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Photo by Airman 1st Class Shaun Emery

## Safety first

Brig. Gen. Greg Pavlovich, 45th Space Wing commander, and Pete Taddie, acting chief of the wing safety office, display a new banner at Patrick Air Force Base's Main Gate in preparation for Friday's wing Safety Day. The day's events include guest speakers and a Jaws of Life demonstration. The sign is a reminder that safety is the priority at the 45th SW, especially as the 101 Critical Days of Summer campaign begins.

# Pharmacy's innovations inspire praise

**By 2nd Lt. Elizabeth Kreft**  
45 SW Public Affairs

Though the Patrick Air Force Base pharmacy stays busy filling over \$22.4 million in prescriptions each year, the staff still finds ways to stay ahead of the curve and win awards for innovative projects.

Years of hard work and application of the START principles have produced several levels of distinction for the pharmacy team. Some of the most highly regarded medical research organizations in the nation have recognized the pharmacy for efforts in 2003, some of which, such as the Pinnacle Award from the American Pharmacists

Association Foundation and the American Society of Health System Pharmacy's Best Practice Award, are firsts for any Department of Defense agency.

Other recent awards include the Florida Society of Healthcare System Pharmacy's Best Research Project, GlaxoSmithKline Circle of Excellence Award for Medication Safety, and the United States Air Force Pharmacy Research Project of the Year.

The specific project that paved the way for all the accolades is the "Impact of Pharmacy-led Dyslipidemia Interventions on Medication Safety and Therapeutic Failure Patients."

"The project is somewhat hard to

understand in plain terms," said Lt. Col. Joseph Weaver, pharmacy element chief. "The only thing our patients need to understand is that this entire project and all these awards recognize the staff's dedication to the highest possible level of customer safety."

"We are specifically focusing on patients who take over \$4 million worth of cholesterol medication through our pharmacy yearly," said Col. Weaver. "We use our health care computer system to track these patients so our pharmacists can optimize their therapeutic outcomes."

The project involves several layers of cooperation and interaction with the

**See AWARDS, Page 10**



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

Last week I told you the great news about Master Sgt. Bill Trainer and his triumphant return to duty after successfully beating cancer. I invited Bill to use my column to briefly share with you a snapshot of what he has been through these past seven months and to highlight the 45th Space Wing spirit that helped he and his wife Nancy through this difficult time.

His hope is that something good to come out of his experience. He wanted to fight this disease with class and dignity, and I think we can all agree that he has done that tenfold. I hope you enjoy reading his words — he'll tell you he could fill volumes saying good things about the great support he received, but the abridged version will have to do. His is a story that reminds us that heroes are not born, they are created when adversity is confronted with strength and spirit.

Outstanding IS just the START! God bless!

**By Master Sgt. William Trainer**  
45th Medical Group

On Oct. 23, 2003, I started my day like any other; unaware this day would change our lives forever. It was a typical Florida sunrise and my drive to the base was full of thoughts of what I needed to get done, and of course, daydreams of just playing on the river. I was well into my day at the clinic when it was pointed out to me that I had a black eye. I had no idea how it got there, but had experienced some unexplained bruising in the past months, so I had it checked immediately.

Within 30 minutes of having my blood drawn, I was summoned to Dr. Stephen Niles' office, our deputy group commander. He was there with two other physicians. I knew by their faces something was wrong. All I recall of the conversation was that I was seriously ill and needed to call my wife, Nancy. I could see tears in everyone's eyes as I left the room.

Two hospitals, one bone marrow biopsy and three specialists later, the diagnosis was Acute Myelogenous Leukemia, or AML. This type of leukemia principally affects cells that are

unformed or not yet fully developed. These immature cells cannot carry out their normal functions. There are several levels of this disease and mine was an M3 level. Fortunately, M3 patients have a high success rate of remission. On the bad side, the chemotherapy regimen is a lengthy and potentially deadly treatment with terrible side effects.

Those first 24 hours were the toughest. I was told I might not survive and I was scared. I remember the first night at Holmes Regional Medical Center. I woke up around 2 a.m. — alone and terrified. But those feelings were soon replaced as support from just about every 45th Space Wing unit poured in. People came in droves from early morning until late at night. The visitor list read like a "who's who" ... from Airmen to general officers, including past commanders. The hospital staff brought daily stacks of emails to my room. This support lifted my spirits, as did Master Sgt. Hope Sanders, who started my spiritual transformation by calling me daily and praying over me. She is my angel. No doubt about it, those early days were bearable because of the love and support I had from Patrick community.

My oncologist recommended I receive treatment at the University of South Florida's Moffitt Cancer Center in Tampa. I was leery of leaving my support network, but underwent surgery for installation of a port to administer chemotherapy treatment and transferred to Moffitt. My induction therapy of chemo lasted over several weeks. It was tough — I lost my hair and boy was I sick. But the nursing staff along with the techs of various disciplines made our stay comfortable.

And, most importantly, my support network transferred with me. I would not be here today without Nancy's support. Her ability to stay by my bedside was possible because our civilian force came to our rescue with generous donations of annual leave. Another outpouring of support came from the 45th Medical Group and Company Grade Officers Association bone marrow drive. Their effort to find a potential bone marrow match for me in case a transplant was required, still bring tears to my eyes. The fact that more than 245 people participated on my behalf is nothing less than heroic. So far I have not needed this life saving technique, but now there are more potential donors that other cancer sufferers may benefit from.

The steady flow of visitors continued along with cards, phone calls, and emails. I'm indebted to Dr. Niles who called every night to check in. I was honored when Brig. Gen. and

Mrs. Pavlovich visited to watch over us. Chiefs Tony Manson, Ida Koepke, John Baker and Leo Capelli, along with my brothers and sister Shirts provided me bedside coaching. The chaplains at Patrick and MacDill invested considerable bedside time, too. Master Sgts. Dave McCoy and Juan March cut our yard for weeks, and the Silverado Gang ensured our dog and house were cared for. Senior Master Sgt. Larry Blake and Master Sgt. Rich Bend put my mind at ease by doing a first class job as first sergeant during my absence.

The list goes on and on, but three visitors touched us when we needed it most. One Friday night a young Airman from my unit arrived with her boyfriend in tow.

I was honored and humbled that two Airmen would make the long drive on a weekend night. Mrs. Mackett, wife of my previous boss Col. Charles Mackett, visited and made weekly calls and visits, including taking Nancy out for a day of fun, giving her a much-needed break. Finally, Senior Master Sgt. June Philips, 45th Operations Group first sergeant, who literally spent every weekend caring for Nancy and me. There was no job too big or too dirty that she did not do for us. A superior diamond.

After my discharge from Moffitt, I continued my treatment as an outpatient for five months. Outpatient chemo isn't fun, either. Not a day that goes by that we don't think about cancer and how it changed our lives, and the lives of our three sons.

But I believe I am a better person for the experience and am fortunate that I had inspiration. I was encouraged by all the support and by the testimony of friends who were cancer survivors, like Master Sgt. Cliff Ford. We served together in the Operations Group and he has been my hero ever since. The class and faith he displayed going through his treatments after being diagnosed in 1999 were inspirational to me then and now.

I feel blessed by those who kept me in their prayers. We are grateful for all the cards, care packages, DVDs, letters and books people sent us. I thank God for hearing your prayers and sparing my life for now.

My cancer is in remission and although I am still undergoing a daily regimen of chemotherapy, I returned to duty last Monday after seven months. Just like before, it was another typical Florida sunrise, and my drive to work was full of thoughts of what I have missed and of course, daydreams of just playing on the river. I am truly blessed, and I thank you all.



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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.

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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**  
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Melbourne, FL 32941-9000  
Retail: (321) 242-3808  
National: (321) 242-3803  
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**Deadline for submissions is 2 p.m. the Friday before publication.**

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# Even littlest things seen, monitored on Internet

**By 1st Lt. Warren Comer**  
45th SW Public Affairs

If you're like most other folks, you click through the DoD security banner that appears on your desktop automatically every time you log on to your government computer, not really thinking about what it is trying to tell you.

I used to. Until a couple of weeks ago when my supervisor approached me to ask if I'd been using my government computer to view inappropriate Web sites.

My first reaction was to say no and laugh. After a second thought, I became worried and asked what was wrong. A report highlighting activity on an inappropriate Web site had been given to her.

The 45th Space Communications Squadron has sophisticated monitoring software that allows them to track what you are doing on your computer. While the system doesn't read

single hits to inappropriate Web sites, it has to ability to track an individual's repeat access to a particular site that generates a report on your activities.

