



AF hero shares insight with Airmen

9



DEFY program points kids in right direction

13



Patrick Fitness Center gym floor resurfaced

15



Photo by Carleton Baillie

Remember the Titan

A Titan IVB core makes its way from the Vertical Integration Building to the Solid Motor Assembly and Readiness Facility via locomotive at Cape Canaveral AFS Tuesday. The rocket will be the last Titan IVB to launch from the Cape. It will carry a National Reconnaissance Office payload in early 2005.

New MSG leader eager to START

By 1st Lt. Elizabeth Kreft
45 SW Public Affairs

The shift into summer brings big changes in the local weather, and it also brings significant changes in the 45th Space Wing command structure.

Col. Edwin Swedberg, the 45th Mission Support Group commander is the newest addition, and he is already excited about becoming part of the Space Coast family.

"I came straight from the Pentagon, so I think any base outside of the Beltway is great," he joked. "But it especially holds true for a great place like Patrick and Cape Canaveral; it's an amazing mission and beautiful location.

"I was happy to come here specifically because it is a great Mission Support Group command opportunity and because I believe this wing is the shining star in Space Command and the Air Force," he said.

Coming directly from a joint staff position as the Net-Centric Capabilities Division chief with the Directorate of Command, Control, Communications and Computer Systems, Col. Swedberg is looking forward to using his experience in building teams among highly-skilled, highly-trained military and civilian professionals.

"Since I got the word that I was coming here, I've been doing some research on the base by reading the *Missileer* online and I am so impressed with the number and level of awards and merits that our people and organizations receive."

As if making the transition from the hectic highway commutes of the Pentagon area to a sunny, beachside drive into work wasn't enough to make one happy, Col. Swedberg said he is also excited to be taking the command position at Patrick because he has always wanted the opportunity to work in mission support.

"I was raised in the functional career fields of communication and space, but I've always admired the mission support group as the provider of cross functional services to the base population. We start our professional development as specialists and gradually become generalists as we progress in rank. This is the ultimate generalist job."

Along with an eagerness to become more educated in a variety of areas, Col. Swedberg brings a vision for his command of the mission support group.

"I recognize being relatively new to a place makes it hard to walk straight into a job and have detailed goals. At the beginning your goals are typically broad and you have to take time to understand the challenges of the

See SWEDBERG, Page 3

Have safe, fun July 4th holiday



By Brig. Gen. Greg Pavlovich
45th SW commander

Happy 228th anniversary of Independence Day! With the Family Day for Friday declared by Gen. Lance Lord, commander of Air Force Space Command, and the 4th falling on a Sunday, we get a four-day weekend and that's really cause to celebrate. And let me assure you, it will be a celebration here on base. We have quite a line up for both Saturday and Sunday. Come on out!

Saturday is the Outdoor Recreation Street Party. Starting at 6 p.m. there will be free boat rides, youth and adult games, and a clown, palm reader and a caricature artist on hand. You can mill around to the backdrop of country music courtesy of "Dixie Rex" which will perform until 8 p.m. The headliner band for the evening will play from 8:30-10:30 p.m. This year's Saturday night band is "Never the Hero," which plays popular rock and is sure to be a crowd pleaser. Festivities conclude at 10:30 p.m. so everyone can rest up and start all over again.

Sunday is an even bigger event with Xtreme Water Sports hosted at Outdoor Rec from 11 a.m. - 4 p.m., and bowling at Rocket Lanes from noon to 5 p.m. Then the fun begins at Chevron Park. At 5 p.m. the Kid Zone opens, where toys and activities will be in abundance. The music backdrop during this time will be blues and a variety of tunes from "Chili Head with Group Therapy." I don't know what that name means, but the Services folks assure me they won't disappoint. The headliner band for Sunday is "Herman's Hermits" starring Peter Noone. They'll play from 8-9:30 p.m., and then the fireworks begin. Fireworks are best enjoyed when handled by a professional - especially since all other fireworks are prohibited on base and on the beach - so sit back and watch the grand show to patriotic music until 10 p.m. We don't allow bringing coolers to Chevron Park.

