

# MISSILEER



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Robin Canestrari helps her son Matt, an 11-year-old fifth-grader at Holland Elementary, purchase school supplies at the Base Exchange. Brevard County public schools began Thursday. (Photo by Jim Laviska)

## AF fitness program gets back to basics

(Air Force Print News) Air Force Chief of Staff Gen. John P. Jumper directed that airmen will now test their fitness levels by performing sit-ups, push-ups and running 1.5 miles.

The change is being made because "we are a much different Air Force today," according to Gen. Jumper. He cited the physical requirements demanded by recent deployments around world as the impetus for the change. "The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture," he said. "It's time to change that."

Details will be released soon that will get airmen back to the basics of running, sit-ups and push-ups, Gen. Jumper said. The cycle ergometry test, in use for the past 10 years, will continue for those who, for legitimate reasons, are not able to run.

"We are planning to ... put responsibility for (physical training) in the chain of command, not with the medical com-

munity or the commander's support staff," Gen. Jumper said.

"I expect this effort to be led from the top, starting with commanders and senior (noncommissioned officers)," he said. "I expect those who have trouble meeting the standards to be helped by others in their unit until they do meet the standard."

The program begins Jan. 1. Gen. Jumper said he plans to lead National Capitol Region Air Force general officers in a fitness test during the first week of January. Chief Master Sergeant of the Air Force Gerald R. Murray will lead area command chiefs later in the week.

"People should be exercising aerobically a minimum of three times a week with at least one of those days being a running day," said Randall Hubbard, exercise physiologist at the Patrick Air Force Base Health and Wellness Center. He also recommends practicing push-ups and sit-ups at least twice a week.

"In addition people should get involved in a regular strength-training

program, using either free weights or weight machines," he said. "Strength training offers additional health and fitness benefits. Building stronger bones helps prevent injury to runners."

The Cape and Patrick's Fitness Center offers many programs to help servicemembers prepare for the upcoming changes.

Mr. Hubbard provides a running clinic free of charge. Both fitness centers will also design an exercise program to help individuals prepare for the test.

"I think all of us can agree that we were disappointed with the fitness standards we found when we came into the operational Air Force," Gen. Jumper said. "Let's not disappoint ourselves any longer. The message is simple: If you are out of shape, fix it. If you have people in your squadron who need help, help them."

"January 2004 is the date," he said. "Be ready." (Airman 1st Class Shaun Emery contributed to this article)

*Outstanding is just the START!*



By Brig. Gen. Greg Pavlovich  
45TH SW COMMANDER

It is great to be back after several weeks on the road. The Space Coast is such a fantastic place to live, work and play. It really gets into your system. Being away makes you appreciate it even more.

Deb and I needed some time away recharging and we got it. Thanks! Nobody is indispensable and we all need to use our leave.

Much of the time I spent away was spent driving (about 7,300 miles). Unfortunately, we observed lots of drivers doing dumb things behind the wheel of a car or truck, or on motorcycles that jeopardized not only themselves, but others as well. We often wondered: "Don't they know better?" Apparently not.

In an effort to help ensure members of our motorcycle community know better and to instill safe driving habits in riders assigned to Patrick and the Cape, we are having mandatory meetings today for all military and DoD civilians of the 45th Space Wing who are motorcycle riders. The Cape session is at 9 a.m. in the E&L Conference Room. The seminar at Patrick is in the DEOMI auditorium at 2 p.m. Our mission partners are encouraged to attend. Take the time to enhance your skills and learn how to mentor other riders. The life you save may be your own or that of a family member or friend. Remember, motorcycle safety doesn't apply to only motorcycle drivers. It is just as important to automobile drivers who share the road and need to recognize and observe proper courtesies to motorcycle drivers.

We are also offering a motorcycle "fun run" on Aug. 16. If enough riders sign up, they'll leave from the parking lot at the Main BX at 9 a.m. and return around 1 p.m. The primary purpose of this event is to demonstrate the fun of riding, establish new acquaintances and improve safe riding skills. For more information on the fun run or the mandatory meeting, contact Tech. Sgt. Mark Noegel or Mr. Bill James of our Safety Office at 494-2202.

If you have not figured it out by now, safety is a top priority here at the 45th Space Wing. Just recently, all systems were go with the planned launch of a Boeing Delta IV rocket carrying a Defense Satellite Communications System spacecraft into orbit, with the exception of the rocket's flight termination system. This is the system that allows our flight control officers to send destruct functions to the rocket if it veers off course, before it threatens the public.

While the rocket could have launched and flown

successfully without this system, we don't consider FTS a nice to have - it is a requirement. The one thing the 45th SW and our mission partners do not compromise on is safety. In the more than 50 years that we have run the Eastern Range, we have never had an errant launch that resulted in the loss of life or serious injury to anyone. That is a perfect track record and one we plan to keep intact.

Speaking of perfection, our mission partners at the 920th Rescue Wing came pretty close during their Unit Compliance Inspection last week. The Air Force Reserve Command IG Team visited the 920th and poured over their administrative practices, evaluating literally hundreds of checklist items. After the dust settled, the inspectors only found six reportable findings. That's right, only six. Wow! There were only two possible grades for this inspection: satisfactory or unsatisfactory. Of course, the 920th got a sat, but I have no doubt that had the IG used the same grading scale that was used for our ORI, the 920th would have scored an OUTSTANDING. Kudos to Maj. Paul DeChirico. He pushed himself to the limit over the course of several months to organize the 920th's preparation for this inspection, to include overseeing its self-inspection program (ably assisted by Master Sgt. Tracy Winton) and managing a myriad of details as the overall project officer. Well done!

I am told that six findings is the absolute best of the 10 most recent AFRC units that have had UCIs. They're checking to see if it is the best ever. That accomplishment is even more amazing given that the 920th has been actively deploying and re-deploying troops in support of Operations Enduring Freedom and Iraqi Freedom (where they had 19 saves so far) and just went through the "growing pains" that go with expanding from a group to a wing. It has been a hectic year for Col. Tim Tarchick and the men and women of the 920th. The 920th still has more than 100 airmen deployed to Southwest Asia. They are proof positive that reservists are true warriors who bring a lot to the fight and that our Total Force really works. Two OUTSTANDING wings on one base...hooah!

I know you are thinking, "What's an Air Force general doing using the term hooah?" Well, perhaps I am psyching myself up for the Air Force's new physical fitness standards set to start in January. Like the Army and Marines, the Air Force is placing increased emphasis on physical fitness. And, it starts at the top with Air Force Chief of Staff, Gen. John Jumper.