Fortunately, this software is so sophisticated that it was easy to piece together the Internet activity that triggered attention in my case.

A few weeks earlier I was sitting at my office thinking of material for a presentation to our retiring master sergeant for his going away.

As a usual gift for everyone in the office, we create a front page of the *Missileer* highlighting their accomplishments while making fun of them at the same time.

During my search for something to use, I pulled up a search engine on the Web and started typing keywords in to find humorous pictures. Little did I know that the benign picture that I downloaded was actually hosted on an inappropriate site.

Making matters worse, I went back to

retrieve the image a second time when I had a better idea of how to modify it for our gift.

So thankfully the monitoring software confirmed to my supervisor that the images were harmless, but it was still an important lesson.

Needless to say, I'm much more aware of implications of the 'subject to monitoring' banner when I log on to my computer and, more importantly, I will always think about where the material I'm looking at came from.

Learning from this mistake, it's important that everyone knows the seriousness of using a military computer.

Take a moment to read that security tag appearing on your computer when you start it up, it's there to let you know that using a military computer system is not for entertainment. More importantly, monitoring is set up to ensure individuals don't use their computer inappropriately.

## SHARK OF THE WEEK



Senior Airman Matthew Byrd  
45th Civil Engineer Squadron  
Power Production  
**Hometown:** Asheville, NC

**Favorite Motto:** Everything happens for a reason, good or bad. Enjoy life to the fullest; there are no bad choices, it's how you make it and recover from it. The "bad" situations you might stumble on might not be that bad in the long run.

**Exceeded the standard:** Senior Airman Byrd responded to a late night call to provide two emergency floodlight sets as a result of an automobile accident. Airman Byrd deferred from asking why, he just dropped everything and proceeded to complete the mission at hand. — *Staff Sgt. Anthony Porterfield, 45th CES*

**Inspiration to exceed the standard:** That's my job, it's what I'm here to do.



Photo by Jim Laviska

## Paying respects

Staff Sgt. Jason Campbell, 45th Security Forces Squadron, participates in a retreat to honor fallen police officers at Patrick Air Force Base's Memorial Park May 12. Wing members were joined by local law enforcement agencies.



## Commander Q&A:

**Lt. Col. Robert Atkins**  
5th Space Launch Squadron

**Q. What is the mission of the 5th SLS?**

**A.** Ensure the success of Atlas and Delta IV programs at Cape Canaveral Air Force Station by fostering innovative teamwork among the Wing, Systems Program Office, and industry.

**Q. What is the significance of the addition of the 5th SLS to the 45th Space Wing?**

**A.** The Air Force reactivated the 5th SLS to manage Evolved Expendable Launch Vehicle operations. The reactivation signified the maturity of the EELV programs. The 5th SLS team consists of engineers, operators, and

program managers working as a team, bridging between the wing and the SPO in managing launch base operations.

**Q. How does the 5th SLS improve launch operations for both the AF and contractors?**

**A.** The 5th SLS works as a team with the EELV contractors, monitoring launch operations, scrutinizing test results, and assisting in their plans. We provide technical information to the SPO to maximize mission success and operational information to the wing to maximize efficient operations.

# Wing gets 'good report' card on survey

## *Improvements still needed in some areas*

By Sue Walden

45th SW Public Affairs

The results are in from the 2003 Air Force Chief of Staff Climate Survey and 45th Space Wing leaders are already working diligently on processing the information and planning improvement strategies.

The survey, which was available online in the fall, included 13 categories. In previous years, only active-duty members and DoD employees were invited to respond to the survey. This year, nonappropriated fund employees, National Guard and Reserve members along with active-duty members and DoD civilians took the survey.

The survey is written and processed such that all feedback is anonymous.

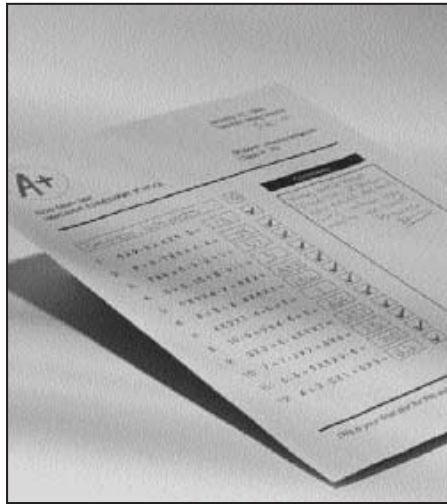
### Breaking it down

The wing's response rate was 54.4 percent, down from last year's 75 percent. Of the 54.4 percent, 51 percent were active duty and DoD civilians. Fifty percent of the Air Force filled out the survey, while 57.9 percent in Air Force Space Command responded. Eleven out of the 13 categories increased percentage points, which gave the wing a "good report card," according to Judy Nicholson, 45th SW START director.

She doesn't see the wing's lower response rate as negative. "The survey was done a little differently this time. In previous surveys, commanders were notified weekly about response numbers so they could encourage their units accordingly throughout the survey time. This year, that didn't happen," she said. Deployments were also a factor in the drop, along with the wing's transformation, which occurred after the survey, according to Ms. Nicholson. Another explanation in the lower response has to do with human tendency. "Some don't respond unless something really bad or good has happened; traditionally those in the middle don't."

### Out of 2,411 45th SW personnel assigned, participation was:

NAF - 18%  
 Civilian - 61%  
 Officer - 69%  
 Enlisted - 51%  
 Guard/Reserve 15 respondents



Some areas stood out among the 13 categories. "Teamwork was very highly rated - 87 percent, up two percent from last year," she said. But the most impressive number was unit performance outcomes at 95 percent - also up two percent. "Both are a direct result of 'tenacious execution' a START precept - accomplish the mission, challenge the norm/process, receptive to ideas and commitment."

The job characteristics category was also rated high - 93 percent, and up one percent from last year. The core of the category was job satisfaction - from the ability to use a variety of skills to working with minimum supervision. "This is a great report card," said Ms. Nicholson. "There is nothing more rewarding than working hard at work worth doing. If you know why your work is important, use your skills and talents and can see the results of your work, you have job fulfillment." The lowest number in the job characteristics category was "knowing when I have performed well," at 86 percent and the same as last year. "Here, it looks like we need to continue to work on 'recognize achievement' to make sure everyone knows when they've done their job well."

The core values category was also an impressive percentage - 95, up one from last year. "We're making steady improvement in the area of core values and this is a great reflection on the men and women of the 45th Space Wing," she said.

### What needs more work

But within the core values category, holding

people accountable slipped two percent at 82. "Accountability, or the lack of, is still recurring. We need to hold people accountable," Ms. Nicholson advised.

The participation and involvement category overall was down a percent to 79. Implementing suggestions and encouraging opinions and ideas was at 76 percent, although up two and three points, respectively, from last year. "We need more work in this area. People feel free to make suggestions, but what happens after the idea is presented? So, more work is needed in 'tenacious execution' and we need to focus more on 'be receptive to ideas' and 'challenge the norm/process,'" said Ms. Nicholson.

Morale, under the general satisfaction category, was at 69 percent, which wasn't impressive, according to Ms. Nicholson. However, in the past six years the number shows a steady improvement: 1997, 50 percent; 1999, 54 percent; and 2002, 64 percent. Air Force leaders view a 75 percent or higher in any category as a good number, according to Ms. Nicholson.

### The plan

As the old adage suggests, one must talk the talk *and* walk the walk. Anyone in the wing can recite START and talk about what each precept means, but many don't know the specific behaviors associated with it, according to Ms. Nicholson. "Indicators throughout the feedback show a need for improvement in supervisors," she said. And that can be done through training. "Wing leadership is currently working on a plan to provide mandatory training for supervisors to improve accountability, focus on applying 'trust people' and 'recognize achievement,'" she said.

Along with the 13 categories, some respondents wrote comments compiled into 300 pages for wing leadership to pore through. Last year, 600 pages were written and proved to be a pivotal piece in looking at the whole wing climate. "We'll compare the written comments to the data and separate the responders to see where the trends lie," she said.

According to the results of the survey, most responders will be happy with wing leadership's plan because the unit leadership category's percentages were also up two percent from last year to 82, showing that wing members have faith and trust in leadership.

# Military spouse benefits bill passes Senate

*Bill now heads to governor for final approval*

TALLAHASSEE – Representative Carole Green’s (R-Fort Myers) legislation to provide unemployment benefits to military spouses passed the Senate May 2, 38-0.