Speaking of patriotic music, I'm pleased to

report that we will have base personnel singing the National Anthem each night. On Saturday Senior Airman Jessica Webb will sing the Star Spangled Banner, and on Sunday the honors go to Tech. Sgt. Philip Black and Staff Sgt. Jimmie Rushing. All three of these talented individuals are from our very own 45th Civil Engineer Squadron. We are blessed to have these gifted individuals as part of our organization.

Now, as if all that weren't enough, this year's Independence Day celebration will serve as our Around the World in Ninety Days or ATWIND Family Fun weekend. That means if you visit the Services ATWIND booth, you can pick up game pieces on both days of the event.

Additionally, Sunday boasts opportunities to win big with ATWIND. Those who have already been playing and are registered in the game database will have a chance to win \$500. Two \$500 cash awards will be presented between 7 and 8 p.m. That's \$1,000 up for grabs! ATWIND sponsors will be on hand to give out prizes both days, including a bicycle for one lucky attendee.

If you aren't familiar with the ATWIND virtual computer and telephone adventure game sponsored by Air Force Space Command, stop by the ATWIND booth at the event to learn more. The game increases awareness and participation in Air Force programs, activities and services and if you play you can help the base win quality of life money and perhaps win some individual prizes along the way. Check it out at www.ATWIND.com.

Now as you know, the 4th of July weekend won't be all fun and games. We are still in the midst of the 101 Critical Days of Summer. As with any holiday weekend, people will meet with tragedy on our highways and roadways. Please, don't be a statistic. Stay alert and make smart decisions about how you enjoy the long weekend. No dumb stuff!

For those staying in the local area, I remind you about the Airman Against Drunk Driving phone line. It will be fully functional during the long weekend. Hours of operation will be 10 p.m. to 3 a.m. Friday, Saturday and Sunday. Have a plan for how you are going to get home safely, but if your plan falls through, use the AADD line. The phone number is 494-RIDE (7433).

For those leaving the local area this weekend, please plan accordingly. Don't try to travel

too far or after a full day's work on Thursday. If driving for several hours, plan breaks into your schedule. Even just a short stretch can help revive you. Remember, "All Alive in 05." Each and every one of you is important - losing one individual is too many.

We were hoping to send off our final Atlas IAS this week. The launch, which was scheduled to carry a National Reconnaissance Office payload into orbit, has gone indefinite on the range while the launch team works through some avionics problems. Just like the last Delta II GPS mission and all of our launches, safety is the number one concern. We will not launch any rocket before it is time and I applaud the Lockheed Martin/NRO/5th Space Launch Squadron/Space and Missile Systems Center team for their synchronized actions in ensuring the vehicle is safe for flight.

Of course, we'd be remiss if we didn't pause during this 228th birthday of our great nation, and reflect on the values that make our country unlike any other.

Our society heralds freedom, democracy and peace. Americans like you have dedicated their lives in the name of these values and so that others may know freedom. Some have given the ultimate sacrifice, laying down their lives to preserve freedom, promote democracy and achieve peace. The recent wreath laying ceremony we held in honor of the Khobar Towers bombing victims was a reminder that there are many before us who have sacrificed.

Today those sacrifices continue in the Middle East. It is fitting that as we celebrate our freedom this week that we were able to witness the start of the democratic process in Iraq as the interim government took power. There is still a long road ahead for that nation, but it was an important first step. This is progress we can all be proud of, but especially those who are deployed or have recently returned from deployment to that troubled area. Of course, we still have Airmen, Soldiers, Sailors and Marines still deployed, and will for some time. I ask you to keep them in your thoughts and prayers this weekend, and every day.

Have a safe long weekend and I hope to see you at the festivities. Remember, no dogs or bottles on the beaches and don't upset the turtle nesting areas. God bless!



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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.

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Melbourne, FL 32941-9000
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Classified: (321) 259-5555

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

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Photo by Beth Van Laufen

Col. Edwin Swedberg accepts the 45th Mission Support Group guidon from Brig. Gen. Greg Pavlovich, 45th Space Wing commander, June 24.