In the Gen. Jumper's latest "Chief's Sight Picture" he said, "When looking at our Air Force overall, I am very pleased. One aspect of our Total Force that does need improvement, however, is our physical fitness. The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture."

After 10 years of fitness testing based on cycle ergometry, the Air Force will go back to the basics of running, sit-ups and push-ups. Hooah! Those who are not medically cleared to run may still use cycle ergometry testing. This program is about five months away, so there is plenty of time to prepare.

In Gen. Jumper's words, "If you are out of shape, fix it. If you have people in your squadron who need help, help them. January 2004 is the date. Be ready."

Physical fitness should also be of concern to DoD civil servants. I join Gen. Jumper in encouraging you to join with uniformed peers in this program and to use other avenues to keep your bodies healthy and strong. Take care of your body now, otherwise you might suffer health-related consequences later.

An important reason to take care of yourself is so you can enjoy your retirement years. That is true whether you are military or civilian. Next month, we are offering two retirement seminars for civilian employees. The first is designed for employees who are more than five years from retirement eligibility. It is set for Sept. 9. The second seminar is for employees within five years of retirement eligibility. It is a two-day forum and is scheduled for Sept. 10 and 11. These courses will help you understand all your benefits and maximize your retirement entitlements. Try to attend the seminar that is best for you. Be sure to position yourself and your family to take advantage of everything you have earned. For more information, call Cathy Cawthon in Civilian Personnel at 494-8398.

Another thing we have jumpstarted for our civilians is the civilian tuition assistance program. Funds are being distributed on a first come, first served basis. When funds are depleted, this program will stop until more funds are allocated for FY 04. Do not wait until it is too late. Sign up at the Base Education Office now. Call 494-2071 for details.

It does not stop there in terms of money for education. The Space Coast Association of Chief Master Sergeants is accepting applications for its annual scholarship program. Active-duty personnel through the rank of E-8, family members of all enlisted active-duty and all enlisted retired members and their family members are eligible to apply. Applications must be submitted to the Space Coast Association of Chief Master Sergeants by Sept. 15. Applications and other required information can be obtained from the Base Education Office or any chief master sergeant assigned to Patrick or the Cape. Call Chief Master Sgt. Rik Salender at 494-4606 for more information.

Please remember that school started for public schools students yesterday; slow down a bit and be extra careful when driving around our neighborhoods - especially near schools. Speed limits in base housing areas are 15 miles per hour! Always yield to a student pedestrian or cyclist. God bless!



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# Air Force unveils plan to wear new test uniform

By Tech. Sgt. David Jablonski  
AIR FORCE PRINT NEWS

WASHINGTON - Air Force officials announced plans Wednesday for the wear test of a new utility uniform that could replace the current battle dress uniform.

The blue, gray and green tiger-stripe camouflage ensemble is a departure from the current woodland-pattern uniform and includes many new features that are intended to increase functionality and provide a distinctive look for airmen of the 21st century, officials said.

Three hundred uniforms will undergo wear testing from January to July at Andrews Air Force Base, Md.; Elmendorf AFB, Alaska; Hurlburt Field, Fla.; Langley AFB, Va.; Luke AFB, Ariz.; McChord AFB, Wash.; Ramstein Air Base, Germany; Robins AFB, Ga.; Vandenberg AFB, Calif.; and Wright-Patterson AFB, Ohio. The test will generate feedback about fit, durability and functionality.

"Our intent is to create a uniform that will be distinctive, practical, easy to maintain, comfortable and, most important, a uniform you will be proud to wear," said Air Force Chief of Staff Gen. John P. Jumper.

"We have become a more expeditionary force, with less time at home to spend caring for the uniform," Gen. Jumper said. "In the last 20 years, material technology has improved greatly. As a result, we have designed one uniform that can satisfy our various climates and utility needs, while

eliminating the need for professional ironing to provide a polished appearance."

Gen. Jumper said the distinctive Air Force uniform is designed to fit well, look sharp and require much less maintenance than the current uniform.

"We (also) need to ensure our airmen have a uniform that fulfills our unique air and space missions," he added.

Chief Master Sgt. of the Air Force Gerald R. Murray said great care is being taken to ensure the best possible uniform is created to meet future needs.

"I believe that one of the great strengths of our Air Force and its airmen is the ability to adapt to new missions, new technologies and an ever-changing world landscape," he said. "This new utility uniform is another example of seeing a need for improvement and moving forward."

A key step in bringing any new uniform item into service is feedback from airmen in the field, Chief Master Sgt. Murray said.

"I believe it's a uniform fitting of the world's greatest expeditionary Air Force and one that we will be proud to wear," he said. "We want your feedback as well - not shoot-from-the-hip feedback, but feedback that comes from seeing the uniform in action and thinking about how it will meet your needs based on your work environment."

"It's important to remember that this is a wear test, and the decision about whether or not to adopt some, all or none of this uniform will be made after considering the results of the test and feedback about how it meets airmen's needs," Chief Master Sgt. Murray said.

According to officials, the wash and wear uniform will be easier to maintain and will not require professional laundering or starching. Officials estimate that home laundering can save up to \$240 in laundry costs over the course of a year.

Unlike the current BDU, the new version comes in men's and women's cuts. The separate women's uniform reflects the growth in the number of women in the service. In the late 1980s women comprised less than 13 percent of the total force; today nearly one in five airmen are women.

Officials said other possible advantages to the uniform include:

- Using the same fabric identified by the Marines as the optimum material for wash and wear characteristics;



Staff Sgt. Daryl Aford dons the test AF utility uniform. (Photos by Master Sgt. Jim Varhegyi)

- A camouflage pattern that corresponds to the jobs airmen do in most situations that require a utility uniform;

- Recalling the "tiger stripe" camouflage pattern used during the Vietnam War, but with the distinctive Air Force logo embedded into a color scheme that preliminary testing indicates may provide better camouflage.

Officials are also considering maintenance-free boots and alternative T-shirts.

The uniform patterns are being cut, with production to begin in November. Data collection and analysis, and any potential adjustments, will occur from August through October 2004. A final decision on the uniform is expected in December 2004. If approved, production could begin as soon as 2005, with a phase-in date to be determined.



Airman 1st Class Jonathan Besko and Senior Airman Brandi Wyatt try out the Air Force test utility uniform in a computer server room.

## Promotions: Lieutenants make captain



Six first lieutenants from the 45th Space Wing and its mission partners have been selected for captain under the quarterly captain promotion process, which was approved July 25 by the under secretary of defense for Personnel and Readiness.

