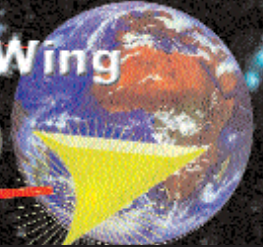


# MISSILEER



**INSIDE**

**They're tops**



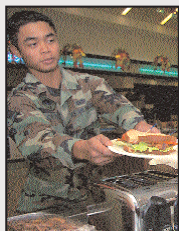
Wing quarterly award winners honored for their work  
Page 6

**Tie one on**



Wing promotes Red Ribbon Campaign to deter drunk driving  
Page 8

**Bon appetit**



Riverside Dining Facility serves up service with a smile  
Page 11



Photo by Master Sgt. Chris Calkins

## A salute to veterans

Defense Equal Opportunity Management Institute's Joint Service Color Guard, left, retires the colors following Tuesday's 21st Annual Massing of the Colors Veterans Day Celebration at the George F. Schlatter Veterans Memorial Amphitheater at Brevard Community College. Below, 2nd Lts. David Land, left, and Tony Gilliam, both from Air Force Technical Applications Center, fold the flag during a retreat ceremony honoring veterans Monday at Patrick's Memorial Plaza.



Photo by Airman 1st Class Shaun Emery

## Wing finds new ways to raise CFC funds

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

The 2003 Combined Federal Campaign comes to a close Friday. While soliciting for the campaign will end, individuals can still make donations.

Since Oct. 1, Patrick Air Force Base has raised an estimated \$137,000.

"Our goal this year was to raise participation by 10 percent," said Lt. Col. Kristine Krumins-Linehan, organizer of the 45th Space Wing's CFC campaign and 45th Medical Group's Diagnostics and Therapeutics Flight commander.

"As of now, if you look at the numbers, we haven't reached that goal, but if you look at the number of people we

touched with all the programs we put on, I believe we definitely raised our participation level," she said. "Sometimes you have to look past the numbers."

Organizers used a variety of ways to get the word out about the campaign. A commissary fund-raiser was one new approach to getting the word out.

"The fund-raiser was a success," added Tech. Sgt. Lonnie Gallaher, 45th Medical Group. Volunteers raised more than \$1,000. "Those who were challenged for monetary donations were able to donate time and make a huge contribution to CFC. All volunteers willingly and cheerfully gave of their time. Some sections put their volunteer shifts together. Everyone was sort

of timid at first, however after just a few minutes all volunteers jumped right in and helped however needed."

Other programs contributed to the campaign. The Company Grade Officers council golf tournament raised close to \$900 and the 45th Contracting Squadron's chili cook off brought \$109 to the campaign.

"We had excellent participation from around base," said Lt. Col. Krumins-Linehan. "My hand goes to the civilian workers. They were key contributors."

"Everyone working together were critical to making this campaign a success - from key personnel whose task was to get the word out to young first-term airmen."

*START ... Get it!*



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

By Brig. Gen. Greg Pavlovich  
45TH SW COMMANDER

**B**lusterly greetings from Minot Air Force Base! It's easy to forget after a few balmy fall months what the end of the year is like in other parts of the country, but a week of temperatures in the twenties brings it all back. It's been an interesting week here at the Air Force Space Command Commanders Conference, but I admit that Deb and I are looking forward to getting back home.

Fortunately good news travels far and I was warmed by the news that some of our hard working services folks were recognized for their performance in 2003 with annual awards from the command. Ms. Lynne Phillips was honored as the Senior Services Civilian Specialist of the Year. She is our program director for our Youth Center and - among other things - has led that facility to be labeled the "undisputed leader in teen programs in AFSPC." How lucky we are to have her working with our children.

Mr. Johnnie Rivera, our dynamic Officers' Club manager, was honored as the Civilian Club Manager of the Year for 2003. Earlier this year our club won best in the command - for the seventh straight year - so it was fitting that his efforts were singled out. He brings a lot of energy and enthusiasm to the club and it shows not just in these awards, but also in the great functions, programs and service our club offers.

Our Honor Guard commander also won a prestigious MAJCOM award. Master Sgt. Ian Morley was selected as the best base Honor Guard program manager in all of AFSPC. This is the first time this award has been given and I can tell you, they picked the right guy as the inaugural winner. Master Sgt. Morley led our Honor Guard team through a busy year including more than 425 funerals and 130 ceremonies. What great work by him and our whole Honor Guard team who are responsible for a 15,000 square mile area spanning 13

counties. If you want to be part of this winning team, we're always looking for a few more professionals to volunteer. Call the Honor Guard at 494-7477 and help us continue to represent the Air Force so well.

But wait, there's more. Senior Master Sgt. Terry Smith, a reservist with our 3rd Space Launch Squadron, won the Billy Jack Carter Award for the Air Force Reserve Command. This award is given to the individual making the biggest contribution to protecting AF personnel or resources during the calendar year.

We also had two distinguished graduates from the most recent NCO Academy class at Tyndall AFB. Tech. Sgt. Darren Bracken, also from the 3rd SLS, and Tech. Sgt. Manuel Ojeda Jr., a recruiter working right here in Rockledge under our 333rd Recruiting Squadron mission partner, finished in the top 10 percent of the class. Well done!

Speaking of graduates, six new airmen are joining our team as the First Term Airmen Center graduates in its November class. Please join me in welcoming our newest additions to the Space Coast: They are: Airman Basic Noli Roland, 45th Civil Engineer Squadron; Airmen 1st Class Jennifer Poole, 45th Medical Support Squadron; Hollie Null, 45th Security Forces Squadron; Terri Gray, 45th Space Communications Squadron; and Brian Case and Peter Leigh, both from the Air Force Technical Applications Center.

Next week we start looking ahead to the holidays and that means a couple of things. First, it means it's time to focus on safety. Like the 125 Critical Days of Summer, the holiday season brings with it a number of concerns as folks get caught up in the holiday hustle and bustle and start traveling to see family. To ensure safety doesn't get lost in the commotion, we're having mandatory safety briefings on Friday. At Patrick AFB the session will be at 8 a.m. in the Base Theater. For Cape Canaveral Air Force Station, the briefing will be 11 a.m. in Hangar F.

Second, this time of year means its time for the Great American Smokeout. Each year the American Cancer Society encourages everyone to put down their tobacco for 24 hours and Thursday is the day. The Health and Wellness Center has the tools you need to get you start-

ed on this important step to becoming tobacco free. The theme is "Cold Turkey" and, among other things, the HAWC is sponsoring a two-mile walk at 11 a.m. to promote healthy lifestyle changes. Read all about it on Page 14 and get motivated to join the millions of folks each year who make the pledge to go smoke-free for a day.

Hopefully you'll take the plunge for 24 hours and longer. Tobacco use is inconsistent with our vision of a WarFit force and impacts readiness - but, more importantly, it's deadly. Don't just take my word for it - check out the informational campaign launched by Philip Morris - the world's largest tobacco manufacturer - on <http://www.philipmorrisusa.com>. In their health issues section they acknowledge the hazards of smoking, including lung cancer, heart disease, emphysema and other serious diseases.

I hope the extra emphasis you've been placing on physical fitness will get you thinking about your overall health and I hope you'll utilize the Great American Smokeout as a chance to get you started on a path to a healthier life. The Center for Disease Control outlines five steps to a successful smoking cessation program: Get ready; get support; learn new skills and behaviors; get medication and use it correctly; and be prepared for relapse or difficult situations.

That sounds like hard work - and it is. But the HAWC has a Tobacco Cessation Course that provides all the education and support you need to be successful. Give them a call at 494-2660 to find out how they can help. Do it for the Air Force, do it for your family, but most of all, do it for yourself.

Good luck and God bless!

**November Commanders  
Call Schedule**

- Nov. 19, 8 a.m. Civilian Call  
Patrick AFB Base Theatre

---

- Nov. 20, 11 a.m. Civilian Call  
CCAFS Hangar F

---

- Nov. 21, 3:30 p.m. Officers' Call,  
Patrick AFB Officers' Club



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

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

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

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

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

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

All photographs are Air Force

photographs unless otherwise indicated.