“Improving the quality of life for the families of those who protect our freedom is crucial to our state and nation,” said Representative Green.

“This legislation will help ease the burden of spousal unemployment that hurts military families and dampens our economy.”

House Bill 1183 revises eligibility for unemployment benefits to include military spouses who terminate their employment to relocate as a result of their military-connected spouse’s permanent change of status, station orders, activation orders, or unit deployment orders.

This would include spouses of Florida National Guard members and reservists who leave their job upon their spouse’s activation or deployment.

“We do our best to help incoming spouses find jobs when their families are brought to Patrick for an assign-

ment,” said Sheryl McMullen, Mission Support Squadron deputy commander. “But this bill will provide an extra bit of security for our hard working families.”

Currently, the unemployment rate for highly-mobile military spouses is approximately 24 percent, four times higher than the civilian unemployment rate. Military spouse earnings are significantly lower than comparably educated civilian spouses.

The pressure of supporting a family under the circumstances of the world is hard enough, said Ms. McMullen.

“I’m glad that our state and national government officials are taking the time to look for ways to help our military families in their positions of need.”

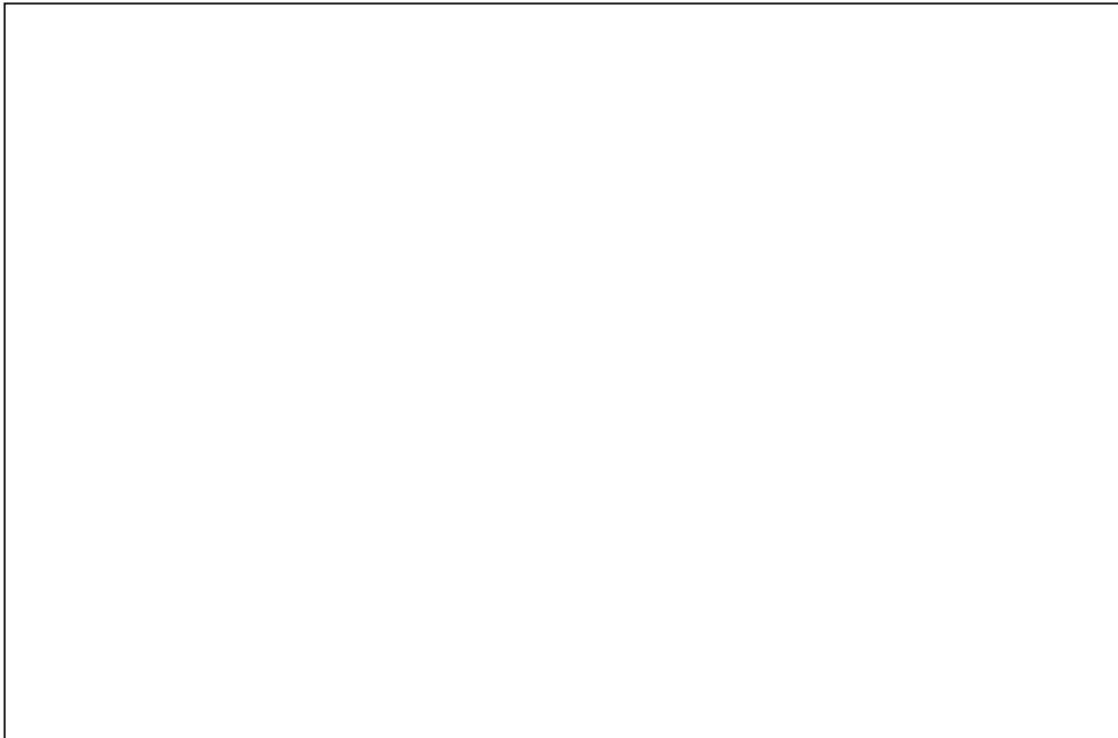
The house passed the bill March 29th, 109-0.

The bill will now go to Governor Bush to be signed into law.

*(Second Lt. Elizabeth Kreft contributed to this story.)*



With the new ‘spouses bill’ passing Senate legislation, military spouses who are relocated with their loved ones are one step closer to having added security when trying to find new jobs and adjust to new areas.



# Jewish people celebrate past during Shavuot



**Barry Chefer**

*Jewish Lay leader*

Editors's note: Many readers have asked why the name of G-d is not spelled out completely in this article. To Jews, the written (and spoken) name of G-d is Holy. Since newspapers are usually discarded, the sages have adopted the practice of leaving out a letter in G-d's name to show respect. In other printed material that is not usually disposable, such as books, G-d's name may be spelled out.

**United We Stand**

Each year, Shavuot comes exactly 50 days after Passover. This year marks the giving of the Torah by G-d to the entire Jewish people on Mt. Sinai, 3,315 years ago. In Hebrew the word "Shavuot" means "weeks" and stands for the seven weeks during which the Jewish people prepared themselves for the giving of the Torah. During this time they moved

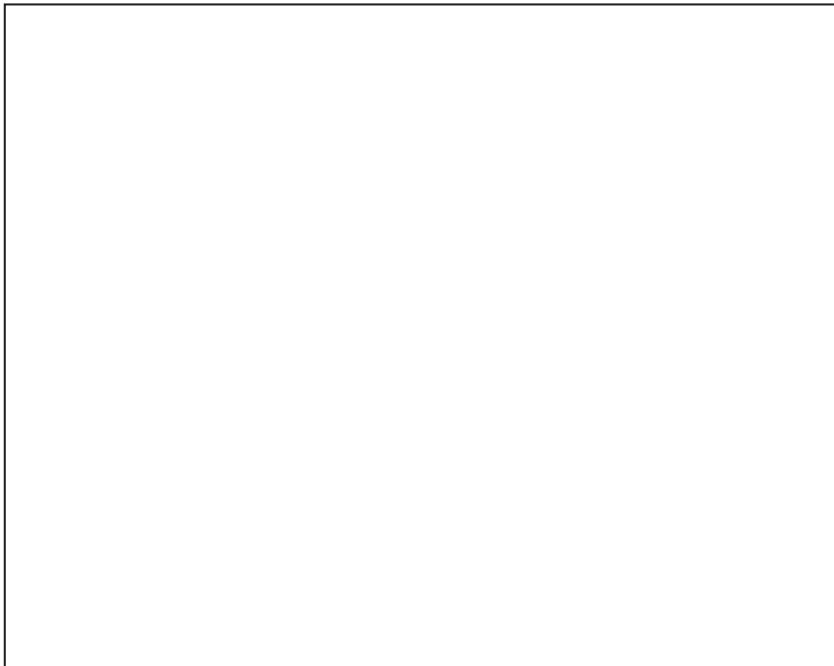
beyond Egyptian bondage and became a united nation ready to stand before G-d. Shavuot is the special time for Jewish people to strengthen our relationship with G-d, family and community. Jewish unity is the theme of the Holy Day.

**Customs of Shavuot**

Shavuot is a joyous Holy Day (Yom Tov) shared with family and friends at Synagogue services and special holiday meals. It is customary to decorate the synagogue and home with fruits, flowers and greenery.

**Yom Tovim Schedule**

This year Shavuot begins Tuesday evening and concludes at sunset on Thursday. These are considered major Holy Days (Yom Tovim). According to Jewish law, work-related activities are not permitted. Individuals seeking information about worship services in the local area should call 854-6063.



# Hypertension education is for everyone

**By Noreen Williams**  
*45th Medical Group*

There is more to hypertension than two numbers. According to the National Heart, Lung and Blood Institute, 90 percent of middle-aged Americans will develop high blood pressure at some point in their lifetime.

As people age, blood pressures begins to move out of the healthy range. Age is one risk factor for hypertension that cannot be controlled. However lifestyle changes such as weight control, physical activity and being tobacco free are things that can be done to delay this process.

People with prehypertension are likely to develop hypertension in the near future unless they make the lifestyle changes like those mentioned above to decrease the risk. Twenty-two percent of Americans (45 million)

have prehypertension.

Hypertension is present in 25 percent of American adults (50 million). This increases to over 60 percent in the over 65 age group. Of these people with hypertension, 38 percent don't know they have a problem, 34 percent are controlled with medications and 25 percent are on medication, but their blood pressure is not under control. It often takes at least two different medications to manage blood pressure.