The complete list is on the Web at [www.afpc.randolph.af.mil/offprom/](http://www.afpc.randolph.af.mil/offprom/).

Lee Comerford, 45th Services Squadron  
Bradley Marcum, 45th Space Wing  
Brent Osgood, 45th Space Wing  
Albert Meza, 1st Space Launch Squadron  
David Montalvo, Air Force Technical Applications Center  
John Worthington, Air Force Technical Applications Center

## Enlisted quarterly overseas assignments now available

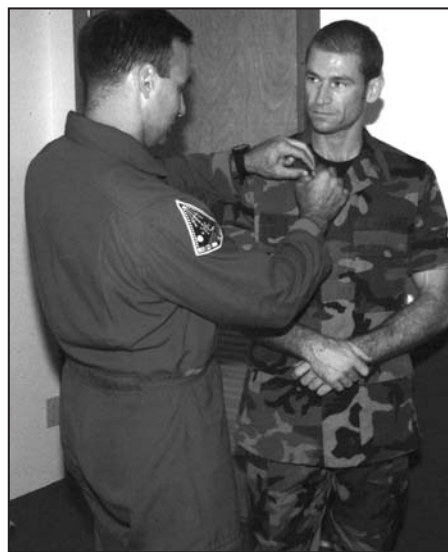
AIR FORCE PERSONNEL CENTER — The Enlisted Quarterly Assignment Listing of overseas assignments for the April through June 2004 cycle is now on the personnel center Web site.

Individuals need to work through their military personnel flights or their commander's support staffs to update assignment preferences by Aug. 21, officials said.

Airmen will be notified of their selection by mid-September.

EQUAL advertises upcoming assignment requirements broken out by Air Force Specialty Code and rank. Members are instructed to review their "dream sheets" and specifically list their job preferences in order, based on the EQUAL offerings.

People can view the list through the Assignment Management System Web site at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm> or at local MPFs. Those on temporary duty during the advertising period can contact the nearest personnel office for assistance.

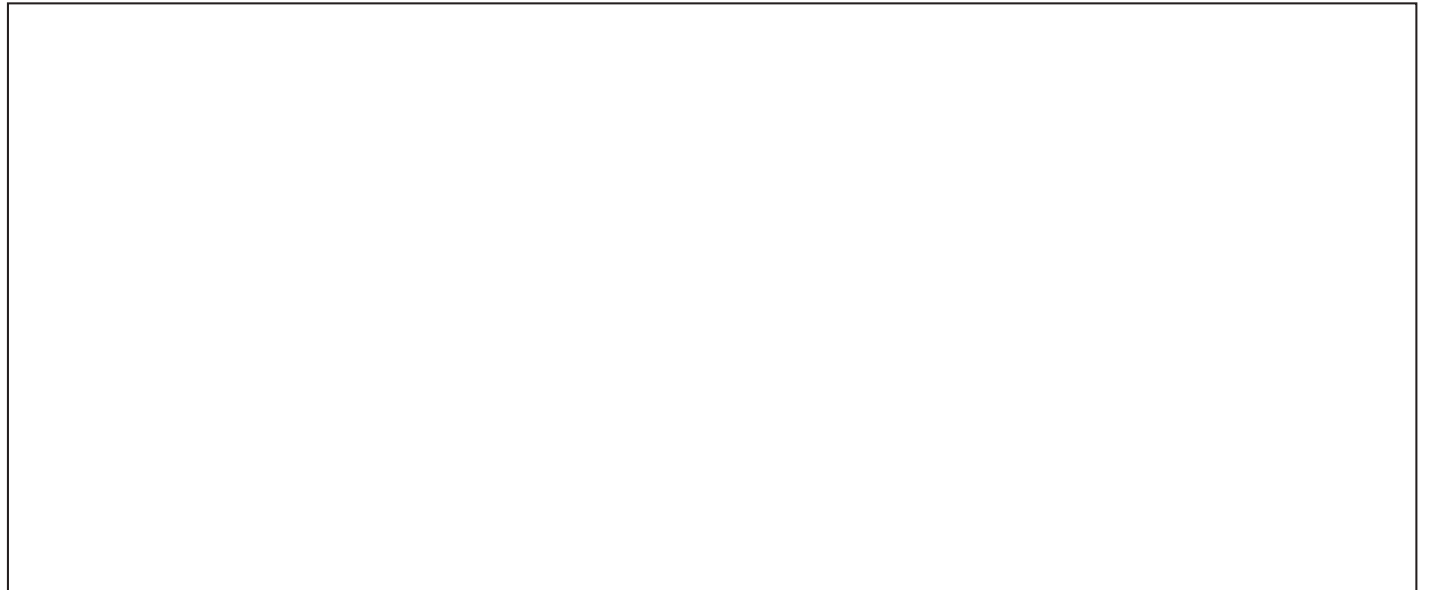


## Silver Snoopy

Second Lt. Doug Huttenlocker, former Space Shuttle rescue instructor for the Department of Defense Manned Space Flight Support Office at Patrick Air Force Base, receives NASA's "Silver Snoopy" award by astronaut Lee

Archambault. Responsible for conducting 30 site training visits and training more than 3,000 rescue personnel, he enabled NASA to expand its launch abort capabilities for International Space Station missions. The award is given by astronauts to people who make a distinct contribution to space shuttle and space station missions.

*(Photo by 1st Lt. Warren Comer)*



# Uniform security everyone's job

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

On July 23, the Department of Homeland Security advised the owners and operators of the nation's infrastructures on the possibility that terrorists may try to gain access to sensitive facilities by using uniforms, official identification and marked vehicles.

The 45th Space Wing Antiterrorism Office reminds those who wear and use official devices that maintaining security and awareness throughout Patrick Air Force Base and Cape Canaveral Air Force Station is everyone's job.

"If you see a person in uniform, you psychologically let your guard down," said Master Sgt. Kevin Fishel, 45th Space Wing Antiterrorism Office manager. "Don't let the uniform (or anything else) give you a false sense of security."

After the Sept. 11 terrorist attacks, many people re-looked the ways in which terrorists could gain access to certain uniform items and identifications. One of the main problems found was the lack of personal security taken by individuals who wear uniforms and require identification for their work.

Another problem is that military members don't know that leaving their name tags, rank and other insignia on their uniforms when they throw them away could give terrorists all the equipment they need to look just like everyone else on a military installation, said Master Sgt. Fishel.