SWEDBERG, from Page 1

organization," said Col. Swedberg. "My broader goals are to continue to provide outstanding service to our military and civilian customers and to focus on preparing our troops for deployment. I want deployed commanders to call me and rave about the quality and readiness of the warriors that we are sending to them." Col. Swedberg explained that aggressively implementing the START program will greatly increase his group's ability to effectively carry out the mission. "Synchronization jumps out at me first; coordination between Patrick and the Cape is something that I want to focus on," said Col. Swedberg. "And recognizing our superior performers is something that I consider a very high priority." "As for leadership qualities, I believe that showing respect for all people, at all times is essential for establishing a great workplace environment," Col. Swedberg explained.

Secretary, chief send July 4th message

WASHINGTON (AFPN) — The following is an Independence Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"Happy birthday, America! For the last 228 years our nation has been the beacon for peace, freedom and opportunity around the world. America earned that reputation through courageous acts of patriotism by our founding fathers and through bravery on battlefields from Bunker Hill to Baghdad.

"On Sunday, we'll celebrate with family and friends the joys of peace and the blessings of freedom. As you celebrate, please remember those who paid the ultimate price defending the values established by our forefathers in forging our great nation.

"This Independence Day is especially meaningful as we support the rebirth of Iraqi sovereignty and defend freedom far from home. Today, Airmen are deployed all over the world, engaged on all fronts in the Global War on Terrorism, carrying freedom's torch. Please remember our deployed Airmen in your thoughts and prayers on the 4th of July.

"America looks to you as their representatives of pride, strength and perseverance in times of peace and war. We're proud of you and salute your great service. We wish you and your families a safe and happy 4th of July!"

Gen. Lord: Make smart decisions, everyone invaluable

By Gen. Lance W. Lord
AFSPC commander

We are now well into the 101 Critical Days of Summer as we look forward to road trips and make vacation travel plans. I ask each of you to think seriously about motor vehicle safety.

Motor vehicle accidents kill more Air Force personnel than all other activities combined. In fact, over 75 percent of Air Force fatalities this year have resulted from automobile mishaps.

Sadly, many of these individual would be alive today if they had worn their seatbelts, not tried to drive after drinking alcohol and practiced defensive driving techniques.

I'm counting on every one of you to make smart decisions and prevent needless tragedies. Drive only when you are physically and mentally fit and never allow others to drive when they shouldn't. Remember that every fatality takes away someone's mother, father, daughter, son, sister, brother, friend and

“Drive only when you are physically and mentally fit and never allow others to drive when they shouldn't.”

Gen. Lance W. Lord
AFSPC COMMANDER

coworker.

Commanders and supervisors, be aggressive in getting our safety message out, face-to-face.

Let our great Air Force Space Command team know how much we appreciate their contributions to freedom and how much we truly care about their safety and well-being.

Enjoy the Independence Day holiday. Remember: "Safety is an attitude ... get one!"



Commander Q&A:

Col. Timothy Tarchick
920th Rescue Wing

- Q: What is the mission of the 920th Rescue Wing?**
A: Our primary mission is combat search and rescue. When a crewmember or soldier is behind enemy lines and needs help, we get the call. We are also in the air for every NASA and Cape launch, and we support rescue calls from the civilian community whenever we can.
- Q: What kind of aircraft do you fly? What special abilities do they have?**
A: We have two types of aircraft, the HH-60G "Pavehawk" helicopter, which is a modified version of the Army's BlackHawk, and the HC-130 "Hercules" aircraft. Both play an integral role in our mission. The helicopters have a virtually unlimited range due to having the ability to refuel in flight, and the HC-130's provide that much needed gas.
- Q: Tell us about your pararescue unit and their training. How tough is it?**
A: We call them "PJs". They go through two years of intensive training. They are simply the best of the best in Special Operations. There are less than 350 worldwide, compared to thousands of Navy SEALs or Army Rangers for example. They can parachute from one of our HC-130s or drop in to help a survivor from a helicopter. If you ask them to do the impossible, they will make it possible.

