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Tool time

Mike Jenkins helps Gerald Lewis install a window at the Cape Canaveral Air Force Station cafeteria. The cafeteria, which houses AAFES restaurants, is undergoing a major renovation, a 45th Space Wing quality of life initiative. Upgrades to the cafeteria include a new ceiling, tile floor, oak-trimmed walls and new windows. *(Photo by Sue Walden)*

Officials release fitness test details

By Staff Sgt. C. Todd Lopez
AIR FORCE PRINT NEWS

WASHINGTON — Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test.

It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," she said.

"Basically, it is about keeping members healthy so they will perform opti-

mally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure airmen's overall fitness, Maj. Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good,

70 to 74.9 is marginal, and less than 70 is poor, Maj. Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards.

It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, Maj. Schmidt said.

Tests for other components of the fitness standard have already been determined.

A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-

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Outstanding is just the START!



By Brig. Gen. Greg Pavlovich
45TH SW COMMANDER

Greetings! What a week we've just finished and what a week ahead. Last week we had a propellant leak while preparing the Titan IVB for launch. Thanks to the training and tenacity of our Patrick AFB and Cape Canaveral AFS team members, we have a success story in emergency response.

At about 6 p.m. on Aug. 12, we were loading the Titan IVB when a mechanical failure occurred. Fortunately, Team Titan was on its game. Tech. Sgt. Stu Ragas, the booster maintenance controller for the 3rd Space Launch Squadron, was the lead MC during the oxidizer load. After the pump failed, Sgt. Ragas and the Lockheed Martin crew shut down the valve to the oxidizer system. Despite thick fumes and smoke, the team remained calm and their level-headed thinking minimized the leakage and everyone was able to evacuate. Capt. Eric Trisman, the Air Force launch crew commander, and Jim Donnelly, Titan propulsion engineer, masterfully provided command and control throughout the situation, working in concert with Howard Schindzielorz, the safety representative on-console in the Launch Operations Control Center.

With Chief Rick Anderson at the helm, the fire department responded to assess the situation and the personnel involved. Billy Shaver, the SGS security shift chief, coordinated the roadblocks to secure the area. The command post jumped into action to help coordinate the flow of information from folks on-duty to those off-duty and vice versa. Led by Senior Master Sgt. Jeffrey Sherrill, controllers Staff Sgt. Alicia Barnes and Airman 1st Class Hadiya Smith fielded and placed numerous calls about the incident.

Even with the quick response, approximately 40 gallons of nitrogen tetroxide was released into the air, creating an orange cloud that drifted toward Kennedy Space Center. Our toxicology expert, Mr. Paul Rosati, helped us understand what we could expect based upon weather conditions and the properties of the compound. Capt. Susan Romano in Public Affairs

used their information to help let the public know - through the news media - what happened and that there was no danger from the plume.

Meanwhile, the scheduling section of our Range Squadron worked with our CSR mission partners to get the launch schedule back on track. Mr. John Connors, the Titan program support manager, worked countless scenarios to keep Titan, Delta II, and Delta IV pre-mission and launch operations deconflicted on the range schedule and continues to work the launch schedule in the aftermath. Thanks to all those mentioned as well as those others who assisted in dozens of areas to divert this possible tragedy.

This incident highlights two things. First, it is a great example of the OUTSTANDING men and women we have at Patrick AFB and Cape Canaveral AFS. Second, it is a reminder of the risks associated with our operations.

After so many successful pre-launch and launch activities, it is easy to get into the mindset of routine operations. But we cannot permit that attitude to pervade - safety must always be paramount to every operation we undertake. Not matter how small the risk appears to be, we must evaluate the consequences and ensure we are prepared if good old 'Murphy' hits. That's Operational Risk Management, or ORM, which I know most of you are now familiar with since we've all just been through mandatory training - you have either just completed the on-line course or attended one of the ORM briefings the safety office has offered recently. Consider this as your textbook example of ORM at work. Our launch team members model worst-case scenarios for every fuel loading operation to ensure the overall safety and security of the operation. Some of the factors weighed include weather conditions, amount of propellant and potential credible failures. If at any time a condition exists that exceeds established safety criteria, the operation is stopped immediately.

Now while ORM applies to rocket science, it isn't rocket science ... it is just common sense. You can - and should - apply it to your off-duty activities that involve risk. Take riding a motorcycle, for example, since we are still in the midst of Motorcycle Safety Month.

We know that statistically motorcycles are more dangerous than regular vehicles. During the first 85 days of summer this year alone, more than half of the Air Force deaths involved motorcycles.

So what do we do to offset that risk? We mandate training classes. We require protective gear. We hold safety campaigns to remind riders of the risk. But really, it comes down to the personal decisions and actions of individuals. The application of the knowledge has to come from the individual.

That's where ORM comes in. On- or off-duty, the steps remain the same:

1. Identify Threats
2. Assess the Risk
3. Implement Risk Controls
4. Analyze Risk Control Measures
5. Make Control Decisions
6. Supervise and Review


Obviously those steps are more complicated for a process like loading fuel on a rocket, but the idea is to get into the habit of thinking of the potential pitfalls and taking precautionary measures to try to lessen them. Apply it often and you would be surprised how quickly you will be able to start processing it through, especially for your off-duty activities. In no time ORM will become an automatic response.