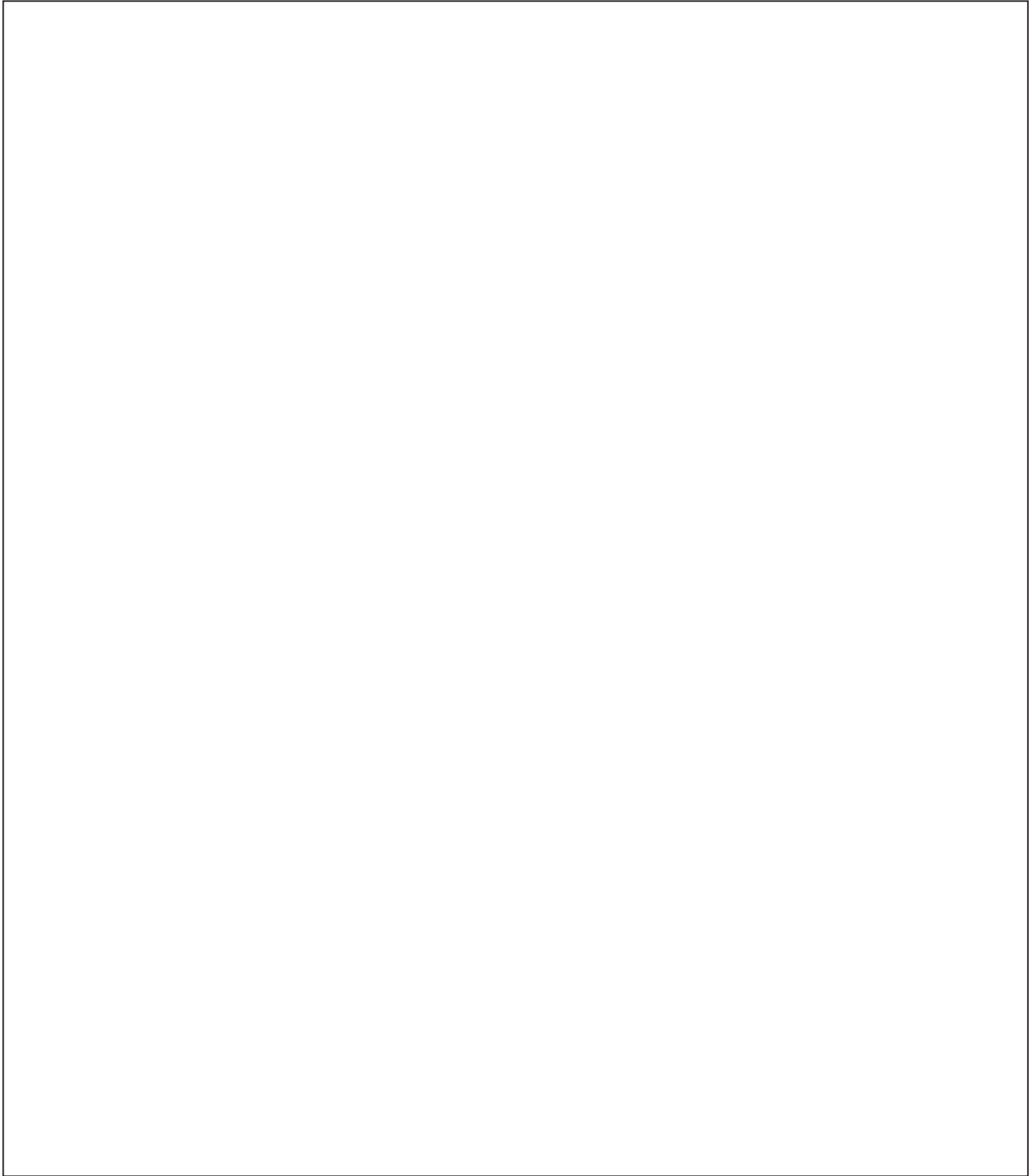
Controlling hypertension is important if those who want to live and live well. In 2000, hypertension killed more than 44,000 Americans and contributed to 60,000 other deaths.

Those who have uncontrolled hypertension and are still living are many times more likely to face kidney failure, heart disease and stroke; none of which contribute to quality years ahead. A decrease of BP by 12-13 mmHg can decrease risk of heart attack by 21 percent and stroke by 37 percent.

To find out how to prevent hypertension and other potentially debilitating hearth problems, contact the 45th Medical Group at 494-8241 or a local health care manager and ask for information regarding heart health.

	<b>Systolic BP (mmHg)</b>	<b>Diastolic BP (mmHg)</b>
Normal/Healthy	under 120	under 80
Prehypertension	120-139	80-89
Hypertension	140 or above	90 or above







## VA reaches out to newest veterans

WASHINGTON (AFP) — The Department of Veterans Affairs is expanding its efforts to reach veterans of combat operations in Iraq and Afghanistan to ensure they are aware of benefits they have earned.

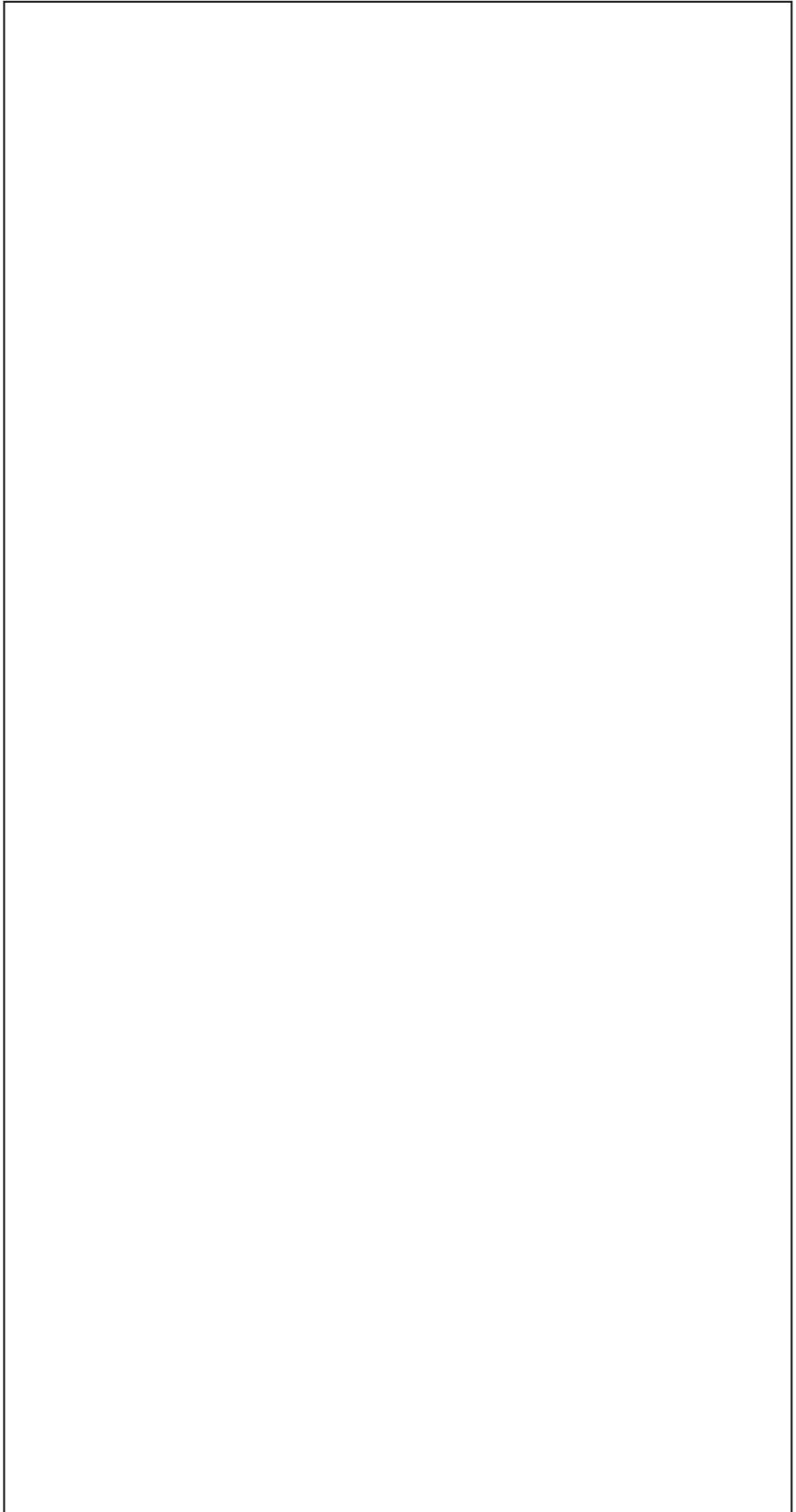
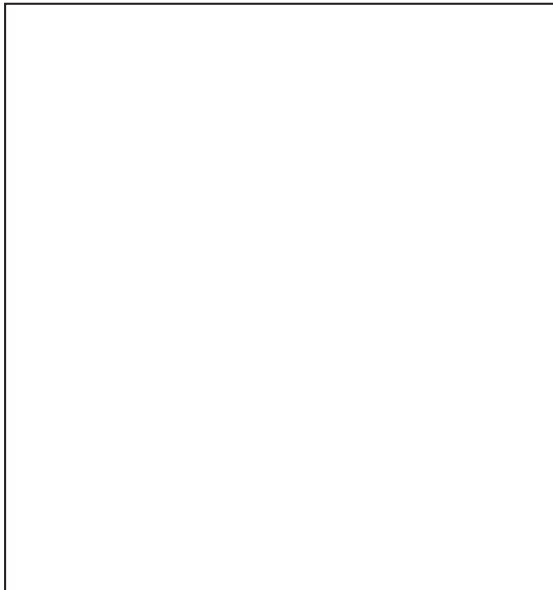
Anthony Principi, VA secretary, is sending a letter to more than 150,000 veterans of operations Iraqi Freedom and Enduring Freedom who have recently separated from the military to thank them for their service. In the letter, he also reminds them of their eligibility for VA healthcare and other benefits.