July History Highlights



45th Space Wing historical files

Officials declared the Bahamian out-land of Eleuthera, left, and Grand Turk operational as Range stations in August, 1955. Range Station Number 6, Mayaguana, was operational July 18, 1956.

This is the 50-year anniversary of the Air Force's role in space and missiles. The first issue of each month highlights 45th Space Wing milestones.

July 18, 1956 Officials declared Range Station Number 6 (Mayaguana) operational. Stations 5 (San Salvador), 4 (Eleuthera) and 7 (Grand Turk) were declared operational in August, 1955. By Aug. 22, 1955, the Eastern Range was officially 700 miles long.

July 10, 1956 Work began on the new Air Force Missile Test Center Headquarters Building (Bldg. 425). It was the first of two headquarters buildings – the other was Bldg. 423. Bldg. 425 was completed in May 1957.

The Air Force took beneficial occupancy of Bldg. 423 in April, 1959.

July 20, 1962 The siting plan for Titan IIIC launch complexes 40 and 41 was approved. The construction program began in earnest on Nov. 24, 1962 after a \$4.2 million contract was awarded to prepare sites for the complexes.

July 19, 1967 Headquarters USAF approved a new emblem for the Air Force Eastern Test Range on this date.

This emblem remained virtually unchanged as the Eastern Space and Missile Center emblem and the 45th Space Wing emblem in later years.

July 26, 1983 A B-52 bomber from the 5th Bomb Wing (Minot, N.D.) launched a Short

Range Attack Missile on the Eastern Range. The test was successful. In all, B-52 and FB-111 aircraft launched 31 SRAMs on the Eastern Range between Aug. 20, 1974 and July 27, 1983.

July 22, 1993 The Argentinia Instrumentation Facility in Newfoundland was turned over to the Eastern Range for operations on this date.

July 23, 1997 Following the loss of the first Global Positioning System Block IIR spacecraft in a launch mishap in January, 1997, the first successful Block IIR satellite replenishment mission was launched from Pad 17A.

The spacecraft joined the GPS constellation orbiting 10,898 nautical miles above Earth.

SHARK OF THE WEEK



Tech. Sgt. Carlos Torres

45th Security Forces Squadron

NCOIC, Standardization and Evaluations

Hometown: Orlando

How long at this duty station? 4 years, 6 months

Words to live by: A true person's character is always measured by how he/she reacts to adversity.

