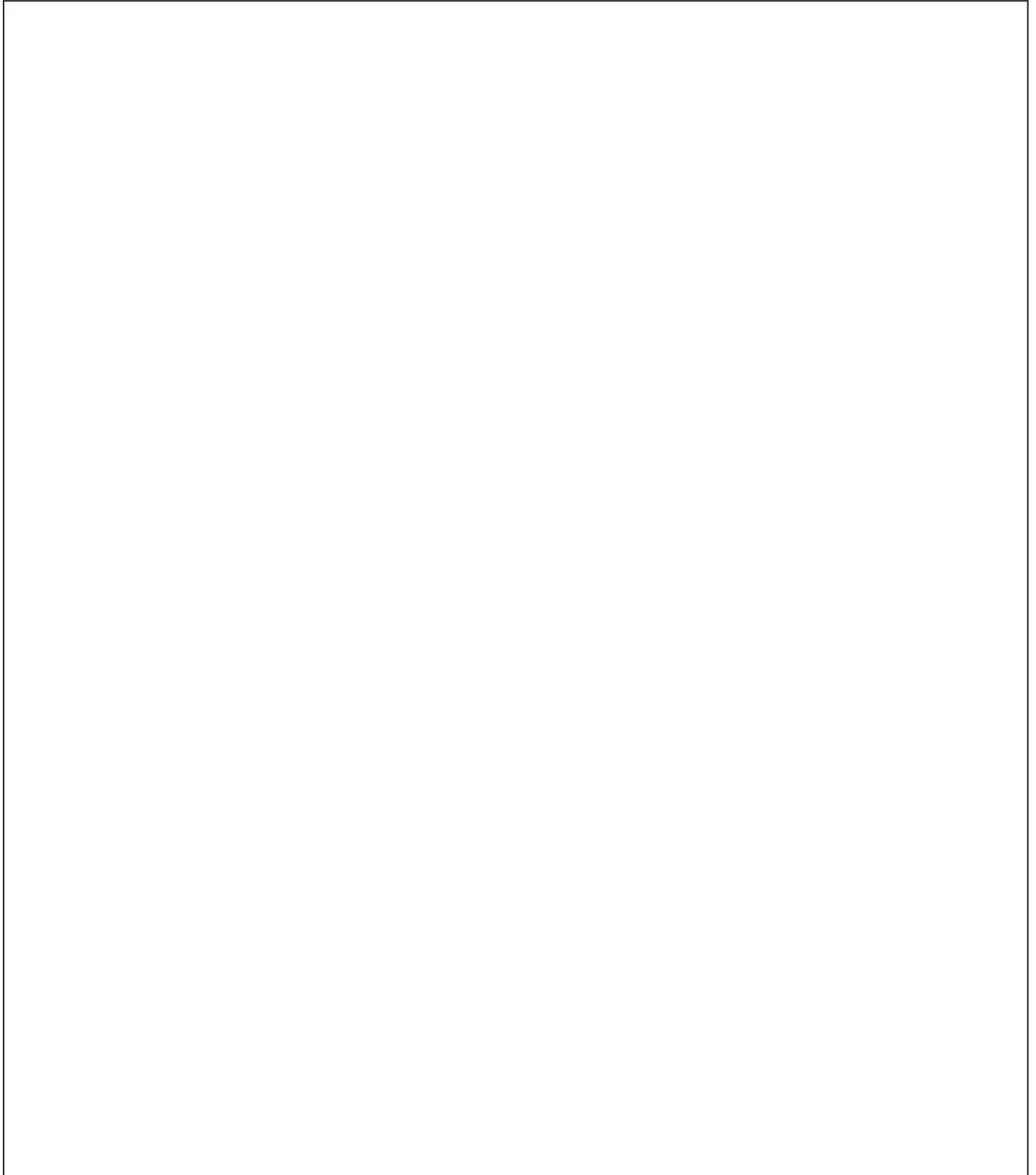
Security Forces have beefed up patrols and have set up radar to deter the speeding. "Since it is a very busy area, we've targeted that vicinity during peak times," said Capt. Scott Sanford, 45th SF operations officer.

Drivers who are caught aren't getting a finger wagging either, according to Capt. Sanford. Citations are being issued when the law is broken. "Hopefully by us patrolling the area, we can curb the severity," said Capt. Sanford.

Driving through the pharmacy and Burger King parking lots the wrong way and not stopping at stop signs have also accounted for accidents and near misses. "People also need to take more care when pulling out into the intersection (onto South Patrick Drive)," he said.

Since the side road runs east-west, drivers may be looking into the sun, which causes glare and reduced visibility. Something as easy as keeping a clean windshield can do the trick in deterring an accident, advised Mr. Lackie.

Old-fashioned common courtesies for other drivers and following the law, however, is always the best way to stay out of trouble and not be involved in an accident.



Two more senior master sergeants selected

Two master sergeants in the 45th Space Wing were selected for promotion to senior master sergeant. They are June Phillips, 45th Operations Group and Michael Lefebvre, 45th Civil Engineer Squadron.

Cops tops in AFSPC

By Sue Walden
45TH SW PUBLIC AFFAIRS

Excellence in any profession is only attained by hard and persistent work.

The 45th Security Forces Squadron is a prime example. They took home the best medium unit award in Air Force Space Command for the sixth straight year and snatched 42 percent of the individual accolades.

What's their winning secret? Synergy and professionalism, according to Chief Master Sgt. George Bovell, 45th SFS command chief. "We don't set out to win awards," he said.

"We strive to provide the best Force Protection, police services and be good community stewards." The unit has the highest operations tempo in the AFSPC - even while 68 percent were deployed last year. Chief Bovell thinks they have a winning combination of active-duty, civilians and Individual Mobilization Augmentees who provide strength and professionalism to the unit. "We exemplify the total force concept," he said. "(Our men and women) are the best I've ever worked with and I've been to places where we've won awards, but this group is the best."

Lt. Col. David Woods, 45th SFS commander, is

also proud of his unit. "We have great people doing great things," he said.

Outside the gates the unit works with local law enforcement and provides community service. "Our footprints are all over the Space Coast," Chief Bovell said. He's particularly proud of the unit's commitment to Camp DEFY, a weeklong mentor event held every summer at Patrick for at-risk children.

Some Security Forces personnel went beyond the extra mile and were awarded for their dedication at AFSPC. They are:

Staff Sgt. Kristy Strickland, Julie Y. Cross Memorial Award

Staff Sgt. Chad Schulte, Staff NCO

Sharon Young, Civilian Employee

Master Sgt. Thomas Young, Air Reserve Component Senior NCO

Staff Sgt. Erica Barnes, Air Force Component NCO

Senior Airman Donald Wiant, Air Reserve Component Airman

"One thing is for sure, 24 hours/seven days a week a Security Forces 'cop' will be on-duty, watching out for all of our DoD team," Lt. Col. Woods said.

45th CES addresses privatization issues

By Lt. Col. Chris Hazen
45TH CES COMMANDER

The 45th Civil Engineer Squadron would like to address two questions related to South Housing privatization.