"We're not helping ourselves when we put uniforms in clothing drop boxes before doing the proper maintenance on the uniform," he



Airmen and DoD civilians should maintain security and accountability of their uniform items, identification cards and other items that terrorists may use to blend into an environment. Not only could terrorists use government issued uniforms and identification to take someone's guard down, but may also wear a non-military uniform to approach a facility. (Photo by 1st Lt. Warren Comer)

said. "We're asking everyone to take off their name tags and insignia when they get rid of their uniforms."

"Always question what you do see," said Special Agent John Byers, Air Force Office of Special Investigations Detachment 802 at Patrick. "Look to see if those patches are in the right place, even when they're in a non-military uniform."

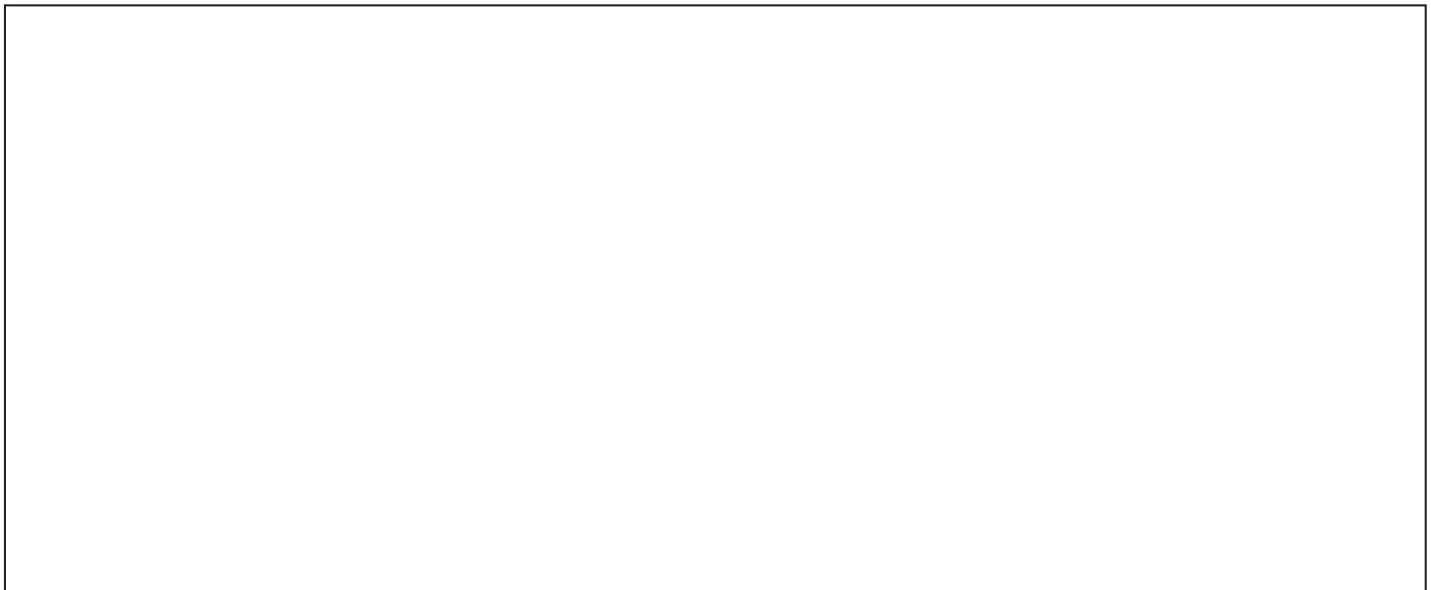
According to Master Sgt. Fishel, there have been reports throughout the nation of uniforms being stolen. To keep from falling prey to uniform or identification theft, it's best to keep these items in a secured location, especially when on temporary duty.

"Keep from storing your uniforms and any

military equipment you use in plain view inside your car," said Master Sgt. Fishel. "It's not too low for terrorists to steal uniforms. It has the ability to get them closer to a target."

There have been numerous times that someone may see an individual wearing or placing their line badge in a location where it can be directly observed. Military members and DoD civilians need to ensure that they hide their line badges (Cape badge) when not in a location where it's required to be worn.

"Everybody here has a responsibility to safeguard the installation's interests," said Special Agent Byers. "It's wise to watch your surroundings. If you see something suspicious, call Security Forces."



# Marines conduct equipment tests at Patrick

By Airman 1st Class Shaun Emery  
45TH SW PUBLIC AFFAIRS

Recently the Department of Defense tasked the Marine Nuclear Biological and Chemical Equipment Assessment Unit East, stationed at Camp Lejeune, N.C., to conduct a series of tests on the MCU2P model gas mask used by the Air Force. The unit was at Patrick Air Force Base for one week conducting a series of tests on more than 300 masks.

"The Air Force chose this kind of mask to use, so the manufacturer designed equipment that would test the specific mask," said 1st Lt. Tasha Liscombe, commander of the 45th Civil Engineers Readiness Group.

The unit is equipped with the TDA 99, a mass leakage tester. The mobile unit allows the Marines to quickly set up shop, check the gear and move on to their next location.

"The Air Force Civil Engineer Supply Agency wanted to see how well the test equipment worked before acquiring it."

According to 1st Lt. Liscombe the Air Force is scheduled to acquire the same equipment in 2004.

"Our mission is to maintain condition and degradation of chemical protective equipment," said Chief Warrant Officer Fred Rogers, EAU East's officer in charge. Chief Rogers, a career NBC specialist, has been heading the unit for the past two years.

The unit's goals are to assess the gear, take care of any preventive maintenance, review trends, and upon completion of their inspection, give an out briefing to the

installation's commander, he said.

"This unit handles all bases east of the Mississippi," said Chief Rogers.

"The biggest problems we usually come across is maintenance and, misuse," said Chief Rogers. "People never take the time to look at their gear. Its like they're afraid to touch it. When they think about it, all they think about is how it's painful, hot, itchy and hard to breath in."

The unit checks each piece of the mask from the outlet valve and drink tube to the actual seal of the mask.