You are our most valuable resource, so we need you to invest the thinking time to stay safe, on-and-off-duty. These next three weeks our operations tempo is especially high as we work to get these three launches off in rapid succession. With two of these launches scheduled for late evening/early morning hours we have even a few more risk factors thrown in. Stay focused and be sure your part of our mission is done safely.

Fortunately there is a light at the end of the tunnel. We get a chance to take a breather with the Labor Day holiday when we can focus on some of the other important things like family. In September launch operations will taper off as the range undergoes upgrade maintenance, which provides a welcome break from our hectic schedule.

September also brings the Air Force birthday, when we'll have a chance to reflect on and celebrate 56 years of service with our Air Force Ball Sept. 12. I hope you'll join us in celebrating this event in our centennial year of flight, as we look toward a new century in space. Transformation is our theme and Gen. Lance Lord, commander of Air Force Space Command, will be the guest speaker. Read all about the event on Page 4, where - most importantly - you'll find out how to get tickets to this grand celebration.

Let's be careful out there and God Bless!

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AF offers 15-month enlistment program

By Staff Sgt. A.J. Bosker
AIR FORCE PRINT NEWS

Beginning in October, one percent of new fiscal 2004 Air Force enlisted accessions, or about 370 recruits, will be able to sign up for a 15-month enlistment, as part of the National Call to Service program.

The congressionally mandated program is designed to let people serve their country who might otherwise shy away from a regular four- or six-year active-duty enlistment, according to Chief Master Sgt. Dennis Drogo, the Air Force chief of enlisted accessions policy at the Pentagon.

"The (clock begins) on the date they report to their first duty station," Chief Drogo said.

"When they near the end of their enlistment, they will have the opportunity to choose whether they would like to extend their active-duty commitment for 24 months, or join the Air National Guard or Air Force Reserve for the same length of time," he said.

However, after the additional two years of service are complete, these airmen still have another four years of service to fulfill.

This service can be accomplished by re-enlisting in the active-duty Air Force, extending their Guard or Reserve commitment, transferring to the Individual Ready Reserves, or participating in another national-service program such as Americorps or the Peace Corps, he said.

Airmen who enlist under this program will only be able to serve in 29 Air Force specialties. These specialties were chosen based on inputs from career-field managers. Some of these specialties will have special requirements, such as civilian certification or training.

"This will allow these airmen to be 'spun up' quickly and begin contributing to the mission," he said.

Airmen who enlist under the program will be able to choose one of three special incentives for the program. The incentives include a \$5,000 cash bonus, \$10,000 student-loan repayment for qualified loans, or education assistance benefits comparable to the Montgomery GI Bill.

If they choose to re-enlist, airmen retain their chosen

incentive and can elect to participate in the MGIB.

Chief Drogo sees the program as having two benefits. "First, it will increase the number of people in the general public with military experience to help better inform the American public about what we do in the military," he said.

"Surveys have shown that what most people know about the military they have learned from family and friends who have served."

The second major benefit of the program will be to help provide another source of accessions for air Reserve components, he said.

For a list of available Air Force Speciality Codes for short-term enlistments, contact the Mission Personnel Flight.

Intermediate Service School selections

The Major Central Selection Board was recently held at the Air Force Personnel Center. This board selected officers for promotion as well as for Intermediate Service School candidacy. Candidates join the resource pool of officers who will be considered for future attendance at in-residence intermediate level schools. The Patrick Air Force Base and Cape Canaveral Air Force Station selectees are:

45th Space Wing

Capt. James LaPierre

45th Range Squadron

Capt. Walter Daniels

1st Space Launch Squadron

Capt. Ronald Allen

Air Force Technical Applications Center

Capt. Reid Orth

Work starts on Patrick's Main Gate, ending Nov.

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

The 45th Civil Engineer Squadron started a \$700,000 construction on Patrick Air Force Base's Main Gate on State Road A1A this week with projected completion at the end of November.

Drainage work on the north side of the Pass and Identification building has been underway, while the brunt of the work should begin near the end of the month.

There may be some changes in ways people enter and leave Patrick, but will still be able to use the Main Gate throughout the construction project.

"Traffic patterns will change as construction progresses," said 2nd Lt. Vivian Ryan, 45th CES project manager. "The (Main Gate) guard house will be moved to enhance security and fall in line with new force protection standards. Expect more con-

gestion two weeks from now at the earliest."

New perimeter fencing, an entrance sign and new landscaping designs will also adorn Patrick's main entrance, said 2nd Lt. Ryan.

"Construction will occur in two phases, with the first phase affecting incoming traffic lanes," she said. "From September to November please allow for more time to enter and exit the base, and if possible, use the South Gate (at Patrick AFB)."

Drivers using the Main Gate as their primary entrance and exit of Patrick need to provide themselves more time in their commutes. People should also call their offices to remind their coworkers that they will be late if already running behind.

It's also recommended that drivers entering and leaving from the Main Gate use extra caution as construction workers will be in the area.

FITNESS, from Page 1

ergometry test.

Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or

how fast they will have to run, has yet to be finalized.

"If you are not doing anything now and have concerns, see your doctor first," Maj. Schmidt said.

"Begin slowly with an aerobic-exercise program such as running, jogging, swimming or biking, working up to at least 30 minutes on most days of the week.

