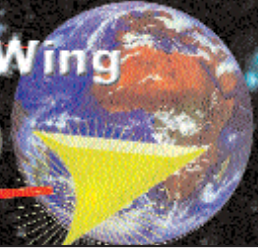


# MISSILEER



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**True leaders**



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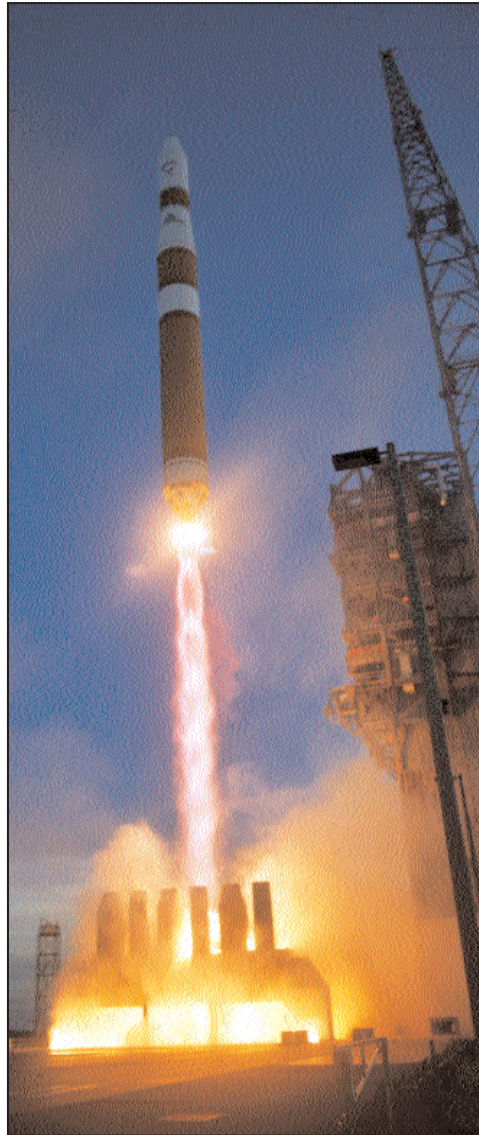


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**Providing faith**



Chaplains proud to serve God and their fellow airmen  
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A Delta IV rocket lifts off from Space Launch Complex 37 on Cape Canaveral Air Force Station Aug. 29. The rocket successfully placed a Defense Satellite Communication Systems spacecraft into orbit. (Photo by Carleton Bailie).

## 45th Space Wing, Det. 8 launch DSCS

By 2nd Lt. Kevin Coffman  
45 SW PUBLIC AFFAIRS

The 45th Space Wing and Detachment 8 supported Boeing in the launch of a Phase III Defense Satellite Communications Systems spacecraft on board a Delta IV rocket Friday from Cape Canaveral Air Force Station, marking the last launch of a DSCS satellite.

The DSCS III will be in operation for the next 15 years.

"The men and women of the 45th Range Squadron were proud to support this historic launch of the last DSCS in the Air Force inventory," said Lt. Col. Cindy Grey, 45th Range Squadron commander.

The launch from Space Launch Complex 37B was the first daylight launch of the Delta IV.

The DSCS is a DoD communications satellite that enables commanders to communicate information from the battlefield to other defense officials worldwide. The DSCS allows data to be transmitted to Army ground units, Air Force airborne terminals and naval vessels abroad.

The DSCS was launched into orbit via a Boeing Delta IV rocket an evolved expandable launch vehicle.

"The EELV program is monumental to the future of spacelift for the United States Air Force and our nation as a whole," said Capt. Martin Brabham, Detachment 8 lead. "The success of the EELV will ensure our country remains a premier space launch provider throughout the world."

According to studies, the EELV program reduces spacelift costs by \$6 billion between 2002 and 2020,

a savings of 25 percent over current launch systems.

The DSCS launched cost nearly \$210 million. It weighs 2,716 pounds, is 6 feet long, 6 feet high and 7 feet wide. When its solar arrays are fully extended, it will have a 38-foot wingspan.

With the most recent addition, there are now 12 DSCS III satellites orbiting at an altitude of more than 22,000 miles. The 50th Space Wing at Schriever AFB, Colo. monitors and operates the DSCS constellation. This satellite is replacing another DSCS that was launched in 1995.

This model of DSCS will offer a 200 percent increase in communications capacity over the existing satellites.

The DSCS era began in 1966. The DSCS I satellites had a three-year lifespan, and were only three feet in diameter and weighed 100 pounds. The Air Force launched them into orbit using five Titan 3C rockets. There were 35 DSCS I satellites launched between 1966 and 1968.

The DSCS II replaced its predecessors in 1971. This satellite was nine feet in diameter and weighed 1200 pounds. These satellites had a five-year lifespan.

The DSCS III program overlapped the DSCS II era, starting in 1982. The first 10 of the DSCS III satellites weighed about 1900 pounds. The next four in the DSCS III generation weigh about 2000 pounds.

The latest launch proves that the 45th SW and its mission partners continue to keep the U.S. and its allies in control of the battlefield by launching much-needed satellites into the right orbit.

*Outstanding is just the START!*



By Brig. Gen. Greg Pavlovich  
45TH SW COMMANDER

Greetings and happy birthday to our U.S. Air Force! Our beloved service is 56 this month and we are celebrating with a ball on Sept. 12. Ticket sales are going well, but there are still seats available. It is going to be a great night with Gen. Lance Lord as the featured speaker, live entertainment and a fantastic dinner menu. If you haven't already made reservations, call 2nd Lt. Rich Owens at 853-7648. Dust off your dancing shoes and be there.

Why celebrate? The answer is simple: In its short history, America's Air Force has energized the air and space power that have helped keep our nation free, strong and prosperous. Indeed, this is the time to pause and reflect on our heritage, our mission and our purpose.

Our Air Force was created when President Harry S. Truman signed the National Security Act of 1947. That was two years after the end of World War II and our nation's leaders were faced with a dramatically new strategic and technological environment. It was a time—much like today—that demanded innovation, vision and transformation. It was time for the U.S. Air Force.

Over the years, the men and women of our Air Force have mastered the challenges of a changing world. To those still wearing the uniform, those who have retired, the civilian employees, our Air Force veterans and all the families, this celebration is all about you because you are our Air Force. Your commitment to excellence is certainly something to celebrate.

Our unique and prestigious space mission is a huge part of our Air Force's history and future. Next week, we are scheduled to launch a National Reconnaissance Office payload on a Titan IVB. This launch was postponed for a while due to a propellant leak on the pad and a problem with the satellite. Both issues are resolved and it looks like we're going to get this mission off soon. Go Team Titan! Go NRO! America and our allies are depending on us.