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

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

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

Maj. Adriane Craig  
Chief of Public Affairs

Sue Walden  
Chief of Internal Information

**Missileer Staff**

Airman 1st class Shaun Emery  
Editor

Ida Barry  
Associate Editor

Monique Seaman  
Webmaster

Jim Laviska and Beth  
VonLaufen  
Photographers



# Quarterly awards

## Company Grade Officer

Second Lt. Lewis Sorvillo, 45th Maintenance Group, was the leader of a 17-member team responsible for controlling critical command and control communications for the 45th SW and tenant units.

## Senior Noncommissioned Officer

Master Sgt. James Moffitt, 45th Operations Group, performed as squadron superintendent as well as executing deployment management duties. He met mission requirements despite 50 percent manning.

## Noncommissioned Officer

Master Sgt. Eddice Douglas, 45th Medical Group, led her clinic to a 100 percent ambulatory data module compliance rate. Her team achieved a 97 percent access rate, exceeding the Air Force standards by seven percent.

## Airman

Airman 1st Class Shantel Evans, 45th Medical Group, performed flawlessly during three in-flight emergencies, accurately passing critical information to emergency response agencies, resulting in no loss of life or aircraft.

## Civilian

Mary Seabold, 45th Medical Group, provided expert care to the 1,550 patients assigned to her primary care management team. She was continually recognized for providing outstanding patient care and customer service.

## Category II Civilian

Carol Power, Wing Protocol Office, was a key player in the civilian oversight recommendation/civilian force development and career development program.

## Category III Civilian

Minal Desai, 45th Medical Operations Squadron, was key to a 98 percent acute and 98 percent routine appointments access rate. Patrick AFB is one of only three Air Force Space Command bases in the green for both metrics.

## Honor Guard Airman

Senior Airman Sammy Hendrix performed 16 details, including nine military funeral honors, totaling over 63 hours. He fully trained five new flight members in only one week enabling 100 percent coverage of details.

## Honor Guard

## Noncommissioned Officer

Staff Sgt. Benny Windom, ensured 100 percent coverage of 17 funerals and ceremonial details totaling more than 70 hours. He developed and implemented a flight WarFit program

## Military Volunteer

Tech Sgt. Ralph Renzi Jr., 45th Operations Group. As treasurer of the Space Coast Non Commissioned Officer's Association, he organized fund-raising and charity events which led to \$19,000 in charitable donations.

## Department of Defense Civilian Volunteer

Sue Seay, 45th Medical Group, devoted five hours a week to performing quality control checks on 10,000 medications for more than 5,000 customers

## Team Excellence Award

Air Force Technical Applications Configuration Management Working Group reduced the number of inventories needed to manage the entire AFTAC network computer system by 67 percent.



## Commander Q&A:

**Lt. Col. James Comfort**  
3rd Space Launch Squadron

**Q: What is the mission of the 3rd Space Launch Squadron**

**A:** The 3rd SLS conducts Titan IV B launch operations from the Eastern Range. We provide the nation the unique ability to put the heaviest satellites in orbit. The Titan is the "King Kong" of launch vehicles.

**Q: What payloads does the Titan IV B send into space?**

**A:** Currently, the Titan IV B launches Milstar, the latest generation of military communications satellite, the Defense Support Program's (DSP) infrared missile early warning satellites and National Reconnaissance Office satellites.

**Q: How is the 3rd SLS preparing for the final Titan IV B launch in 2004?**

**A:** The squadron is focusing all of its efforts on our next launch. We're scheduled to put the next-to-last DSP satellite into this spring. We're taking it one launch at a time.

**Q: How have the Titan and former Atlas programs contributed to launch history over the past few years?**

**A:** Titan and Atlas have a rich history dating back to the late 50s. Atlas and Titan supported our manned spaceflight program before Apollo. The first Titan IV was launched June 1989 and it has supported critical warfighter and national users both from the east and west coast very successfully.

## NCO Academy graduates

The following are graduates of the Tyndall NCO Academy Class 03-7. The graduates are from the 45th Space Wing and its mission partners.

### Distinguished graduates

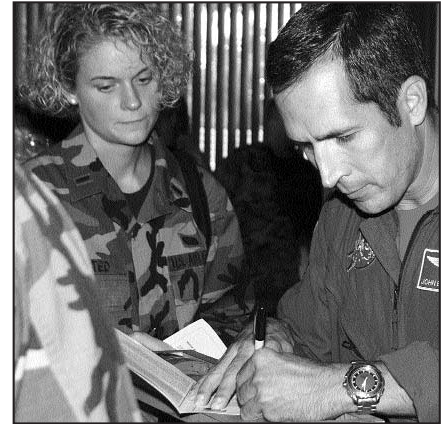
Tech. Sgt. Darren Bracken, 3rd Space Launch Squadron  
 Tech. Sgt. Manuel Ojeda, 333rd Recruiting Squadron

### Graduates

Tech. Sgt. Shannon Green, 3rd SLS  
 Tech. Sgt. Michael Beers, Air Force Technical Applications Center  
 Tech. Sgt. Mark Briggs, 45th Civil Engineer Squadron  
 Tech. Sgt. Frankie McDonald, 45th Medical Support Squadron  
 Tech. Sgt. Evan Nitz, Air Force Technical Applications Center

## Down to earth

Navy Commander John Herrington, the first Native American in space signs his autograph for Second Lt. Kimberly Olmsted, 45th Mission Support Squadron, at the Native American Heritage Month luncheon Nov. 7 at the NCO Club. Commander Herrington, a Chickasaw tribe member, was the mission specialist aboard the STS-113 Endeavour. He spoke to about 80 personnel from Patrick Air Force Base and Cape Canaveral Air Force Station.



Courtesy of NASA

# Apply for \$1,500 academic scholarship

By Donna Miles

AMERICAN FORCES PRESS SERVICE

The application period for the children of active-duty, retired, Guard and Reserve members to apply for \$1,500 academic scholarships is under way.

The application window for the 2004 Scholarships for Military Children program extends through Feb. 18.

In four years, the Defense Commissary Agency program has awarded nearly \$2.5 million in scholarships to about 1,500 children of U.S. servicemembers and retirees.

The goal is to award at least one scholarship



For more information about the scholarship program and application procedures, visit the Web site at [www.militaryscholar.org](http://www.militaryscholar.org).



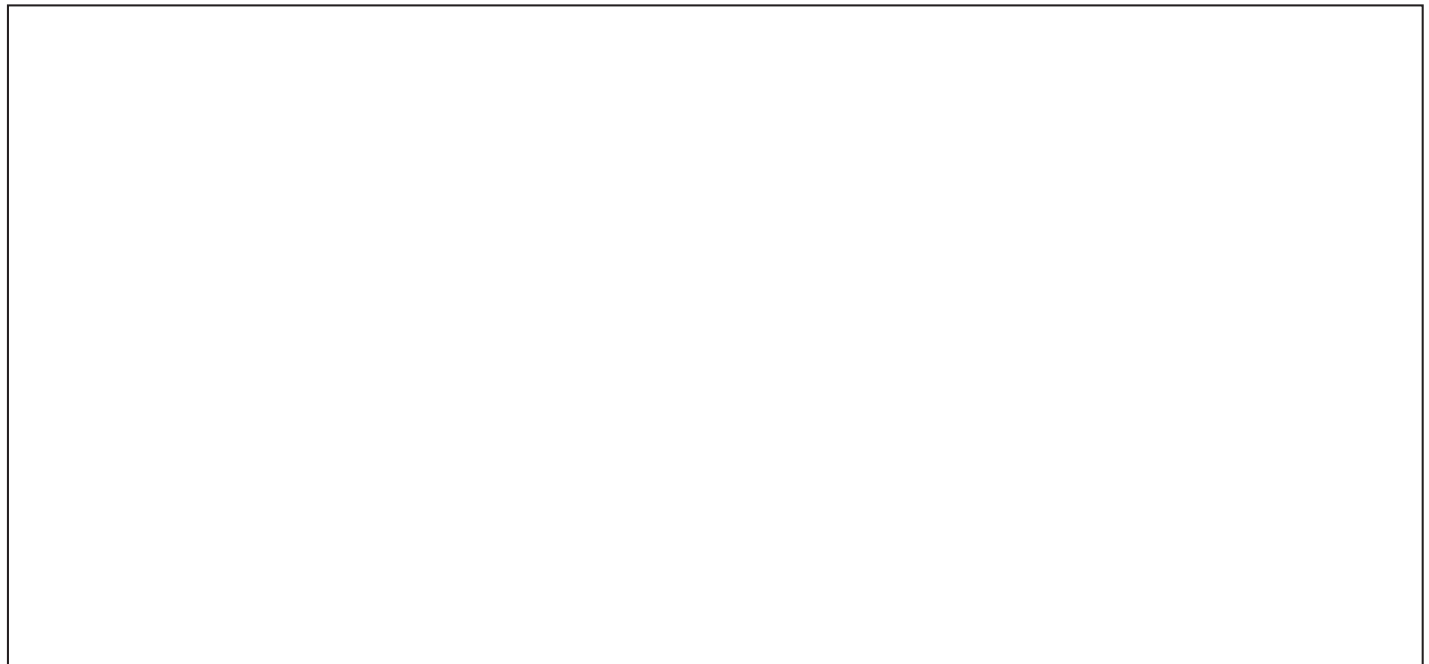
at every commissary location, depending on the number of qualified applicants and funding, said Kay Kennedy, chief of corporate communications for the agency.