"Muscular fitness and flexibility also need to be part of a balanced fitness program. If you have questions about starting a fitness program, contact your Health and Wellness Center."

Air Force Ball tickets on sale

By 2nd Lt. Elizabeth Kreft
45TH SW PUBLIC AFFAIRS

Time to dust off those old mess dress uniforms and rush to the uniform shop to get some new shoulder boards. The Air Force ball is right around the corner.

The 56th annual celebration of the Air Force's birthday is Sept. 12 at the Officers' Club. Festivities commence at 6:30 p.m. The honored guest and speaker is Gen. Lance W. Lord, commander of Air Force Space Command, and his wife Becca.

"The theme of this year's celebration is 'Transformation,'" said event lead Capt. Mike Lezaun, chief of Titan IV Mission Plans and Scheduling. "We want to draw attention to where we are now as a total Air Force and where we need to be tomorrow."

The theme echoes Air Force Chief of Staff Gen. John Jumper's vision for the Air Force in years to come. "As Secretary of Defense Donald Rumsfeld has made clear, there will be no point at which we can say we have transformed the Air Force," General Jumper said. Instead, we are engaged in 'building a culture of continual transformation, so that we are always several steps ahead of any potential adversaries. To reach this promise requires a new way of thinking.'

The wing's anniversary theme describes what senior officials feel the AF needs for the future, but more importantly it highlights how the space community will have a hand changing the business of warfare. "We at

the 45th Space Wing want to show our commitment to the forward progress of the Air Force," said Lt. Col. Thomas Freeman, wing co-chair of the ball and 3rd Space Launch Squadron director of operations. "The Air Force anniversary ball is a great place to show our enthusiasm for the new ideas developed in order to meet new challenges to our current strategies."

The Jazz Ensemble, a unit of the Band of the United States Air Force Reserve, will provide musical entertainment.

Appropriate attire for the event is mess dress or semi-formal for military; black tie optional for civilians. Photographers will be on hand at the event to take formal pictures. Individuals or couples can get their picture taken; professional packages start at \$15.

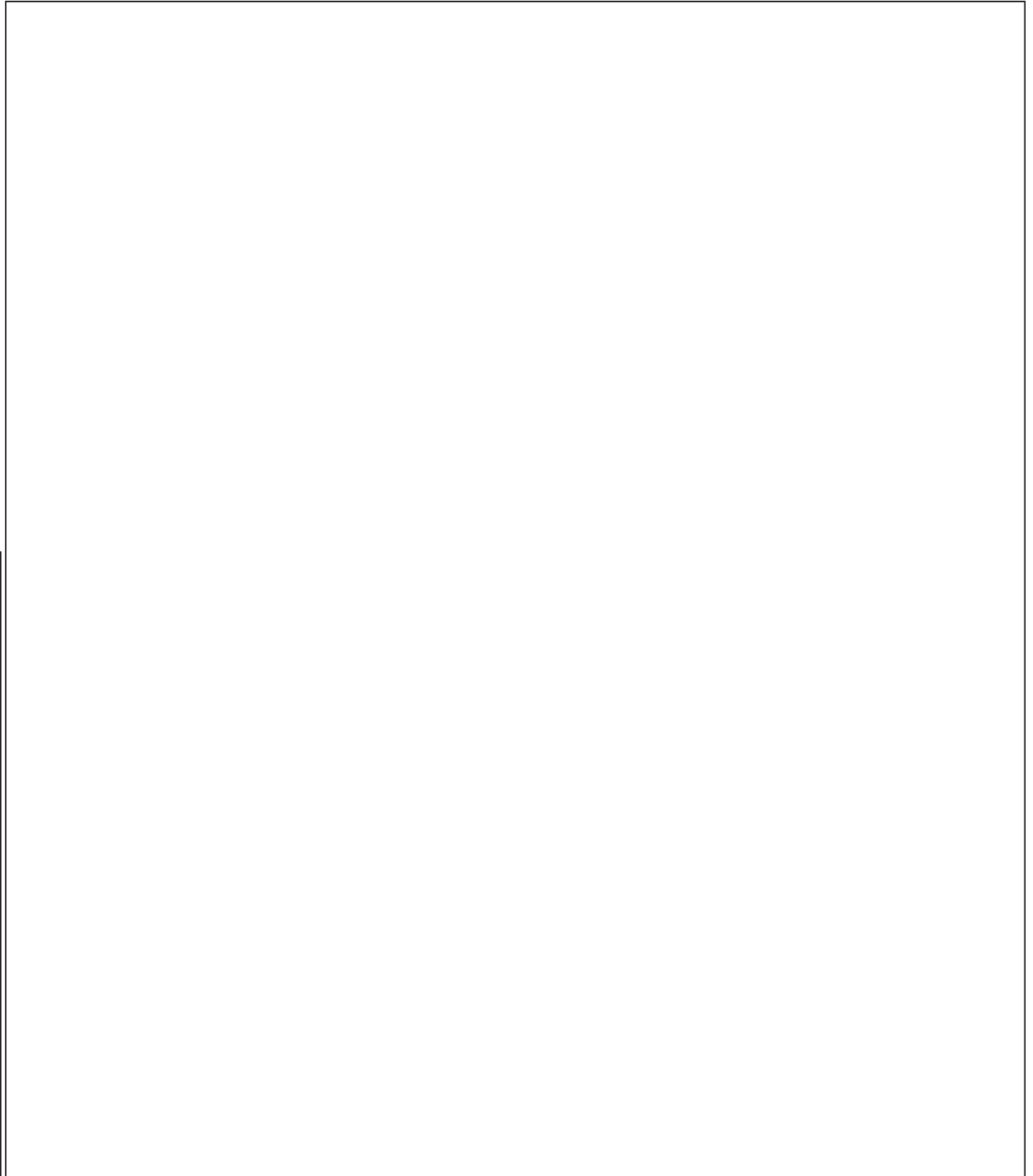
Ball tickets are on sale now and will go to active-duty military and civilians first. Currently, ticket prices are \$15 per person for E-5 and below. However, as contributions are received to offset the cost, ticket prices for E-5 and below may be reduced. Tickets are \$25 for all other ranks, civilians, retirees and contractors. There is a \$2 discount for all Officers' Club and NCO Club members. Seating is limited to 330 and tickets are sold on a first-come, first-served basis. Tickets can be purchased through unit first sergeants.