□ Why are some units in South Housing being painted?

Several occupants have expressed concerns that this is a sign the privatization effort is either dead or on hold. Neither is the case.

Painting is necessary because we expect to close the deal soon and we've allowed for up to up to six years of phased construction in the Request for Proposal. Since many of the units are in serious need of paint, we felt it necessary to paint them, rather than have them sit untouched for several years.

□ When will the occupants of units being torn down or renovated be required to move?

Since privatization will be a phased program, it's possible many current occupants - married and single - may PCS long before a move is required. However, if you're a married member and have to move, the contractor will pay all moving expenses into another home in South Housing. In most instances, the occupants will be moved to a new or newly-renovated home.

Unaccompanied personnel have been allowed to live in South Housing the last few years due to the large number of surplus units. As we move through the various phases of privatization, surplus units will no longer be available.

For this reason, if and when a single occupant is asked to move, he or she will be required to move off base. When this occurs, the Air Force, not the contractor will pay for the move. After we privatize, it will be essential that single occupants notify the

Housing Office if and when you're going to be deployed. That way, we make sure deployments don't conflict with scheduled privatization efforts.

Transition efforts, along with town hall meetings should begin this summer. Rest assured, once the transition and all agreements are complete, CE will work closely with all personnel living in South Housing to make this happen as seamlessly as possible.

We're doing everything possible to limit impacts on our military families and singles, while at the same time working to ensure top-quality homes are built in South Housing.

This is an extremely important initiative for all of us and we're taking time to make sure it's done right. It will be worth the wait and the inconvenience. Thanks for your patience and understanding.

Military Affairs Council springs into SeaFest 2003

By 1st Lt. Eric Badger
45TH SW PUBLIC AFFAIRS

SeaFest 2003 kicks off today at Port Canaveral. The three-day event is celebrating its 20th anniversary and spearheads the yearlong celebration of Port Canaveral's 50th anniversary.

According to Leslie Ritter, Military Affairs Council chairman, the council is looking forward to the celebration and the interaction between the civilian and military community. "SeaFest is our number one fund-raiser each year," she said. "The money from the event goes to several good causes such as the Honor Guard, Christmas dinners for wing military members and awards luncheons for recognition of military members who volunteer in the community. Our goal is to build good relationships between the military and civilian communities through effective communication and education."

The MAC will sell strawberry shortcakes at SeaFest. "Both military and civilian volunteers will help build the booth, cut strawberries or do whatever is necessary to get the booth up and running," said Ms. Ritter.

The event includes seafood, beverages, rides, games, live music, motorcycle and craft shows, along with various exhibits and entertainment for the entire family.

The festivities begin today at 5 p.m. with a fireworks display at 9 p.m. SeaFest hours throughout the entire weekend are: Friday, 5 to 11 p.m.; Saturday, 11 a.m. to 11 p.m.; Sunday, 11 a.m. to 5 p.m.

Parking and shuttle bus rides are free

Saturday and Sunday only. Shuttles start at 10 a.m. Saturday and Sunday from Miracle City Mall, Merritt Square Mall and the Space Coast Area Transit Park & Ride lot West of Interstate 95 on Eau Gallie Boulevard.

The last shuttles head back to the malls on midnight Saturday and 6 p.m. Sunday. SeaFest-goers are encouraged to bring lawn chairs. Coolers and pets are not allowed. Admission is \$3 per person in advance and \$5 at the gate. Seniors, 65 and over, pay \$3 at the gate. Kids, 10 years old and younger, get in free.

"The Cocoa Beach Chamber of Commerce, through the Military Affairs Council, is continuously showing their appreciation for the 45th Space Wing by way of funding and participation in various wing activities such as the Honor Guard, Holiday meals and the Junior Enlisted Club picnic," said Chief Master Sgt. Tony Manson, 45th SW command chief master sergeant. "I encourage our folks to give back to the community and volunteer for a couple of hours with MAC and take their families to SeaFest. It's a small token of our appreciation to the Space Coast community in which we live and serve."

Areas where tickets can be bought in advance include the Bank of America, the Patrick Air Force Base Ticket Office and the Cocoa Beach Area Chamber of Commerce.

For more information, call the Cocoa Beach Area Chamber at (321) 459-2200 or e-mail them at www.cocoabeachchamber.com.



Retreat ceremony honors retirees

By Sue Walden
45TH SW PUBLIC AFFAIRS

In honor of military retirees, the 45th Space Wing will have a retreat ceremony today at 4:45 p.m. at Patrick's Memorial Park.

"We have monthly retreat ceremonies designed to capture the history of the wing," said Chief Master Sgt. Anthony Mason, 45th SW command chief master sergeant. "These ceremonies are put on by different units on a rotating basis. For this month, Brig. Gen. (Greg) Pavlovich and I thought it was very fitting to honor retirees because of Flag Officers Day that day." The retreat ceremony is also held in conjunction with the wing's annual Military Retiree Day Saturday from 9 a.m. - 1 p.m. in Hangar 750 at Patrick.

The retreat ceremony is steeped in tradition and serves a two-fold purpose. It signals

the end of the official duty day and serves as a ceremony for paying respect to the America flag. The retreat ceremony is open to all ID cardholders.

Military Retiree Day is the largest event of its kind in the nation and brings more than 5,000 people from the area that serves up to 48,000 retirees and their family members from all branches of the armed forces. The "one-stop-shop" event features more than 50 booths in the hangar - from veterans and health organizations to base finance and TRICARE. Staff will also be on hand in Bldg. 537 to renew Department of Defense identification cards.

It begins at 9 a.m. in the hangar and at 10 a.m. there will be speakers in the base theater to provide additional information. ID cards and car decals will be available in Bldg. 537. Bus transportation is provided between the locations.



Personal calls off-limits

Making personal long distance (dialing direct) on a government phone is a violation. The Defense Switched Network is the primary system used for all official DoD telephone calls and should be used whenever possible.

Those making unauthorized calls must reimburse the government for the cost plus additional charges, and they could administrative action. To find out whether a call is authorized, ask a telephone control officer.

Space-A for family members

There will be a one-year test beginning April 1, to evaluate the expansion of space-available privileges for family members traveling within the Continental United States. Active-duty and retired family members will be allowed to travel within the continental United States when accompanied by their sponsors.

Family members will assume same travel category as sponsor. Retired members may sign up 60 days in advance but not earlier than April 1. Active duty must be on leave or pass status to register, remain in that status while waiting travel and remain in that status during entire traveling period.

CAIB meets

The next Community Action Information Board meeting is April 14 at 10:30 a.m. in the Command Conference Center, Bldg. 401. If you have any items that you would like included in the agenda, please forward them to 45 MDOS/SGO no later than close of business April 7. Contact Maj. Carole Robbins at 494-0412 for more information.