In another mission related event, I am sure many of you have heard that the Columbia Accident Investigation Board presented its findings last week. Among the board's 29 recommendations was a suggestion that NASA obtain

better imagery from the ground and in orbit to identify any problems with the shuttle's thermal protection system. That is the recommendation that most pertains to us here at the 45th Space Wing.

To clarify, no one is saying that our optics, radar or telemetry stations had anything to do with causing the Columbia tragedy. What the board is saying is that if there were more and sharper images of the launch through ascent, then perhaps NASA managers may have been in a better position to understand the extent of the damage to the orbiter caused by flying debris during liftoff.

NASA senior leaders have gone on the record saying they accept the findings and will implement them. Of course, we will work with NASA to help them implement the recommendations as they prepare to return to flight.

In terms of the recommendation that focuses on imagery, many of you probably saw the news reports about an Eastern Range telescope in Cocoa Beach that provided fuzzy images of Columbia as it launched. The out-of-focus condition was due to a mechanical failure inside the telescope. I am happy to tell you that it is fixed and fully mission capable. I showed it to Mr. Jim Kennedy, director of Kennedy Space Center, and discussed the fix with him last week. Needless to say, he was pleased to see the telescope back in commission and equally pleased to see that we moved so quickly to get the repair done.

Keep in mind that this repair was scheduled before the board released its findings. The fix was not in response to the board's recommendations, although it did address a problem with ground imagery that was the source of some concern. Having said that, we are going to do everything possible to work with our partners at NASA to help them successfully accomplish the board's recommendations and safely return to flight.




Brig. Gen. Greg Pavlovich, 45th Space Wing commander, and Mr. James Kennedy, rear, director of Kennedy Space Center, are shown how a high-powered telescope was repaired. (Photo by 1st Lt. Warren Comer)

Here on the ground, it appears that we got through the four-day Labor Day weekend without any reportable safety mishaps. Thanks for being vigilant and making safety a priority whether you were at work or at play. Please keep it up.

In order to help keep the focus on safety, the wing is offering a driving safety course for mature drivers on Sept. 12. This free course is designed for drivers 50 years old or older. It is proven to reduce the risk of being involved in an automobile accident. The course is sponsored by the Florida Safety Council and could make your insurance rates drop. The class is limited to the first 75 who sign up. Call 494-2202 for more information or to register.

About 125 members of the 920th Rescue Wing returned to Patrick from Southwest Asia this week. These troops are the last of nearly 400 airmen from the 920th who have rotated back and fourth from the Persian Gulf region over the past two years. These combat rescue warriors are coming home as heroes credited with saving more than 20 lives during the war in Iraq. These mobilized reservists prove that our Total Force really works. Many of them deserve special kudos for putting their civilian lives and careers on hold to serve our nation. I welcome them back with heartfelt respect and gratitude, and heartily salute them for jobs well done!

Stay safe. God bless!

 <p><b>Missileer</b> 1201 Edward H. White II Street Building 423, Room C-130 Patrick AFB, FL 32925 (321)494-5922</p> <p>Published by Cape Publications, Inc., a private firm in no way connected with the Air Force, under exclusive written contract with the 45th Space Wing, Patrick AFB, Fla.</p>	<p>This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Missileer are not necessarily official views of, or endorsed by, the U.S. government, the DoD or the Dept. of the Air Force.</p> <p>The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or Cape Publications, Inc., of the products or services advertised.</p>	<p>tised.</p> <p>Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.</p> <p>Editorial content is edited, prepared and provided by the 45th Space Wing Public Affairs Office.</p> <p>All photographs are Air Force</p>	<p>photographs unless otherwise indicated.</p> <p><b>Cape Publications Advertising Department</b> P.O. Box 419000 Melbourne, FL 32941-9000 Retail: (321) 242-3808 National: (321) 242-3803 Classified: (321) 259-5555</p> <p><b>Deadline for submissions is 2 p.m. the Friday before publication.</b></p>	<p><b>45th Space Wing</b></p> <p>Brig. Gen. Greg Pavlovich 45th Space Wing Commander</p> <p>Maj. Adriane Craig Chief of Public Affairs</p> <p>Ken Warren Deputy Chief of Public Affairs</p> <p>Sue Walden Chief of Internal Information</p>	<p><b>Missileer Staff</b></p> <p>1st Lt. Warren Comer Editor</p> <p>Ida Barry Associate Editor</p> <p>Airman 1st Class Shaun Emery Staff Writer</p> <p>Monique Seaman Webmaster</p> <p>Jim Laviska and Beth VonLaufen Photographers</p>
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# Former CMSAFs visit Patrick

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

The first and eighth Chief Master Sergeants of the Air Force made a visit to Patrick Air Force Base last week.

The chiefs were guest speakers for the recent Airman Leadership School graduation, Aug. 27.

During their three-day visit they also toured the base and had chances to sit down with airmen to discuss their positions as the senior-ranking enlisted member and advisor to the secretary and chief of staff of the Air Force and their thoughts on the Air Force of today.

"The Air Force was the last service to put the position into affect, said Retired Chief Master Sgt. of the Air Force Paul Airey, who was the



On his visit to Patrick, Retired Chief Master Sgt. of the Air Force, Sam Parish, fields questions from airmen during breakfast at the Riverside Dining Facility. (Photos by Jim Laviska)

first chief to be moved to that position. "As Chief Master Sgt. of the Air Force, I finally had a chance to present thoughts and ideas on how I felt about any issues that impacted the enlisted master sergeant," he said.

"The responsibilities and impact of the position has grown with each new chief, said retired Chief Master Sgt. of the Air Force Sam Parish. "Now we have chiefs sitting with the wing commanders. The enlisted force needs a representative from the top all the way down to the wing level. We are your voice to the commander."

The chiefs explained to the graduates of ALS how education and leadership play a major role in the development of airmen.

"They gave ALS graduates honest sincere advice about how to be effective supervisors and what their duties are all about," said Chief Master Sgt. Anthony Manson, 45th Space Wing command chief master sergeant. "As new supervisors, they are taking on the responsibilities of the most challenging and demanding job in the Air Force, leading people."

"Professional Military Education is the single most important step for the enlisted force," said Chief Parish. "There is no better program than PME to educate the enlisted force about supervision, leadership and management."

During breakfast with airmen from the most recent First Term Airman Center classes, the chiefs commented on the importance of the enlisted force.

"Our enlisted force is the envy of the world," said Chief Airey. "You should be proud of where



Retired Chief Master Sgt. of the Air Force Paul Airey explains to a group of airmen what it was like to become the first chief master sergeant of the Air Force.

you are and what you do. Today's airmen are doing what field grade officers were doing when I was in WWII."

