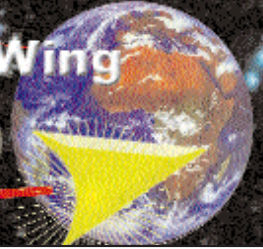


# MISSILEER



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**July Fourth fun**



Wing celebrates July Fourth with music, food and camaraderie  
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## Opportunity for Mars

A Delta II Heavy rocket carries the second Mars Exploration Rover, Opportunity, on its mission to the red planet Monday night. The 1st Space Launch Squadron, 45th Range and Weather Squadrons teamed with NASA in the successful launch that sent the rover on its six-month voyage to Mars. Opportunity will navigate obstacles and seek to determine the history of climate and water on the Martian surface. *(Photo courtesy of NASA)*

## Dedication captures enlisted heritage

By Staff Sgt. Joel Langton  
45TH SW PUBLIC AFFAIRS

On July Fourth, as revelers across the country marked America's 227th birthday, a crowd celebrated the dedication of the Survival Area to Chevron Park.

Patrick Air Force Base and the Cape Canaveral Air Force Station's enlisted, known as the cornerstone of the world's "Premier Gateway to Space," were honored with a structure built from parts of Space Launch Complex 19.

Many consider Space Launch Complex 19, which launched 27 Titan missions including a dozen Gemini missions, to be the space program's workhorse.

Now, 37 years after the complex's last launch, a portion of that workhorse is still standing, honoring Patrick and the Capes enlisted as a lone sentinel in Chevron Park.

According to Brig. Gen. Greg Pavlovich, 45th Space Wing commander, it's appropriate that something that was the backbone of the space program is used to honor the enlisted corps — men and women considered by many to be the heart and lungs of the Air Force. "It's chevron wearers who make this mission happen," said Brig. Gen. Pavlovich.

The building of the four-foot structure began a year ago as an idea of Chief Master Sgt. Anthony Manson, then 45th Space Wing's new command chief master sergeant.

The Junior Enlisted Advisory Council took the idea and launched it. The first hurdle was to come up with a new name for the park. According to Tech. Sgt. Will McCormick, 1st Space Launch Squadron maintenance controller and Chevron Park structure coordinator, there was only one option.

"Chevron Park was just a natural fit," Tech. Sgt. McCormick said. "When we came up with that name, we knew it was a fit." Then, they had to weave their way through a myriad of government regulations that govern the use of erecting monuments and statues. It took about 11 months to navigate through the minefield of regulations.

In the beginning of June, Tech. Sgt. McCormick called Chief Manson and asked if they had a "thumbs up" yet. To his shock, Chief Manson said, "press on."

Tech. Sgt. McCormick never looked back. "Tech. Sgt. McCormick displayed the perseverance of the enlisted force," said Chief Master Sgt. John Baker, 45th Operations Group superintendent. "Despite trying to launch two rockets to Mars and helping make a group picnic go, he found time to do this."

Tech. Sgt. McCormick said his motivation was quite simple. "This is something that's for us, for the enlisted, so I couldn't stand to see it not go through."

*Outstanding is just the START!*



*Straight from the*  
**COMMANDER'S**  
**DESK**



By Brig. Gen. Greg Pavlovich  
 45TH SW COMMANDER

Wow...what a busy week it's been, and what a busy month we have ahead! I hope you all had a terrific family day and 4th of July, whether you traveled, had a backyard barbecue, or participated in all the base activities that were held. Our country is 227 years old and 227 years strong. We continue to fight for freedom all over the globe, including about 250 people deployed from the 45th Space Wing and our associate units. More folks return every week while others depart. Please keep them in your thoughts and prayers.

I set the bar pretty high for the 45th Services Squadron for "best seen to date" on the July 4th activities, and I am proud to say that not only did they hurdle the bar, they hurdled it with room to spare! The pool barbecue at the NCO Club was a huge success; the bowling center party was packed to capacity; and the picnic, bands and fireworks spectacular was just that — spectacular!

There just isn't enough room to thank each and every one of you who volunteered their time, but I do want to extend a personal thank you to Johnnie Rivera, Terry Hamric, and George Robbins who spearheaded the events and coordinated with the countless volunteers who offered their services.

We also couldn't have pulled it off without the help of the 45th Security Forces Squadron, the 45th Civil Engineer Squadron, the 45th Medical Group, the 45th Operations Support Squadron, the 45th Space Communications Squadron and the countless volunteers who brought it all together. Thanks for a great show!

We were fortunate enough to host two general officers this week. Lt. Gen. Robert Hinson, the former 45th Space Wing commander during 1995-1997, and present vice commander, Air

Force Space Command, honored us with a visit. For those of you who may not know, Lt. Gen. Hinson was the person who coined the famous 45th Space Wing motto, "Control of the Battlefield Begins Here!" Lt. Gen. Hinson is preparing to retire from the Air Force in August, and I'm sure you join me in wishing him and his wife Karen Godspeed and clear skies. Space Command is significantly better because of Lt. Gen. Hinson's vision and dedication.

The wing also had the opportunity to host General Michael T. Moseley, our new Air Force vice chief of staff and his family. Gen. Moseley chose to visit the 45th for some much needed "R&R" after returning as the Air and Space boss for Operations Enduring Freedom and Iraqi Freedom. He is now moving to the Pentagon. We were honored to have him see the most "OUTSTANDING" wing in Space Command! Enjoy your leave, sir...you deserve it and we know you have gained a much greater appreciation of our mission. Come back again for a launch.