For questions about ticket sales, call 2nd Lt. Rich Owens at 853-7648.



Rodeo time

Bryson Parker demonstrates safe riding during a bike rodeo at Patrick's Main Exchange Saturday. (Photo by Airman 1st Class Shaun Emery)





Looking sharp

Chief Master Sgt. Victor Jones, 45th Civil Engineer Squadron, inspects one of three finalists during the squadron's open ranks Aug. 15. The airman with the best uniform earned a three-day pass. (Photo by Airman 1st Class Shaun Emery)

Computer worm on rampage, 45th SCS traps pesky invader

By 1st Lt. Warren Comer

45TH SW PUBLIC AFFAIRS

A virus-like computer program, called a worm, going under many names including "MSBlast" and "LoveSAN" has been unleashed on people's personal computers with the intent of exploiting vulnerabilities in the Microsoft Windows operating systems.

The 45th Space Communications Squadron has been successful in preventing the worm from invading the base's computer network through use of a multi-layer anti-virus system.

"We weren't affected seriously," said Dennis Thompson, 45th SCS communication information support flight chief. "We were hit by the worm from the outside, but our anti-virus software quarantined and cleared the message traffic."

The worm, infecting machines running on Windows XP and Windows 2000, has racked up a list of more than 400,000 infected personal computers according to computer security experts at Symantec, makers of the Norton Antivirus program the wing uses to detect viruses.

The worm made its hardest hit on civilian computer systems last weekend, but was effectively controlled by the wing's computer experts.

"The 45th SCS, Network Control

Center and contractors protected the 45th Space Wing e-mail system from the beginning," said Mr. Thompson.

People who bring files from the home on disks to their office PC won't have to worry about contaminating their work computers. All anti-virus software on the wing network immediately scans all removable media when it is used on a computer connected to the local area network. E-mail is also scanned.

"If people want to prevent reloading their operating systems or being infected by a virus (or worm) and then infecting family and friends through e-mail, they need to make sure their home computers are protected," said Mr. Ron May, 45th SCS wing computer security manager.

DoD civilians and military personnel may download anti-virus programs from government Web sites and computers and install the programs on their home pc.

For more information regarding computer security, anti-virus software or ways to inform others about their uses, personnel may contact their unit's Information Assurance representative.

In an Air Force that uses technology to do its job more effectively, it's the job of everyone to be aware what implications a virus or worm can have on their systems and computers they communicate with through the Internet or a LAN.

Calls announced

The Officers'/GS-14-15 Call is Friday at 3:30 p.m. at the Officers' Club. The Enlisted Call for this week has changed to Aug. 28, 9 a.m. at the base theater. The grand opening of the new Officers' Club patio area will follow.

Mandatory safety briefings set

The 45th Space Wing conducts mandatory safety presentations Wednesday at 8:30 a.m. in Hangar F, Cape Canaveral Air Force Station and 2:30 p.m. in Patrick's base theater. The Brevard County Sherriff's Department will present the briefing.

Mandatory attendance is required for all 45th Space Wing personnel. Mission partners are encouraged to attend. For more information, call Bill James at 494-2022.

NCO needed

The Patrick AFB Family Support Center has an immediate requirement to fill the Family

Readiness NCO position. This is a three-year controlled tour, special duty assignment open to qualified technical sergeants.

Candidates must submit a resume to: Family Support Center, 45 MSS/DPF, no later than Sept. 12. Interviews will be conducted.

For more information about the position and its requirements, call 494-5676.

Change of Command

Col. Neil Wyse relinquishes command to Lt. Col. Robert LaFebre Tuesday at 9 a.m. in Hangar C at Cape Canaveral Air Force Station.

Dental clinic changes hours

Beginning Monday, the Dental Clinic changes its hours of operation to Monday - Friday from 7:30 a.m. - 4:30 p.m. to better serve customers Sick Call is at 7:30 a.m. The clinic remains closed the third Friday of each month for training.

Call 494-6366 for more information.

Take an English course

An 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 everyone who wants to learn English or needs to improve English speaking and writing skills. To reserve a seat and more information, call Elsa Kekahuna at 494-5675.