"Nothing can replace junior NCOs and one, two and three stripers," said Chief Parish. "They are the backbone of the Air Force."

"We, as military members are held to a different set of ethics and standards, and it's because we live up to those standards that the American public ranks the military highest among groups of people in the U.S.," said Chief Parish.

Chief Airey has been a part of the Air Force since its inauguration. He has seen all the changes the force has gone through.

"I have seen a 180 degree difference," said Chief Airey. "There is no doubt in my mind that the Air Force of today is a far better Air Force."



## Commander Q&A: Major Lynden Skinner, 45th Security Forces Squadron

**Q: What is your squadron's mission?**

A: "Secure and protect the 45th Space Wing and mission partner's resources and people to ensure premier access to space. Provide responsive, innovative police and security services to Patrick Air Force Base."

**Q: What is the most unique service your squadron offers?**

A: "We provide combat arms training for everyone on base and our management of the wing's industrial and personnel security programs."

**Q: What things do you try to impress upon your squadron?**

A: "Responsibility for their own actions and

destiny. Everyone is watching them because they are entrusted to enforce the law. We also need to take care of each other. With our high deployment tempo, we all need to ensure our families are taken care of while we are away."

**Q: How does your squadron contribute to the mission of the 45th Space Wing?**

A: "The 45th Security Forces Squadron stands guard at our gates, patrols our installation, monitors alarms and ensures compliance with security standards throughout the wing. Without the outstanding protection we provide to our people and resources, at home and deployed, assured access to space could be in jeopardy every day."



Maj. T.C. Cunha of the 920th Rescue Wing hugs his children Zachary and Brianna, as his wife Liane looks on after returning from deployment. The returning 920th members supported Operation Iraqi Freedom and Operation Enduring Freedom. (Photo by Lt. Col. K.E. Warren)

## 920th RQW airmen return from Iraqi war as heroes

By Capt. Wade Arnold  
920TH RESCUE WING/PUBLIC AFFAIRS

More than 100 airmen from the 920th Rescue Wing returned to the Space Coast this week, marking the end to almost two years of deployments to Southwest Asia in support of Operations Enduring Freedom and Iraqi Freedom.

They returned to Patrick AFB on C-5s, C-17s and C-130s. The first group of 32 arrived on a C-5 Wednesday morning.

They were greeted at Base Operations by a throng of hundreds that included their families, friends, co-workers and news media representatives.

Many of the greeters brought flags or were adorned in red, white and blue. Among the returning troops was Maj. T.C. Cunha, an HH-60 pilot. His family rushed to greet him as he got off the bus that brought the troops to Base Operations.

"This is what it's all about," Maj. Cunha said as he hugged his wife, two kids and in-laws. "This is why we do what we do."

What the major and his comrades did was save 26 lives during the war in Iraq. For the last few months, many of them

were based at Baghdad International Airport.

"We were in the thick of things," Maj. Cunha said. "Most recently, we responded to the explosion at the U.N. headquarters in Baghdad."

His daughter Brianna said, "We really missed him. My little brother would look out the window and ask, 'When's daddy coming?'"

Also on hand was Ms. Holly Hardee. She was there to greet her son Senior Airman Jacob Creel.

"I missed the holidays with him the most," she said. "But I can tell you that people e-mail me all the time telling me how proud they are of him and what he does."

The 920th RQW is an Air Force Reserve Command unit.

Its primary mission is combat search and rescue. Approximately 400 of its reservists have been mobilized for America's war on terror.

Col. Tim Tarchick, commander of the 920th RQW said, "Seeing these families reunited is a very special feeling. All of them--the military members, the spouses, the kids, the parents--are warriors."

## Metallic name tag mandatory item Jan. 1

SAN ANTONIO (AFPN) — Personnel officials announced in a recent message to the field that the new metallic name tag will be mandatory on the service dress uniform and pullover sweaters Jan. 1

The items, which have been available for purchase since November, will be issued to enlisted airmen by their organizations, according to the message. Officers must purchase their own name tags.

For more information, contact local commander's support staff.

### Safety First

Staff Sgt. David Ulbrich, 45th Civil Engineer Squadron, hangs signs in South Housing warning drivers not to use cell phones while operating their motor vehicles. Drivers may see more of these signs around Patrick as well as the Cape. *(Photo by Airman 1st Class Shaun Emery)*



# Airmen's dorms spruced up

Improvements to living quarters helps bring residents together, promote AF quality of life

By Airman 1st Class Shaun Emery

45TH SW PUBLIC AFFAIRS

The airmen's dorms at Patrick Air Force Base have been going through a number of renovations throughout the years, but now the 45th Civil Engineer Squadron is adding new furniture and surround sound speaker systems to improve airmen's lifestyles.

"Quality of life is a huge Air Force issue," said Master Sgt. Patricia Sciandra, 45th Civil Engineer Squadron's dorm manager. "We don't have new dorms like some other bases, so we are doing our best to make improvements," she said. "For seven or eight years we've been working on renovating the dorms, but we haven't gotten anything really new. This stuff is due."

The renovations are a good way to retain airmen, according to Master Sgt. Sciandra. "We have a lot of first-term airmen at Patrick. We don't want them to have a bad experience."

One day room from each dorm will be furnished with new surround sound systems as well as new sectional couches and loveseats. Many of the day rooms also have big screen televisions, new artwork and plants.

"We want to create a home-like atmosphere," said Staff Sgt. John Mahollan, 45th Civil Engineer Squadron's assistant dorm manager. "It's a good way to bring some of the single people together, regardless of where they work."

Airmen's rooms will also get a few added touches with new mattresses and box springs that will be arriving later this month, according to Jim Rinerson, assistant dorm manager from the furniture management office. Rooms will also receive new linen.

"The ten-year-old vacuums that dorm resi-

dents now use are currently being replaced with newer, higher quality ones," he said.

These new additions are the latest for dormitory residents. In the past year the dorms have received new gaming equipment including pool tables, ping pong tables and dart boards.

"There is no reason dormitory residents should live any worse than married people," said Master Sgt. Sciandra. "We provide wonderful base housing to married couples and single people deserve the same."

Master Sgt. Sciandra is taking another step to help airmen improve their quality of life. "With the reinstatement of a dormitory council, concerned airmen will have a chance to meet and decide what things the dorm needs. It will also give them a chance to plan activities, volunteer work and bring them together," said Master Sgt. Sciandra.

"This way people can see what the residents are doing for the community."