I don't thank the Protocol office enough for their enormous efforts when we have visiting dignitaries to the wing. They make it look easy and make it appear seamless, especially on short notice. Thank you to Ms. Sandy Smith, Ms. Carol Power, Capt. Jim Russell, Tech. Sgt. Shawn Todd, and Senior Airman Cortney Weber — you are the best!

For those who didn't get the chance to make it out to our Independence Day celebrations, you should make a point to visit Chevron Park. We've added a whole new playground set up and the new Enlisted Monument — two great additions to Patrick AFB! Our civil engineers and Services personnel worked hard to make it happen, and their hard work paid off. We now have a showcase area to recognize the strength of our Air Force — our enlisted force. Great work! I hope all our enlisted personnel will maximize the use of this area.

Before everyone left for the long holiday weekend, we conducted a wing-wide safety briefing for all personnel. I don't know about you, but I know Col. Thomas and many others were greatly impacted by the guest speakers who conveyed their extremely personal stories of loss. It is never easy to lose a loved one; it is even greater when the loss can be avoided. Driving while intoxicated, while impaired, or while under the influence is just not acceptable. The price is so great, and that was evident in the tragic stories we heard from our guest speakers. We are in full swing of the 125 Critical Days of Summer, and I urge you all to continue to be vigilant when it comes to safety. Although I'm not superstitious, I hesitate to say that the wing is doing very well when it comes to safety. Seat belt use is up, use of personal protective equipment is also on the rise, and mishap rates are down. This is a significant improvement from last year's statistics, so please continue to be safety conscious!

Mars (again) here we come! After numerous delays for various reasons, we finally got the Delta II Mars Rover-B off the ground late Monday night. It was nerve-wracking there for a while, especially when the first opportunity got down to eight seconds before being put on hold. But our experts worked hard to recycle the rocket and got it ready for the next opportunity. Kudos to the 1st Space Launch Squadron, The Boeing Company and NASA for a job well done. We're excited for the rovers to reach Mars and search for signs of water and life.

Our launch schedule doesn't let up anytime soon. We've got an Atlas V, Delta IV, Titan IVB and Delta II upcoming in the next few weeks. In addition to launches, our upcoming schedule includes numerous changes of command, retirements and farewell gatherings, a staff assistance visit for the Cape skid strip, and of course, wing training day on July 18.

The hazy, hot and humid days continue here on the Space Coast. Please take the opportunity to spend time with your families — if you've earned leave, take it. I encourage supervisors, first sergeants and commanders to stay tuned in to the needs of their subordinates. I've never been a big fan of "use-or-lose" leave because if people earn it, they should take it.

Thanks again for making this wing the best...we continue to 'fight the fight' around the globe, and I'm proud of you. Have a great week, and God bless.



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# Heart Link: New spouses learn 'Military Lifestyle 101'

By Ida Barry  
45TH SW PUBLIC AFFAIRS

It's not a matter of if Staff Sgt. Torrey Thompson, 45th Civil Engineer Squadron, is going to get deployed, but when. Luckily for Staff Sgt. Thompson, he doesn't have to worry about his wife of two years.

After attending the June 17 Heart Link program, she's as knowledgeable as some of the long-time veteran spouses.

Heart Link welcomes new military spouses who have been married less than five years to the military lifestyle. According to 2nd Lt. Sharon Jackson, base relocation center chief, it enhances mission readiness by strengthening military families, providing the military spouse with information about the various agencies and programs offered at the 45th Space Wing. Topics covered in the orientation include an introduction to protocol, Military Personnel Flight, Finance, TRICARE, Family Support Center

and other base helping agencies.

"We have been married only two years so this orientation was good for me," said Sheneatha Thompson. "I did not know about all the services available and what was offered. I especially enjoyed the protocol orientation. A lot of times we don't know the military way of doing things, so this was very enlightening."

"The program is separate from the Newcomer's Orientation because that orientation is strictly for the active-duty members and civilians who work on base," said 2nd Lt. Sharon Jackson.

"Often, information received at the Newcomers' Orientation isn't shared with their spouse. This is one way of ensuring the spouse is made aware of what is available to them. This information is invaluable, especially if the member gets deployed."



During a Heart Link orientation, 2nd Lt. Sharon Jackson, chief of the base relocation center, shares a laugh with Staff Sgt. Torrey Thompson and his wife Sheneatha on what the couple plans to do with their free time once they've in-processed. Heart Link provides information to new spouses about the military. It's also a refresher course for more seasoned spouses. (Photo by Jim Laviska)

According to 2nd Lt. Jackson, the program was created because newcomers to the wing didn't know where to get this information.

"I knew a lot of what was said today," said Staff Sgt. Thompson. "I wanted my wife to get better acquainted with the base services available to her. Heart Link provided that information and much more."

"Those spouses new to the mili-

tary lifestyle will receive the greatest benefit," said Danie Billman, Heart Link volunteer coordinator. "(But), it is also a refresher course for other seasoned military spouses. Everyone benefits from it."

Heart Link briefings are held at the NCO Club every third Tuesday of the month. For more information, contact the Base Relocation Center at 494-2766.

## Wing welcomes children on special day

### Youths experience parents' workday

By 1st Lt. Warren Comer  
45TH SW PUBLIC AFFAIRS

This month kids will have a chance to return the favor of all those parent visits to the classroom.

On July 24, anyone employed at Patrick Air Force Base, Cape Canaveral Air Force Station and Kennedy Space Center has the chance to show their children what they do at work during "Take Our Daughters and Sons to Work Day."

"This is an annual opportunity for parents to share in the work experience," said Patti Phelps, NASA special events coordinator. "Children should learn the importance of staying in school from their parent's example and hard work."