Celebrate Native American heritage

Meetings are held Thursday from 10-11 a.m. in the Military Personnel Flight in-processing room, Bld. 537 on Patrick AFB. For more information, contact 2nd Lt. Bernice Zollner at 494-2894 or Wesley Westphal at 494-9386.

FSC offers classes

The Family Support Center offers a number of classes: Tuesday - Employment Orientation, 9:30 a.m. - noon, Cooking Class - Healthy Chicken Strudel, 11 - noon, VA Benefits Briefing, 11:30 - 1 p.m. and Thursday Preseparation Briefing, 9:30-11:30 a.m. To reserve a seat, call 494-5675.



Taking the initiative

Volunteering for deployment after 8 months at first duty station provides knowledge and experience for airman

By Airman 1st Class Shaun Emery

45TH SW/ PUBLIC AFFAIRS

Being deployed is a reality for all servicemembers. Every person deals with it differently. Some individuals are apprehensive about going overseas to a new place and taking on new responsibilities and challenges. Then there are people like Airman 1st Class Lauren Cummings, 45th Space Wing Operations Center controller.

After only eight months at her first duty station, Airman Cummings took the initiative and volunteered to deploy to Ramstein Air Base, Germany.

Her ambition and drive helped her overcome the challenges she faced as a new airman during her seven and a half month deployment.

The first big challenge she had to overcome was her lack of experience. Airman Cummings was still in the process of completing her Career



Airman 1st Class Lauren Cummings answering phones while working on a quick response checklist while supervisor Tech Sgt. Randy Ming fills out a report. (Photos by Airman 1st Class Shaun Emery)

Development Courses while handling all the pressures of running a flight line. She took it as an opportunity to excel at her job.

"This was a chance to see what real command and control was like. Here at the space wing we don't work with a lot of aircraft," said Airman Cummings. "There's nothing compared to being out there where every second counts."

Being accepted by her peers was very important to Airman Cummings.

"It seemed like they were twice as hard on me, but I wanted to prove to them and myself that I could ride along with them, work hard and get the job done," she explained.

Being from California, Airman Cummings said she wasn't quite prepared for her new location.

"I had to learn to drive in the snow, something I've never done before."

Unfortunately for her there were many times when leaving the base was not an option.

"The base was constantly on lockdown, said Airman Cummings. "At one point we were in force protection condition Charlie, that was one of the most tense moments."

Her job dealt closely with both Operations Enduring Freedom and Iraqi Freedom.

"Medical evacuations were constantly flying into the base," she said. She was able to see the operation from behind the scenes and really felt she did her part.

"I may not have been on the front line, but it was my job to make sure supplies got where they needed to go," she said. "Those are the things that save lives."

By the end of her deployment, Airman Cummings felt she could handle anything that came her way.

"They didn't worry about me. When I came on, it was my shift and my aircraft," she said. "It is the best feeling in the world. I lived to work. That's what I was there for."

While at Ramstein AB, Airman Cummings learned many lessons about being deployed.

"Most importantly you have to make sure your stuff is taken care of at home," she said. "You have to go with a good attitude no matter what people tell you. You can't be hesitant or worried because it will show up in your work."

Members of the command post have noticed the change in Airman Cummings.

"The difference is very evident," said Tech Sgt. Michael McLennon, noncommissioned officer in charge of training for the command post. "Airman Cummings came back motivated and had a positive attitude. You can see that she has a passion for the command post."

Now that she's back at Patrick, Airman Cummings feels confident doing her job.

"I feel like I can hold my own. People can rely on me to get the job done," said Airman Cummings. "A lot of people may not have been able to handle the stress, I did. I'm very proud of what I accomplished."



Airman 1st Class Lauren Cummings, 45th SW Ops controller announces a lighting warning over the base intercom.



Sue Reddick inspects donated glassware in the Airman's Attic. ID cardholders in need of household items can acquire them at no cost at the Airman's Attic. (Photos by Ida Barry)

By Ida Barry
45TH SW PUBLIC AFFAIRS

Shopping for household items can be costly. The Airman's Attic at Patrick Air Force Base is here to help by providing used items to make life a little easier and cheaper.

The Airman's Attic, located at South Housing in building 3655, is a Family Support Center program that contains items donated by people from the local community and, in turn, loaned to military families or individuals in need. Donated items include dishes, silverware, pots, pans and small appliances. Other obtainable equipment are bed frames, mattresses, box springs, headboards, bed stands, lamps, TVs, bikes, exercise equipment, children's furniture and toys.

The original concept of the Airman's Attic was to assist senior airmen and below with needed household items and small appliances. This notion has changed.

"A couple of years ago the rank restriction was lifted because we found that there were more ranks above senior airman that needed assistance," said Sal Noto, Family Support Center volunteer services project manager. "We're there to help them and it's now open to all ranks and their spouses. It's also open to all services."

The process of using the Airman's Attic is simple.

"Simply come in, show your ID card and look

Airman's Attic

Lending a helping hand

around," Mr. Noto said. "If there's something they want they take it to the front counter and the ladies will take the inventory number, write it down, and they are on their way. There's no paperwork for the airmen to fill out."

The current policy is "take what you need" according to Mr. Noto. There's no limit on the number of items that can be taken. When there's no longer a need for the item and it's still in good condition, it's requested the item be returned to let someone

else use it.

The Airman's Attic is more than that. It includes three other free programs.