Environmental audit

Air Force Space Command will conduct an external Environmental Compliance Assessment and Management Program comprehensive audit at Cape Canaveral Air Force Station and the Malabar and Jonathan Dickinson Missile Tracking Annexes April 7-15. An in-brief will be provided at 7 a.m. April 7, Bldg 423 Room S-125 at Patrick. Cross talks with auditors and interested Cape personnel is at 7:30 a.m. from April 8-14 (location to be announced.) At the conclusion of the audit, an out-brief will be provided at 10:30 a.m. April 15 at the Cape.

For more information contact Terri Bracher at 494-9262 or e-mail at teresa.bracher@patrick.af.mil or Brian Barfus at 853-3712 or e-mail brian.barfus@esc.patrick.af.mil.

Tax season almost over

The Patrick AFB Tax Center will close its doors April 11. This service is available to all active-duty, retired, reservists and guardsmen who are on Title 10 (active duty) orders, and their family members.

If tax assistance is still needed, contact a unit Volunteer Income Tax Assistant or Staff Sgt. Freeman at 494-4914 for an appointment.

Join Trash Bash

Volunteers are needed for this year's annual Trash Bash. Trash Bash is held every April to emphasize the importance of keeping Brevard Clean. Volunteers will remove debris from neighborhoods, parks, roadsides, shorelines and anywhere litter can be found. To volunteer, call 631-0501. Bring work gloves.

OPS group CC recalls flights over Baghdad



Col. Gregg Billman, 45th Operations Group commander, at his recent change of command. He later recalled some of his flights during Desert Storm. (Photo by Jim Laviska)

By Staff Sgt. Joel Langton
45TH SW PUBLIC AFFAIRS

Twelve years ago, Col. Gregg Billman guided bombs onto targets in Iraq from the right seat of an F-111E.

Today, he's doing the same thing, except he's in the 45th Operations Group commander's seat.

As a young captain, he was 200 feet off the ground doing 540 knots when targets went boom. Today, he's key to nearly every target-hitting, as his unit's been vital to putting 75 percent of the satellites in space that will help pilots find targets.

Col. Billman's worn plenty of hats. He's a master space operator, basic missileer and a senior navigator with 3,700 flying hours in both F-111s and F-15Es, 40 of them in combat. He was also flying a commercial airliner in the Caribbean when he was 18 years old, and was a flight instructor in college.

His combat experience starts like a scene out of the movie "Top Gun." He graduated from Fighter Weapons School and was sent directly to Incirlik AB, Turkey, where he joined up with his unit, the first to deploy in support of Operation Desert Shield. They were already in Turkey conducting a semi-annual Weapons Training Deployment from their home base at RAF Upper Heyford, England.

He spent the next six months helping prepare his unit for combat. "It was the best training you could get. Everyone was taking it very seriously because you were getting ready to do it. I had the advantage of just having graduated from Fighter Weapons School so I was, at that moment in time, at the very top of my game," Col. Billman said.

On his first combat sortie, Col. Billman was in the right seat with a very junior, less experienced pilot. The squadron commander had

paired the more experienced crewmembers with less experienced. "But I lucked out. My left seater was young, but very good. 'Scurvy' McIrvin and I flew well together."

Some of the crewmembers had global positioning equipment – nothing issued by the Air Force, but equipment family members had purchased at Radio Shack and put into care packages.

So, Jan. 17, 1991, Col. Billman found himself in the last plane of a four-plane "package" headed for Mosul, in northern Iraq.

"I had my head down in the radar trying to keep us from hitting the snow covered peaks on the Iraq/Turkey border and the pilot asked in an alarmed voice, 'What was that?!'" Col. Billman said. "I asked him what it looked like and he said it looked like a bottle rocket coming up like a corkscrew. I knew we were 'in it' then because that had all the makings of a shoulder-fired SA-7 surface-to-air missile."

The lead plane went in and dropped its bomb on the target. "I would have thought Iraq would have been 'lights out' by then, but the place was lit up like Las Vegas until that bomb dropped. Then all the lights in that part of the country went out. It got dark pretty darn quick, which was fine by me because the F-111 liked the dark. The only thing that would have made it better was bad weather."

It wasn't dark for long. The night lit up with red tracer fire, bright white bursts of flak and a few surface-to-air missiles trying to bring coalition aircraft down. "The night just lit up with anti-aircraft fire and if you forgot that they were trying to kill you, it was really kind of pretty," he said.

Col. Billman's F-111E flew over the target and during parts of the missions, would be 100 feet off of the ground, flying at Mach 1.3.

He remembers crossing the Iraqi border back

into Turkey. "It was like being cured of cancer," he said. "You felt great, until you realized you were going to do it again the next night."

However, Billman's night wasn't over. They discovered "hung" weapons on their left wing. They couldn't land like that because they were unsure if the weapon would stay on the aircraft as they landed and that would have been "bad juju." They flew over the Mediterranean and safely dropped it into the sea, landing back at Incirlik with very little fuel left.

For the next six weeks, Col. Billman flew combat missions nearly every other night. He was often a mission commander, making real-time decisions on the conduct of the mission for over 40 coalition airplanes. None were as memorable as his first mission, but all involving planes dropping bombs on targets.

Today, Col. Billman's old wartime roommate is flying missions over the same targets. Thanks to Col. Billman's new unit, the 45th Operations Group, his roommate is much more mission-capable than 12 years ago.

Planes now have better Global Positioning Satellite systems supplied by the government versus local electronic stores. Every GPS satellite feeding coordinates to coalition members has been launched from Cape Canaveral Air Force Station.

Coalition members have better communication abilities than 12 years ago. "In Desert Shield and Desert Storm, it would take hours to get a target photo. Today, you get better photos in minutes."

Today, there's better weather forecasting abilities, along with a number of other advantages, thanks to the high ground the 45th Space Wing gives coalition warriors. "Most of what space brings to the fight today has been put into space from right here — on time, on target — which is why our Group's new motto is 'Taking the High Ground!,' Col. Billman said.

Today, space operators are in the desert, making sure the warfighters have what they need, with everything from GPS data to reconnaissance information to missile warning data.

In fact, the warrior of yesterday isn't the warrior of today. "Our Air Force is gaining more and more people who understand both air and space mediums, which is exactly the kind of people we need to continue to dominate the vertical dimension," Col. Billman said.

Col. Billman said he doesn't even consider himself a fighter guy or a space guy. "I'm an aerospace guy," he said.

The aerospace guy felt like he was right at home among his fellow operator-brethren his first night at the Patrick Officers' Club.

"I saw these space operators playing crud and said to myself, 'This is a great sign!'" he said. "We even took on some of my old fighter buddies who were here and beat the heck out of them. I haven't lost a game on the crud table here and don't plan to — especially not against a bunch of fighter folks."

The old warrior feels right at home.

Celebrating Women's History Month

Those women in their flying machines

By Lt. Col. Gus Schalkham
45TH SW PUBLIC AFFAIRS

This year we celebrate 100 years of flight. Many people have heard of the Wright Brothers and their accomplishments, but lost in American history are the contributions of women.

Women demonstrated the same passion and desire to explore the unknown as their male counterparts and have made many of the same sacrifices. But women had barriers and skeptics.