Children have the opportunity to take part in many special events, such as free admission to

the historic lighthouse and Space and Missile museum at the Cape from 10 a.m. to 2 p.m.

All cafeterias at the Cape and KSC will be open to all children of badged employees and lunch menus will be available at every cafeteria on KSC.

At Patrick, children in grades four to six may accompany their parents at work for half a day while grades seven and up can spend the entire day at work.

Kennedy Space Center Visitors' Complex offers discounted entry that day. A badged employee may enter free while up to four visitors may purchase tickets for 50 percent off.

Kennedy Space Center's events include displays of emergency response vehicles, security dogs and SWAT team exhibitions with free child fingerprinting from 9 a.m. to noon at the southwest corner of the headquarters building.

An education and career fair will be held for parents with older children at Debus Conference Center from 1 to 3:30 p.m. The Astronaut Hall of Fame also offers a special \$5 entry fee.

Children ages 9 to 15 may accompany parents working at Cape Canaveral AFS from 7 a.m. to 4 p.m.

Parents may register their child for a youth pass to gain entry to Cape Canaveral AFS and Kennedy Space Center from July 21 to 24 at the CCAFS Pass and Identification building near the main gate. To avoid delays, obtain youth passes before the day of the event.

"While Cape employees who cannot bring their children into restricted workspaces, it's still a unique opportunity to show your child firsthand the contributions we all make to America's space program," said Capt. Matt Lupone, who helped coordinate the event at Cape Canaveral AFS. "Just giving your child the opportunity to visit the Cape to see a launch pad or a rocket will be a memory they will cherish for a lifetime."

Patrick AFB has no special requirements for access procedures. Base officials also remind parents to keep a close eye on their children, especially while in a workspace that could pose some potential safety risks.

# AAFES waiting on uniform fabric

DALLAS — Delays in getting certified fabric have backed up production of selected Air Force and Army optional uniforms.

Those items include Air Force polyester/wool blend shirts and blouses, polyester slacks and skirts, mess dress uniforms and officer service coats sold through the Army and Air Force Exchange Service.

The shortages are expected to continue through fall, AAFES officials said.

Lengthened delivery times on certified fabrics have caused the shortage. Burlington Industries, the sole certified manufacturer of nearly every fabric used in military uniforms, has been reorganizing under Chapter 11 during the past year.

As part of their reorganization plan, they have become a "made-to-order" supplier, causing fabric-delivery times

to increase from five to six weeks to six months or more. There is now a four- to five-month gap in the pipeline, officials said.

Uniforms produced by Army and Air Force-certified manufacturers with certified fabrics are the only uniforms sold in military clothing sales stores. AAFES is not authorized to use other fabrics or purchase optional uniforms from companies that do not meet approved supplier requirements, AAFES officials said.

AAFES officials continue to work with the Air Force and Army clothing and textile offices to find additional manufacturers to supply certified fabric, officials said. In the meantime, military clothing sales store workers are moving merchandise to different stores to meet the immediate needs of military members. *(Air Force Print News)*



Liz Mele, AAFES clothing associate, shows Capt. Michael Brown, AFTAC, a coat at Military Clothing Sales at Patrick Air Force Base. AAFES is facing a delay on uniform fabric due to the manufacturer. *(Photo by Jim Laviska)*



### Officers' Call

There will be a mandatory Officers' Call July 18 at 3:30 p.m. in the base theater. Senior civilians GS-13 and above are encouraged to attend.

### Calling all civilians

Civilian call at Patrick AFB is Wed., 8 a.m. at the base theater. Civilian call at Cape Canaveral AFS is Thurs., 11 a.m. at Hangor F. All civilians are encouraged to attend.

### AFTAC chief retires

There will be a retirement ceremony for Lt. Col. William Arrasmith, chief of the Air Force Technical Applications Center Advanced Science and Technology Division, July 18 at 1 p.m. in the Space and Missile Room at the Officers' Club. A social will follow at 2:30 p.m. at Manatee Cove. Call Tech Sgt. Lindner at 494-4404 for more information.

### Learn something new

Call the Family Support Center at 494-5675 for these classes: Newcomers Orientation at the NCO Club, Tues. 7:30-11 a.m.; Employment Orientation, Tues. 9:30 a.m. — noon; 3-Day TAP Workshop, Tues. — Thurs. 8 a.m. — 4:30 p.m.; Information Fair at the BX, Wed. 11 a.m. — 1 p.m.; How to Make a Butterfly Garden, Wed. noon — 1 p.m.; Pre-Deployment Briefing, Thurs. 8-11:30 a.m.; Single Parent Group Crock Pot Lunch, Thurs. noon - 1 p.m.

### DEOMI blood drive

There will be a blood drive and bone marrow donor registration, Wed. at DEOMI, Bldg. 560, 11:30 a.m. — 5 p.m. Call Chief Master Sgt. Crutchfield at 494-7897 for an appointment. Walk-ins are welcome.

### AFGE meets

The American Federation of Government Employees Local 2568 will meet Tues. at 4:30 p.m. on the second floor at Patrick's Fitness Center to discuss important issues. All members are encouraged to attend. Non-union personnel are invited.

To join or need more information, logon to [www.afge.org](http://www.afge.org) or call 494-2030.

### Boating safety offered

Coast Guard Auxiliary Flotilla 46 offers a one-day boating safety program from 8 a.m. — 5 p.m., July 19 at Lee Wenner Park in Cocoa. The cost is \$35 per person and includes all materials and lunch. It covers state and federal boating regulations, navigation aids and much more. The course is approved by the National Association of Safe Boating Law Administration.