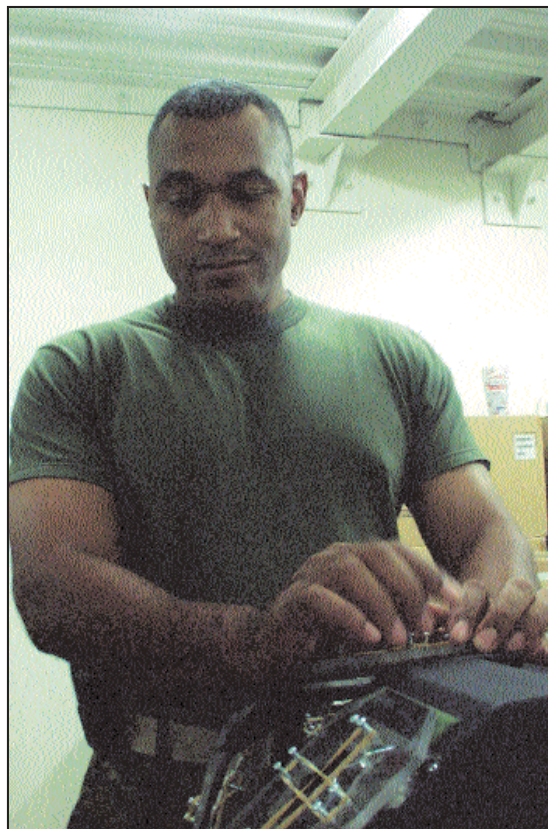
"The outlet valve is the most important part of the mask, it's what keeps you alive," Marine Sgt. Brock McCurdy stated. "The valve allows the wearer to breathe out of the mask." Any problems that arise from these tests are repaired on the spot.

"All 300 masks passed the test," said 1st Lt. Liscombe.

When all the tests are completed, two days will be spent recording all the data, said Chief Rogers. Once that is completed, there is an out briefing for the commander. During the briefing chief warrant officer Rogers lets the commander know the quality of the gear. If people aren't taking care of the equipment, plans are discussed about how to do things better. They also discuss future product designs.

The unit takes what they have learned to the manufacturers. The unit brings up issues of durability and comfort.

"This equipment saves lives and it is vital that servicemembers remember that along with remembering to maintain their gear," said Chief Rogers. These test units provide important feedback on how well bases are keeping up to standards."



Chief Warrant Officer Fred Rogers checks a pressure measurement during a recent test on Patrick's NBC gas masks. Roger's team conducted test on about 300 masks. (Photo by Airman 1st Class Shaun Emery)

### **Training Day changed**

The August Training Day has been moved back to its original date of Aug. 15. The Officers' Call remains at Aug. 22 at 3:30 p.m. at the Officers' Club. The Enlisted Call has changed to Aug. 28 at 3:30 p.m. The location will be announced later.

### **Come to banquet**

The Senior NCO Professional Development Course Banquet is Friday at 6 p.m. in the NCO Club. Chief Master Sgt. Ronald Kriete, Air Force Space Command, will be the guest speaker. Menu includes choice of tender beef medallions, stuffed shrimp or vegetable plate. Members pay \$18, non-members pay \$20. Get tickets through first sergeants.

### **Learn something new**

Call the Family Support Center at 494-5675 for these classes: Tues. Personal Financial Management Program, 8 a.m. - 4 p.m.; Employment Orientation, 9:30 a.m. - noon; How Do I Fix the Toilet..., 5-6 p.m.; Wed. ABCs of

Resume, 8-11:30 a.m.; TRICARE Know It All, noon - 1 p.m.; Deployed Spouses, 6:30-7:30 p.m.; Thurs. Pre-separation Briefing, 9:30-11 a.m.; Aug. 15 Revolutionary War, noon - 1 p.m.

### **Take an English course**

English for Speakers of Other Languages class is every Tuesday and Thursday from 9:30 a.m. - 12:30 p.m. The free classes begin Tuesday and are open to people who are learning English or need to polish up their English speaking and writing skills. The class is open to active duty, DoD civilians, retirees, NAF and AAFES employess and their family members. For reservations and more information, call Elsa Kekahuna at 494-5675.

### **Get a scholarship**

The Space Coast Association of Chief Master Sergeants is accepting applications for their annual scholarship program. Active-duty personnel from airman basic through senior master sergeant and family members of enlisted active duty, and enlisted retired members and their fam-

ily members may apply for the scholarship. Applications must be submitted by Sept. 15. Obtain an application from the Patrick Education Office or a chief master sergeant. For more information, call Chief Master Sgt. Rik Salender at 494-4606.

### **Citizenship Class offered**

A new citizenship class is being planned. Anyone interested in becoming an American citizen and would like to attend should contact Elsa Kekahuna at 494-5675.

### **Provide correct information**

In order for electronic tickets to be issued for those traveling on official business, travelers must provide a copy of orders and a government travel card to Manassas Travel Office before travel. Failure to provide this information will require travelers to purchase their own tickets and may result in departure delays or missed flights. For more information, call 494-4623.



# OUT OF THE DARKNESS

## Combating Post Traumatic Stress Disorder

By Sue Walden  
45TH SW PUBLIC AFFAIRS

*(This is the first of a two-part series on post traumatic stress disorder.)*

War wounds aren't always skin deep.

Some are buried in the mind and can stay with a warfighter for many years, or in some cases, for life. Prolonged stress, combat, traumatic situations, exposure to dead and wounded can all take a toll and catapult a healthy person into post traumatic stress disorder, according to Maj. Kimberly Finney, 45th Medical Group Life Skills commander.

Her flight is heading off the disorder at the pass by providing a mandatory post-deployment evaluation for all in-processing post-deployed 45th Space Wing airmen and mission partners. The Life Skills team also provides treatment for those with the disorder.

The post-deployment evaluation is the first in Air Force Space Command.

"I took hallmarks of PTSD from lessons learned from Vietnam, the Gulf War, Khobar Towers and Somalia and developed this evaluation because early intervention is key to PTSD," she said. "This screening is also important because of the collateral impact PTSD has on family, friends and co-workers of those who have PTSD."

"Our plan is to help them early so they can have a happy, functioning life," she said.

The structured screening checks the mental pulse of the returning member by gauging his or her stress level. "We ask them how well they're sleeping and eating, if this was the first time they were deployed and if not, if it was different from the last deployment and how," said Maj. Finney, a clinical psychologist. "We also ask if they were exposed to violence - from seeing wounded and dead to being in combat, and how they're coping." Members are encouraged to talk about their experiences; for some it may

be their only outlet. "Some don't want to talk about it with their family, friends and co-workers."

As part of the screening, some are given a critical incident stress token good for four "off the record" one-on-one sessions. "There are no mental or health records involved; we just want them to talk," she said.

Adjustments after deployment are natural, but prolonged symptoms are danger signs. "If they persist to a point where there are relationship and occupational difficulties, that's when professional help is needed," Maj. Finney said. If not helped, the stress can eventually cause health problems.

The impact of traumatic experiences range widely, varying on the person and the experiences. Some may suffer reoccurring dreams, while others fall to the ground when a car backfires.

There is help for PTS sufferers, such as psychological therapy and support groups that provide a sense of camaraderie to those who often feel left out.