Funding comes from manufacturers and suppliers whose products are sold at military commissaries, Ms. Kennedy said.

The Fisher House Foundation is also underwriting the program's administrative costs.

The general public can also contribute to the program through the Fisher House Foundation and the Armed Forces Foundation.

Last year, 550 scholarship recipients were selected from 6,500 applicants.



## Web site helps with school, deployment issues

By Gerry J. Gilmore  
AMERICAN FORCES PRESS SERVICE

WASHINGTON - A Web site created to help servicemembers, spouses and children navigate the challenges associated with military moves and deployments is now available.

Sponsored by the Defense Department, the site offers advice and resource assistance for school transition issues, military deployments and more, said John Molino, deputy undersecretary of defense for military community and family

policy.

The site contains school transition and deployment information targeted to the concerns of military parents, children 6 to 12 years old, teenagers, families with special-needs children, military leaders and educators.

Parents can also access education-related information on transferring student records, graduation requirements and more.

The site allows military children and teens to access tips and information to help them cope with

family moves and military-parent deployments, adapting to new schools and making new friends.

Monitored children's and teen's "chat rooms" also are available on the site. "(The chat rooms) will enhance the ability of children to share their own experiences, which will be most relevant in that age group," he said.

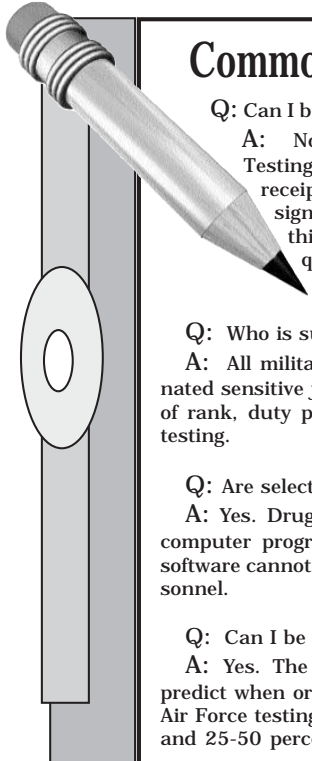
The site's overall purpose is to help servicemembers' children succeed within the framework of the military lifestyle, Mr. Molino said.

"These are not insurmountable



problems," he said. "These are challenges, much like the challenges they will face for the rest of their lives."





## Commonly asked questions about the Air Force Drug Testing Program

**Q:** Can I be notified over the phone of my selection to test?

**A:** No. Air Force Instruction 44-120, Drug Abuse Testing Program, requires members to acknowledge receipt of the written order by endorsing with his/her signature at the time of notification. Additionally, this provides the member the opportunity to ask questions or clarify any concerns they may have at the time of notification.

**Q:** Who is subject to testing?

**A:** All military members and those DoD civilians in designated sensitive job positions selected by the AFDTP, regardless of rank, duty position or work schedule, are subject to drug testing.

**Q:** Are selections made randomly?

**A:** Yes. Drug demand reduction personnel use the AFDTP computer program, which randomly selects the names. This software cannot be altered or manipulated to select specific personnel.

**Q:** Can I be selected more than once?

**A:** Yes. The AFDTP is designed to ensure it's not possible to predict when or how frequently an individual may be selected. Air Force testing has increased from 50-75 percent for military and 25-50 percent for civilian in designated testing positions,

increasing the chance of being selected more often.

**Q:** What happens if I'm using prescribed medication and test positive for urinalysis?

**A:** A positive urinalysis test result does not automatically identify you as an illegal substance abuser. Your medical record will be reviewed for valid prescriptions, which could cause a positive test result and also determine if alternative medical explanations exist. If you test positive because of using prescribed medication, no further action will be taken.

**Q:** Will I test positive if I'm at a concert and someone is smoking marijuana in my immediate vicinity?

**A:** No, the DoD has established cut-off levels for the different categories of drugs. For example, 15 milligrams is the cut-off for marijuana. Based on the above scenario, the member could not innocently inhale sufficient amounts of the drug to test positive.

**Q:** What happens if I fail to show for testing?

**A:** It will require the unit commander, legal office and Air Force Office of Special Investigations to determine why an individual failed to show up for their appointment.

For more information or to schedule a unit briefing, call Mr. Edward Cole or Ms. Angela Tate at 494-8143.



## Drunk driving fast facts

- ▶ Drunk driving is the nation's most frequently committed violent crime, killing someone every 30 minutes.
- ▶ About three in every 10 Americans will be involved in an alcohol-related crash at some time in their lives.
- ▶ Drinking and driving killed about 17,000 people last year alone and injured half a million more.
- ▶ Of the general driving age public, 97 percent see drinking and driving as a threat to their personal safety and about 66 percent feel it is extremely important to do something to reduce the problem in terms of where tax dollars should be spent.
- ▶ Binge drinkers (those who have five or more drinks on occasion) are only 20 percent of the U.S. population, but drink 83 percent of the alcohol.
- ▶ The highest prevalence of both binge and heavy drinking in 2000 was in young adults aged 18 to 25, with the peak rate occurring at age 21.
- ▶ Last year, the intoxication rate (those over .08 blood alcohol level) for male drivers involved in fatal crashes was 25 percent, compared with 12 percent for female drivers.
- ▶ For fatal crashes occurring from midnight to 3 a.m., 79 percent involved alcohol.
- ▶ Of the general driving age public, 97 percent see drinking and driving as a threat to their personal safety and about 66 percent feel it is extremely important to do something to reduce the problem in terms of where tax dollars should be spent.

*Statistics courtesy of Mothers Against Drunk Driving*



Photo by Jim Laviska

Denise Deatherage, Patrick Health and Wellness Center nurse educator, helps Brig. Gen. Greg Pavlovich, 45th Space Wing commander, tie a red ribbon to his vehicle. The red ribbon campaign, developed by Mothers Against Drunk Driving in 1986, serves as a national awareness to deter drunk driving.

## Wing ties one on for holiday safety

The 45th Space Wing, in coordination with the Patrick Health and Wellness Center, promotes the "Tie One On Red Ribbon Campaign" beginning Nov. 21. The program, developed by Mothers Against Drunk Driving, encourages people to tie a red ribbon to the antenna or their prominent feature of their vehicle as a constant reminder throughout the holidays to not drink and drive.

Nov. 21, senior leaders will be disseminating red ribbons at Patrick Air Force Base and Cape Canaveral Air Force Station gates from 6:45-7:45 a.m., mandatory safety presentations are at 8-9 a.m. at the Patrick theater and 11 a.m. - noon in Hangar F at the Cape.

Ribbons are available at the HAWC. For more information, or for ribbons to be sent to an organization, call 494-2660. For more information about the campaign, go to [www.madd.org](http://www.madd.org)

**Get academy, ROTC info**

The Air Force and Air Force Association sponsor an Air Force Scholarship Night Nov. 25 from 7-9 p.m. at the Officers' Club. The program explains military scholarship opportunities at the Air Force Academy and Air Force Reserve Officer Training Corp for high school students and interested enlisted personnel. Interested applicants and their parents are invited to attend this event. The event will feature the admission procedures for the AF Academy and the application procedures for the ROTC scholarships. Local AF Academy and ROTC cadets will be present. For more information, call Capt. Joe Carcinek at 773-5411.