Exceeded the standard: Tech. Sgt. Torres

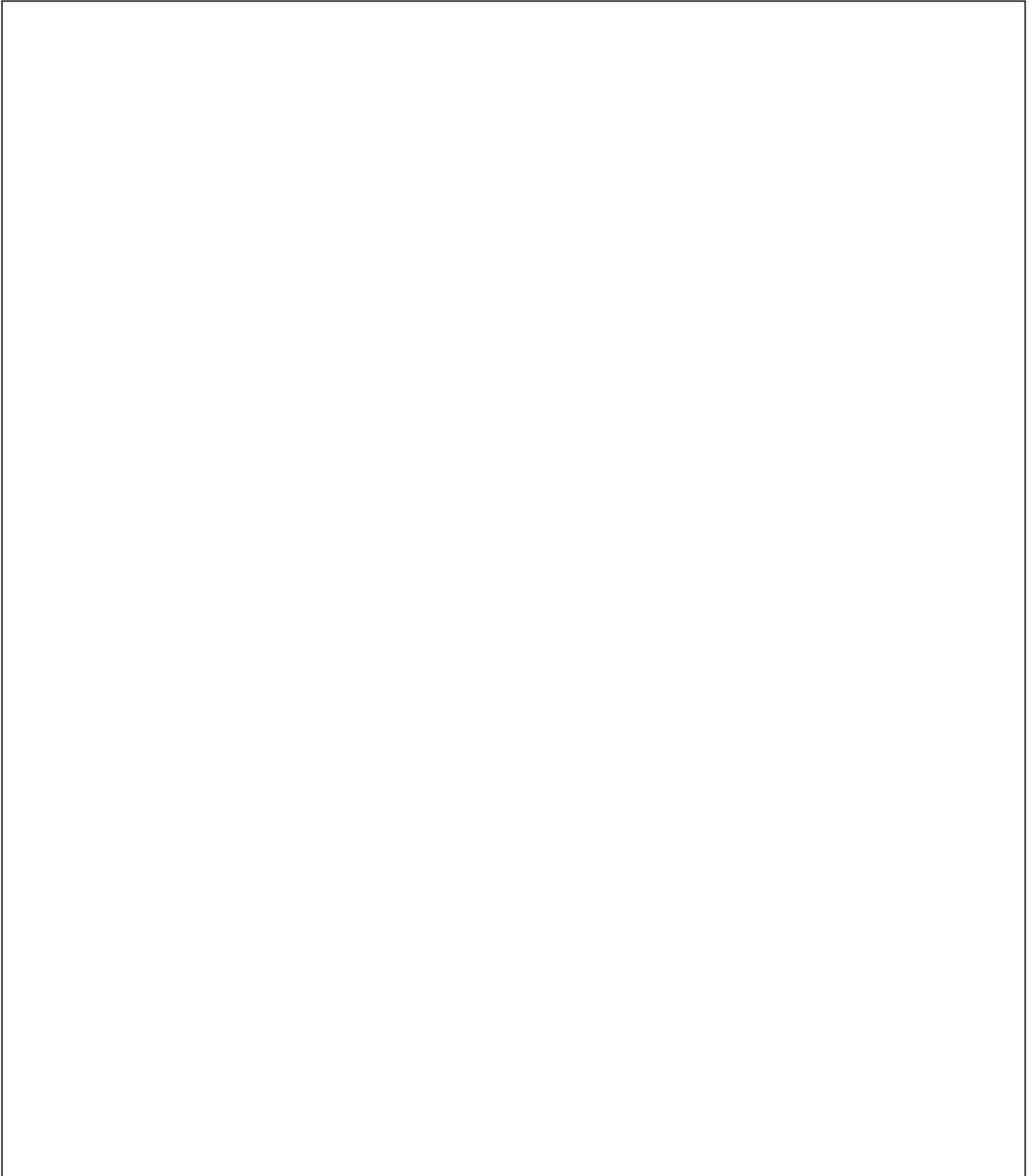
spearheaded the honoring of fallen police officers during this year's National Police Week. He organized a moving law enforcement parade and formal retreat ceremony ending at Patrick AFB's memorial plaza.

The ceremony had representatives from all local law enforcement agencies each honoring their fallen members both military and civilian.

– Senior Master Sgt. Michael Sydney, 45th Security Forces operations superintendent

What inspired you to go the extra mile? An overwhelming fear of failing.

Why do you serve in the Air Force? Because nothing can stop the U.S. Air Force.



Thrift Savings Plan now provides 24/7 service

WASHINGTON — A toll-free telephone service for Thrift Savings Plan participants and beneficiaries begins July 1.

Callers will be able to receive TSP account or transaction information via the service daily around the clock. They will also be able to speak to a participant service representative at one of two call centers 7 a.m. to 9 p.m. Eastern time Monday through Friday.

The retirement savings plan is for federal employees and similar to the 401(k) plans offered by many private employers. As of May 31, TSP assets totaled more than \$135 billion, and retirement savings accounts were being maintained for nearly 3.3 million participants. Participants include federal civilian employees in all branches of Government, employees of the U.S. Postal Service, and members of the uniformed services.

For calls from the United States, Canada, Puerto Rico and the Virgin Islands, the primary toll-free number will be (877) 968-3778 and the TDD number for the hearing impaired will be (877) 847-4385.

The current number (504) 255-8777 can be used for all other international calls.

Annual water report out, Patrick's quality 'good'

Base housing residents will soon receive a Consumer Confidence Report in the mail that outlines the quality of Patrick Air Force Base's drinking water.