"I want these men and women to know that we are grateful for their service to our country," Mr. Principi said. "Those who served in Afghanistan, Iraq and other places around the world have risked their lives to make America more secure."

Department officials also regularly mail information packets to all servicemembers separating from the military to remind them of eligibility for basic benefits, such as VA-guaranteed home loans and education benefits. In addition, there are provisions in these programs for reservists and National Guard members.

The additional outreach to those recently deployed to combat areas alerts them to special eligibility that increases their access to health care for two years after separation from the military for illnesses and injuries that may be the result of military service. For those medical problems, VA waives copayments for inpatient and outpatient care. The VA focuses special attention on those with service-related disabilities, officials said. The department's goal is a seamless transition from military to VA services, with claims for financial benefits receiving expedited processing.

"VA has learned many lessons since the Gulf War in 1991 and other conflicts, which will ensure that this newest generation of war veterans receives the health care and assistance they deserve when they return to civilian life," Mr. Principi said. *(Courtesy of American Forces Press Service)*



# Donation makes friends, saves money

By 2nd Lt. Elizabeth Kreft

45 SW Public Affairs

It might seem like they are stationed in the ideal vacation spot, but the members down range at Antigua Air Station haven't let the sun and sand cloud their judgment.

Members of the 45th Space Wing stationed at Antigua AS saved the wing more than \$66,000 by donating partially dilapidated resources to the local community, rather than shipping them back to Patrick to the Defense Reutilization and Marketing Office for disposal.

Because of the concern to spend taxpayer money appropriately, all government agencies that need new materials for operation must have their old equipment evaluated for possible reuse or reallocation instead of mere disposal. Antigua AS was due for new materials in several areas ranging from electrical equipment to construction material, but they had to get their old material to the closest DRMO office, Patrick AFB, for inspection.

"In the middle of April, Antigua was visited by Marny Harrison, the DRMO representative from Patrick AFB," said Maj. Kenneth Bibee, Antigua AS commander. She reviewed the equipment and material we had scheduled for disposal, and determined because of the extensive corrosion and decay caused by the maritime climate, the material needed to be disposed instead of being reused by other wings or commands around the Air Force, he said.

Normally, if the used objects are marked for disposal, the local DRMO office will seize the materials and bring them to proper refuse areas. But with such a great distance separating Antigua and the Patrick DRMO office, Maj. Bibee wanted to find a way challenge the nor-

mal avenues in order to meet the needs of the Air Force while saving time and money.

"The equipment was to be shipped by freighter to Patrick AFB for disposal," he said. "But the cost of such a shipment runs roughly \$5,500 per (crate) and we would have had to use 12 of these compartments to get all of the materials back to Patrick.

"We quickly realized that the equipment might be put to better use by donating to local schools, so we made some phone calls."

Paul Tonder, the Antigua AS logistics supervisor, made contact with the Antigua State College and spoke with the dean of Industrial Trades. "He said they have a variety of repair courses including, air conditioning repair, small engine repair and auto repair," said Maj. Bibee. "When asked if they were interested in surplus equipment, he said they would gladly accept any donations."

With that invitation, the members at Antigua AS donated 65 air conditioning units, 15 refrigerators, 15 lawnmowers, 600 pounds of miscellaneous electrical and construction hardware to the college.

"The dean was expecting a few items and was completely overwhelmed by the amount of our donation. He said this equipment would keep his classes running for years," said Maj. Bibee.

"I then contacted the Antigua Barbuda Defense Force and asked if they were interested in any surplus hardware," he said. "They said they would take all we had, so we donated 3,500 pounds of electrical and construction hardware, 400 pounds A/C and plumbing and 5,000 pounds miscellaneous racks and shelves.

"By making the decision to distribute the materials locally, we were not only able to save the Air Force and the taxpayers a great deal of

money, we were also able to build positive relationships with the local population, and encourage goodwill between the Air Force and foreign communities."

## AWARDS from Page 1

pharmacy staff, the family practice providers and civilian health care professionals.

"We implemented a new program that would allow for additional checklists to facilitate our 'pharmacist intervention' process," said Col. Weaver.

"By going the extra step and looking at the patients therapy more critically instead of just filling the prescription like the provider wrote, we were able to greatly impact the safety of the patients," he said.

"For example, the computer system will tell us if there is a possible conflict of medication, and once that indicator is acknowledged, it is up to the pharmacists to make a discretionary call on the appropriate course of action," said Col. Weaver.

But with the new system in place, it not only allows for the regular checks to take place, but it also allows for the staff to intervene and take a few extra steps to help teach the patient how to properly take their medication and to personally counsel them on the dangers of drug misuse or under dosage, said Col. Weaver.

"We are very proud of the awards for the project, and the entire pharmacy staff has a piece of these awards," said Col. Weaver. "It would not have been possible without each member working to synchronize their actions to get the job done right."

**Safety Day planned**

May 21 is Safety Day. All customer service centers will be closed for training.

**Get LES online**

Effective June 1, leave and earnings statements and W-2 forms will only be available via the MyPay Web site. To gain access to this on-line system, stop by the 45th Comptroller Squadron Monday-Friday from 8 a.m. – 3 p.m. to receive a personal identification number. With a PIN people can access an LES and other important financial information and perform some financial activities yourself. For more information, contact Finance Customer Service at 494-4882.

**Hours expanded**

Family Services/Airman's Attic is now open on Mondays. New hours are Monday – Friday from 9 a.m. – 3 p.m. It's located in Bldg. 735, across from the library and Family Support Center. Call Sal Noto at 494-5675 for more information.

**Calling volunteers**

The Red Cross Armed Forces Emergency Services urgently needs volunteers to send emergency messages to deployed troops. Call the Space Coast Red Cross office at Patrick at 494-2402 for more information.

**Toastmasters meet**

The Toastmasters Club meets Wednesday at 12:30 p.m. in Bldg. 401. The organization improves communication skills and helps people overcome their fear of public speaking while building skills to success. For more information, call Kevin Perkins or Senior Master Sgt. Debra Levy at 494-5856.

**Give gift of life**

The American Red Cross holds a blood drive Tuesday from 8 a.m. – 1 p.m. in the Red Cross Blood Mobile at the base clinic. For information on donor eligibility, upcoming Red Cross events and volunteer opportunities, go to [www.helpredcross.org](http://www.helpredcross.org) or [www.redcross.org](http://www.redcross.org). To sign up for the blood drive in advance, call Tech. Sgt. Mary Martin at 494-8151. For more information, call 2nd Lt. Dave Baumann at 494-5334.

**Vacation Bible School set**

Registration is being accepted through June 6 for Vacation Bible School held June 14-18 at South Patrick Chapel.

The program is open to children in preschool (ages 4 and 5) – 6th grade and is held 9 a.m. – noon. Bus service is provided from Central and North Housing.

Registration forms are available at Seaside Chapel during duty hours or following weekend services and Masses. Space is limited and on a first-come, first-served basis. For more information, call Mary Beth Keith at 494-4128.