**Legal assistance hours change**

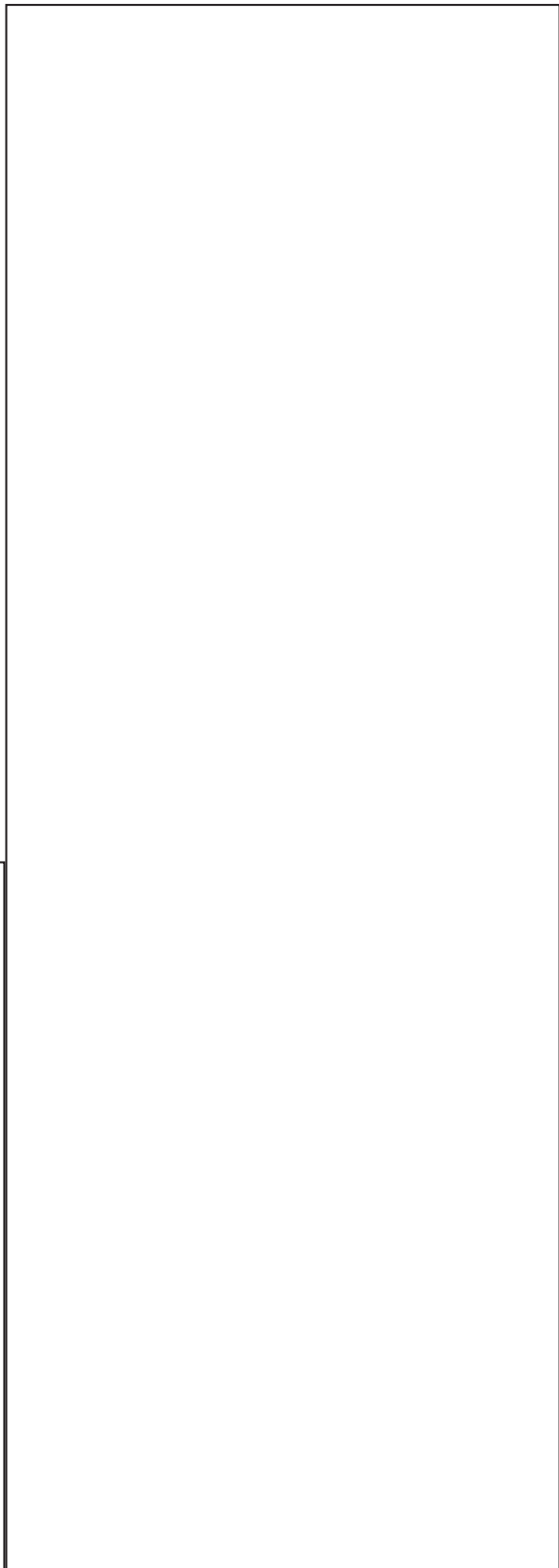
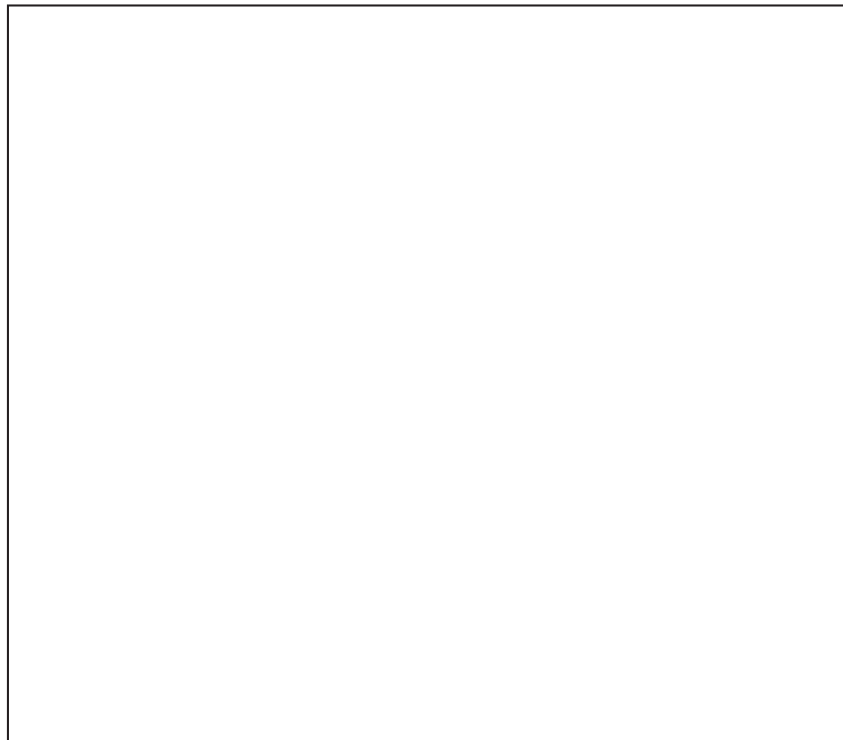
The 45th Space Wing Staff Judge Advocate office will change its hours on Jan. 1 for walk-in legal assistance. Active duty, retired military member, military/retiree family members and activated reservists on Title 10 status may get legal assistance Wednesday and Thursday from 8-10 a.m. Active-duty members may make an appointment on Tuesdays. Notary services hours remain the same from Monday - Thursday from 8-11 a.m. and 1-4 p.m. For more information or to make an appointment, call 494-7357.

**New form effective soon**

Pure Edge will replace Form Flow for the following forms Jan. 1: AF IMT 77, supplemental evaluation sheet; AF IMT 78, AF general officer promotion recommendation; AF IMT 475, education/training report; AF IMT 707A, FGO performance report (major - colonel); AF IMT 707B, CGO (second lieutenant - captain); AF IMT 709, PRF; AF IMT 910, EPR (airman basic - technical sergeant); and AF IMT 911, senior enlisted performance report (master sergeant through chief master sergeant). For more information, call 2nd Lt. Bernice Zollner, 494-2894.

**Register for pay Web site**

The 45th Comptroller Squadron can now establish a MyPay personal identification number for active duty, Reserve, civilian and retired military members. MyPay allows individuals to change their pay information 24 hours a day from any computer with Internet access. To obtain a PIN, stop by the customer service counter between 8 a.m. - 3 p.m. or send an e-mail to [4finance@patrick.af.mil](mailto:4finance@patrick.af.mil) with name and social security number attached. The PIN will be established within two business days.





# Wing licenses Complex 47 for educational purposes

By Capt. Susan A. Romano  
45TH SPACE WING PUBLIC AFFAIRS

The 45th Space Wing transferred the use of Launch Complex 47 at Cape Canaveral Air Force Station to the Florida Space Authority at a ceremony Nov. 7, known as Project Genesis.

The transfer, which is governed by a licensing agreement under the Commercial Space Transportation Act, is the first of its kind in the nation. The Florida Space Authority will have overall operational control of the launch pad, while Brevard Community College will be responsible for ground operations. The University of Central Florida/Florida Space Institute will be responsible for flight operations.

The complex had been used for weather sounding rockets, but the sounding rocket program was phased out in 2001. From there, the wing began the deactivation process for the complex.

However, a few members of the wing and members of the Florida Space Authority met and put together a comprehensive plan to transfer this excess launch property in a no-cost lease to FSA.

"We were thrilled to transfer the use of this launch pad to FSA and its partners," said Brig. Gen. Greg Pavlovich, 45th SW commander. "Through the efforts involved, we took an active launch pad that was scheduled to be deactivated and turned it over to the State of Florida to be use for educational opportunities for years to come."

Immediately following the dedication ceremony, students from BCC and the UCF/FSI launched a 79-inch Super-Loki rocket carrying a small digital camera.

The launch team hoped the camera would take aerial photos after being deployed from the rocket; unfortunately, the rocket and payload ended up in the ocean.

"Although we were disappointed, we used this launch as a demonstration and stepping stone for future launches," said Pete Gunn, director of safety and security for FSA.

According to officials, the handover of the complex is a milestone in educational opportunities for generations to come.

"The opportunity to activate and utilize Complex 47 opens the door to real-world operations for students in the aerospace technology program, said BCC aerospace programs executive director Dr. Al Koller. "We are providing new modes for technical education and motivating interest in science, math and engineering for the technical workforce of the future."