# Rumsfeld: Two options in global war on terror

By Jim Garamone  
AMERICAN FORCES PRESS SERVICE

WASHINGTON (AFPN) — Defense Secretary Donald Rumsfeld told service-members at Lackland Air Force Base, Texas, Aug. 25 the United States faced only two options in its war on terror: Fight the terrorists where they live today, or fight them in America tomorrow.

Secretary Rumsfeld said the war on terrorism is unlike any the United States has fought in the past. Sept. 11, 2001, ushered in a new age of asymmetric warfare.

"The threats we have faced have not been so much large armies, large navies and large air forces locked in great battle, but suicide bombers, cyberterrorists and low-intensity warfare and the spreading contagion of weapons of mass destruction," he said.

These unconventional dangers threaten the safety and security of Americans and free people around the world as certainly as the totalitarian regimes the World War II generation confronted, he said.

"Like the greatest generation (who) saved the world from the tyranny of their time, your generation has been called to greatness as well," Secretary Rumsfeld said.

"Our freedom, our future depends on the courage and the determination of our forces and what they bring to this world. All across the globe, people long for what we have, for what each of you has volunteered to defend — liberty, democracy, tolerance and a future without fear."

Secretary Rumsfeld said the United States did not ask for the war on terrorism.

"But it is a war we have to fight and we have to win," he said. "There is no safe, easy middle ground. Either we take the war to the terrorists and fight them where they are — at this moment in Iraq and Afghanistan and elsewhere — or at some point we will have to fight them here at home.

"This war is real, it is difficult, it is dangerous, and it is far from over, but we are making good progress," he said.

In the 22 months since the attacks in New York and Washington, the United States has made great strides against the shadowy enemy, Secretary Rumsfeld said.

"Two terrorist regimes have been removed, and two peoples have been freed from years of fear and years of oppression," he said. "We're working to lay the foundations of freedom and helping to build the pillars upon which liberty and representative government will rest."

The 100-plus days since Iraq's liberation have been days of difficulty, but also

progress, he said. The secretary mentioned the establishment of the Iraqi Governing Council, the formation of dozens of local city councils, the establishment of a central bank and the resumption of oil exports as examples of the progress.

The secretary observed that setbacks in the war on terror will continue.

"But there will be more successes, and the outcome is not in doubt," he said.

The fact that enlistments and retention figures are up is an indication of the morale and dedication of the U.S. military.

"They are doing important work," he said.

Secretary Rumsfeld said he did not know how long the United States will remain in Iraq. He said the answer is "not knowable" today.

"I wish it were, but it really depends on when the Iraqi people are able to get themselves on a path toward a sovereign and representative government," he said. "This much is certain: The president said we will stay as long as it takes to finish the job and not a day longer. Our task is to lift the threat of terrorist violence from our people and our future."

One asked about proposals to raise the military retirement age. Secretary Rumsfeld said he has not made a specific recommendation but noted there are some jobs people need to serve in longer. He said quick turnovers mean turmoil and excessive permanent-change-of-station moves.

"It also creates a situation where people move through jobs so fast they don't have a chance to clean up their own mistakes," he said. "That's an important learning experience."

He also spoke of proposals to "rebalance" the mix between active-duty and Reserve components. He said some high-demand skills, now concentrated in the Reserve component, may need to have some units moved to the active-duty side.

Secretary Rumsfeld discussed the deployment and redeployment process and said he did not want to call it "ugly," but rather "imperfect."

"The people are the most important thing we have, and we've got to see that we manage that force in a way that's respectful of people and that gives them a degree of certainty, a degree of predictability," he said. "So we've got to fix that."

Secretary Rumsfeld said the United States is actively seeking allies for help in Afghanistan and Iraq. He said it is not likely, however, that U.S. forces will be serving under U.N. leaders in Iraq.



Capt. Tanya Anderson (right), 45th Civil Engineer Squadron maintenance engineering chief reviews a drawing with Sandra Wilson, 45th CE quality assurance. (Photo by Jim Laviska)

## Anderson selected to Torch Look at AETC

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

A captain in the 45th Civil Engineer Squadron recently was chosen to attend Torch Look, an officer professional development program designed to establish an awareness of the total Air Education and Training Command mission while providing senior leader perspectives and mentorship to officers at a critical retention point in their careers.

Capt. Tanya Anderson was selected for Torch Look where she intends to use the opportunity to find out what working at a major command is like.

Selections are made at the wing level or lower and then forwarded to, in this case, Air Force Space Command for final selection throughout the command.

Only 35 throughout the entire Air Force are chosen to attend each orientation. The selections process is very intense, especially when going up against the entire Air Force Space Command to garner the only slot allotted to the command.

"The foundation of the program is based on professional development," said Capt. Anderson. "It gives participants the chance to see how everything works at a headquarters level. I really would like a headquarters position and this is a good step for my next assignment."

The one-week orientation program gives attendees an overall view of the AETC mission including Basic Military Training, Technical Training Squadrons, Flying Training Squadrons and a tour of the San Antonio Recruiting Station.

Being selected for such course is a great honor Capt. Anderson says. She credits hard work and dedication that needs to be a priority for every assignment and mission.

"Focus on your goals and you'll see the benefits in the end," she said. "For me, it's a welcome opportunity to represent the wing and Air Force Space Command."

# Brevard under West Nile alert, know what to do

By Capt. Pauline Lucas  
45TH MEDICAL GROUP PUBLIC HEALTH

The Florida Department of Health recently placed Brevard County on medical alert after a 36-year old man case contracted the West Nile virus.

Mosquito populations in Florida are carriers of Eastern Equine Encephalitis, St. Louis Encephalitis, and West Nile virus.

This season's heavy rainfall followed by high temperatures provides a perfect breeding environment for mosquitoes leading US epidemiologists to expect a much larger mosquito population.

West Nile virus is spread by the bite of an infected mosquito and can infect people, horses, many types of birds and some other animals.

Most people who become infected with the virus will have either no symptoms or only mild ones. When symptoms do occur they may include fever, headache, rash, fatigue, dizziness, muscle weakness and confusion. On rare occasions, West Nile infection can result in a severe and sometimes fatal illness known as WN encephalitis (an inflammation of the brain).

West Nile encephalitis is not transmitted from person-to-person. For example, you cannot get WN virus from touching or kissing a person who has the disease or from a health care worker who has treated someone with the disease. There is no documented evidence of animal-to-person transmission of WN virus. A person cannot get the virus from handling live or dead infected birds or an infected horse. However, as a general health measure, people should avoid barehanded contact when handling any dead animals.