"When you're deployed in an intense combat area, you're never the same - it's a life-altering event," Maj. Finney said. "But, we're here to help heal those wounds and I'm happy we're leading the trend toward prevention."

Cpl. Prince Aryee knows all too well how combat can profoundly affect a servicemember. The Marine motor transport operator from 6th Motor Transport Battalion in Orlando sought help from Maj. Finney upon his return from Iraq in May. He fought in two ambushes while transporting supplies to coalitional forces bases. Just driving to the bases played upon the nerves of the Marines. They carried food, water and a whopping 5,000 gallons of fuel that could ignite easily in an ambush. Not knowing if or when an ambush would occur was stress enough. "Then my first ambush happened and it was a five-hour gun battle," said Cpl. Aryee. "During it I asked myself, 'Am I going to make it

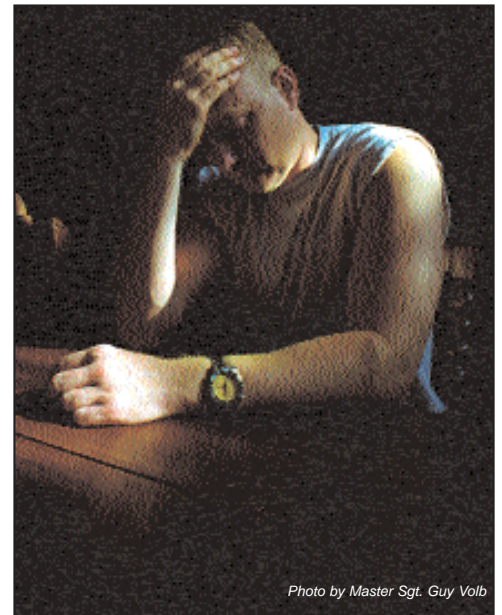


Photo by Master Sgt. Guy Volb

through this and see my family again?" The second ambush lasted eight hours. Dead and wounded lined the route.

The images stayed with him. "When I returned from deployment I had nightmares and I began to isolate myself from my family," he said. "That's when I knew I needed help." Talking about his experiences helped the Marine, and now he's on the road to recovery.

He encourages others who are having post traumatic stress disorder to visit the Life Skills Center. "Some are embarrassed to talk about it, but I tell them now is the best time to get help because God knows what it can turn into if they don't."

Those interested in a one-on-one session can call Life Skills at 494-8234. For emergencies after hours, go the emergency room.

*(Next week, the series examines the impact of PTSD on families and co-workers.)*

### PTSD Facts

- ✓ About 30% of men and women who have spent time in war zones experience PTSD. An additional 20 to 25% have had partial PTSD sometime in their lives.
- ✓ Women get PTSD more often than men.
- ✓ PTSD can affect anyone.
- ✓ Careful research and documentation of PTSD began in earnest after the Vietnam War. The National Vietnam Veterans Readjustment Study in 1988 estimated that the prevalence of PTSD in that group was at 15.2% and that 30% had experienced the disorder since the Vietnam War.
- ✓ There are remarkable similar findings of PTSD in military veterans in other countries.

(Information courtesy of National Center for PTSD, www.ncptsd.org)

### Danger signs may include:

- ✓ Not integrating with family and/or workplace
- ✓ Sleeping too little or too much
- ✓ Eating too little or excessively
- ✓ Irritability
- ✓ Recurrent dreams
- ✓ Excessive alcohol use and/or smoking
- ✓ Overuse of prescription medication
- ✓ Isolation
- ✓ Withdrawing from activities





Staff Sgt. Suzanne Blundell, firefighter at Patrick Air Force Base, radios in to other firefighters during a training exercise. She is the only female firefighter in the 45th Space Wing. Her male peers keep her motivated and her determination allows her to endure long shift hours. (Photos by Jim Laviska)

By Ida Barry  
45TH SW PUBLIC AFFAIRS

Many people think of firefighters as burly men with the strength of the Incredible Hulk. One Patrick Air Force Base female breaks that mold.

Staff Sgt. Suzanne Blundell, 45th Civil Engineer Squadron is the only female firefighter at the Patrick fire station, a job that sets her apart from her peers while serving as a role model for women who want to take on jobs that they don't normally tackle.

"When I came into the military I had a guaranteed job as a signal intelligence analyst and the career field got canceled," said Staff Sgt. Blundell.

"The new career list I was given included



Staff Sgt. Suzanne Blundell directs Senior Airman Jamey Eaton during fire hose training.

firefighter so I picked it. It was right up my alley because I like being active and occupied all the time. I made the decision there and then and have never looked back."

"I am very happy here, but it does get hard being the only female," said Staff Sgt. Blundell. "These are the best group of guys I have ever worked with. They're careful not to step on my toes or say anything that's offensive.

"They protect me in my personal life much as a big brother would his sister. It's like having 20 big brothers, yet half of them are younger than me."

"This is a family and she is part of it," said Richard Daniels, operations assistant chief of Shift B. "She works alongside us as if there is no gender. It makes no difference that she is a female. She is part of our team."

Although they're protective of her, she isn't given any special treatment when responding to a call. She's expected to work just as hard and pull her fair share of the load, doing exactly as they do.

She is trained to respond to calls that include medical, structural building fires, personnel and water rescues, plane crashes, flight and ground emergencies and hazardous material.

"It's all in a days work and depends on the type of vehicle I am on that shift if I go on that call," said Blundell. "I have to be on my toes at all times."

"I have been working with her for almost a year and this is not an awkward situation at all," said Airman 1st Class Thomas Bielei, 45th CES firefight-

er. "She's outstanding in her work. She is certainly not given any preferential treatment and works harder than a lot of the guys do. I admire her motivation."

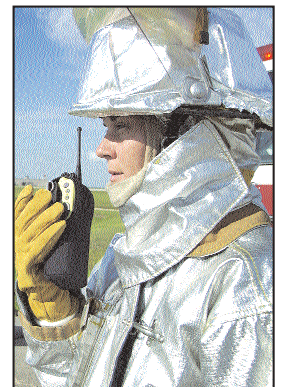
Her shift work involves working 24 hours on and 24 hours off including weekends, holidays and wing down days.

"The worst part of the job is that I don't get enough time to spend with my family and friends," said Staff Sgt. Blundell.

"Most moms are there every night to cook dinner and put their children to bed every night. Because of my job I am not able to do this. Thankfully, I have their grandmother to care for them while I am at work."

She advises women considering this career field to be thick-skinned, work on their upper body strength, have lots of determination and most importantly, to stick with it.