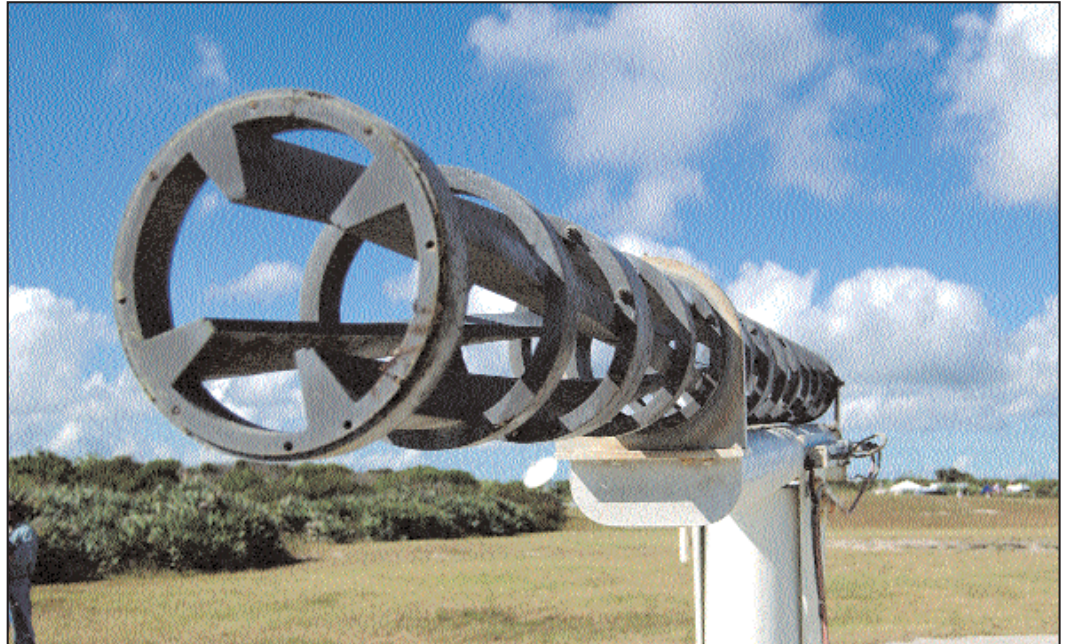


Photo by Capt. Susan Romano

Space Launch Complex 47 was turned over to the Florida Space Authority at a ceremony Nov. 7. Students from local area colleges launched a 79-inch Super-Loki rocket carrying a small digital camera.



Photo by Mike Brown, Florida Today

Navy captain Winston Scott, (left) executive director of the Florida Space Authority, and Brig. Gen. Greg Pavlovich, 45th Space Wing commander, sign the agreement to turn over use of Space Launch Complex 47 to the Florida Space Authority, Nov. 7.





Riverside Dining Facility's Lucy Guy hands a freshly-made BLT sandwich to Airman 1st Class Marvin Castro, 45th Civil Engineer Squadron, Monday.

Photo by Jim Laviska

## *Servin' up service with a smile*

By Ida Barry  
45TH SW PUBLIC AFFAIRS

One of the best restaurants in Central Florida doesn't require reservations. All it takes to chow down at Patrick's Riverside Dining Facility is a meal card.

Forget the bland white walls and industrial-looking rooms of chow halls gone by. The Riverside Dining Facility's décor is pure Floridian, the view of the water is breathtaking and the atmosphere is very appealing.

"The dining facility mainly exists for meal cardholders - individuals who live in the dormitory," said Peter King, 45th Services Squadron food service officer. "Enlisted personnel receiving Basic Allowance Subsistence may also use it." Cardholders may bring their parents, family members and friends to eat at the facility, but they must pay a surcharge.

Squadron and group commanders, and officers on Temporary Duty at Patrick and visiting dignitaries may eat at the dining facility when they pay a small surcharge, according to Mr. King.

The dining facility is divided into three themed sections, the Dolphin room, Pelican room and the Manatee room. The most impressive is the Pelican room, used for high-level visitors and special meetings. "(They) like to use the Pelican room when they come to Patrick," said Mr. King.

"It's great as a meeting room and convenient

because they don't have to go downtown to a restaurant. They like to eat here."

Airmen can reserve the room if they have a meal card. The room can be reserved in advance or with little notice as long as it's not being used.

"We want to provide a home environment so we try to give them a dining area where the whole family eats and a formal eating area for when company comes," said Mr. King. "If they want to eat with other authorized personnel then they can have the Pelican room."

The menus used at the dining hall are established by the Air Force and are based on 14-day cycles, so every 14 days the menu reverts back to menu number one. They are made out for the whole year in advance.

"Supposedly, you can go to any Air Force base worldwide and get the same exact meal on that day," said Mr. King.

The Riverside Dining Facility spices up the 14-day menu by including a Hot Food Bar offering a different special each day.

"Our two most popular days are Asian Day on Fridays when we have different types of oriental food, and Wednesdays "Build Your Own Pizza Day," said Mr. King.

Other enhancements to the dining hall include adding dining menus and jellies on each table making it look just like a restaurant.

"The menus are a popular item because it lists all the meals and dates they will be served. To the best of my knowledge I don't know of any other Air Force dining facility that has something

like this," said Mr. King. "We keep the jellies on the tables at each meal. Previously, they were only on the serving line at the breakfast meal only."

A suggestion by an airman to bring her boss to lunch at the dining facility turned into a popular event. It's held once a quarter and a cardholder may bring their civilian or permanent party officer to the dining hall for lunch only, according to Mr. King.

"I got special permission by the Air Force to do this," said Mr. King. "The only drawback is that the cardholder can bring only one boss at a time."

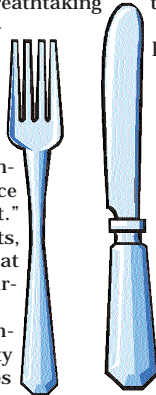
In catering to its customers Mr. King has procured four Internet-ready computers as a means for its patrons to keep in touch with their families.

"The computers are for those that live in the dorms and don't have computers and for folks on TDY status as a means to keep in touch with their families," said Mr. King.

"There is always someone on the computers - from the time we open to the time we close. They are very popular and doesn't cost anything to use them."

Going the extra mile is nothing new at the Riverside Dining Facility. It has won the prestigious Hennessy Trophy for the command nine out of the last 12 years and for the Air Force the past two years.

"The Hennessy Trophy is for the best food service operation in the AF and to win it once is an extremely difficult task," said Mr. King. "That's not why we work hard and exist for. We're working to be the finest dining facility in the Air Force for our people."



**Intramural standings**

**2003 Flag Football**

*standings as of Nov. 12*

Team	win	loss	win%
RANS	9	0	100%
SFS	6	2	75%
CES	6	4	60%
COMM/MED	4	5	44%
CAPE	3	6	33%
AFTAC	3	7	30%



Photo by Airman 1st Class Shaun Emery

**Mike Hamilton, 45th Medical Group, works out his chest at the Patrick Fitness Center.**

**Sports Briefs**

**Triathlon postponed**

Saturday's kids' triathlon has been postponed until spring due to lack of participation. Contact the Fitness Center at 494-4947.

**Winter Golf League Forming**

The Patrick Fitness Center is organizing the Intramural over 30 Basketball League to commence with a pre-season tournament on Jan. 5 with the regular season following on Jan. 12. Entries must be submitted to the Fitness Center no later than Dec. 5. An organizational meeting to include all team coaches or representatives will be held Dec. 5. 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. For further information contact Ralph Robinson at 494-3187.

**WarFit in water**

The Patrick Fitness Center offers Waterfit classes. The classes are every Tuesday and Thursday from 9-10 a.m. at the Fitness Center Lap Pool. The classes are designed for all fitness levels. Aqua-joggers and waterbells will be supplied.

**Turkey Trot is Nov. 20**

The annual Turkey Trot at the Patrick and Cape Fitness Centers is Nov. 20 at 11 a.m. This is a 5-K prediction run. First-place male and female finishers will win a frozen turkey.

Patrick Fitness Center will hold the event in conjunction with the Health and Wellness Center's Great American Smoke Out 2-mile walk.