There is no vaccine against West Nile encephalitis, but several companies are working towards developing one. Prevention is the key. The best way to reduce your chances of

becoming ill is by protecting yourself from mosquito bites. Follow these simple rules:

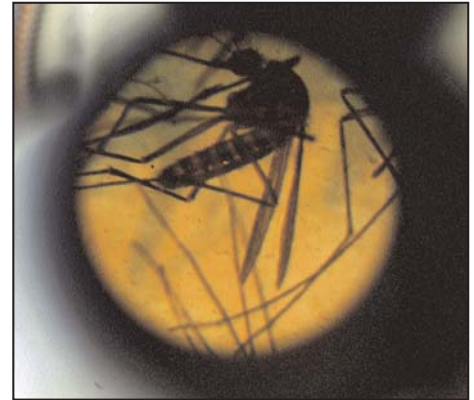
- Avoid outdoor activities when mosquitoes are most active, such as during dusk and dawn hours.

- When outdoors, cover up by wearing shoes, socks, long pants and long sleeved shirts. Spray clothing with repellents containing permethrin since mosquitoes may bite through thin clothing.

- Apply insect repellent containing DEET (N,N-diethyl-meta-toluamide) sparingly to exposed skin when you're outdoors. An effective repellent will contain 35 percent DEET. For more information see the Using Insect Repellent Safely link at the Environmental Protection Agency Web site at <http://www.epa.gov/pesticides/fact-sheets/chemicals/deet.htm>. Read and follow the product directions whenever you use insect repellent.

- American Academy of Pediatrics suggests that it is acceptable to use repellent with low concentrations of DEET (10 - 30 percent) to infants over 2 months old. Use care in applying repellent to small children, and don't put repellent on their hands because it may get into their mouth or eyes and cause irritation. For more information go to <http://www.aap.org/family/wnv%2D-jun03.htm>.

- To reduce mosquitoes around your home, remove or empty standing water in old tires, tin cans, buckets, drums, bottles or any other containers. Be sure to check clogged gutters and flat roofs that may have poor drainage. Make sure cisterns, cesspools, septic tanks, fire barrels, rain barrels and trash containers are covered tightly with a lid or with 16-mesh screen. Empty plastic wading pools at least once a week and store indoors when not in use. Change the water in bird baths and plant pots or drip trays at least once each week. Store boats covered or upside down, or remove rainwater weekly. Level the ground around your home so water can run



A group of frozen mosquitos is viewed through the eyepiece of an entomologists's microscope Aug. 19. (Photo by Airman Samantha Willner)

off and not collect in low spots. Fill in holes or depression near your home that accumulate water. Fill in tree holes and hollow stumps that hold water. If you have an ornamental water garden, stock it with mosquito-eating fish. Repair screening on windows, doors, porches and patios.

- Some mosquito control methods are not very effective. Ultrasonic devices, outdoor bug "zappers", and bat houses are not effective in controlling biting mosquitoes. Various birds and bats will eat mosquitoes, but there is little scientific evidence that this reduces mosquitoes around homes.

The 45th Medical Group's Public Health Flight monitors mosquito population on base and works with the 45th Civil Engineer Squadron's Pest Management in controlling these insects. For more information, call Public Health at 4-8292/8178 or Pest Management at 4-2625.



**Ball tickets on sale**

Air Force Ball tickets are on sale now and will go to active-duty members and civilians first. Currently, ticket prices are \$15 per person for E-5 and below and \$22 for ranks E-6 to E-8. Tickets are \$25 for all other ranks, civilians, retirees and contractors. There is a \$2 discount for all Officers' 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 first sergeants. For questions about ticket sales, call 2nd Lt. Rich Owens at 853-7648.

**MPF closed**

The Military Personnel Flight is closed Friday at 1:30 p.m. for an official function. Call 494-6144 for more information.

**Come to Spouses' Club event**

The Patrick Spouses' Club, an all-inclusive club, invites all spouses to its annual free activities coffee Tuesday from 4-7 p.m. at the NCO Club. Activity chairs and many base organizations will be there to provide information and an opportunity for spouses to sign up. Hors d'oeuvres and door prizes will be provided. For more information and reservations, call Naomi Lupone at 757-6168 or Lori Iannuzzo at 773-0126.

**Attend traffic safety course**

Personnel 50 years or older may attend the Mature Driver's Traffic Safety Course. The class is limited to the first 75 people to sign up by Tuesday. Contact Jan Padgett at 494-2202 to enroll.

**Burger King changes hours**

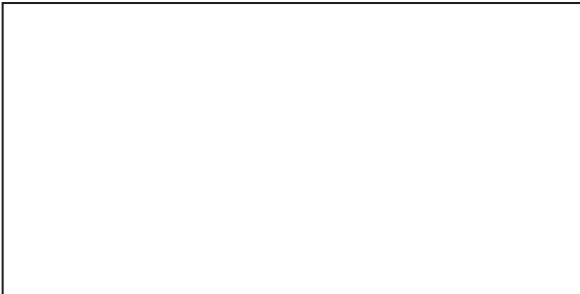
The Patrick Burger King will change hours of operation on Sundays to 8 a.m. - 6 p.m.

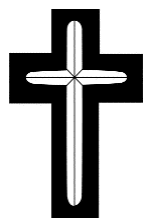
**Sunday school classes begin**

Protestant Sunday school starts in the South Patrick Chapel Sunday from 10-10:50 a.m. Transportation is provided from North and South Housing. People may start registering for Catholic religious education Mondays - Fridays at the Seaside Chapel. Classes take place Sundays at 10-11 a.m. Call 494-4073 for more information.

**Help clean the beaches**

The 16th Annual Ocean Conservancy Florida Coastal Cleanup is Sept 20. From 8 a.m. - noon, people will gather at the parking lot on State Road A1A across from Patrick's fire station along Patrick Air Force Base. Contact Wesley Westphal at 494-9386 for more information. Cape Canaveral Air Force Station's beach cleanup is Sept. 18 from noon - 4 p.m. To participate in the CCAFS cleanup, contact Shawn Fisher at 853-6824 or Angy Chambers at 853-6822. Only badged personnel may participate in the CCAFS cleanup.





# Patrick chaplains serve God, country in Southwest Asia

By Senior Airman Rachel Bush  
380TH AEW PUBLIC AFFAIRS

A few years before they answered Uncle Sam's call to serve their country, Chaplain (Lt. Col.) Redmond Raux and Chaplain (Capt.) David Del Prado answered a higher calling - to serve God.

Now, armed with web-gear and a shield of faith, they deployed from Patrick Air Force Base to help the 380th Air Expeditionary Wing meet the diverse challenges of deployment through inspired pastoral care and support.

Airmen are deployed to the 380th AEW in Southwest Asia in support of Operation Enduring Freedom.