One of the first women pioneers was Harriet Quimby who was the first American woman to earn her pilot's license on Aug. 1, 1911 and the first woman to fly solo across the English Channel just eight months later in April 1912. She discovered her love of flying while writing for publications in New York City.

On her return from France in 1912, she was an instant celebrity in her home country. A flamboyant and popular pilot, she wore a purple satin flying suit. Unfortunately, her days in the cockpit were going to come to an end.

Safety standards for flying the early machines are not what they are today. And safety harnesses were not available. On July 1, 1912 at the Harvard-Boston Aviation Meet, Quimby's plane experienced problems and flipped in mid-air throwing her from the plane to her death. Ironically, the airplane she was flying righted itself and glided to a landing with little damage.

Bessie Coleman was an individual who faced two barriers to fly: race and gender. To pursue her dream of flying she went to France and on June 15, 1921 she became the first African-American, to earn her pilot's license from the Federation Aeronautique Internationale.

From all accounts she was an excellent pilot and came back to the United States in 1921 performing in the Chicago area dazzling audiences with aerobatic loops and figure eights. She moved to Houston and performed in air shows throughout the south.

Her life long dream was to create an aviation school for African-Americans, but she did not live to see it happen. She fell to her death while a passenger in a plane performing a practice flight for a May Day celebration in Orlando, Fla., on April 30, 1926. In 1995 the U.S. postal administration issued a commemorative stamp in her honor.

In the 1930s many firsts were set in flying and the name associated with those accomplishments was Amelia Earhart. Born in Atchinson, Kan., she took up flying when she was 24 years old. On May 20-21, 1932 she was the first woman to fly non-stop and solo across the Atlantic Ocean, establishing her reputation as both a daring and

great pilot.

After that there was no stopping Earhart, as she set other record flights: the first solo transcontinental flight by a woman from Los Angeles to Newark, in 1932, the first solo flight by anyone from Hawaii to the U.S. mainland in 1935, and the first nonstop flight from Mexico City to Newark in May 1935.

Her final quest was to fly around the world. She started her adventure, accompanied by her navigator, Fred Noonan, on June 1, 1937 from Miami, Fla. They reached New Guinea on June 29, having covered 22,000 miles with 7,000 miles to go. Their next refueling stop was Howland Island. Sadly, they never made the island or completed their journey. President Franklin Roosevelt ordered a massive search, which turned up nothing and to this day her disappearance remains a mystery.

When World War II came about, American women were also there in the skies. Leading the way was a dynamic pilot named Jacqueline Cochran. She had developed and established her own cosmetic company when the passion for flying took over in 1932. She only needed three weeks of lessons to earn her pilot's license.

In 1942, Army General Hap Arnold requested that Cochran organize a women's flying detachment, which later grew into the Women Airforce Service Pilots. From 1943 to 1944, 1,074 women trained and flew more than 60 million miles, ferrying aircraft, and towing targets. The WASP disbanded in 1944 and it was not until 1977 that they received retroactive military status. A little known fact is that 38 women lost their lives flying in support of the WASP.

After the war, Cochran continued her pursuit of speed becoming the first woman to break the sound barrier. This happened in 1953 in an F-86 Sabre jet. Fourteen times she won the Harmon Trophy recognizing the top female pilot of the year. When Jacqueline Cochran died in 1980, she held more speed, altitude and distance records than any person, male or female in the history of aviation.



Harriet Quimby was the first American woman to earn her pilot's license. (Courtesy photos)



Earhart

Today, the new heights and standards for women is space. Two women, Sally Ride and Eileen Collins have led the way.

Dr. Sally Ride was selected for the astronaut class in 1978. She was the first American woman to fly in space on board the Challenger on June 18, 1983 serving as a mission specialist. A little over a year later, Oct 5, 1985 she flew into space again. The eight-day mission deployed the Earth Radiation Budget Satellite.

Her third flight into space was terminated when she was selected to serve as a member of the Presidential Commission on the Space Shuttle Challenger accident. She is no longer an active astronaut, but still very active in her academic pursuits.

An advocate for improved science education, Ride has written four children's books, "To Space and Back," "Voyager: An Adventure to the Edge of the Solar System," "The Third Planet: Exploring the Earth from Space" and "The Mystery of Mars."

Lt. Col. Eileen Collins (USAF) has also set numerous firsts as an astronaut. She was an assistant professor teaching mathematics at the Air Force Academy from 1986-1989.

Six years later on Feb. 3-11, 1995, she became the first woman to pilot a space shuttle when her spacecraft rendezvoused with the Russian Space Station Mir. This was the first flight of the new joint Russian-American Space Program.

Four years later on her third her space flight, Collins was now the shuttle commander—another first for a woman. This flight deployed the Chandra X-Ray Observatory. Eileen Collins is still active in the astronaut program was scheduled to fly later this year until the Columbia tragedy.

Relocation Center eases stress for families

By Monique Seaman
45TH SW PUBLIC AFFAIRS

Knowledge and support mean less stress, more time and money saved.

The 45th Space Wing Relocation Center is a source for tapping into some knowledge and support that make moving easier.

In a collaborative effort, the Family Support Center and the Military Personnel Flight established the Relocation Center in August 2002. "Careful planning and preparation, as well as knowledge, are essential to reducing stress and the impacts on time and finances associated with relocating," said Mr. Maurice "Mo" Cronin, Family Support consultant and relocation "advocate" for all serviced by the 45th Military Support Squadron. "We provide military members and their family with a broad range of information while focusing on the details critical to a successful transition."

Mr. Cronin has plenty of experience with military transitions and support for military members and their fami-



Mo Cronin, Family Support consultant, helps in-bound and out-bound families transition smoothly. (Photo by Sue Walden)

lies. He was an active-duty Air Force member for 28 years, during which he moved 14 times. He spent his last eight years of active duty working in Family Support Centers assisting others in their relocation. For the last nine years he has been a civil service employee at the Patrick Family Support Center. "No matter how often a military member relocates, remembering all the details is difficult and knowing

all that's expected is impossible. It's my job to help with the details and know what's expected," said Mr. Cronin.

The Relocation Center provides customer service for the military member and base agencies. That means scheduling a newly-arrived member for his or her in-processing appointments and informing them about base services. It also means helping an outgoing member alleviate two-thirds of base out-processing by contacting base agencies in advance. "These agencies will check and clear

the member without them having to physically go to the office or facility," Mr. Cronin said.

"We provide necessary support whether it's your first military move, tenth, or final out-processing to retirement," he said. For more information, call Mr. Cronin at 494-2766 or check out the Relocation Center web page at <https://www.patrick.af.mil/45SPTG/45MSS/FSC/ra.htm>.

Golf chase tied

By Staff Sgt. Joel
Langton
45TH SW PUBLIC AFFAIRS

The 45th Medical Group tied the best two-out-of-three intramural golf championship Wednesday afternoon, to force a high-noon show down next Wednesday.