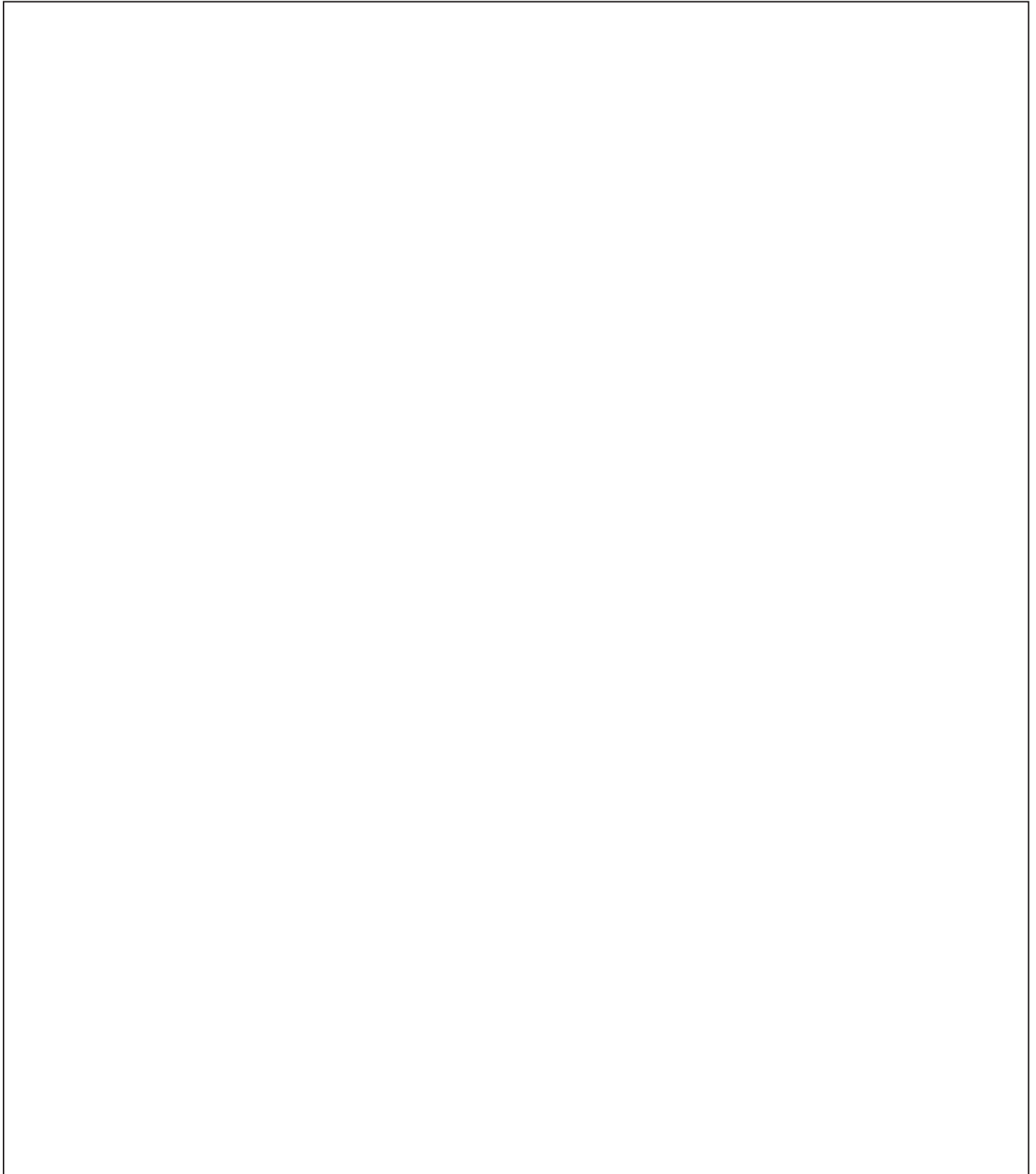
Participants in both events can enjoy cold turkey sandwiches in the HAWC after the event. Call 494-4947 for more information.

**Take a Taek Won Do class**

Find inner strength with Taek Won Do classes at the Patrick Fitness Center. Classes are Tuesdays from 6-7 p.m., Wednesdays from 7-8 p.m. and Saturdays from 3-4 p.m. Monthly fees are \$45 for the first family member and \$22 for each additional family member.







# Great American Smokeout heats up

By Denise Deatherage  
45TH MEDICAL GROUP

The third Thursday in November has traditionally been the "Great American Smokeout", a day when millions of Americans stop smoking for at least a day.

Each year, millions of Americans try to quit and for each quitting attempt, many are successful. Although many depend on sheer willpower to quite, many more are more likely to succeed in permanently quitting tobacco with help from others, including an interested health care provider.



Nicotine is an addictive drug. No one started smoking with the intention of becoming an addict. Smoking has been part of the American culture and many people start because their friends start, or they want to be "grown up" and part of a lifestyle where smoking is important.

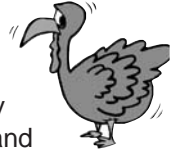
Most smokers realize they would have been better off not smoking and each year, approximately 70 percent of all active duty smokers want to quit. A good percentage of those try to quit. They find quitting is not so easy.

There are specific times when the urge for a cigarette can be overwhelming. Without a smoke, the individual becomes highly stressed, irritable and unable to concentrate. At some level, smokers may realize that smoking is out of control. When the urge strikes, it becomes an obsession and use becomes compulsive.

The Air Force wants smokers to quit. Nicotine addiction adversely impacts readiness and the military's mission.

In a field setting, a lit cigarette becomes a beacon in the dark and cigarette butts can be an important clue to enemy intelligence. Nicotine withdrawal decreases tolerance to stress, decreases the ability to concentrate, increases personal irritability and can disturb the sleep cycle needed for optimal performance. Tobacco smoke itself decreases the amount of oxygen and increases the amount of carbon monoxide in the blood so that personal endurance is

## Go cold turkey



**When:** Thursday  
**Where:** Health and Wellness Center

Just say "no" to smoking for 24 hours during the Great American Smokeout.

► Visit the HAWC Nov. 17-19 between 7 a.m. - 4 p.m. and pick up a survival kit, which includes pledge cards to adopt a smoker for a day.

► A two-mile walk begins at 11 a.m. in front of the Fitness and Sports Center. Following the walk, participants can enjoy free turkey sandwiches. Participants are eligible to win a turkey from the base commissary.

► For more information or to get an adopt-a-smoker survival kit, call the HAWC at 494-2660.

► Tobacco Cessation Course: This educational, supportive approach to tobacco cessation covers areas such as relapse, exercise, stress, oral hygiene and nutrition. The next classes are Jan. 7 - Feb. 11 on Wednesdays, 12-1 p.m. at the HAWC and at the clinic, 4:30-5:30 p.m.

► Make a New Year's resolution by making a reservation; call 494-2660. Medications available with tobacco cessation course are Nicotine patch and Zyban.

decreased.

Most smokers already realize these facts and are willing to quit if this can be accomplished successfully.

The 45th Medical Group can help all smokers successfully quit.

**Library provides resources**

The Patrick Library invites all students to check out the library's print and electronic research materials. The library has a diverse print reference collection for adults and children with information ranging from the World Book Encyclopedia to primary source news documents of World War I.

The library also has circulating collections specifically relevant to professional military education, in depth management studies and CLEP/Dante's testing. Education is an essential part of the library mission and the library staff is available to assist as needed. Don't wait until the last minute; come to the base library and get a password to check out these reference tools. Call 494-6881 for more information.

**Native American story time**

Join the Patrick Base Library from 10 a.m. to 12 p.m. on Nov. 22 and 29 for special story time sessions featuring Native American tales. Special craft projects and snacks provided. For more information, call the library at 494-6881.

**Youth coaches vs. teens**

Youth basketball coaches compete against their teen counterparts Nov. 21 during the Patrick Youth Center's next Teen Gym Jam. Game time is at 7 p.m. with the Gym Jam from 6 - 11 p.m. The game is in support of the Great American Smokeout Day.

The Youth Center also sponsors a family and staff pasta dinner from 4 - 6 p.m. Those interested in signing up for the coaches' team should call Ms. Lynne Phillips at 494-4748.

**Bowl for a turkey**

Rocket Lanes Turkey Bowl has been changed. The new time is 11 a.m. - 4 p.m. on Nov. 20. The three highest male and female bowlers win a turkey. Call 494-2958 for more information.