Chaplain Raux, the wing chaplain, was a priest for two years before gaining his commission 19 years ago. His career has led him through stints with the Air National Guard, Air Force Reserve and active-duty Air Force. Chaplain Del Prado, the protestant chaplain, was a minister for 10 years before he joined a little more than six years ago.

Chaplain Del Prado said that joining the Air Force gave him the ability to provide for his family while enjoying what he does.

"In the variety of what the military has to offer, there is never a dull moment," he said.

Both agree that ministering in the military has many benefits for them as ministers and for those they minister to.

"I like being able to minister from within the organization," Chaplain Raux said. "In the civilian world there is real separation between work and religion. But when you minister from within an organization to members of the organization you gain credibility. People think of you more as an advocate, someone who understands military structure and has experienced some of the same things they have experienced in their life."

"Despite a variety of faith backgrounds we all have something in common," Chaplain Del Prado said. "It's exciting to know I can be there to support the troops wherever they are."

In addition to providing the worship services for a variety of faiths, the three keep busy interacting with the base community.

"In a place like this we do a lot of counseling," Chaplain Raux said. "We also try to be responsive to issues we see arising. We want to get out and be visible because it make us more approachable than if we just sat in the office waiting for people to come to us."

The chaplains go out and visit people at their jobs, hold spiritual renewals, religious instruction and act as counselors for crisis intervention and critical incident stress management.



From right to left, Chaplain (Capt.) David Del Prado, 380th Air Expeditionary Wing protestant chaplain, shakes hands with Senior Airman Thomas O'Toole, 380th Expeditionary Security Forces Squadron. Members of the Chapel at Patrick Air Force Base are deployed to Southwest Asia in support of Operation Enduring Freedom. (Photo by Senior Airman Rachel Bush)

"I will sometimes follow the (first sergeants) or flight chiefs out when they go around to see their troops because being visible like that helps strengthen the relationship, which makes it easier to meet people needs," Chaplain Del Prado said.

Chaplain Raux noted that the biggest difference in ministering here and ministering back home is the amount of time they can spend with people. The chaplains agree that is the best part of their job.

"People are here 24/7 rather than commuting back and forth to their homes, it can intensify the feelings or emotions because we are able to get out and have more of an open dialogue with people," Chaplain Raux said.

"Our job never gets boring because people are so individual and we are always meeting new people. We enter people's lives when they are the most vulnerable. For me that is really powerful - knowing you are making a difference just by letting them know they are not alone," he added.

"Another great thing is when you offer an idea and you produce a sudden glow on the person's face followed by 'Wow, I never thought of that

before.' It is nice to know you have helped someone cope with the situation they are encountering," Chaplain Del Prado said.

"For me the best part of the job is feeling appreciated. It's amazing how many grateful people I've met in my 2 years in this career field. It really gives you the feeling that you are doing something special for someone."

The chaplains feel personally responsible for the spiritual and emotional well being of the people here.

"Just like the (Medical) Group finds it a challenge to apply preventative medicine, we find it a challenge to catch things at an early stage so the focus of the people is strong and sharp on the mission," Chaplain Del Prado said.

The chapel team is happy to have the opportunity to minister to those who are deployed and feel very fortunate to have been sent to this installation.

"This is my first deployment and the trainings I have had prepared me for the worst-case scenario. I was pleasantly surprised at what the base had to offer. I feel very fortunate to be here, because I know that others have so much less," Chaplain Del Prado said.



# K-9 companion

*Teen recipient of Milk-Bone assistance program*

Story by 2nd Lt. Elizabeth Kreft and Photos by Master Sgt. G. A. Volb  
45th SW Public Affairs



Ashley Anderson gets acquainted with Laynie, a Golden Retriever, from the Canine Assistants program. Ashley, who has Cerebral Palsy, will take part in a program next summer that will place her with a dog that best suits her individual needs.

Ashley Anderson, along with parents Fred and Susan Anderson meet with members from the Canine Assistants program at the Patrick commissary. Ashley's parents say the family couldn't be happier about the opportunity presented to Ashley. A small crowd of shoppers at Patrick's Base Commissary looked on during the presentation.

The daughter of a retired Air Force technical sergeant received a new friend, Aug. 27 at the base commissary, through a program called Canine Assistants.

In the ceremony, 13-year-old Ashley Anderson - who has Cerebral Palsy - and her family met Laynie, one of the program's service dogs, and received her certificate for the K-9 placement program.

Valerie Vliek, a representative from Canine Assistants, explained the process to the crowd at the commissary.

"Ashley will take part in a program next summer that will place her with a dog who matches her personality and suits her individual needs," said Mrs. Vliek.

She then gave Ashley a picture of some of the

puppies currently being trained at the program's headquarters in Alpharetta, Ga.

"This is how old Ashley's dog is right now," said Mrs. Vliek. "By the time we are done training them up to be able to help their new owner, they will be as big as Laynie here."

Ashley's family couldn't be happier about the opportunity.

"We were very excited when we heard the news. It just means more independence for Ashley," said Mr. Fred Anderson, Ashley's father. "You can try to teach independence, but something like this will really allow Ashley to learn about it for herself."

As Ashley sat on the ground and took some time to pet Laynie, her mother Susan explained the excitement that the entire family feels, "We

are so excited that she will have someone to care for. Ashley has so many responsible qualities and now she will have someone to be like a little mother to."

While Canine Assistants train the service dogs for their owners, the funding for the process comes from donations from large companies that are dedicated to developing and implementing canine-related charity programs to benefit communities and individual recipients nationwide. It's a non-profit organization training dogs to assist those with disabilities, removing many of the barriers faced by the disabled in today's society.

Milk-Bone, one of the subsidiary companies of Kraft foods, made this specific donation for Ashley possible.

# Fitness experts: start training now

By Staff Sgt. C. Todd Lopez

AIR FORCE PRINT NEWS

Air Force fitness experts say airmen must begin preparations now if they want to pass the new fitness evaluations in January.

"They need to start training today for year-round fitness to meet mission readiness. They must include running, push-ups and crunches into their program," said Sylvia Goff, an exercise physiologist at the Bolling Air Force Base, D.C., health and wellness center.

The new Air Force fitness evaluation program, which will replace the cycle ergometry test for most airmen, involves running, push-ups, crunches and a measurement of body composition. Ms. Goff said the new fitness standard might cause concern for airmen who have not been to the gym for some time, or who may have never gone.

"There are several concerns," Ms. Goff said. "Some are afraid that they will not be able to meet the ... standard because many don't exercise on a regular basis. Others are concerned about injury they may receive from running."