The 45th Contracting Squadron won March 12 7-6 but the 45th MDG won decidedly Wednesday 10-3.

The 45th MDG wasn't sure what caused the spark.

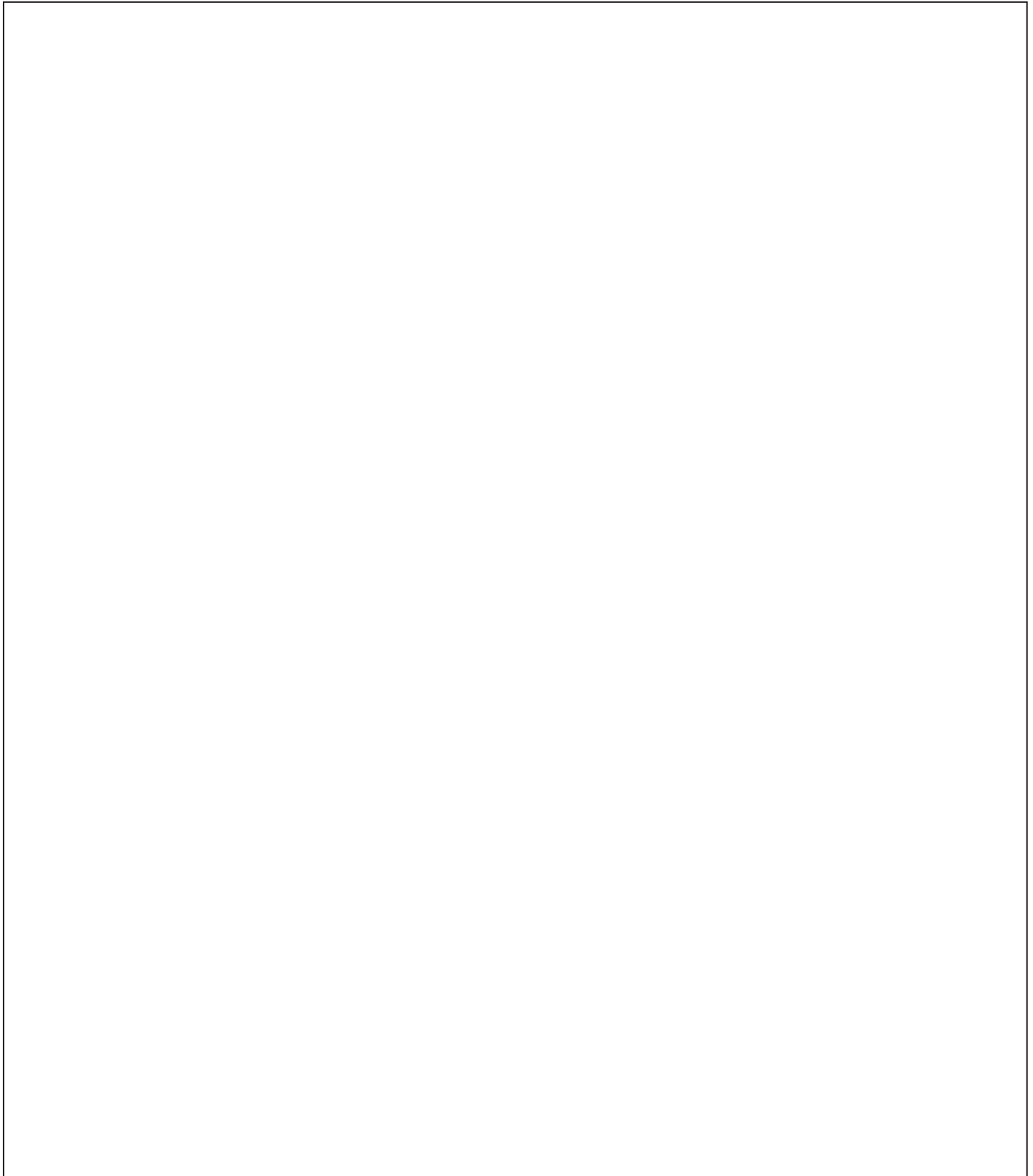
"A lot of it is luck, if there guy gets a birdy here or there, and then your guy has a bad hole or two, then your behind," said Douglas McNaughton, 45th MDG coach. "The bottom line is, the team as a whole just played better this week."

The intramural director said he wasn't surprised. "Both teams are very good and very equal, I'm not at all surprised it's coming down to a third match," said Fred Mills, intramural golf director. "That's the way it's supposed to be."



Touch your toes

Mike Mendonca, fitness trainer at Patrick Fitness Center, leads a group in stretching exercises before Friday's 5-kilometer Run/Walk that was a part of National Nutrition Month. A number of members from across Patrick participated. For more information about upcoming events, call 494-4947 or 853-3966. (Photo by Jim Laviska)





Safety prize winners

The 45th Space Wing Group Safety Office congratulates last week's and this week's winners of the Safety Sticker Campaign.

From Cape Canaveral Air Force Station:

Capt. Kevin Sellers, 45th RANS
 Jerry Cann, FMB OTSU-2
 Cindi Vetsch, Boeing
 Carol VanSicklen, General Physics Corp.

Staff Sgt. Greeg Jones, 45th RANS
 Staff Sgt. Ryan Wortman, 45th RANS
 Raymond Woody, SGS/SF

From Patrick Air Force Base:

Capt. Davis Delprado, 45th SW HC
 Scott Perry, AAFES
 Jeanine Bogan-Stevens, NRSB
 Angela Nelson, 920th MSF
 Capt. Rob Jordan, 2nd Bde.
 Gary Provost, SLRSC
 Steve Hicks, CSR
 John Liggett, ITT Systems Div.

Winners received a designer carry bag, an AT&T phone card, two base theater passes, two Burger King certificates, two \$5 AAFES Food Court certificates and an AAFES coupon book.

Display a safety sticker on the inside of the windshield to qualify to win. Pick up stickers at the Ground Safety Office. Call 494-2202 for more information.

Dedicated civilians

The 45th Space Wing congratulates the following who have earned civil service milestones:

30 years

Carol Smith, 45th Medical Support Squadron
 Willie G. Williams, 45th MDSS

20 years

Donna Kinzer, 45th MDSS
 Charles Wilson, 45th Civil Engineer Squadron

Action Line: 494-6550



Brig. Gen. Greg Pavlovich
 45th SW

The Action Line is your direct link to me and provides a valuable source of information on ways we can work together to make Patrick Air Force Base and Cape Canaveral Air Force Station better places to work and live.

The best way to get something fixed is to identify the problem to supervisors and first sergeants.

If you can't get your problem resolved through the agencies, contact the Action Line: e-mail, action@patrick.af.mil or click global at Action Line - Patrick AFB; recorded message, 494-6550; mail, 45SW/PA 1201 Edward H. White II St, Ste C-130, Patrick AFB FL 32925-3237; fax, 494-7302. Address all correspondence "Attn: Action Line."

When directing an issue to the Action Line, callers must indicate to whom they've previously addressed the issue.