**Register for Little League**

Registration begins Dec. 1 for the Youth Programs upcoming 2004 Little League

Baseball, Girls Softball and Tee Ball programs. The program is open to children ages 4-16 of active duty, retired military, DOD personnel, NAF employees and DOD contractors.

Children must be 4 years old by March 1, 2004 and not turn 17 by August 1, 2004 to be eligible to participate. All participants must have a physical on file at the Youth Center before registration. For more information, call at 494-3770.

**Coaches needed**

Adult coaches are needed for the Youth Program's upcoming Air and Space 2004 Little League Baseball, Girls Softball and Tee Ball programs. Interested parties must fill out an application at the Youth Center and are required to attend mandatory training before practices begin in January. Call 494-3770 for more details.

**Thanksgiving at Riverside**

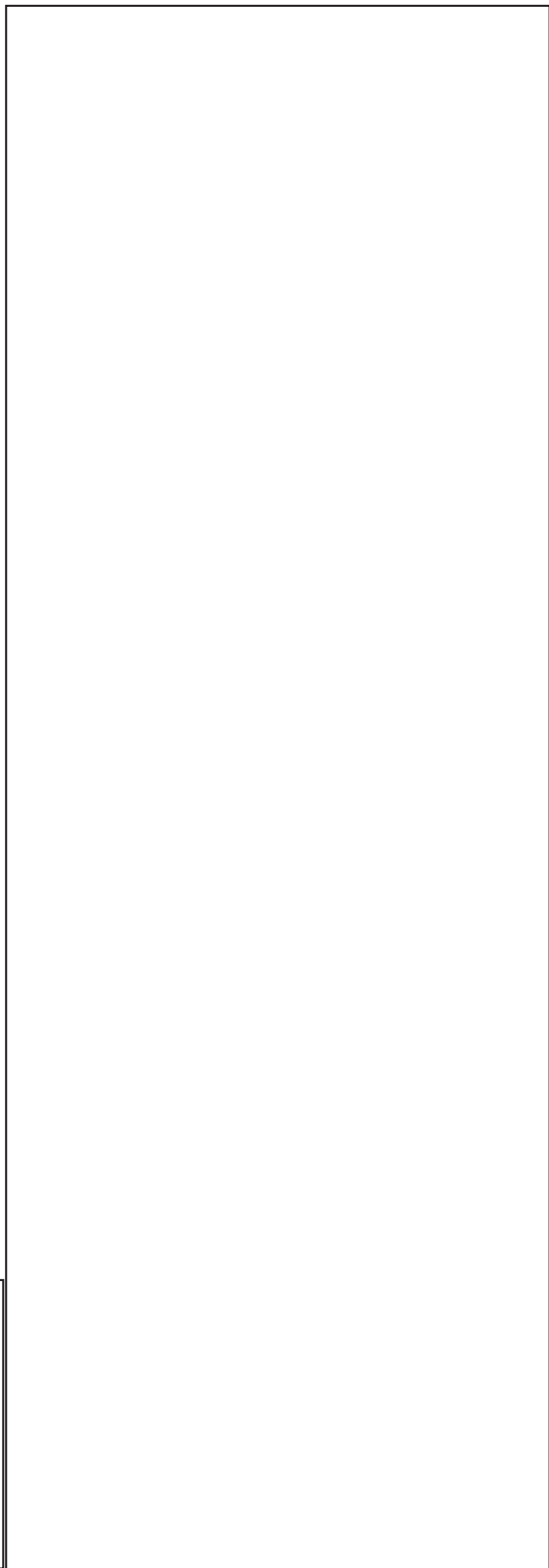
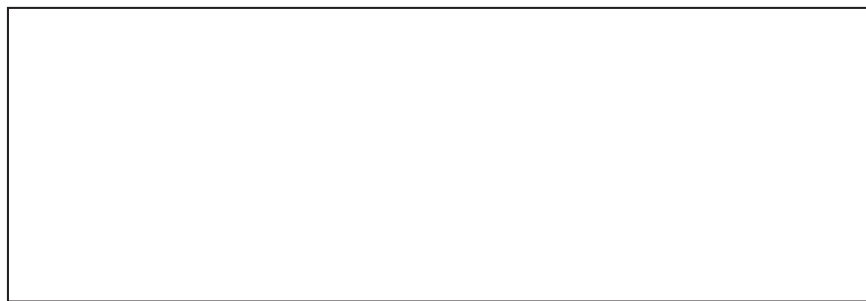
The Thanksgiving meal at the Riverside Dining Facility will be served Nov. 27. The dining facility will open from 11 a.m. - 12:30 p.m. for all active duty personnel and their family members only.

All other parties including retirees and their dependents will be served from 12:30 - 6 p.m. Call 494-4248 for more information.

**Free temporary membership offer**

The Manatee Cove Marina is a membership-based club with a "Key West" atmosphere for their patrons. The club offers both wet and dry boat storage, boat ramps, a supply store, lounge and a club house. Members enjoy numerous social events inside and outside the Tiki Bar.

Throughout November, the Manatee Cove Marina will allow all eligible non-members to drop by the Ship Store and pick up a free temporary membership card. If you wish to become a regular member after November, bring in the temporary card and the marina will waive the initiation fee. Dues are \$10 per month. Call 494-7455 for more information.





## 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](mailto:Commander'sline@patrick.af.mil) or click global at Commander's Line – Patrick AFB; recorded message, 494-6550; mail, 45SW/PA 1201 Edward H. White II St, Ste C-130, Patrick AFB FL 32925-3237; fax, 494-7302. Address all correspondence "Attn: Action Line."

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



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

**45th Mission Support Group**  
Col. Steve Werner  
494-6607

**45th Civil Engineer Squadron**  
Jack Gibson  
494-4041

**North and Central Housing**  
Caroline Jamba  
494-2593

**South Housing**  
Pam Brown  
777-8282

**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

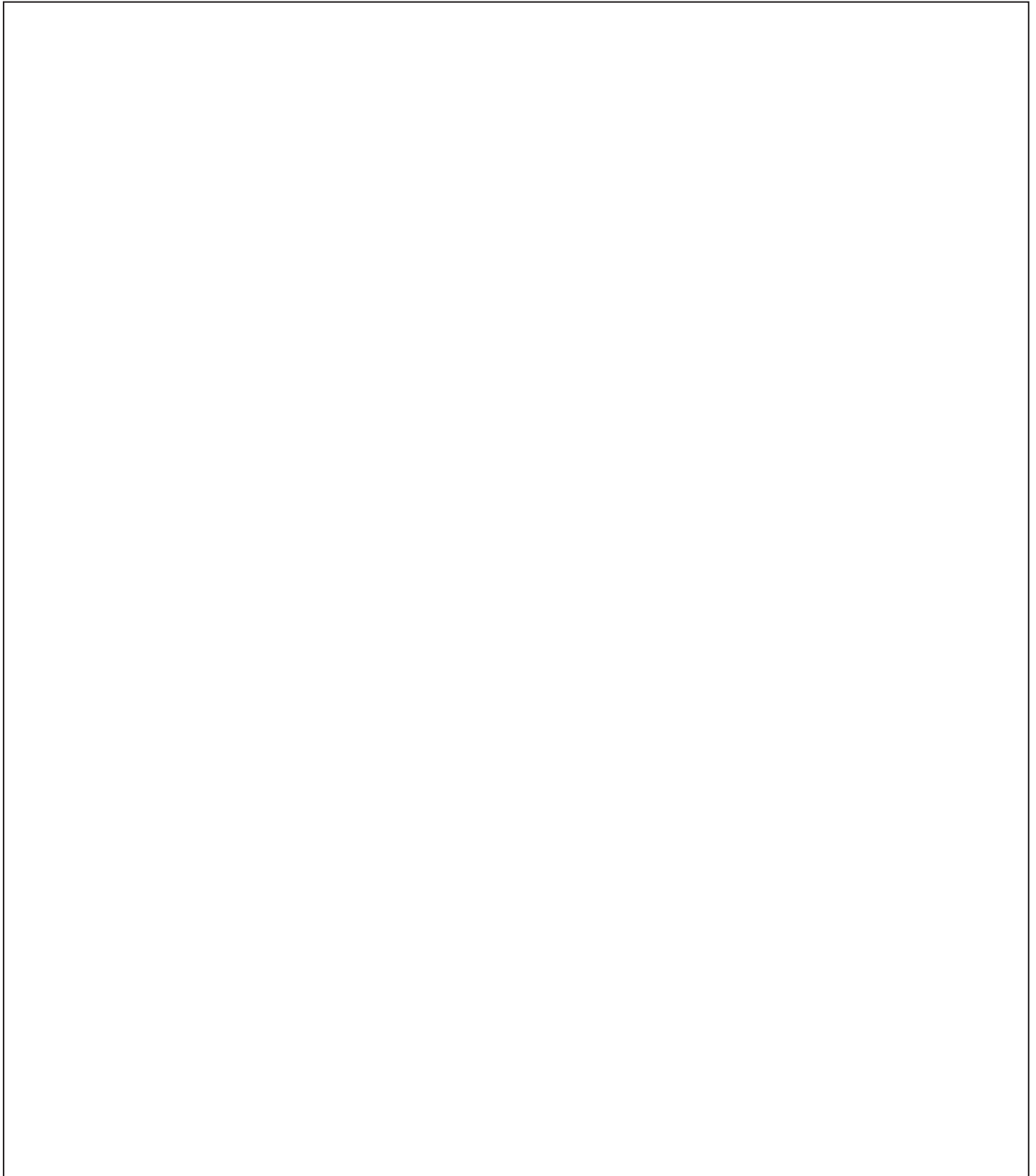
**45th Security Forces Squadron**  
Maj. Lynden Skinner  
494-6202