"I probably get burned out easier than most of the guys, but I keep trying," said the firefighter. "The guys give me a lot of encouragement to keep going."



Staff Sgt. Suzanne Blundell calls in for more support while relaying on-scene activities with firefighting teams.

# Ephedra: Some facts about dietary supplements

By Capt. Tamy Leung  
45TH MEDICAL GROUP

On a bright sunny day with a temperature of 66 degrees Fahrenheit, a 20-year-old active-duty infantry soldier was just about to complete the end of a 12-mile march carrying a 35-pound backpack.

As he approached the finish line, he collapsed. His peers immediately brought him to the nearby medical facility for treatment. He was found to be alert but disoriented. His blood pressure and pulse were elevated at 140 over 90 and 118 beats per minute, respectively.

His body temperature was 106 degrees, and his skin was warm, flushed and sweaty. He had suffered a heat stroke. Upon recovery with no further complications, the patient was discharged after five days in the hospital.

The patient reported having taken two capsules of Xenedrine RFA-1 the night before the road march and two more capsules on the day of the march. One capsule of Xenedrine contains 10 milligrams of ephedrine, 2.5 milligrams of synephrine, and 100 milligrams of caffeine (amount equal to one cup of coffee) from guarana extract.

Although the soldier had been heat-acclimatized, highly trained and healthy, this incident demonstrated the risks involved in taking any dietary supplements.

Currently one out of four American uses some type of alternative medicine. The dietary supplement industry alone is a \$20 billion business in the United States.

The Federal Drug Administration does not have any regulations on these supplements; therefore, many companies do not require good quality control on their products.

This leads to contamination, variations in the concentration of active ingredients, poor solubility and other quality control issues. Supplement companies are not under the strict regulations like prescription drug companies. They don't require clinical research nor proven efficacy.

With the rising prevalence in obesity, weight-loss products have always generated tremendous profits for these companies.

Many of their products contain the ingredient ephedra. Supposedly ephedra works by increasing thermogenesis and speeding up the metabolism, thereby converting more food into heat than being stored as fat. Numerous products on the market claim this to entice the consumers.

Some common names and trade names containing ephedra include: ma huang, natural ecstasy, squaw tea, Brigham tea, Mormon tea, yellow horse, Herbal Fen-Phen, Power Trim, Ultimate Energizer, Metabolife, and Xenedrine.

The key active component in ephedra is ephedrine, which has a stimulant effect that increases heart rate and blood pressure, constricts peripheral blood vessels, and expands the lungs. Serious side effects include heart attack, stroke, seizures, psychosis and death.

So far the FDA has found more than 800 reports of adverse effects and 100 deaths that may be related to ephedra use, including the death of Baltimore Orioles pitcher, Steve Bechler. He had taken three capsules of Xenedrine each morning before his practice.

New York and Illinois have banned ephedra products. Currently, the



Ephedra has a stimulant effect that increases heart rate and blood pressure, constricts peripheral blood vessels and expands the lungs. Serious side effects include heart attack, stroke, seizures, psychosis and death. The FDA is looking into banning ephedra; however, that will be a long process because herbal supplements are officially classified as a food and not a drug. (Photo by 1st Lt. Warren Comer)

FDA is looking into banning ephedra as well; however, that will be a long process because herbal supplements are officially classified as a food and not a drug, and the proof required to force them off the market is much higher than what's necessary to ban a dangerous drug.

Anyone considering to use any type of supplement should talk to their health care provider and research the possible side effects of the supplement outside stores that sell the product.

## Sports briefs

### **Water sports rentals available**

Rent a ski boat or a deck boat for a kayak or canoe and get out on the water for some summertime fun. Those renting a motorized boat at Outdoor Recreation must attend their boating safety class on Tuesday or Saturday mornings at 9:30 a.m.

The cost for the class is \$5 and a reservation is recommended. Call 494-2042 for more information.

### **Youth soccer coaches needed**

Youth programs need volunteer adult soccer coaches for the 2003 Fall Recreation Soccer program for ages 4-11.

First time coaches in the program are required to complete an application at the Youth Center and attend mandatory training before practice sessions begin.

Coaches who have completed the entire application requirements and are interested in coaching should call Randy Detwiler at 494-3770.

### **Intramural volleyball**

The Fitness Center has sent out letters of intent for intramural volleyball. The season is scheduled to begin Aug. 18. A coaches meeting will be held Friday at 2 p.m. in the Fitness Center conference room.

Participants are required to attend an injury prevention clinic prior to playing an intramural sport.

Rosters must be submitted prior to the first game. For more information contact Ralph Robinson, program manager, at 494-4947.

### **Visit the HAWC**

The Health and Wellness Center provides a number of services for both active duty and civilian personnel.

Services include: a running clinic, nutrition counseling, Fitness assessments, individual exercise prescriptions, tobacco cessation counseling, walk in blood pressure checks, and weight loss counseling. For more information on all programs or to register, call the HAWC at 494-2660.

### **Take a WarFit course**

The Health and Wellness Center offers a Warfit course for active-duty members interested in improving their health and fitness levels. The course instructs participants on topics such as exercise, nutrition and behavioral change. The next scheduled class is Sept. 3 from 8-11 a.m. Participants must register for the course. Contact the HAWC at 494-2660 for more information.

### **Fitness Center has new hours**

The Patrick Fitness Center's hours are now 5 a.m. - 9 p.m. Mon. - Fri. and 8 a.m. - 6 p.m. Sat. and Sun. Holiday hours are 8 a.m. - 4 p.m.



### **Practice makes perfect**

Retired Lt. Col. Maurice Price drives a few practice balls before taking his game to the links Monday afternoon at the Manatee Cove Golf Course. He is one of many retired military members who frequent the course each week. (Photo by Airman 1st Class Shaun Emery)

**Learn bike safety**

The 45th Space Wing Safety Office, the Army and Air Force Exchange Service, Patrick Commissary and the Patrick Youth Center are sponsoring Safety Roundup Aug. 16 at 9 a.m. outside the Main Exchange. This event features a Youth Bicycle Rodeo.

Youths wishing to participate should bring their bicycle and safety gear (including a helmet) to the Main Exchange parking area. The rodeo features bike safety tips, safety skills and equipment.

Youth and kids also receive information on gears, basic safety steps and rules of the road through an interactive program. Children attending the Bicycle Rodeo are eligible to win a bicycle from AAFES. Activities continue from 11 a.m. - 3 p.m. with information and a wide variety of demonstrations on fishing (water safety) and marine life (boating safety), vehicle, sports, drug reduction, dental, child car seat, motorcycle and more safety topics for young people and adults. AAFES is giving away prizes, discount coupons and additional items throughout the event. The Commissary will provide food and drinks. For more information about the event, call Lynne Phillips at 494-4748.