45th Mission Support Group Col. Steve Werner 494-6607	494-2035 Commissary officer Donald Pruitt 494-4060	Lt. Col. David Woods 494-6202
45th Civil Engineer Squadron Lt. Col. Chris Hazen 494-4041	AAFES Mike Lovejoy 494-6455	Financial Services 1st Lt. Raymond Kipp Bradley 494-7171
Base Housing Caroline Jamba 494-2593	Civilian Personnel Robert Daniel 494-5238	45th Medical Group Col. Charles Mackett III 494-8100
45th Services Squadron Lt. Col. John Sproul 494-8081	Military Equal Opportunity Capt. Marlon Johnson 494-6334	Ground Safety Paul Compton 494-2202
Military Personnel Maj. Dianne Dzialo	45th Security Forces Squadron	Inspector General Lt. Col. Ralph Gracia 494-2287

Catholic

Daily Mass 11:30 a.m. in the Seaside Chapel.

Saturday: 4 p.m. confession. 5 p.m. Mass in the South Patrick Chapel.

Sunday: 8:30 a.m. Mass in the South Patrick Chapel and 11:30 a.m. Mass in the Seaside Chapel.

Lent

Meager Meal and Lenten Devotions



Tuesdays, April 1, 8 and 15, South Patrick Chapel

Protestant

Sunday: 8:30 a.m.

traditional worship in the Seaside Chapel. At 9:45 a.m. Adult Sunday School in Seaside Chapel. Grades K-12 at South Patrick Chapel. At 11 a.m. Inspirational Service in the South Patrick Chapel. On Wednesday: 5:30 p.m. fellowship dinner in the South Patrick Chapel.

WarFit is *START* of mission readiness, healthy living

By Jo Hamsher
45TH MEDICAL GROUP

Air Force Space Command implemented the WarFit program Jan. 30.

The program encourages fitness, increases wellness and readiness of members, and improves the fitness-testing program.

AFSPC is testing this program and a similar program is expected to be adopted Air Force-wide in the near future.

The program consists of three main areas: a personal fitness program, squadron support/-oversight and a comprehensive fitness test.

The comprehensive fitness test is scored on a 0-100 scale and consists of four components: cycle ergometry (50 percent), body fat (30 percent), push-ups (10 percent), and crunches (10 percent).

Based on the results of this fitness test, members will fall into one of four categories:

✓ **Elite (90-100)** - AFSPC is proposing that members who fall into this category should not have to test again for two years.

✓ **Low Risk (75-89.9)** - Members will test again in one year.

✓ **Moderate Risk (70-74.9)** - Members will test again in six

months, will be required to exercise 3 days/week, and attend the Healthy Living Workshop at the Health and Wellness Center.

✓ **High Risk (0-69.9)** - Members will test again in 3 months, be required to exercise 5 days/week, and attend the HLW.

Every member's goal should be to score in either the green or blue category (75 or higher).

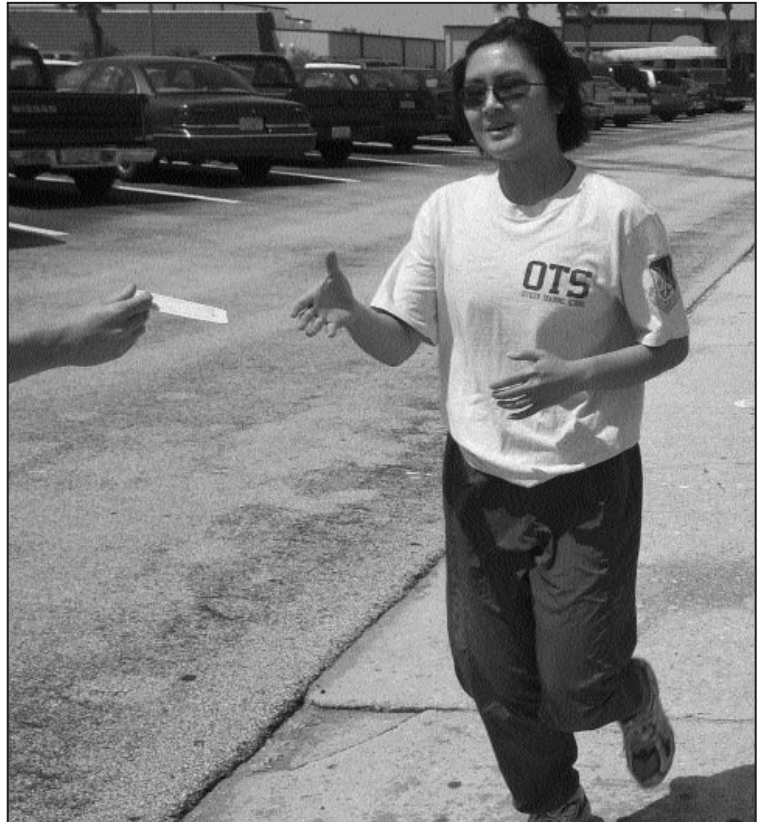
WarFit is an example of the 45th Space Wing's "Outstanding is just the *START*" performance plan.

As part of the second T in *START*, in order to "tenaciously execute" its mission, the Air Force needs personnel in peak operating condition.

WarFit is a tool to encourage healthy living and provide the tools to maintain personnel in a worldwide-deployable condition. It also gives the commanders a snapshot-view of the fitness of their force.

Take advantage of the many classes and activities that the HAWC and the Fitness center offer to achieve optimum wellness.

Research has repeatedly shown that a regular fitness program will not only increase the length of life, but the quality of life as well.



Capt. Tamy Leung, 45th MDG, crosses the finish line at Wednesday's 5K Run/Walk. There is also a 5K Run/Walk today at 11 a.m. during WarFit day. (Photo by Jim Laviska)

Movie Schedule

Today *The Recruit* A young CIA agent trainee suspects his instructor of being a double agent for the Chinese government. Stars Al Pacino, Colin Farrell (PG-13 for violence, sexuality and language)

Saturday *How to Lose a Guy in 10 Days* Andie's on a mission to find a guy, get him to fall in love with her, then make all the classic dating mistakes so he'll dump her within 10 days. Too bad her target is, Benjamin, who has just made a high-stakes bet with his boss that he can make a woman fall in love with him in 10 days. Stars Kate Hudson, Matthew McConaughey (PG-13 for sex-related material)

Sunday *Adaptation* The true story of a plant dealer and three Seminole Indians who conspired to clone rare orchids and sell them at exorbitant rates to plant collectors. Stars Nicolas Cage, Meryl Streep. (R for language, sexuality, some drug use and violent images)

Music

Tuesday-Wednesday, 7:30 p.m.

Concert by the Melbourne Community Orchestra at Melbourne auditorium. Admission is free. Tickets are required. Call 724-0555.

April 6, 11 a.m.-5 p.m. **Youth Musical Festival** at Melbourne Square Mall. Singers, dancers, musicians and ensembles.

Food and refreshments available at a nominal cost. Free admission. Call 633-5541 or 642-7445.