**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  
494-4373





*At the movies*

**Friday** *School of Rock* - Dewey just got fired from his own rock band. To make matters worse, his roommate Ned is being hounded by his girlfriend Patty to get Dewey to cough up the rent money he owes. Dewey pretends to be his roommate to make some extra bucks substitute teaching.

Over the course of several weeks, he takes a class of private-school students and molds them into a rockin' band. Stars Jack Black and Mike White.

Rated PG-13 (adult situations, adult language) 104 min

**Saturday** *Out of Time* - Matt Lee Whitlock is chief of police in small Banyan Key, Fla. He's respected by his peers and loved by his community.

But when Banyan Key is shocked by a double homicide, everything Matt Lee thought he knew starts to unravel, and he finds himself in a race against time to solve the murders before he himself falls under suspicion.

Matt Lee has to stay a few steps ahead of his own police force and everyone he's trusted in order to find out the truth. Stars Denzel Washington and Eva Mendes.

Rated PG-13 (sexual content, violence, language) 97 min

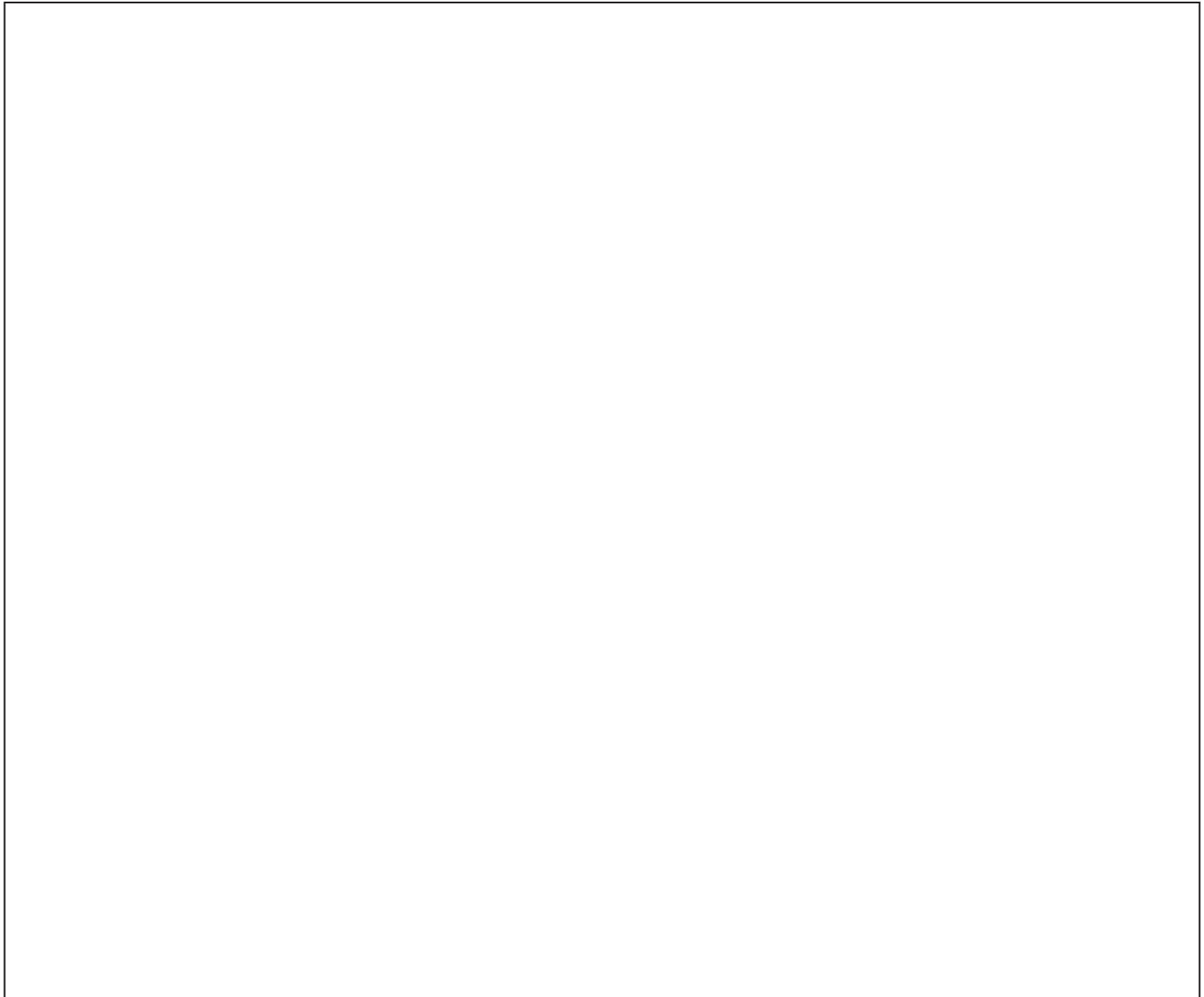
**Sunday** *Duplex* - A young New York couple decides to seize the opportunity to move into the duplex of their dreams. Their only obstacle, the tenant upstairs, a sweet senior citizen who won't budge.

When the old woman, not nearly as nice or as feeble as first thought, becomes unbearable, the couple begins to plot her demise. Stars Ben Stiller and Drew Barrymore.

Rated PG-13 (sexual content, language, violence) 97 min

**Thursday** *Out of Time* - See Saturday's synopsis.

*Movie times are at 7:30 p.m. unless otherwise noted. Tickets for adults are \$2.50, children 11 and younger pay \$1.50.*







**Events**

Friday - Sunday, Space Coast State Fair at the Cocoa Expo Sports Center. Fair with exhibits, crafts, rides, shows and concerts. Call 639-1204.

Tuesday, 7 p.m., "Decorating Your Holiday Table" at the Mims/-Scottsmoor Library in Titusville. Class is free. Call 264-5080.

Nov. 22, 7:30 p.m., Concert at Eau Gallie High School auditorium. Concert is free, but donations are accepted. Call 777-9766.

**Festivals**

Nov. 23, 11 a.m. - dusk, Musical Medley & Art Festival in the Park at Taylor Park, Rockledge. Local artists, trolley rides, animal display, student art, music and food. Admission is free.

Dec. 5, 6-10 p.m., Titusville Nights Street Party in downtown Titusville. Shops are open, bands are playing, entertainment and street vendors. Call 267-3036.

*Riverside Dining Menu*



Saturday Brunch - Cajun meat loaf, \*crispy-baked chicken, ribeye 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 - Sukiyaki, teriyaki chicken, beef stir-fry, sweet n' sour pork

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  
\*Healthy choice



**Catholic** — Daily Mass (Mon. - Fri.) 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.

Religious education classes: 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. 9:50 a.m.: Adult Sunday School in Seaside Chapel. 10 a.m.: Grades K-12 at South Patrick Chapel. Van transportation provided for base children.

11 a.m.: Contemporary Service in the South Patrick Chapel.

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