Call 453-7409 or e-mail [ghill5@cfl.rr.com](mailto:ghill5@cfl.rr.com) for more information.

### OSI recruits

Active-duty members, reservist or civilians interested in serving the country through law enforcement may apply for a position with the Air Force Office of Special Investigations. Applicants must be a U.S. citizen, eligible for worldwide duty, healthy, physically fit and be of outstanding character and integrity.

Enlisted should be E-4 and above. All military must possess a superb military record. Civilians must have a bachelor's degree. For more information, call 494-5794.

# Play it safe during lightning season

By William Roeder  
45TH WEATHER SQUADRON

July is the peak of lightning season in central Florida.

The area's lightning season typically heats up the second half of May and declines the first half of September.

Florida is the thunderstorm capital of the United States; no other state has nearly as much lightning. Most of the electrical discharges are in central Florida — an area called "lightning alley" stretching from Tampa to Titusville.

Lightning is the leading source of weather deaths in Florida; it kills more people than hurricanes, tornadoes and all other weather combined. It also inflicts life-long debilitating injuries.

While 100 percent guaranteed lightning safety isn't possible, following a few simple guidelines will ensure safety. The most important rule to remember is that no place outside is safe during a thunderstorm.

Proper lightning safety is a multi-level process.

**Level 1:** The first and best level of lightning safety is to avoid the threat. Use the local weather forecast and know the local weather patterns to schedule outdoor activities away from the thunderstorms. For Cape Canaveral Air Force Station and

Patrick Air Force Base, use the 45th Weather Squadron's forecasts at (<https://www.patrick.af.mil/45og/45ws>).

The National Weather Service in Melbourne provides forecasts, including a new graphical depiction of when and where thunderstorms are most likely to occur for fast at-a-glance information. Go to [www.srh.noaa.gov/mlb](http://www.srh.noaa.gov/mlb).

**Level 2:** If outside, use the "30-30 Rule." If there are 30 seconds or less between lightning and its thunder, go inside. Stay inside for 30 minutes or more after hearing the last thunder.

Once inside, don't use a corded telephone; keep away from electrical appliances and wiring and don't use plumbing.

Don't watch lightning from windows, doorways or breezeways. In a large building, inner rooms are generally safer.

If unable to get to a safe building, a vehicle with a metal roof and metal sides offers some lightning protection.

**Level 3:** If outside during a thunderstorm in the area, avoid the locations and activities that are most dangerous.

Avoid high elevations and open areas, such as sports fields or beaches. Don't engage in water-related activities, such as swimming, boating, and fishing.

Don't go under a tree to keep dry.

Avoid heavy equipment and farm equipment with open cockpits.

**Level 4:** If outside in a dangerous location away from shelter with thunderstorms threatening, risk can be reduced. Proceed to the safest spot possible. Avoid elevated locations, open areas and tall isolated objects such as trees. Stay away from water.

While moving to the safest spot, watch for signs that lightning may strike in a few seconds, such as hair standing up, tingling skin, vibrating light metal objects or hearing a static-like crackling sound.

If those signs occur and people are in a group, spread out with several body lengths between each person. Use the "lightning crouch" by putting feet together, squat low, tuck head and cover ears.

After a brief wait, slowly stand up, watching for the signs that lightning may still be about to strike, then continue toward a safe spot.

**Level 5:** All lightning deaths are from cardiac arrest. Simple cardiopulmonary resuscitation or rescue breathing is the recommended first aid.

For lightning safety briefings, or other weather briefing, call the 45th WS at 853-8410 or log onto [www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov).



It's peak lightning season in central Florida. Lightning is the leading source of weather deaths in Florida. Plan ahead before doing an outside activity. Listen to intercom warnings at Patrick and the Cape and make sure all shift workers are accounted for. (Photo courtesy of 45th Weather Squadron)

# 200,000 parents receive pins

By Master Sgt. Scott Elliott

AIR FORCE PRINT NEWS

WASHINGTON — Your Guardians of Freedom, the Air Force's grass-roots outreach information and recognition program, has touched the lives of more than 200,000 parents of airmen, a Pentagon official announced.

The program began in 2002 as a way for Air Force leaders to personally recognize the employers of reservists and guardsmen who were called to active duty to support operations Noble Eagle and Enduring Freedom. Employers who were nominated by their airmen employees received lapel pins emblazoned with the Air Force logo and the letter "E," and a personal letter signed by the Air Force's senior leaders.

The recognition program expanded in May to include parents. Nominated parents received a letter and lapel pin with the letter "P." All active-duty, Air National Guard and Reserve airmen may participate in the program, officials said.

About 110,000 of the nearly 590,000 uniformed airmen have nominated their parents for recognition, according to Brig. Gen. Ed Tonini, program director.

"That's a huge number," he said. "We've gotten

an exceptional reaction to the program from the individual airmen and incredibly emotional responses from their parents when they've received their letters and pins."

The general said the program was so well received in its first few days that technical overload initially hampered the project. "There was such an onslaught of people signing up, so we had some problems," he said. "We jammed the Web site to where it was virtually impossible to get in."

The program also endured a short-lived identity problem, where some airmen mistakenly thought the program was a fraud because of its dot-com Web address. "We are 'non-standard' in many ways," Brig. Gen. Tonini said. "The standard Web sites people in the military are used to dealing with for official business is dot-mil, and we're dot-com. A lot of people thought this was a hoax, so we had to throw water on that fire quickly. This program has both the endorsement and full support of the secretary and chief of staff."