**Symposium planned**

The 8th Annual Cape Canaveral Spaceport Symposium is June 15-16 at the Radisson Resort in Port Canaveral. It explores plans/visions for the use of space for the nation's defense over the next 30 years. Patricia Grace Smith, associate administrator for commercial space transportations with the Federal Aviation Administration will give the keynote address. The venue will also feature senior officers from AFSPC and the Air Staff. To register, or for more information, visit [www.capecanaveralspaceport.org](http://www.capecanaveralspaceport.org).

**Learn something new**

The Family Support Center offers the following classes and events: Pre-separation Briefing, Monday 9:30-11 a.m.; 3-Day TAP Workshop, May 18-20 8 a.m. – 4:30 p.m.; and enjoy free popcorn at the Family Support Center May 21 10 a.m. – 2 p.m.

All classes and events are in the Family Support Center, Bldg. 722, except when noted. Reserve a seat by calling 494-5675.

**Spouses meet**

The Retired Officers' Wives Luncheon is May 28 at the Officers' Club. Lunch is served at noon, preceded by social time at 11:30 a.m. Choice of entrée shrimp linguine, chef salad or fresh fruit plate. To make reservations, call Dean Pittman at 777-3044, Helen Suflas at 727-1146 or Gussie Reichel at 255-6976.

**MPF closes**

The Military Personnel Flight in Bldg. 537 will be closed June 4 for an official function. Tech. Sgt. Shawn Rivers at 494-6144.

**Take SAT**

The next Scholastic Aptitude Test for military members only is June 22 at 7:30 in the Education Center, Room B-8. Sign up by calling 494-2071. The next SAT is in October. For more information, call Mary Morgan at 494-2938.

# Launching rockets and career at the same time

**By Airman 1st Class Shaun Emery**

*45th SW Public Affairs*

Pursuing excellence and striving for continuous self-improvement, 2nd Lt. Richard Owens, 1st Space Launch Squadron chief of Delta mission procedures, has achieved many of the goals he set when he enlisted in the Air Force more than 10 years ago.

It was during college that Lt. Owens realized his best opportunity to finish his education and travel was joining the Air Force.

Lt. Owens enlisted in the Air Force and was placed in the security forces career field; a position he believed hindered his opportunity to further his education.

"The schedule I had made it nearly impossible to go to classes," he said. "I knew I had to switch career fields to achieve what I set out to do."

Lt. Owens made the decision to stay in the Air Force after his four-year commitment was up, although he admits he considered getting out.

"I wasn't completely happy after my first four years, but I hadn't gotten my education like I wanted, so I decided to re-enlist."

In 1998, Lt. Owens switched into the space career field, and was commissioned in 2002.

"Getting commissioned was an important step for me," said Lt. Owens. "I wanted to be a better provider and I'm always striving for self-improvement."

He has since earned his bachelor's degree in organizational management and is currently working on his master's in financial planning.

"I owe a lot to my wife for supporting me," he said. "It's not easy to work during the day and go to school at night."

It's Lt. Owens' work ethic and tenacity that have catapulted him to the position of Air Force Launch Crew commander for the upcoming Delta II launch, scheduled for June 4, said Capt. Edward Maldonado, 1st SLS, Air Force launch crew commander.

As launch crew commander, Lt. Owens is the focal point between all agencies involved in the launching of the Delta II. Lt. Owens will run the countdown and is in direct contact with the launch decision authority in the event that the launch needs to be postponed.

"Being launch commander takes extensive planning and time management," said Lt. Owens. "That's something I've practiced my whole career."

According to Lt. Owens, all that hard work has given him a great opportunity to support the men and women fighting overseas.

"I get a real sense of pride knowing that the equipment we put in orbit directly benefits our warfighters," he said.

By setting goals, Lt. Owens has built a military career he's proud of. According to Owens, he'll continue to set his standards high and encourages others to do the same.

"You have to set goals, and you have to be willing to work long and hard to achieve them," he said



# The Face of Fitness

By 2nd Lt. Elizabeth Kreft  
45th SW Public Affairs

She might have come from the other side of the world, but this Australian-born fitness guru brings her health and physical conditioning ideas home to Patrick Air Force Base.

Naomi Parish, 45th Services Squadron assistant fitness director, developed her love for health and strength when she was just a young child. Growing up in the province of South Australia, she loved sports and appreciated the value of dedication to a healthy way of life.

"Playing and participating in several sports as a young child helped me to learn how to be athletic and allowed me to make friends that I otherwise would not have made," said Ms. Parish. "I think that having the sports and the training to lean on made transitioning to this new area much easier."



Photo by Jim Laviska

Ms. Parish assists Master Sgt. Rob Sawney with an exercise machine in the Patrick Air Force Base fitness center. She enjoys seeing people of all ages and athletic ability starting a workout program.

She began her career in the health and fitness arena in her hometown at Woomera Air Station, Australia. There she started as a fitness trainer, helping people begin and maintain their conditioning regimens.

"I'm so happy that I started out the way I did, essentially at the bottom of the path," said Ms. Parish. "It gives me a great appreciation for the positions that my staff hold, and how each job relates to the management."

When Woomera Air Station closed in 1999, Ms. Parish came with her husband, Senior

Master Sgt. Steve Parish, when he came to Florida to work at the 45th Range Squadron.

Ms. Parish said she found that fitness gave her a great way to make the transition to a new country and a new way of life.

"I believe good fitness is the essence of our being," she said. "If you are fit, you don't have to worry about self esteem, mobility or sickness, and it just ties all the areas of life together."

With such a strong belief in the power of fitness, it's easy to see how Mrs. Parish took this fervor and applied it to her management position with the 45th SVS.

"She is one of the hardest working supervisors I have ever worked for," said Kris Risberg, a fitness center recreation aide. "She is definitely not one of those supervisors that sits behind a desk and doesn't interact with her staff. She is constantly striving to get out and see what's going on and promote new projects with the staff."

Ms. Parish's work ethic and leadership style has recently been highlighted by her win as the Air Force Space Command Senior Civilian Specialist of the Year for 2003. Her award package is now awaiting Air Force level recognition.

"She has always been modest about her accomplishments," said Sgt. Parish. "She won't talk about it much - just like she won't tell you that in 1998 she won the Ms. South Australia body building contest, or that in 2001 she was ranked number four in the country for her bench press."

"She'll get mad at me for saying it, but she deserves the recognition for hard work just like anybody else."

Both the Operations Group and the Services Squadron will feel a loss when the Parishs take an assignment this summer to Peterson AFB, Colorado Springs, Colo.

"We are happy to be part of the family here," said Ms. Parish. "I've learned a lot since I've been here, and we will be sad to go."



Ms. Parish enjoys educating those interested in fitness whether they have been working out for years or whether they are just getting started with a fitness program. She says she feels being healthy is the key to being happy in all areas of life, so she enjoys seeing people taking steps to better health.

# 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."

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

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

**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

**Pelican Coast**

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**

Maurice Joiner  
494-6455

**Civilian Personnel**

Robert Daniel  
494-5238

**Military Equal Opportunity**

Capt. Marlon Johnson  
494-6334

**45th Security Forces Squadron**

Lt. Col. Lynden Skinner  
494-6202

**Financial Services**

1st Lt. Reina Chaperon  
494-7171

**45th Medical Group**

Col. Gilbert Hansen  
494-8100

**Ground Safety**

Chris Olesnevich  
494-4023

**Inspector General**

Lt. Col. Frank Miles  
494-4373

# New ways to get fit

**By Airman 1st Class Shaun Emery**  
45th SW Public Affairs

The 45th Services Squadron is giving members of Patrick Air Force Base new opportunities to get in shape during May Fitness Month.

"Our main goal is to show people that there are many ways to stay active," said Naomi Parish, Patrick Fitness Center's assistant director. "You don't have to stick to the regimented military fitness test exercises."

Ms. Parish and many others have

taken part in the multitude of events. Ms. Parish placed first in the women's category during a strength competition May 12.