The U.S. Environmental Protection Agency requires every community water system to prepare and provide its customers an annual consumer confidence report. The CCR is essentially a "report card" that explains the quality of water delivered to Patrick AFB by the City of Cocoa.

The 45th Medical Group's Bioenvironmental Engineering Flight is responsible for monitoring the quality of the drinking water provided by the City of Cocoa and informing base residents about the results of the research.

The latest CCR indicates that the Patrick water is safe. In fact, the drinking water was tested for the presence of numerous contaminants, and all detected contaminants were considerably below EPA established maximum limits. For more details, call 494-5435.

AF Chief Murray discusses deployments, force shaping

By Airman 1st Class Jonathan Ortiz-Torres

Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AFPN) — Combat needs, not current manpower standards, are what Air Force officials are using to determine how many people are filling the ranks, Chief Master Sgt. of the Air Force Gerald Murray said. This, he said, is the first time in Air Force history that combat needs have been the determining factor.

Chief Murray discussed this and other current issues during his recent visit here for the 10th Annual Worldwide Command Chief Master Sergeants' conference.

"We're engaged in a war that perhaps is not going to end any time soon, so we need to be prepared for that," Chief Murray said. "We have to focus on training, on our leadership and our efforts of preparing our Airmen mentally, physically and emotionally to deal with the rigors of deployment."

One hot topic is force shaping, which is designed to return the Air Force to its authorized uniformed population by September 2005.

"How do we bring our force structure down by 20,000 people without losing any of our combat capabilities and without forcing out good quality Airmen that want to stay with us?" asked Chief Murray.

"That's our greatest challenge and clearly concerns our force; however, we will continue to work toward balancing the force," he said.

Fifteen years ago, the Air Force was 40 percent larger than it is today with about 660,000 active-duty Airmen. Today, the force is just shy of 360,000 active-

See CHIEF, Page 8

Honoring the fallen

Brig. Gen. Greg Pavlovich, 45th Space Wing commander and Honor guard Capt. Sheldon Takeall, Officer In Charge of the White Flight, lay a wreath at the Khobar Towers memorial in Memorial Plaza June 25. It was the eighth anniversary of the terrorist attack at King Abdul Aziz Air Base near Dhahran, Saudi Arabia, that killed five Airmen deployed from Patrick Air Force Base and 14 other servicemembers. The annual ceremony honors the fallen members and their families.



Photo by Airman 1st Class Shaun Emery

CHIEF, from Page 7

duty people, yet the service is deploying more than four times more than it did back in 1990 before operations Desert Shield and Desert Storm, Chief Murray said.

"While we are deploying more, for the first time in history over the last couple of years we have been identifying the requirements of our force based on our combat expeditionary needs, not off manpower standards, on how many people (for example) we would have working here on Maxwell Air Force Base, but truly what we would need for combat," he said.

Finding ways to reduce the number of critically manned and stressed career fields in the Air Force is also a part of the plan to balance the force. Examples are the noncommissioned officer retraining program, reinstating the career job reservation program and redirecting accessions in basic training.

"These measures are beginning to show a positive effect on increasing balance in our force," Chief Murray said. "And on top of that, it's also (Air Force Chief of Staff) Gen. (John P.) Jumper's commitment to continue in every way we can to try to get every Airman in our Air Force to be deployable. By increasing our deployment pools, again we minimize the stress on those Airmen in constant demand."

As the chief master sergeant of the Air Force, he said his most important job is talking with Airmen and listening to what they are saying.

“*We always have quality of life in our sights because it deals with our pay, our benefits and compensations, our housing, workplace and environments that affect our Airmen and their families.*”

Chief Master Sgt. Gerald Murray

CHIEF MASTER SERGEANT OF THE AIR FORCE

"First of all, today I see great pride in our Airmen in the jobs that they are doing out there," he said. "In 27 years of the Air Force, I have not seen the Air Force any better than what it is today.

"Our Airmen are certainly letting me know that they are challenged, and they are certainly talking about the (operations) tempo and the increased deployment workload that we're under," he said. "There's a price that we are paying by having so many Airmen deployed. It's not only how hard they're working deployed, but how hard they're also working at home stations by having teams separated."