"The site has had more than 29 million hits," he said. "That's pretty staggering. We're working with new technology — we're one of the first Air Force sites to use 'dot-net,' which is an Internet

operating system that is very leading-edge."

A team of six people work the program, managing the technology and "customer service" liaison between the airmen who request pins and the parents who receive them — as well as the thousands of letters and pins sent to employers.

The program will soon inform family members, employers and community leaders during times of military deployment, he said. "The overall YGOF program will be tied to air and space expeditionary force deployment schedules," Brig. Gen. Tonini said. "When people are scheduled to deploy, we will press very hard to make sure they have the communications and outreach support they need in order to be successful."

"In its broadest terms, it's an outreach program," Brig. Gen. Tonini said. "The message we give is, we consider each of the constituencies as our partners. We can't do our job without their support. They are full partners in the global war on terror."

Airmen may request up to two parent pins and letters to be sent to either their parents or people they view as parental figures, he said. To participate in the program, visit [www.yourguardiansoffreedom.com](http://www.yourguardiansoffreedom.com).



## Former Youth Center teen wins second Taek won do world championship

By Ida Barry  
45TH SW PUBLIC AFFAIRS

Call her "Karate, Kung-Fu or Jackie Chan," but this Satellite Beach High School junior is not affected by the affectionate nicknames fellow students give her.

Sixteen-year-old Allie Rubiella is a soon to be third-degree black belt Tae kwon do sparring machine with two world championships titles under her belt.

Allie was 10 years old when she won her first American Tae kwon do Association World Championship for sparring in the girls 11- to 12-year-old division. She has been ranked in the sport's top 10 for her age since then.

Her latest victory came June 13 when she grabbed the World Championship in the 15- to 16-year-old division in Little Rock, Ark.

One of her three instructors, Tech. Sgt. Ben Codallo, Air Crew Support NCOIC with the 301st Rescue Squadron, knew a champion when he saw one. "I was about to become an instructor trainee at the Youth Center and she had just made her second belt," he said. "After seeing her in class a few times, it became apparent to me that I was in the presence of an individual who had that special something that it takes to become a world champion. I eventually received my instructor certification and took over the class. Allie has been my student ever since."

The American Tae kwon do Association is the parent organization with two other organizations, the World Traditional Tae kwon do

Union and the Songham Tae kwon do Federation under it. More than 20,000 competitors throughout the world gather to battle for the top 10 status and ultimately the chance to compete for the title of world champion. A competitor has to be ranked in the top 10 of their division by the end of the tournament year in order to compete for world champion.

"Allie took up the sport when she was 6 years old as a way to keep busy during the summer and has been competing since 1994," said her father, René Rubiella, a technician with the 920th Rescue Wing. "It all started at the Youth Center and she has continued to be a great competitor ever since."

Earning her second world championship title was made even sweeter when she went into the competition with a pulled upper thigh muscle on one leg

and a pulled hamstring on the opposite leg. "I

over-stretched my thigh muscle during practice prior to the competition," said Allie. "During the competition, I had to rely on a little more than my signature moves, block out everything and focus on the intensity of winning," said the champion.

Allie's martial arts training provides her with self respect and confidence

“After seeing her in class a few times, it became apparent to me that I was in the presence of an individual who had that special something that it takes to become a world champion.”

Tech. Sgt. Ben Codallo

TAEKWONDO INSTRUCTOR

enabling set to make long-term goals for her future. "When I reach 21, I want to have my own Taekwondo school," she said. "I will use this money to pay for my goal of becoming a pediatrician," she said.

She is currently an instructor trainee and works out with her three instructors who keep her focused on her forms, techniques and sparring. They spar with her and agree that they don't hold back on anything, and reciprocate whatever she wants to put into the practice.

One of her sparring partners, Tech. Sgt. Codallo, said his goal is very simple when sparring with her. "I have to spar with her from time to time," he said.

"It keeps me sharp





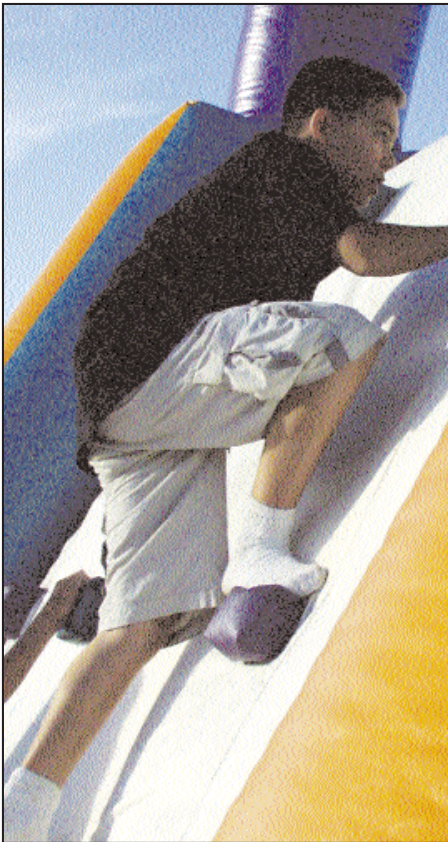
## Wing celebrates July Fourth



Ashley Evans gives Minnie Mouse a peck on the nose. Minnie and Mickey visited with children and posed for pictures for several hours.



Dot the Clown carefully applies an American flag tattoo to Jamie Greisamer's face. Several hundred youngsters received tatoos and balloons from Dot and her team of helpers.



Elijah Hicks zips through the Kids' Zone obstacle course during the Fourth of July celebration. (Photos by Staff Sgt. Joel Langton)



Popular 60s and 70s band Mitch Ryder and the Detroit Wheels rocked the base during a 90-minute concert that was a prelude to Brevard County's biggest fireworks celebration.