The Loan Locker is a program where items are loaned out for a two-week period. Items include strollers, pack n' play portable playpens, futons and car seats. This program is available to all ranks and services.

The Layette Program is for enlisted ranks of airman to staff sergeant. This program, funded by the Patrick Spouses Club, offers a free diaper bag containing knitted/crocheted assorted baby items hand crafted by volunteers. To participate in the program, present an ID card and the baby's birth certificate or the baby.

Another service is the Coupon Program. Volunteers clip food store coupons and sort them by product type. The coupons can be used at the commissary or food store that accepts coupons.

"The expired coupons are sent overseas because they are accepted there," Mr. Noto said. "More than 194 pounds of

coupons have been cut and sent overseas since January. (It took more than) 142 volunteer hours to cut the coupons.

Spouses of retired and active-duty military volunteer their time at the Airman's Attic. One of those volunteers, Sara-Jane Victor, feels the Airman's Attic is a good program.

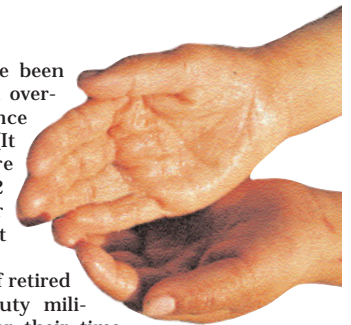
"It's a way to give someone a helping hand," Mrs. Victor said. "It makes everyone feel good. Those donating a piece of furniture have memories about it and those receiving it can add their own family memories to it. Sometimes you see someone bringing in something and someone there that wants it so it goes from one car to another."

Donations are always welcome.

"People leaving the area are looking out for weight restrictions or getting rid of things that they no longer need," said Mr. Noto. "Those coming to Patrick might get a smaller house and have stuff they don't know what to do with. Instead of donating to the Salvations Army or Goodwill, we try to have them keep us in mind. We ask that you bring the item in the condition that you would want to take it."

There is a current need for dishes and dish sets. Forms of proof of donation are available for those wanting a tax write-off.

The Airman's Attic is open Tuesday through Friday from 9 a.m. to 3 p.m. For more information or to donate call 494-4907.



Richard Cleveland returns a play n' pack playpen to the Loan Locker, a place to check out items for a two-week period.

Duve runs, bikes to finish 3rd place in NYC triathlon

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

People use many methods to stay in shape and live healthy lifestyles. Some run. Some swim. Others ride bikes.

Patricia Duve, office automation clerk for the Range Management Squadron's quality assurance office, put two of the three events together and finished in third place in her division at the New York City triathlon Aug. 10.

Usually, a triathlon consists of a running, swimming and biking competition. But due to environmental concerns in the Hudson River officials had to cancel the swimming portion of the competition and replaced it with another run.

The event started at 6:30 a.m. with a 5-kilometer run through the city streets. A 40-kilometer bike ride up the Hudson River Parkway followed. The event concluded with a six mile run back through the city ending in Central Park.

More than 1500 hundred amateur and 100 professional triathletes from all over the world participated in the event. The participants were grouped by age or weight. There were also separate classes for mountain bikers and relay teams. Ms. Duve was a member of the Athena group, for those over 145 pounds.

Ms. Duve has competed in 15 triathlons, this being her third international competition. She said she enjoys the international flavor that the contest provides.

"Everyone is out there for the same reason, either competing against someone else or against themselves. There is a certain amount of patriotism as everyone tries to represent their country," she said. Her patriotism showed as she donned the American flag across the back of her shirt.

Ms. Duve said the hardest part of the competition was the run. She admits that running is not her strength.

Ms. Duve feels that not having a swim portion of the event set her back. "When they doubled the run, they didn't do me any favors."

"Training is essential before competing in an event like this", said Ms. Duve. "you must have incredible discipline if you want to participate in the sport."

"Warfit helped my training immensely," Ms. Duve adds. She swims three miles a week, bikes 125 miles a week and runs between 15 and 20 miles per week.

"The free time offered by Warfit facilitates my training needs," said Ms. Duve.



Patricia Duve, office automation clerk at the Range Management Squadron's quality of life office spends time working out on a treadmill at the Patrick Fitness Center. (Photo by Airman 1st Class Shaun Emery)

"We are lucky as part of the Air Force to have the freedom and the facilities to better ourselves."

Mike Mendoca, personal trainer from the 45th Services Squadron has been Ms. Duve's strength coach. He is not surprised to see her succeed.

"She has an incredible work ethic," he said. "Her mental strength helps her maintain a pace that allows her body to finish the race."

Ms. Duve's passion for triathlons goes well beyond competing in events. As a volunteer for the triathlon club, she targets active-duty members to participate.

"Anyone who has access to the gym can participate," she said. The club designs workouts, helps with stroke technique and helps individuals register for off-base events.

The Fitness Center's adult/children's triathlon is scheduled for November.

"It is perfect for someone who is interested to start with," said Duve.

Ms. Duve hopes her passion can get more people from Patrick and the Cape involved.

Duve said, "The sport promotes camaraderie on base, and bridges the gap between civilians and active-duty members."

sports briefs

Calling all soccer players

There will be another round of soccer tryouts Tuesday and Thursday at 7 p.m. for the first base-sponsored soccer team. The team will practicing to play local leagues and tournaments. The team is also looking for a coach. For more information call 2nd Lt. Matt Altman at 494-9281.