April 7, 2 p.m. **Florida Rivers in Song and Story** at Cocoa



Beach Public Library. Features Florida folk music, literature and art. Program is free. Call 868-1104.

Festival

April 10, 12 p.m. **Indian Film and Food Festival** featuring Indian film and cuisine. At Cocoa Beach Public library, 550 N.

Brevard Ave. Free to the public. Call 868-1004.

April 19, 9 a.m.-3 p.m. **Earth Day 2003 Family Fun Fest** at the Enchanted Forest, Titusville. Exhibits, presentations, walks and activities for the whole family. Free admission. Call 267-7367.

April 25-28, **Indian River Festival**, Sand Point Park in Titusville. Family festival that includes food and drinks, a carnival, live entertainment, raft race, arts and crafts, antique car show and other great activities. Admission and parking are free. Call 267-3036.

Spirit of Services

Benefits pay for club members

By Mary Bell
45TH SERVICES SQUADRON

Congratulations to Eugenia and Richard Payne, grand prizewinners in the Electrified Membership Drive. The Paynes won a complete home entertainment system valued at more than \$8,000.

The chances of a local club member winning the grand prize in the recent Air Force worldwide Electrified Membership Drive may be considered a long shot for some, based on thousands of club members around the world. However, Patrick Air Force Base has had three club members who recently won during the worldwide membership drive.

Retired Master Sergeant Richard Payne and his wife, Eugenia were

staying at the FamCamp. While having lunch at the NCO Club they signed up for membership. When NCO Club manager Susan Barnhardt notified Mr. Payne that he was a first prizewinner, he said, "Fantastic, great!" He didn't realize he is one of only two grand prizewinners of a name brand 32" Plasma TV and Home Entertainment System valued at more than \$8,000.

Current retired club member Don Hawk attends a monthly luncheon of a non-profit organization at the NCO Club. During this month's meeting, Ms. Barnhardt and caterer Shane Moody announced to Mr. Hawk that he is one of two prizewinners of a portable DVD player valued at more than \$700.

A third winner is a retired member of the Officers' Club, Mr. Thomas Guidera. The club had other giveaways such as TVs compact stereo systems, kitchenware, clock radios sporting gear, fee dues and more throughout the membership drive.

"We've had winners who have received a CD player, TVs, stereo cash and local theme park tickets during the membership drive," said Ms. Barnhardt. Since she has been the manager, this is the first grand prizewinner Air Force-wide for the club.

As many as 198 new members at the Officers' Club and 228 new members at the NCO Club have been added to the club's membership rosters. The clubs signs up an average

of 28 new members each membership drive event.

There are a number of events planned at social clubs every month. Officers' Club members relax with friends at the Blockhouse every Friday from 4:30 - 10 p.m. while enjoying a game of crud or relax with a variety of entertainment while dining.

NCO Club members enjoy social hour every Friday night from 4 - 6 p.m. They have reduced price beverages and the club's favorite "Shark Feed" from 5 - 6 p.m. Shoot a game of pool free or enjoy music from the jukebox. For information on becoming a club member, call the Officers' Club at 494-4011 or the NCO Club at 494-7491.

Skill treasures available

The Skills Center in Bldg 415 has just received two "Global Reach" sculptures by Billy Mezell at \$123 each. They also have five Space and Missile Pioneer lithos at \$33 each (unframed). The stock is almost depleted and they are no longer in production. Call 494-4270 for information.

Get it laser engraved

The laser engraver is up and running again. Stop by the Skills Center in Bldg. 415 and place an order early.

Present club card and save

Save at 45th Services Squadron facilities from April 1 through 30. Save \$10 on A/C services at the skills Development Center, \$2 off a Florida Savings Entertainment Book at IT&T, \$35 off FamCamp 30-day stay (including primitive camping), \$3 off micro-chipping at Veterinary Services. Receive \$2 off a Rocket Lane Bowling Center snack bar purchase of \$10 or more and five percent off clothing merchandise at the Golf Course Pro Shop. Join the Aero Club and pay no initiation fee throughout April, a savings of \$35. Get 10 percent off merchandise at Manatee Cove Marina. Join the marina and the initiation fee will be waived during April. Present an Air Force club card at any of these Services facilities. Call 494-2630 for more information on these savings.

Sign up for golf tournament

A Member-Guest Tournament is April 12 at the Manatee Cove Golf Course starting at 8 a.m. The format is a two-person scramble. Players must have a United States Golf Association handicap from home course.

Cost for annual pass/fee holders is \$26; for punch cardholder (no punch required), \$38; and all others, \$40. Guest fee is the same as the sponsor. Members of any other course, neighbor or friend may need to be escorted on to the base. Sign up in the Pro Shop by noon on April 10. No refunds can be made after sign up cutoff date.

Become a pilot

Join the Aero Club Ground Schools and become a pilot. The Aero Club offers private pilot, instrument pilot and commercial pilot licenses. They have three types of aircrafts: four T-41's, three Warriors and one Arrow. Call to get on the enrollment list. Classes begin in June. Call at 494-4356 for details.

Florida resident special is back

The popular Disney Play-Four Pass is a special from April 1 through Sept. 30 for Florida residents only. A Play-Four Pass entitles the holder to a four-day park-hopper ticket valid at all four local area theme parks - Magic Kingdom, Epcot, MGM Studios, and Animal Kingdom.

The ticket is good for all ages and the cost is \$113 per person. Tickets are on sale beginning April 1.

A valid proof of Florida residency, per adult, is required at the time of redemption; however, this special is not valid on July 4, 2003. Call 494-5158 for additional information.

Witness gorgeous sunsets

A Key West bus adventure sponsored by Outdoor Recreation will be heading south, Easter weekend (April 18 - April 21). There are three options on this trip: sightseeing at \$210, two days of snorkeling at \$280 or two days of diving at \$320.

For snorkeling and diving, make reservations by today. Seats are limited; call 494-9692 or 494-9625.

Make fishing an adventure

A Surf-fishing Clinic is Tuesday and Wednesday at Outdoor Recreation. Tuesday, 5 - 6:30 p.m., anglers learn to read tide charts and what tackle, bait, and rigs are most effective for this area. Later, they'll learn how tide, wind direction, barometer, and time of day affect fish. More instructional information and a field trip are scheduled. Cost is \$20 and includes the clinic, bait, tackle and rod rental. Fishing Adventures fill up quickly. Register at ODR or call 494-2042 for details.

Fish with the pros

On April 13, Outdoor Recreation is conducting a river fishing trip from 7 a.m. - noon.

Anglers will learn where to locate trout and red fish in the Banana River. Professional staff members will reveal baits, tackles and methods used for success. Cost including bait, tackle, and rod rental, is \$20. Fishing Adventures fill up quickly. Register at ODR or call 494-2042 for details.