Erika Harold, this year's Miss America, sang the National Anthem at Patrick to kick off the festivities. Afterward, she signed autographs for 45 minutes.

# Wing offers health fair

By Staff Sgt. Joel Langton  
45TH SW PUBLIC AFFAIRS

The Summer Health Fair can be a life-changing experience.

The primary purpose of the event is education, according to Jo Hamsher, Health and Wellness Center director.

The fair is July 24 from 7-11 a.m. at the Fitness Center.

"To show people what we do to our bodies today, is what we get tomorrow," Ms. Hamsher said. "I hate to compare the body to an engine, but there's a lot of similarities and what you put into your body is what you get. If you take care of it, check it out, you're going to be better off in the end."

Although the fair's goal is educational, there have been plenty of life-saving success stories from past fairs.

"Several times we've caught melanoma and helped identify diabetes," Ms. Hamsher said.

However, Ms. Hamsher said they expect a big crowd at the fair, people said they should be careful about seeing it as the be-

**“Several times we’ve caught melanoma and helped identify diabetes. ... this is a screening tool, not an annual physical.”**

Jo Hamsher  
HEALTH AND WELLNESS CENTER

all, end-all. "This is a screening tool, not an annual physical," she said.

"Maybe someone is having a little problem with their vision, they can go to the health fair, jump in the vision line and maybe set an appointment for a follow up," Ms. Hamsher said. "Maybe someone has a mouth sore that won't go away, at the

health fair they can have a doctor take a look at it and if need be, set a follow-up appointment."

The 45th Medical Group is playing a key role in the event providing visual screenings, skin and oral cancer checks, prostate checks, hypertension evaluations, cholesterol screenings (for people who have fasted for 12 hours) and a number of other services.

The Youth Center, Fitness Center, Outdoor Recreation, Health and Wellness Center and Security Forces will also be on hand to offer positive health and safety options while the Wuesthoff Laboratory will perform blood screenings for a small fee.

The American Cancer Society, American Lung Society and American Red Cross will also be at the fair.

For more information about the Health Fair schedule, call 494-2660.

## Action Line: 494-6550



Brig. Gen.  
Greg Pavlovich  
45th SW  
commander

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, Commander'sLine@patrick.af.mil or click on global at Commander's 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 Support Group**  
Col. Steve Werner  
494-6607  
**45th Civil Engineer Squadron**  
Jack Gibson  
494-4041  
**Base Housing**  
Caroline Jamba  
494-2593  
**45th Services Squadron**

Lt. Col. John Sproul  
494-8081  
**Military Personnel**  
Maj. Dianne Dzialo  
494-2035  
**Commissary officer**  
Donald Pruitt  
494-4060  
**AAFES**  
Mike Lovejoy  
494-6455

**Civilian Personnel**  
Robert Daniel  
494-5238  
**Military Equal Opportunity**  
Capt. Marlon Johnson  
494-6334  
**45th Security Forces**  
Lt. Col. David Woods  
494-6202  
**Financial Services**

1st Lt. Raymond Kipp  
Bradley  
494-7171  
**45th Medical Group**  
Col. Charles Mackett III  
494-8100  
**Ground safety**  
Paul Compton 494-2202  
**Inspector General**  
Ed Boywid  
494-2287



## Rollin', rollin', down the alley

Jerry Scoggins beats the summer heat with his mother Tech. Sgt. Mary Scoggins, 45th Security Forces, at Rocket Lanes. The bowling alley has a number of summer specials, including ATWIND game pieces on Tuesdays for snack bar users, Saturdays for youth bowlers and Friday for airmen and squadron functions. Sunday is family day when shoe rentals are \$2. Tuesdays anyone over 50 years old can bowl for 50 cents per game and everyone bowls for \$6 from 5 to 8 p.m. (Photo by Jim Laviska)

**Stay at home, make money**

Family Child Care needs providers in base housing. Earn money, enrich children's lives and receive free child care training. Call Tina Washington for more information at 494-8381.

**Go around the world**

Players are winning with, Around the World in Ninety Days. Several ATWIND headquarters remotes are scheduled around Patrick and the Cape this month. Look for the ATWIND display in and outside Services facilities to receive an extra game piece just by coming up to the ATWIND table.

**Watch sea turtles**

One of the largest nesting areas for sea turtles in the world is in Brevard County. Outdoor Recreation offers two bus trips this year for turtle watchers with the Sea Turtle Preservation Society as hosts.

On July 19 and 26, adventurers will leave ODR at 8:30 p.m. and return around midnight, depending on turtle sightings.

The cost is \$13 each, and includes snacks and a comfortable waiting area. Call 494-9692 or 494-9625 to register. There are limited seats on both trips.

**NCO Club presents comedy**

The NCO Club features the best of Black Entertainment Television Comic View and Def Jam comedians with "G-Productions" July 18 at the NCO Club on A1A. Show starts at 9 p.m. in

the ballroom and admission is \$15 per person. Club members receive a \$5 discount by showing their club card. Call 494-7491 for information.

**Lobster season begins**

Lobster mini season is July 30 - 31. ODR is conducting its first Big Bug Blast-Off for all 45th Space Wing divers. Prizes are given for the three largest lobsters taken in local waters. Contact ODR at 494-2042 for contest rules. Register July 1-29 for this free event. Make reservations early for SCUBA gear and tank rentals.

**Family fun at pool**

Outdoor Recreation Family Pool, located next to the NCO club on A1A, is open through Labor Day Tues. - Sun. from noon - 6 p.m. Tues. through Fri., the pool closes at 5:30 p.m. for July classes.