One example of concerns being addressed is the recent pull-back of code "C" limitations. A code "C" designation is given to Airmen with certain medical conditions.

"Our Airmen spoke out about that and that's part of the reason we decided to step back and conduct a thorough analysis of the processes we use to look at those individuals that are not available for deployment due to medical limitations," he said.

There are currently more than 7,000 Airmen that are not eligible for worldwide deployments, and about 3,600 of those are designated as permanently in that category, Chief Murray said.

"Combat readiness, deployments and deployability is a major concern for us," Chief Murray said. "We'll continue to work with the senior leaders of our Air Force, our Air Staff, and (major commands) to balance our force to meet that mission."

Chief Murray also discussed quality-of-life issues.

"We always have quality of life in our sights because it deals with our pay, our benefits and compensations, our housing, workplace and environments that affect our Airmen and their families," he said.

People can expect to see many improvements in infrastructure, he said. Officials have invested in renovating or replacing more than 5,000 dormitory rooms and more than 30,000 housing units across the force.

It is clear that the Air Force is going through major changes, and as Chief Murray said, "(Air Force leaders) are leading (Airmen) in a historic and exciting time." *Courtesy of Air Education and Training Command News Service.*

Air Force hero shares story at Patrick

By 1st Lt. Elizabeth Kreft
45 SW Public Affairs

Some say in the military, people get more done before 8 a.m. than most others do in an entire day. In the case of retired Brig. Gen. R. Stephen Ritchie, it only took 89 seconds to accomplish what others have spent entire careers training for.

Pushing his F-4 Phantom beyond tested performance capability in a daring low-altitude dogfight on July 8, 1972, Gen. Ritchie shot down not one, but two MiG-21s with three missiles in just one minute 29 seconds.

This victory came just days after he downed his first two MiGs on May 10 and May 31, and was shortly followed by his fifth victory against a MiG on Aug. 28, making Gen. Ritchie the only Air Force pilot ace of the Vietnam War, and the sole American pilot to down five of the legendary Russian-made aircraft.

Decades later, the experience still draws interest and awe from audiences around the world, and Tuesday Gen. Ritchie brought his story to life for the 45th Space Wing Company Grade Officers Association and select noncommissioned officers.

"I continue to speak at times like this because I decided a long time ago that I wanted

to be a positive influence," said Gen. Ritchie. "Based on the feedback that I get from my audiences, verbal and written, I feel that I can be an inspiration for people to go out and do the right thing."

Inspiration is probably an understatement in his situation. Gen. Ritchie's brave actions during the Vietnam War and during his entire career add up to a notable list of honors and achievements including four Silver Stars, 10 Distinguished Flying Crosses, with more than 3,000 flight hours, including 800 combat hours. He was awarded the Air Force Meritorious Service Medal and the Air Force Commendation Medal.

The vibrant veteran spoke on several topics ranging from current social attitudes to future goals for potential Air Force leaders. His stories of past endeavors and tales of wartime efforts left striking impressions on members of the wing.

"I agreed wholeheartedly with his notions on the troubles with the youth of today, and how we need to be good examples for them," said 2nd Lt. Anthony Gilliam, 45th Communications Squadron. "I was honored to hear his stories and hear his points of view."

While the exuberant general stressed that it is important to be someone who your peers and teammates can count on, he also insisted that taking risks is necessary to being successful, especially in combat.

"We need rebels and we need risk-takers," he said. "We need you top 10-15 percent of the population to stand by what you believe and let people know if something needs to be changed."

Gen. Ritchie also spoke on important points such as "training like we fight," and he outlined his five points for a successful career, in the Air Force and in life.

"We should treat people with respect, take advantage of every day, remember we are working with a team, and don't take ourselves too seriously," he said. "And above all, remember that our word is our bond. At the end of the day, at the end of the year, at the end of our careers, if our word is no good, what else is there?"