Tammy DeCoux, the program manager for the Air Force Services Agency's fitness and sports office, said airmen do not need to be concerned about the safety of running — if they do it correctly.

"Running is not an inherently dangerous activity," Ms. DeCoux said. "A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild injuries caused by running are often due to things such as inadequate warm up, cool down or stretching; improper technique; poor running shoes; and over-training."

Shin splints, a common ailment associated with new runners, is an inflammation of the tibia. Symptoms include pain in the front portion of the lower leg. Ms. DeCoux

said the injury is caused by overuse and the shock from running on hard surfaces.

"The harder the running surface, the greater the shock," she said.

Treatment includes rest and ice, if needed, Ms. DeCoux said. Prevention involves varying your running surface, proper stretching, proper shoes and conditioning.

Airmen who are completely unfamiliar with physical training and conditioning, or with proper diet and weight-loss techniques,

**“Alternate running and walking until you are able to sustain a run. Some will be able to sustain the run a lot sooner than others. Once you can sustain the run, you want to increase your speed by no more than 10 percent per week.”**

Sylvia Goff, exercise physiologist  
BOLLING AIR FORCE BASE, D.C., HEALTH AND WELLNESS CENTER.

can find help on base. Local health and wellness centers, as well as fitness centers, can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards,

said Ms. DeCoux.

"It is the role of the (health and wellness centers) to develop fitness programs for both individuals and for units," Ms. DeCoux said. "Base fitness centers can provide the equipment and guidance needed to carry out those fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one."

Ms. Goff said wellness centers also offer programs on nutrition, healthy eating, sensible weight loss, tobacco cessation, remedial strength and aerobic training.

For airmen who want to start preparing for the running portion of the fitness evaluation, Ms. Goff recommends combining walking and running.

"Alternate running and walking until you are able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain the run, you want to increase your speed by no more than 10 percent per week."

People who have been sedentary for an extended period of time or those who have health risk factors should obtain a physician's clearance before beginning an exercise program of any kind, she said.



# Team Standings

## Intramural volleyball

Team	Wins	Losses	%
CSR	3	0	100
CES	3	0	100
SFS	2	1	66
AFTAC	2	2	50
NAVY	1	2	33
RANS	1	3	25
DEOMI	0	4	0



figures current as of Sept. 2

## Sports Briefs

### Flag football registration

The Patrick Fitness Center is organizing the Intramural Flag Football League to start on or about Oct. 6. Entries must be submitted to the Fitness Center no later than Sept. 19. An organizational meeting will include all team coaches and/or representatives will be held on Sept. 18 at 2 p.m. upstairs in the Patrick Health and Wellness Center conference room. Any squadron unable to attend should call the Fitness Center at 494-4947 prior to the coaches meeting to confirm their wish to enter a team. Rosters must be submitted to the Fitness Center prior to the first game being played. For further information contact Ralph Robinson, program manager at 494-3187.

### Winter basketball registration

Register for winter basketball Oct. 1 - 24. Family members ages six to 15 of active-duty, retired military, DoD personnel, NAF employees or contractors are eligible. Players must be age six by April 1, 2004 and not turn 16 by the same date. Current physicals are required unless already on record for those participating in the fall soccer program. The cost is \$40 for members and \$50 for non-members. Team formations and player assessments are scheduled for the week of Oct. 27. Practices begin the following week. The season starts Dec. 2 and concludes Feb. 14. All age divisions are co-ed with the all girls division for ages 10 to 15. Adult volunteer coaches are needed for the season. Call Randy Detwiler at 494-3770 for information.

### Prepare early for the 1.5 mile run test

The Health and Wellness Center and Physical Therapy Clinic will be offering a running clinic at the HAWC on Sept. 23 from 2-4 p.m. This class is designed to provide education on starting a running program, proper shoe selection, injury prevention and preparation for the one and a half mile run. Please call the HAWC at 494-2660 to register.

### Healthy living at the Cape

The Health and Wellness Center will offer its healthy living workshop at the Cape. The two-hour course covers exercise and nutrition and helps you live a healthy lifestyle. The class will be held Sept. 24 in the E&L building (bldg. 1704, room 1525) from 9-11 a.m. You must call 494-2660 to register for this class.

### Free college football

The University of Central Florida invites all active and retired military and a guest to the Florida Citrus Bowl in Orlando, Saturday, Sept. 13 at 6 p.m. as the Golden Knights take on Florida Atlantic University in the UCF home opener. Go to service gate D at the Citrus Bowl with your military I.D. and a UCF representative will provide you and your guest tickets to the game. For additional information contact the UCF Athletics ticket office at 407-UCF-GOLD.

### Intramural Bowling

The Fitness Center is organizing intramural bowling for the 2003 season to start by either Sept. 16 or 23, depending on player participation. Entries must be received no later than Sept. 12. For more information contact Edward Becker at 494-2958.



## Working out

Konnie Snyder works her shoulders with a set of military presses at the Patrick Fitness Center. Like many other servicemembers, Snyder takes time out in the afternoon to fit in her workout. With the new Air Force fitness test taking effect in January, airmen are encouraged to begin training in advance. (Photo by Airman 1st Class Shaun Emery)

## Remember Sept. 11 victims, heroes at chapel ceremony

The 45th Space Wing will hold a day-long ceremony Thursday in remembrance of the victims of the Sept. 11, 2001 terrorist attacks.

All personnel have the opportunity to reflect and pause during services at the Seaside Chapel at Patrick Air Force Base timed to coincide with the four major events that shaped the day and brought resolve to the nation. They are:

□ 8:45 a.m., when American Airlines Flight 11 crashed into the north tower on the World Trade Center.

□ 9:03 a.m., the south tower of the World Trade Center is hit by United Airlines Flight 175.

□ 9:43 a.m., when the Pentagon is hit by American Airlines Flight 77.

□ 10:10 a.m., United Airlines Flight 93 high-jacked and crashes in Somerset County, Pa. near Pittsburgh.

A chaplain will be available the entire day for private consultation.

Each event is sponsored separately by a number of different base organizations.

### Display works in Air Force Gallery

The Skills Center is accepting paintings, sculptures, pottery, jewelry, drawings or photographs in any media for their gallery. All eligible library users and their family members may participate.

The Air Force Gallery is a new program replacing the Artist/Craftsman and Photography Contests. Prizes will be awarded to winners and runners-up in both adult and youth (17 years and younger) categories. Winners will be announced at the end of October. Photos of the artwork are sent to Air Force Space Command and then submitted to Air Force Services Agency for their new Air Force Gallery.