The cost is \$1 per person per visit. Throughout July, purchase a single pool pass for \$20, a couple's pool pass for \$25 or a family pool pass for \$50.

Pool passes can be purchased at Outdoor Recreation, Mon. - Fri. from 8 a.m. - 2 p.m. Call 494-9625 or 494-9692 for more information.

**Library features children**

Summer story time sessions are in full swing. Activities include read-aloud stories, crafts and puppets. Story time activities target preschool

age children.

They meet Wed. from 10:30-11 a.m. through Aug. 27. Story time participation earns an ATWIND ticket, so stop by the base library every Wed.

**Bid on bus**

Own a 1994 Ford 24-passenger bus through a sealed bid. Bids start at \$5,000. Estimated resale price of the bus is \$10,000. The vehicle has 40,408 miles.

The vehicle can be seen at Patrick Air Force Base, Bldg 331, located at the west end of Atlas Ave. Contact Ron Charbonneau at 494-7204.

Mail name, address, phone number and bid amount to: 45 SVS/SVFL, Attn: VCO, Bldg. 425, Room 2-690, Patrick AFB, FL 32925. Bid closing date is July 21. Only bids received through regular mail will be considered.

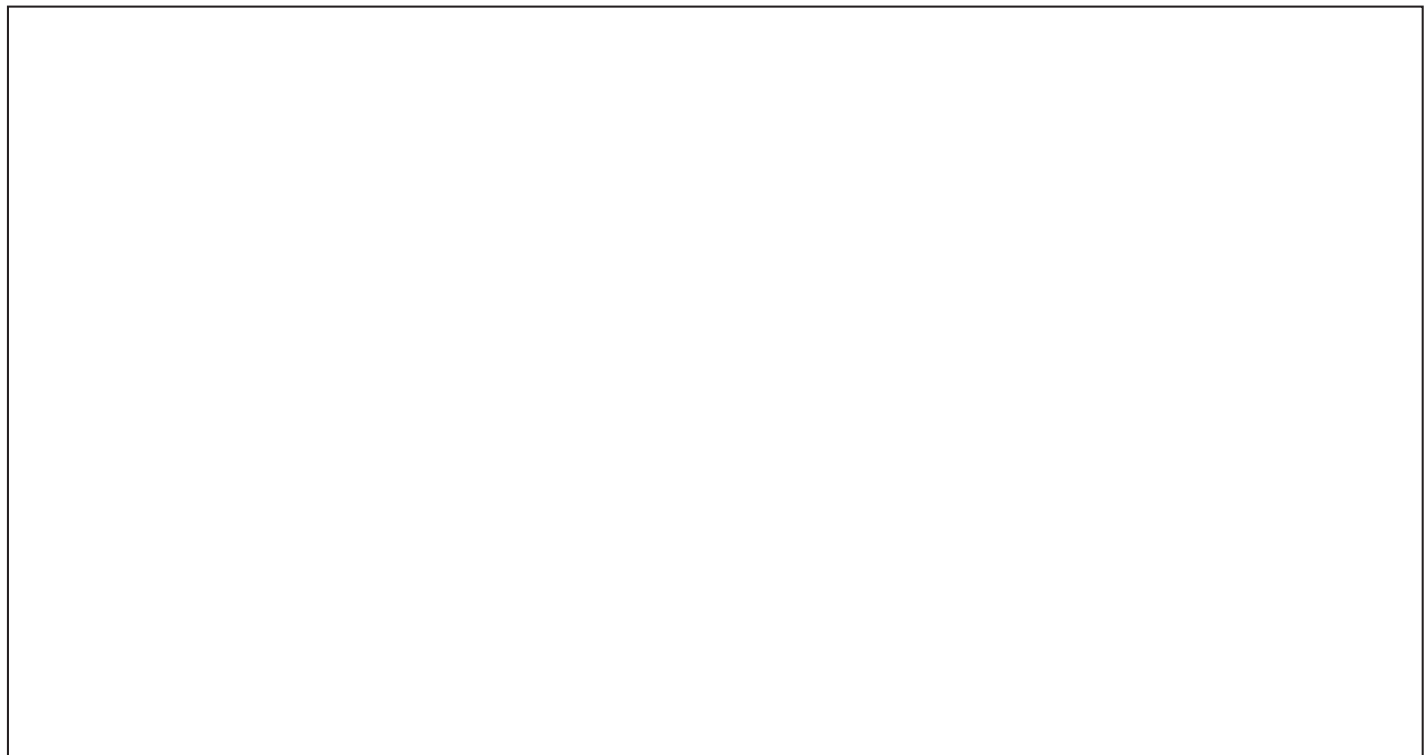
**Event goes win prizes**

Winners for the one to four person Holiday Inn stay at Cocoa Beach, Orlando or Tampa are Mary Hanlen, Ed Hallett, Lt. Col. Dave Willingham, Staff Sgt. Robert Duncan and Tech Sgt. Ronald Troxle.

Rich Owens and Tammy Waldman won two tickets to Sea World from Holiday Inn.

Winners of two tickets to Sea World and Busch Gardens are Staff Sgt. Jason Campbell, Master Sgt. Hugh McFadden and Tech. Sgt. Carlos Gonzalez courtesy of Carrol Distributors.

A \$200 U.S. savings bond was awarded to Chief Master Sgt. Thomas Gillett by USAA.