Riverside Dining Facility Menu

Saturday brunch - Creole shrimp, doubly-good chicken, #savory baked chicken, Swedish meatballs

Saturday supper - #Baked fish, barbecue chicken, doubly good chicken, Hungarian goulash

Sunday brunch - Cantonese spareribs, grill mustard chicken, oven fried fish

Sunday supper - Steak loin strip, stir fry beef with broccoli, turkey nuggets

Monday lunch - #Baked stuffed fish, pot roast, #roast loin of pork

Monday dinner - Cannelloni beef, #chili mac, Southern-fried chicken

Tuesday lunch - Salmon cakes, #teriyaki chicken, veal Parmesan

Tuesday dinner - #Country captain chicken, meat loaf, turkey a la king

Wednesday lunch - Southern-style catfish, barbecue ribs, Southern-fried chicken and spicy pork chops

Wednesday dinner - Barbecue spareribs, #lemon-herb chicken, stuffed pork chops

Thursday lunch - Herbed baked chicken, Southern-fried catfish, stuffed cabbage rolls

Thursday dinner - Glazed Cornish hen, Jaegerschnitzel with mushroom sauce, #roast loin of pork

April 4 lunch - Mexican-baked chicken, stuffed green peppers, Swiss steak with tomato sauce

April 4 dinner - #Lasagna, spaghetti with meat sauce, Italian sausage

Menu items are subject to change.

For more information, call dial-a-menu 494-2845. Item with an "#" are healthy choice.

Get off the diet see saw

March is National Nutrition Month

By Noreen Williams
45TH MEDICAL GROUP

American society is known for its quick fix desires, and diets lead the way in quick fix promises.

When it comes to weight loss, people do some crazy things. They often ask folks who are struggling with obesity for diet advice. It would make more sense to talk to a health professional or at the very least ask someone who does not appear to have a weight problem what he or she does to stay in shape. The common assumption that people are just "naturally that way" is almost always false.

Where some diets fail

The low-carbohydrate diet, Atkins being the most popular, has been around for decades. The best thing about this diet is that most people cannot stay on it long enough to do damage. When people exclude carbohydrates from their diet, they immediately experience a water loss. Dieters get excited because they have just lost four pounds in two days while eating prime rib, bacon and eggs.

Unfortunately, 64 ounces of water weighs four pounds and represents a calorie deficit of zero. A steady weight loss of four pounds over as many weeks is likely the result of burning 14,000 calories that were once stored as fat. There is no way a person manages a 14,000 calorie deficit over two days.

A diet like Atkins tends to be too high in saturated fat (the kind that raises LDL cholesterol) and too low in fruits, vegetables and whole grains, all of which contain fiber and phytonutrients which are known to decrease the risk of certain diseases, such as high blood pressure, heart disease, diabetes and several types of cancer.

The original low fat diet approach where people ate lean meats, whole grains, beans, fruit and vegetables was a healthy diet lacking in processed junk foods. In the early days, there wasn't a bounty of fat-free pretzels or cookies, and jelly beans were not considered a "free food."

Then the food industry became involved and soon there were many fat-free products. It wasn't long before fat-free cookies replaced oranges, a serving of white rice took on

proportions of snow-capped mountains and everyone was sucking down fat-free jelly beans.

The result was too many junky calories, too little fiber, and no heart-healthy fat; a combination that did not provide a feeling of satiety. This diet might work for ironman triathletes who need to eat all of the time and get more than 60 percent of their calories from carbohydrate, but for the rest of sedentary, overweight America this became the recipe for overeating, high triglycerides, low HDL and disappointing weight loss.

Would some people be better off eating less carbohydrates? Insulin resistance is a condition that increases the risk of diabetes and cardiovascular disease.

It often develops when a person becomes overweight and/or sedentary.

Individuals who have insulin resistance (about 5 percent of adults who are not overweight, 25 percent of adults who are overweight and close to 50 percent of adults who are obese) may fare better on a diet lower in carbohydrate than a marathon runner.

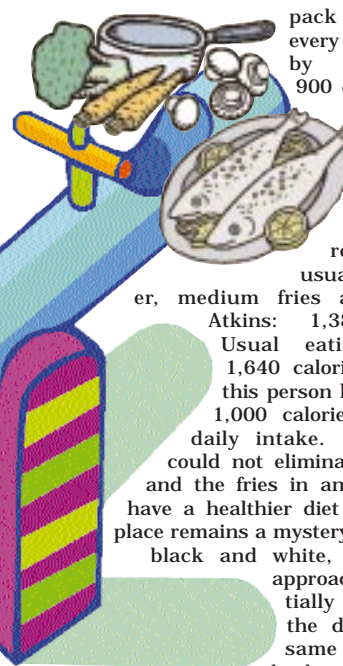
However, the very low-carbohydrate levels of the early phases of the Atkins diet and the liberal promotion of foods high in saturated fat goes against decades of research in cancer and cardiovascular disease prevention.

Could the Atkins diet be modified to be healthier? Including lots of vegetables (at least four cups per day) and lean sources of protein would provide vitamins and minerals, phytonutrients, and fiber without all the saturated fat of the original plan.

Turn your diet up a notch

Working up to at least 150 to 200 grams of carbohydrate a day, depending on total energy intake, without bringing back the junk is the goal. This means choosing foods like skim milk, beans (black, kidney, garbanzo, pinto, etc.), potatoes, fruit that requires chewing, and whole grains like oatmeal and whole wheat bread more often than fries, soda, crackers, rice, bagels and ice cream.

There is one good thing that happens to people who go on the Atkins diet. They clean out their closet of junk food. They give up their six-



pack of soda every day, thereby eliminating 900 calories. At fast food places, two double burgers (no bun) replace the usual big burger, medium fries and shake.

Atkins: 1,380 calories, Usual eating habits: 1,640 calories. So far this person has cut over 1,000 calories from the daily intake. Why they could not eliminate the soda and the fries in an attempt to have a healthier diet in the first place remains a mystery. The same black and white, no choices approach, that initially appeals to the dieter is the same thing that leads to its failure

after a couple of weeks.

Whether you want to point the finger at high-carbohydrate, low-fat diets, or keep in mind that people have been doing Atkins for as long as society has been getting fatter, the bottom line is that Americans are eating, on average, 500 calories more each day than they were 15 years ago. Couple that with the fact that 25 percent of adults get little or no physical activity at all on a daily basis.

We all need similar vitamins, minerals and fiber. However, like the different grades of gasoline, the best fuel mix (carbohydrate, protein, fat) may vary slightly for an overweight and/or sedentary person versus a person at a healthy weight who is physically active versus an endurance athlete.

This does not change the overall facts underlying a healthy lifestyle - variety, fiber from fruits, vegetables and whole grains, monounsaturated fats in place of saturated and hydrogenated fats, portion control and, last but not least daily physical activity.

Dr. James Hill of the University of Colorado maintains the National Weight Control Registry; a database more than 2,000 people who have successfully maintained a weight loss of at least 30 pounds.

Log on to www.uchsc.edu/nutrition/nw-cr.htm. There is also helpful information at <https://www.afms.mil/shapeyourfuture>; an electronic toolkit for weight-gain prevention developed by health professionals in the United States Air Force.