Bowling for seniors

The Bowling center is offering senior specials. Every Monday 10 a.m. - 2 p.m. is Nifty 50 Mondays. Players can bowl for 50 cents a game. Every Tuesday and Thursday 10 a.m. - 1 p.m. is all-you-can-bowl for \$6. There is also a short season league for Family Camp residents. For more information call 494-2958.

Volleyball sets and serves up new season

The intramural volleyball season started Monday. The seven team league plays games Monday, Tuesday, and Wednesday evenings. The first game starts at 6 p.m. and the second starts at 7 p.m. Come out and cheer your squad on.

Get physically fit

The Patrick Fitness Center offers a multitude of programs to help stay in shape. Monday-Friday indi-

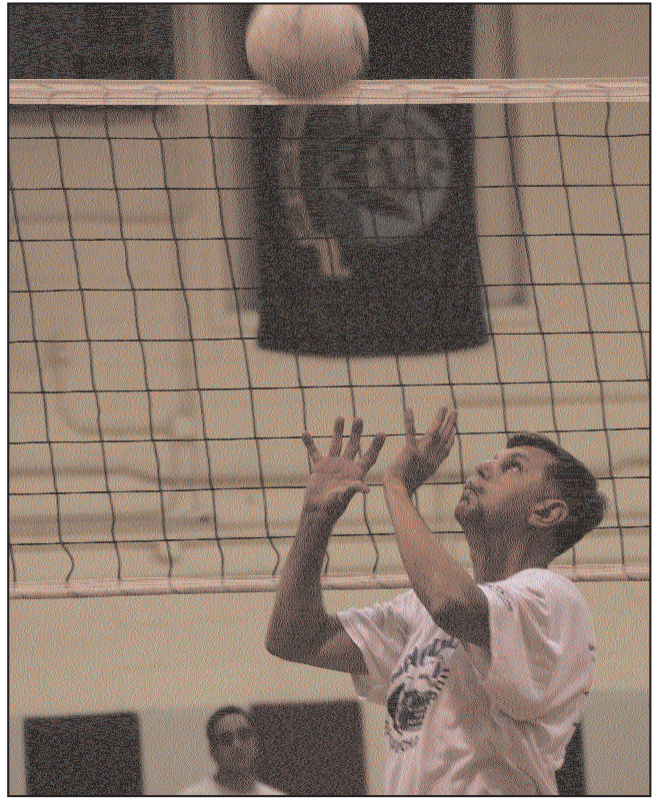
viduals can participate in low impact aerobics, cycling, step aerobics, kickboxing and body conditioning classes. Call 494-6697 to verify classes and times.

HAWC promotes health

There are a variety of programs individuals can participate in to stay on top of their health. Every Thursday at 10 a.m., diabetes glucometer training. Aug. 26 7:30 - noon, Healthy Heart Course for high blood pressure and cholesterol. Aug. 28 9 a.m. - noon, Arthritis/ Osteoporosis class to discuss nutrition, exercise, and medications. Sept. 5 8:30 a.m. - 4 p.m., Diabetes survival course. The HAWC offers daily official body-fat tapings from 6:30-10 a.m. Participants must pre-register for classes. Contact 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 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.



Ken Miley, commanding officer of FBM Operational Test Support Unit Two, sets the ball to his teammate during practice before an intramural volleyball game at the Patrick Fitness Center gym. The intramural volleyball league season began Monday. (Photo by Airman 1st Class Shaun Emery)



Clubs offer world travel

Patrick Air Force Base Officers' and NCO Club's 2003 Air Force Wide Membership Drive, "Travel the World On Us," is going on now through Oct. 31. Active-duty, reservists, civilians and retirees are eligible to join.

A total of 16 prizes will be awarded. New members are now eligible for prizes and current members are automatically entered in the drawing.

Each major command is awarding four fourth place, two third place, one second place and a grand prize travel package valued at \$500, \$1,000, \$3,000 and \$5,000 respectively.

Winners may redeem the vouchers for various Information Tickets and Travel packages by purchasing sports and entertainment tickets, airline tickets, hotel stays and/or rental vehicles. There are no refunds for unspent vouchers. Voucher must be used within one year from issue date.

Winners are to be selected during the week of Nov. 17. Contact the Officers' and NCO Clubs for more information.

Club Holds Football Frenzy 2003

NCO Club members could win a trip to a regular season NFL game, the Super Bowl or the Pro Bowl by watching the games at the Patrick NCO Club. Doors open Sundays at noon with kickoff at 1 p.m.

Winners receive a trip for two to see Houston Texans play Tampa Bay Buccaneers, the Super Bowl or the Pro Bowl. Roundtrip airfare, hotel accommodations, local transportation and game tickets are included with each prize. Contact the club for additional information.

Spend Labor Day on the deck

An annual end-of-the-summer celebration is Sept. 1 from noon - 5 p.m. at the NCO Club and Outdoor Recreation Family Pool. B&R Entertainment will perform live.

Games and giveaways are from noon - 4 p.m. Hamburgers and hotdogs are available from noon - 3 p.m. Admission is free.