## Check it out

Patrick Air Force Base librarian Marta Demopoulos shows Staff Sgt. Ken Swartz, Family Support Center, one of the many START collection books. START topics include leadership, career skills, financial management, building confidence, becoming successful and life-changing habits. Check out books from the START collection on Thursdays and receive an ATWIND game piece. (Photo by Mary Bell)



**Friday *The Italian Job*** Charlie was pleased after pulling off an amazing gold bullion heist from a heavily guarded palazzo in Venice, Italy. The plan was flawless, the job was executed perfectly and the escape was clean. The only threat Charlie never saw coming was from a member of his own crew. He couldn't believe it when one of them turned out to be a double-crosser. Now the job isn't about the payoff, it's about payback. Stars Mark Wahlberg and Edward Norton. (PG-13 for violence and some language.)

**Saturday *Finding Nemo*** Matinee and evening showings. Animated Marlin desperately searches the sea for his son Nemo. Little Nemo finds himself in a dentist's fish tank in Sydney, Australia, along with other underwater captives. As Nemo works with his new friends on a plan to escape their tank, Marlin swims closer, but he'll need more than just fins to get into the dentist's office. (G)

**Sunday *The Italian Job*** See Friday's synopsis

Movies start at 7:30 p.m. Cost is \$2.50 for adults and \$1.50 for children under 11.

### Riverside Dining Facility

**Saturday brunch** - Cajun meat loaf, #crispy baked chicken, rib-eye steak

**Saturday supper** - #Fish amandine, pork chops with mushroom gravy, stir-fry chicken with broccoli

**Sunday brunch** - Chicken parmesan, sauerbraten, tuna and noodles

**Sunday supper** - Fried shrimp, #ginger barbecue chicken, #spinach lasagna

**Monday lunch** - #Baked chicken, simmered knockwurst, Swiss steak with tomato sauce

**Monday dinner** - Roast turkey, baked ham, fish and fries

**Tuesday lunch** - Grilled Salisbury steak, onion lemon-baked fish, yakisoba

**Tuesday dinner** - Barbecue beef cubes, #paprika beef, pork chop suey

**Wednesday lunch** - Southern-style catfish, barbecue ribs, southern-fried chick-

en, pork chops

**Wednesday dinner** - Country-style steak, fried chicken, #pita pizzas

**Thursday lunch** - Barbecue chicken, barbecue ribs, grilled steak, grilled sausage

**Thursday dinner** - Pepper steak, #Mr. Z's finger lickin' chicken, ginger pot roast

Menus are subject to change. For more information, dial-a-menu at 494-2845.

Items with an asterisk, "#," are healthy choice.



It offers educational exhibits and helpful presentations by medical and other experts, light refreshments and door prizes. Admission is free. For more information 633-1702 or 952-4536.

**Festivals**

► July 20, 3-6 p.m. - Jazz in the Park at Goode Park in Palm Bay. Event includes continuous entertainment, youth activities and exotic foods. For more information, call 952-3441.

**Events**

► Sat. - July 21, 9 a.m. - 5 p.m.; (Mon., Wed., and Fri.) and 9 a.m. - 9 p.m. (Tue. And Thur.) - art displays at the Melbourne Beach Library. Three-dimensional art displayed in a two-room area. Admission is free. Call 956-5642 for more information.

► July 19, 9:30 a.m. - Acrylics painting class at the Mims/Scottsmoor Public Library, Titusville.

A \$10 fee to cover materials and instruction will be charged. Call 264-5080 for more information on the project. Registration is required.

► July 22, 10:00 a.m. - noon. - "Attracting Wildlife" gardening program at the Port St. John Library. Admission is free.

► Aug. 16, 10 a.m. - 2 p.m. - World's Greatest Baby Shower at the Greater Palm Bay Senior Center, 1275 Culver Drive, N.E., Palm Bay. This event is for all new and expectant parents including adoptive parents.

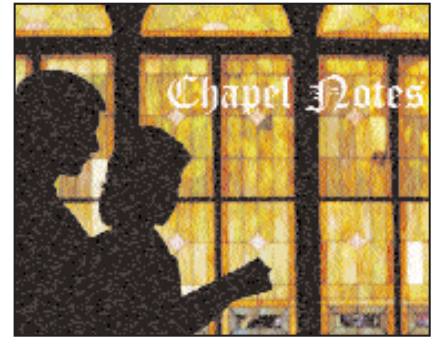
► Aug. 1, 6-10 p.m. - Titus Nights Street Party is historic downtown Titusville. Family fun night featuring live music, games, dance demonstrations, antique cars and food booths. Admission is free. Call 267-3036 for more information.

► Aug. 16, 4-10 p.m. - Jazzmania at Goode Park in Palm Bay. Activities include children events, exotic foods and continuous entertainment. Admission is \$7 for adults and children under 14 are free with paying adult. Call 952-3441 for more information.

► Aug. 16-17, 8th Annual Fais Das-Dos Cajun Festival and Craft Show at Wickham Road, Melbourne. August 16, 10 a.m. - 8 p.m. and Aug. 17, noon - 6 p.m.

Family event featuring Cajun bands, dances, a "kid's cove" and arts and crafts show. Admission is \$3 donation for adults and children 12 and under are free.

Call 632-7445 for more information.



**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

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

**Protestant**

Sunday: 8:30 a.m. traditional worship in the Seaside Chapel.

9:45 a.m. Adult Sunday School in Seaside Chapel. Grades K-12 at South Patrick Chapel.

11 a.m. Inspirational Service in the South Patrick Chapel.

Wednesday: 5:30 p.m. fellowship dinner in the South Patrick Chapel.

**Got news?**

The *Missileer* is your newspaper. Have a story idea? Call the *Missileer* at 494-5922.