The Gallery is being created to recognize the unique artistry and creative ingenuity of our adult and youth groups. Categories are fine art, textile art, industrial art and multicrafts/pattern art and Photography. Categories are military life, people, nature/scenic and creative effects.

Items are to be digitally photographed and submitted for selection in the 2003 Gallery input to Air Force Space Command.

Last day to submit entries is Oct. 18. Call Nancy Wilberg at 494-4270 for more information.

### Gym Jam kicks off tonight

Teen Gym Jam kicks off tonight and continues on the first Friday of each month throughout the school year. Cost for Gym Jams is \$3 for members and \$5 for non-members and guests of members.

Youth center family members in sixth, seventh and eighth grades hang loose from 6-9 p.m. Those in grades ninth through 12th gather from 10 p.m. - 1 a.m.

Those eligible to participate include family members of active-duty or retired military personnel, nonappropriated or DoD employees and/or DoD contractors.

Youth center members may bring non-eligible guests with parent/sponsor permission. The youth center snack bar will have food and snacks for purchase. Call the youth center at 494-4747 for reservations or more information.

### Advisory board meets

The Youth Flight Parent Advisory Board meets Sept. 16 at 10 a.m. in the Services Academy Training room in Bldg. 425, Rm. 1-29. Parents are encouraged to attend.

Call Pamela Jordan at 494-7028, Tina Washington at 494-8381 or Teresa Andrews at 494-4747 for more information.

See Briefs, Next page

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Briefs, Cont.

**Tour Cape Canaveral AFS**

Outdoor Recreation's monthly trip to the Cape Canaveral Air Force Station explores the Air Force Space Museum, Cape lighthouse and many more historical sites Sept. 13. This unique tour takes you to areas of the space program's early start.

The 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. No refunds are made after Sept. 9. Call 494-2042 for reservations.

**Air Force celebrates birthday**

The Air Force celebrates 56 years of service Sept. 18 and your NCO Club is commemorating this event with food, music and a commemorative birthday cake starting at 6 p.m. The Sonny LaJoie Trio will provide entertainment.

The evening menu features medallions of filet mignon or stuffed chicken with cherry sauce.

Both are served with herb and garlic-roasted red potatoes, carrots glace' and a salad bar.

Seating is limited and reservations are encouraged. Cost is \$12.95 per person with club discount for members. Call 494-7491 for information.

**Kids enjoy night out**

Kids in grades kindergarten through sixth may come to the youth center from 6-11 p.m. for a night of games, crafts and a host of activities the second Friday of every month beginning Sept. 12.

Parents are encouraged to use this time as personal time while the children are at the youth center.

There are 24 slots available on a first come, first serve basis for children of active duty, retired military, NAF employees and DoD contractors. Cost is \$10 per child. Register on the first day of each month. Parents must register for the slot and make payment by 5:30 p.m. at the Youth Center business office Wednesday prior to the night of the event to hold their

reservation. A waiting list is established when all slots are filled. Parents will be contacted from the waiting list on Thursday of available slots.

Call the Youth Center at 494-4747 for information.

**Skills Center seeks instructors**

The Engraving and Framing Center is looking for people whose specialty is jewelry/beads, holiday crafts, folk art, fabric art and creative cards with stamping techniques or variety of these. Certification is not required for any instructor to teach these classes. Call 494-4270 for information.

**Register for framing classes**

Framing classes are Sept. 16 and 17, from 6 -9 p.m.; Sept. 22, from 9 a.m. - 4 p.m.; and Sept. 30 and Oct. 1, from 6 - 9 p.m. Cost is \$25 plus materials.

Register 15 days before classes begin. Class size is limited to four. Call 494-4270 to register or for more information.



**Thursday** *Johnny English* - Rowan Atkinson, Natalie Imbruglia. Johnny English is a bumbling British agent sent to rescue the crown jewels and save the monarchy from the scheming Frenchman Pascal Sauvage. All of England's hopes are resting on Johnny English. (Rated PG for comic nudity, some crude humor and language) 88 min

**Friday** *Pirates of the Caribbean* - Johnny Depp, Geoffrey Rush. Set in the Caribbean Sea in the 17th century, Jack Sparrow (Johnny Depp), a charming rogue pirate teams up with the governor's daughter to stop the evil plan of a ship of dangerous pirates led by Captain Barbossa. Barbossa and his crew are trying to reverse an ancient curse that leaves them stuck between life and death. (Rated PG-13 for action/adventure violence) 143 min

**Saturday** *Pirates of the Caribbean* - See Saturday's synopsis

**Sunday** *Lara Croft Tomb Raider: The Cradle of Life* - Angelina Jolie, Gerard Butler. The second series of the Lara Croft franchise finds our heroine, archaeologist and explorer extraordinaire, Lara Croft, traveling to a sunken underwater temple. It leads her to a sphere that contains the mythical Pandora's Box, only to have it stolen from her by Chen Lo, the leader of a Chinese crime syndicate, who's in league with a bad guy named Reiss, who wants to use the box as a doomsday weapon. (Rated PG-13 for action violence and some sensuality) 180 min

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

## Action Line: 494-6550



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

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.

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](mailto:Commander'sline@patrick.af.mil) or click global at Commander's Line - Patrick AFB; recorded message, 494-6550; mail, 45SW/PA 1201

**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 Hansen  
494-8100

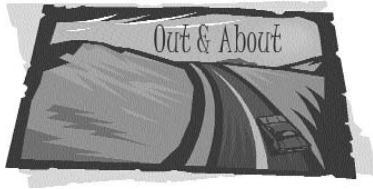
**Ground Safety**

Paul Compton 494-4023

**Inspector General**

Lt. Col. Frank Miles  
494-2287





**Events**

Sept. 8, 11 a.m., Genealogy workshop series start every Monday for six weeks at North Brevard Public Library in Titusville. Instruction classes using books, microfilm, and Internet resources available at the library. Workshop is free. For more information call 264-5026.

Sept. 16, 7-8 p.m., At the Mims/Scottsmoor Public Library in Titusville. Experienced buyers and sellers will answer questions about using e-Bay, the most popular auction and shopping destination on the Internet. Free but must pre-register. Call 264-5080.

**Festivals**

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



**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.

**Riverside Dining Menu**

- Saturday Brunch - Cajun meat loaf, \*crispy baked chicken, rib eye steak
- Saturday Supper - \*Fish almondine, 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 - Lasagna, spaghetti with meatballs, chicken cacciatore, Italian sausage, pasta primavera
- 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
- Sept. 12 Lunch - Beef and corn pie, pea and pepper rice, \*seafood Newburg, veal paprika steak
- Sept. 12 Dinner - Yankee pot roast, \*simmered corn beef, pineapple chicken
- \*Healthy choice