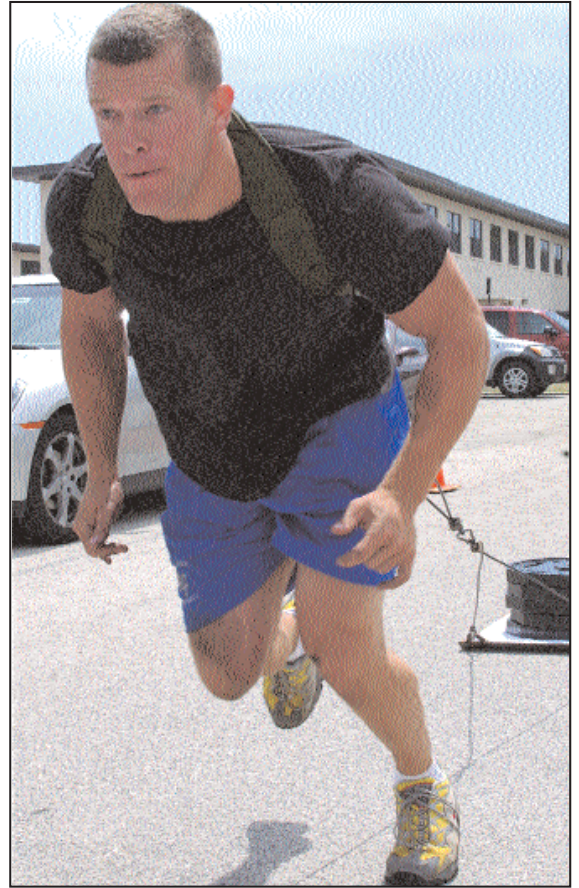
Already this month, the 45th SVS has offered a kids triathlon, a 3-on-3 basketball tournament at Cape Canaveral Air Force Station, an Armed Forces 5-K run, a bike race and a North vs. South Soccer challenge between Patrick AFB and CCAFS.

"This is our attempt to bring all 45th Space Wing personnel and family members together."



Photos by Airman 1st Class Shaun Emery

Jorge Ortiz avoids a defender during the North versus South soccer game at Pelican Coast Sports Complex, May 15. The game pitted a team from Cape Canaveral Air Force Station against the Patrick AFB team. Patrick won the game 2-1.



Nathan Beard drags more than 200 pounds in the sled pull event at the strongman challenge May 12 at the Fitness Center. Beard placed first in the men's category. Naomi Parish finished first in the women's category.

## The Calendar

### Friday

▲ Adult mini triathlon, 10 a.m., at Patrick Fitness Center. Event consists of 300-yard swim, five-mile bike ride and 1.5-mile run. Three divisions for both male and female athletes: novice, pro and elite. For more information, call 494-4534.

### Monday

▲ Camp Xtreme begins at the Youth Center. This beginning-of-summer camp is open to children in sixth-eighth grade. Cost is \$60 per week. For more information call 494-4747.

### Tuesday

▲ American Red Cross "Whale Tales" Water Safety Class, May 25-28 at the Patrick Lap Pool. Class for children ages 5 to 8 meets from 9-10 a.m.; class for children ages 9-12 meets from 10-11 a.m. Children learn a variety of water safety techniques through educational videos, games and water activities. For more information call Leiane at 494-5042.

▲ "Around the World" basketball shootout, 11 a.m. — 1 p.m., at the Patrick Fitness Center. For more information call 494-4534.

### Thursday

▲ WarFit champion contest, 10 a.m., at the Patrick Fitness Center track. Activity consists of events specific to the Air Force fitness test. For more information call 494-4534.

### May 28

▲ S.W.A.P. three-mile river walk at Patrick Air Fitness Center. Time to be announced. Participants receive a baked potato and choice of toppings at the Health and Wellness Center after the event. For more information call 494-4534.

### May 31

▲ Memorial Day Golf Tournament, 8 a.m., May 31 at the Manatee Cove Golf Course.



Photo by Marla Holbert

Learning to cook is just one of the activities on the summer agenda at Youth Center camps. Several children practice their cooking skills as they pour muffin mix into baking pans.

# Summer fun, fun, fun

By Marla Holbert

45th Services Squadron

Theresa Andrews, director at the Patrick Youth Center, said the Patrick Youth Center facility is offering more activities this summer than ever before.

"Most places don't have access to the types of youth programs we offer," she said.

With more than 10 new programs, Ms. Andrews expects camp participation will be at an all-time high this year. She encourages parents to enroll their children as soon as possible, because available slots fill up quickly.

The following is a list of Youth Center camps and activities held throughout the summer:

✓ Kitchen Partners – This father-child cooking contest is June 18 at 4 p.m. Teams prepare special "dishes" at home and bring them to the Youth Center, along with a copy of their recipe. All contestants must sign up by June 16.

✓ Camp Xtreme – 6th-9th grade. Camp activities include sports, liberal arts, community service and career exploration. Cost is \$60 per week plus an activity fee. Camp Xtreme runs through Aug. 6.

✓ Operation Night Hoops – Ages 12-18. This summer basketball league meets from 6-9 p.m. every Tuesday beginning June 8. Cost is \$20 for members, \$30 for nonmembers. The program focuses on skill improvement and living drug-free.

✓ Ballet Camp – Ages 6-14. This exciting camp runs June 21-July 2 and is under the guidance of Russian ballet dancers Boris Chepelev and Janna Kirova. Call the Youth Center for specific costs and times.

✓ Community All Stars Camp – Ages 12-18. This summer camp focuses on money management and the transition into adulthood. Camp hours are from 9 a.m. to 4 p.m., June 7-18.

✓ Episodes! Camp – 7th-12th grade. Teens experience tons of fun through sports, outdoor adventure, musical activities and more. Cost is \$15 per person. Some activities may require an additional charge. Camp meets from 6-9 p.m. on Thursdays.

✓ Specialty Camps – Ages 6-12. Cost is \$10 per session. Activities include: baseball, archery, flag football, basket weaving, soccer, quilting, billiards, appealing apparel I and II, pingpong, foosball and food fancy. Call for specific times and dates.

✓ Supertime Camp – Ages 6-8. This camp meets weekly from 2-3:30 p.m., on Mondays and Wednesdays. Activities include arts, crafts, games and a snack. Cost is \$2 a week for members, \$4 a week for nonmembers.

✓ Music and Drama Camp – Ages 9-18. Participants work as a team to prepare for several theatre-style productions throughout the summer. Camp meets 4-5:30 p.m., Monday-Thursday, May 24-Aug. 5.

✓ Summer gymnastics classes – Ages 3 (must be potty trained)-18. Classes held on Thursdays, depending on age and skill level. Cost is \$30-\$35 a month for members; \$35-\$40 a month for nonmembers.

For more information on these as well as other summer youth activities, call the Youth Center at 494-4747.





**Friday** *The Whole Ten Yards* Thanks to falsified dental records supplied by his former neighbor "Oz" retired hit man Jimmy now spends his days compulsively cleaning his house and perfecting his culinary skills with his wife Jill. Suddenly, Oz shows up on their doorstep, begging them to help him rescue his wife from a Hungarian mob. Stars Bruce Willis and Matthew Perry. Rated PG-13 for sexual content, violence and language. 97 min.