Bowl for less

Patrick Lanes Bowling Center goes back in time with a customer appreciation "Good Ol' Days of Bowling" special Aug. 30 - Sept. 1.

Bowlers may play for 50 cents a game and rent bowling shoes at 50 cents a pair. Patrons pay \$1 for hamburgers, 75 cents for hot dogs, 50 cents for french fries and 25 cents for sodas. Call 494-2958 for more information.

Children learn gymnastics

Gymnastic classes at the Youth Center resume in September. Call 494-4747 for available classes, schedules and fees.

Sign up for karate

Tae Kwon Do classes meet 5:30 - 6:30 p.m., Mondays and Wednesdays for youth ages six and above. Cost is \$55 per month for the first family member. Additional family members' fees are reduced. Call 494-4747 for more information.

Pick up ATWIND game piece

Around The World In Ninety Days ends Aug. 31. The top three bases in both Air Force Space Command and Air Mobility Command receive cash incentive awards of \$25,000, \$10,000 and \$5,000 respectively. Patrick and CCAFS could also win \$5,000 for reaching 100 percent of the average of the last two years of participation.

Stop by these ATWIND remotes from 11 a.m. - 1 p.m. and pick up a free ATWIND game piece: Tuesday at the Commissary, Friday and Aug. 29 at the Main Exchange and Thursday at the Shoppette/Class Six (next to Burger King). Call 494-8063 or 494-4375 for information.

Upcoming ATWIND remotes

Sunday

Officers' Club Brunch.

Monday

Fitness and Sports Center's Day, Fit to Go.

Tuesday

Lunch at the Bowling Center, Youth Day at Manatee Cove Golf Course, Outdoor Recreation, Patrick Fitness Center water aerobics.

Wednesday

Lunch at Riverside Dining Facility (authorized patrons only), lunch at the Officers' Club, Outdoor Rec Family Swim

Day, Fitness Center's aerobic class.

Thursday

Library, lunch at Manatee Cove Golf Course, Squadron Golf Tourneys, NCO Club Family Night.

Friday

ITT, Bowling Center's Squadron Bowling Event, lunch at NCO Club, Manatee Cove Golf Course, Skill Center, Officers' Club patio grand opening Friday.

Saturday

Manatee Cove Golf Course, Bowling Center youth bowling and Airman's Bowling Night Out.



At the movies

Friday *Johnny English* Johnny English is a bumbling British agent set to rescue the crown jewels and save the monarchy from a scheming Frenchman played by John Malkovich.

Stars Rowan Atkinson and Natalie Imbruglia. (PG for comic nudity, some crude humor and language)

Saturday *The League of Extraordinary Gentlemen* Based on the acclaimed comic books, a legion of superheroes with little preparation and no time to lose must save the world.

But, the members of the league enter their union with inherent suspicion

toward one another.

Stars Sean Connery and Peta Wilson. (PG-13 for intense fantasy violence, language and innuendo)

Sunday *How to Deal* Halley is disillusioned with love after seeing the many dysfunctional relationships around her. All these have combined to convince her that love is a ridiculous impossibility.

But, when a tragic event leads to a romantic encounter, she realizes the possibility of true love.

Stars Mandy Moore and Allison Janney. (PG-13 for sexual content, drug material and some thematic elements)

Movie times are 7:30 p.m. unless otherwise noted. Tickets for adults are \$2.50; children 11 and under pay \$1.50.

Riverside Dining Facility Menu

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 - Chalupa, burritos, Mexican chicken breast, chicken enchiladas

Wednesday Dinner - Country-style steak, fried chicken, *pita pizzas

Thursday Lunch - Liver with onions, orange-spiced pork chops, tempura-fried fish

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

Aug. 29 Lunch - Beef and corn pie, pea and pepper rice, *seafood Newburg, veal paprika steak

Aug. 29 Dinner - Yankee pot roast, *simmered corn beef, pineapple chicken

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

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, Commander'sLine@patrick.af.mil or click on global under 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 Mission 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

Ronald Rogers
494-4060

AAFES

Mike Lovejoy
494-6455

Civilian Personnel

Robert Daniel
494-5238

Military Equal Opportunity

Capt. Marlon Johnson
494-6334

45th Security Forces Squadron

Maj. Lynden Skinner
494-6202

Financial Services

John Brett
494-7171

45th Medical Group

Col. Gilbert Hanson
494-8100

Ground Safety

Paul Compton
494-4023

Inspector General

Ed Boywid
494-2287



Festivals

Saturday, 3-10 p.m. Annual Teen Fest 2003 at Kiwanis Island Park in Merritt Island. Festival is for high school stu-

dents 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.

Events

Tuesday, 1-3 p.m. A free hurricane preparedness seminar at the Agricultural Center, 3695 Lake Drive, Cocoa. Topics covered are hurricane terminology, preparing your home and developing disaster plans. Call 952-4536 for more info.



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: 8:45 a.m. Mass in the South Patrick Chapel and 11:30 a.m. Mass in the Seaside Chapel.

Sunday School: 10:15 a.m. at the Education Center for pre-K - 6th grade, grades 7-12 Youth Ministry at 6 p.m. at South Patrick Chapel.

Protestant — Sunday: 8:30 a.m. Traditional Worship in the Seaside Chapel.

9:45 a.m. Adult Sunday school in Seaside Chapel

9:45 a.m. 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.