**Vet clinic opens Saturday**

A special walk-in clinic for dogs and cats is Saturday, 9 a.m. - noon at Patrick's Veterinary Services in Bldg. 321, behind the Space Coast Credit Union branch.

This opportunity is for patrons whose pets are in need of their annual vaccinations. No appointments are made for this clinic. Call 494-6080 for more information.

**Tour Cape Canaveral AFS**

Outdoor Recreation's monthly trip Aug. 16 to the Cape Canaveral Air Force Station explores the Air Force Space Museum, Cape Lighthouse and many more historical sites. This tour takes visitors to many areas where the space program had its early start.

This tour is open to all I.D. cardholders and their guests. Proof of American citizenship is required for guests. The cost is \$10 per person. Space is limited on the ODR bus; so call early. No refunds can be made after Aug. 12. Call 494-2042 for reservations.

**Join a Youth Center club**

The Youth Center provides many after-school clubs.

□ Torch Club, a chartered small-group leadership and service club for boys and girls ages 11-13, focuses on character development. Torch Club helps meet the special needs of younger adolescents at a

critical stage in their development. Members learn to elect officers and work together to plan and implement activities in four areas: service to club and community, education, health, fitness and social recreation.

□ Keystone Club is a chartered small-group leadership and service club for boys and girls ages 14-18. Keystoners elect officers, plan and implement their activities in six areas: service to club and community, leadership development, education and career exploration, unity, free enterprise and social recreation.

□ Power Hour helps club members ages 6-12 be more successful in school by providing homework help and tutoring.

□ Ultimate Journey, an environmental education program, leads club members ages 6-12 on a fun-filled journey into the world of plants and animals. Youth participate in games, crafts, discovery-based activities, develop an awareness of the environment, acquire a better understanding of how human actions affect nature, reinforce math and science skills and learn about conservation of our natural resources.

□ The Nike Daily Challenge provides fun and fitness benefits in several categories for Youth Center members ages 6-18 throughout the year.

□ In Project Learn, the staff uses all areas and programs in the club to create opportunities for "high-yield learning activities." They include leisure reading, writing, discussions with knowledgeable adults, helping others, homework help and tutoring games that develop cognitive skills.

□ Goals For Growth teaches club members ages 8-12 skills for setting and achieving goals. It helps youths identify their strengths and enhance their self-esteem. Their progress and success are recognized as they realize their goals. Members set goals in six areas: club involvement; discovery of new knowledge, skills or pastimes; service to others; school improvement; personal improvement and career awareness.

□ Arts Program encourages artistic expression through drawing, painting, printmaking, collage, mixed media and sculpture, which is displayed at local and regional exhibits.

□ Club Tech helps to build youth's computer skills and helps them to integrate technology into daily activities and areas of responsibility. For specific information concerning each club or youth center program, call 494-4748.

**At the movies**

**Friday 28 Days Later** A small group of people in London have survived a virus that's wiped out most of the Earth's population. Stars Cilliam Murphy and Naomie Harris (R for strong violence and gore, language and nudity)

**Saturday Charlie's Angels: Full Throttle** The captivating trio once again demonstrates their expertise as espionage, martial arts and disguise experts. Stars Cameron Diaz, Drew Barrymore and Lucy Liu. (PG-13 for action violence, sensuality and language)

**Sunday Charlie's Angels: Full Throttle** See Saturday.

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



**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.

**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.

**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 - Lasagna, spaghetti with meatballs, chicken cacciatore, Italian sausage, pasta primavera

Wednesday Dinner - Barbecue spare ribs, \*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

Aug. 8 Lunch - Mexican-baked chicken, stuffed green peppers, Swiss steak with tomato sauce

Aug. 8 Dinner - \*Lasagna, spaghetti with meat sauce, Italian sausage

Menu's are subject to change. For more information, dial-a-menu at 494-2845. Items with an asterisk (\*) are healthy choice.

**Events**

Aug. 8, 6-9 p.m., Friday Fest - The Cure for the Summertime Blues at downtown Melbourne. Join the family street party that features rock climbing wall, classic cars, crafts, games and face painting for the kids. Food and beverages available for purchase. Free admission and parking. Call 724-1741 for more information.

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

Aug. 24, 3 p.m., Celebration of Rhythm at Satellite Beach High School Auditorium. A



concert performance of Latin and Spanish inspired music. There is no charge for admission. Donations are accepted. For more information call 777-9766

**Festivals**

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.

Aug. 23, 3-10 p.m. Annual Teen Fest 2003 at Kiwanis Island Park in Merritt Island. Festival is for high school students ages 13-17. Features include music with live bands, extreme sports, games, food and fun. Cost is \$7 in advance or \$10 at the door. Call 633-1874 for more information.

Aug. 30-31 Family Salsa Festival at Brevard Community College in Melbourne. Event features music, pageant, caribbean food, beverages and activities for all children.

Admission is \$13, \$20 at the door, \$3 for children under age 12. Call 253-0363 for more information.

Sep. 28, 11 a.m. - 5 p.m. 42nd Annual West Virginia Days at Fox Lake Park in Titusville. All day event includes exhibition dancing, miniature train rides, silent auctions, hourly door prizes and food. Admission is free.



**Road warrior**

Heavy equipment operator, Matt Lankford, chops a section of asphalt to repair a broken pipe in Patrick's Mini Mall parking lot. The area is being resurfaced and will include more wheelchair access from the parking lot to the sidewalk. The new asphalt will also prevent puddling. (Photo by Airman 1st Class Shaun Emery)

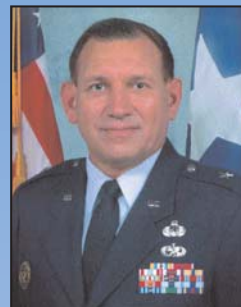
**Action Line: 494-6550**

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, [CommandersLine@patrick.af.mil](mailto:CommandersLine@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.



**Brig. Gen. Greg Pavlovich**  
45th SW commander

**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. Diane 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**  
Maj. Lynden Skinner  
494-6202

**Financial Services**  
1st Lt. Raymond Kipp Bradley  
494-7171

**45th Medical Group**  
Col. Gilbert Hansen  
494-8100

**Ground safety**  
Paul Compton  
494-4023

**Inspector General**  
Ed Boywid  
494-2287