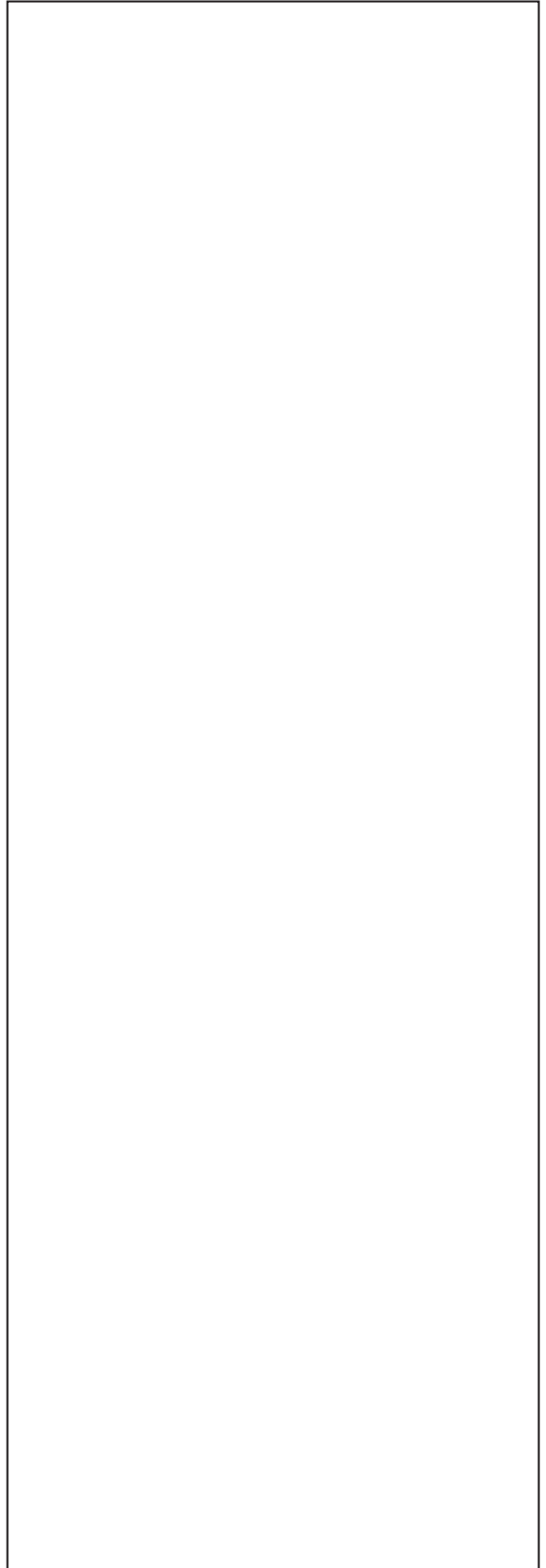
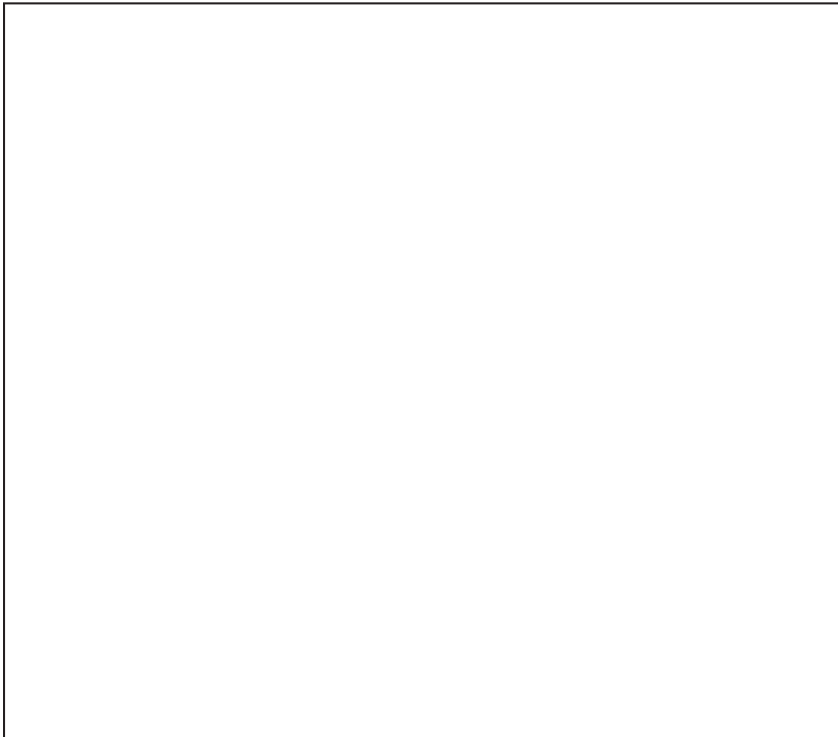
**Saturday** *The Alamo* In the spring of 1836, 200 Texans- men of all races who believed in the future of Texas- held the fort for thirteen days under siege by General Antonio Lopez de Santa Anna, ruler of Mexico and commander of its forces. Led by three men— the young, brash Colonel William Travis; the violent, passionate James Bowie; and the larger-than-life living legend Davy Crockett — the Texans and their deeds at the Alamo would pass into history as General Sam Houston's rallying cry for Texas independence. Starring Dennis Quaid and Billy Bob Thornton. Rated PG-13 for sustained intense battle sequences. 134 min.

**Sunday** matinee *Home on the Range* A young widow in danger of her farm being foreclosed tries to come up with \$1,000 for the mortgage. The farm animals knowing she won't be able to come up with the money, hatch their own plan. It just so happens, there's a bandit on the loose and the price on the crook's head is a tidy \$1,000. The animals band together to save the farm from foreclosure. Stars Roseanne Barr and Cuba Gooding Jr. Rated PG for brief mild rude humor. 84 min.

**Sunday** evening *The Alamo* See Saturday's synopsis.

**Thursday** Closed

Movie times are 7:30 p.m. unless otherwise noted. Tickets are \$2.50 for adults, children under 12 pay \$1.50.



## RIVERSIDE DINING

Saturday Brunch-Creole shrimp, doubly good chicken, **savory baked chicken**, Swedish meatballs

Saturday Supper - Baked fish, barbecue chicken, **doubly good chicken, Hungarian goulash**

Sunday Brunch - **Cantonese spareribs, grill mustard chicken, oven-fried fish**

Sunday Supper - **Steak loin strip, stir fry beef with broccoli, turkey nuggets**

Monday Lunch - Baked stuffed fish, **pot roast**, roast loin of pork

Monday Dinner - **Cannelloni beef**, chili mac, **Southern fried chicken**

Tuesday Lunch - **Salmon cakes**, teriyaki chicken, **veal parmesan**

Tuesday Dinner - Country captain chicken, **meat loaf, turkey ala king**

Wednesday Lunch - **Chalupa, burritos, Mexican chicken breast, chicken enchiladas**

Wednesday Dinner - **Barbecue spare-ribs**, lemon-herb chicken, **stuffed pork chops**

Thursday Lunch - Herbed baked chicken, Southern fried catfish, stuffed cabbage rolls

Thursday Dinner - **Glazed cornish hen, Jaegerschnitzel w/mushroom sauce**, roast loin of pork

Friday Lunch - **Mexican baked chicken, stuffed green peppers, Swiss steak with tomato sauce**

Friday Dinner - Lasagna, **spaghetti with meat sauce, Italian sausage**

Menus are subject to change. For more information, call dial-a-menu 494-2845. Bolded items are healthy choice meals.

## CHAPEL

### Catholic

Daily Mass (Tues. - Fri.) at 11:30 a.m. in the Library while Seaside Chapel is being renovated.

Saturday: 4 p.m. confession, 5 p.m. Mass in the South Patrick Chapel.

Sunday: 8:45 a.m. Mass in South Patrick Chapel, and 11:30 a.m. Mass in the Theater.

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 Theater while Seaside Chapel is being renovated.

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.

Wednesday: 5:30 p.m. Fellowship Dinner in South Patrick Chapel.

## Events

**Saturday, 8 a.m. – 4 p.m.**, Free vessel safety check offered by the U.S. Coast Guard Auxiliary Flotilla 42. More than 10 vessel inspectors will be available at Ballard Park in Melbourne to perform free safety inspections for all boat owners using the Ballard Park launch ramp that day. Residents of the Palm Bay area will be offered the same inspections at the launch ramp in Pollak Park on Main St., NE the same day and times.

**June – July**, Turtle Watch 2004 begins. The Sea Turtle Preservation Society conducts turtle watches at night on various nights of the week at local area beaches. The watches allow the public to attend a brief interpretive program on sea turtle biology and the threats to sea turtle survival, followed by a guided walk to view a nesting loggerhead. Space is limited and reservations are required. Call 676-1701 or visit [www.SeaTurtleSpaceCoast.org](http://www.SeaTurtleSpaceCoast.org)

## Festivals

**Saturday, 9:30 a.m. – 5:30 p.m.**, Asian Pacific Festival in celebration of Asian American Pacific Islander Heritage Month at F. Burton Smith Regional Park. There will be music shows, vendors and ethnic

foods from various countries. Entrance fee is \$3 per person, children 5 and under is free. Parking is free. For more information, call Gina Zimmerman at 494-6783.

## Shows

**Friday – May 23**, The Bel Canto Ensemble will perform their "From Beethoven to Broadway," at the Melbourne Civic Theatre. Show times are 8 p.m. Thursdays through Saturdays and 2 p.m. on Sundays. Tickets are \$18 for adults, \$15 for seniors and \$13 for student's age 18 and younger. Call 723-6935, for more information.

**Friday – May 30**, "Annie Get Your Gun," performed at the Titusville Playhouse, 301 Julia St. Show times are 8 p.m. Fridays and Saturdays and 2 p.m. on Sundays. Tickets are \$15 and \$13. For more information, call 268-3711.

**Wednesdays and Fridays**, The Brevard Community College Astronaut Memorial Planetarium and Observatory's new show "Ring World" chronicles the study and exploration of Saturn. Show start at 2 p.m. throughout May. Tickets are \$6, \$5 for seniors and \$4 for children. Call 433-7373 or visit [www.brevardcc.edu/planet](http://www.brevardcc.edu/planet).