Courtesy Photos

Above, then Capt. R. Stephen Ritchie celebrates after his successful 89 second dogfight with two MiG-21s. Below, Capt. Ritchie prepares for another mission over Vietnam in his F-4 Phantom. Among other awards, Gen. Ritchie has four Silver Stars and 10 Distinguished Flying Crosses.



Photo by 1st Lt. Elizabeth Kreft

Gen. Ritchie made a plea for Air Force leaders to remain positive influences on the youth of today.



Get into ATWIND

Around the World in Ninety Days is an interactive game that rewards players for participating in various Air Force-related programs. To play, first register at www.atwind.com or call (888) 597-9960. Players then enter a 10-digit personal identification number to use for the entire game. Players can use the initial ticket number 9999-2004-999 to log onto the system and begin play.

Visit any Services facilities on the days indicated below to receive a game piece.

Special ATWIND game piece days

- ✓ AAFES Mall – Thursdays 11 a.m. – 1 p.m.
- ✓ Commissary – Fridays 11 a.m. – 1 p.m.
- ✓ Civilian, Officer, Enlisted and Safety Calls

Game piece locations, days

Patrick AFB facilities

Saturday

Riverside Dining Facility – Have brunch.

Auto Skills Center – Get an oil change any day.

Sunday

Officers' Club – Enjoy Sunday brunch.

Monday

Aero Club – Fly for an hour or buy an item from the Pilot Shop.

Bowling Center – Bowl a game.

Officers' Club – Enjoy the Tour of Italy dinner.

Tuesday

Information, Ticket & Travel – Buy tickets to any event
Visit the Cape ITT office, Monday, Wednesday or Friday
from 10:30 a.m. – 1 p.m.

Manatee Cove Marina & Yacht Club – Purchase any
item from the ship's store.

Fit To Go – Have lunch.

Wednesday

Library – Check out a START book or participate in
Summer Reading Program and/or Story Time.

Manatee Cove Golf Course – Purchase an item from the
Pro Shop.

Skills Development Center – Place an order.

Thursday

NCO Club – Eat supper Wednesday, Thursdays or
Fridays.

Patrick Fitness Center – Use the facility.

Youth Center – Sign up a child for a Youth Center pro-
gram.

Any day or specific events

Child Development Center – Attend a Parent Workshop
or Special Snack Function. Complete a "take and make"
project.

Family Child Care – Fill out an application to become
an FCC provider.

Outdoor Recreation – Rent any equipment.

Cape Canaveral AFS

Cape ITT Office (in Cafeteria) Monday, Wednesday and
Friday 10:30 a.m. – 1 p.m.

Cape Fitness Center, Tuesday and Thursday 5:30 a.m.
– 6 p.m.

Commissary hours change

The Commissary will be closed Sunday due to the 4th of July holiday. It will reopen Monday with new hours: Monday - Friday 8:30 a.m. - 7 p.m., Saturday and Sunday 8:30 a.m. - 6 p.m.

Providers must be licensed

Anyone who lives on base and is providing child care for more than 10 hours a week must be licensed through the Family Child Care office. Anyone found providing unlicensed child care is subject to administrative actions. For additional clarification, contact Tina Washington at 494-8381 or cell number at 431-4581.

Gate traffic shift

Traffic through the main gate to Patrick Air Force Base will change starting July 12. Outbound traffic will once again flow from O'Malley Road, rather than Jupiter Road for several weeks. Be prepared to slow or stop, and be cautious of the construction workers.

For more information, call John Byrnes at 494-9228.

Women's bible study begins

The chapel begins a women's 10-week Kay Arthur bible study that will teach participants that God's grace is sufficient. "Lord I Need Grace to Make It" meets every second and fourth Tuesday, beginning July 13 at 7 p.m. To register, or for more information, call Juanita Zavala at 777-6077.

Ceremony opens track

There will be a ribbon-cutting ceremony for the new track, located behind the Riverside Dining Facility, July 9 at 7:30 a.m. The new track boasts a seven-foot wide, one-half mile polycarbonate running surface. Two drinking fountains are situated along the route. The track is also lit for nighttime joggers.

A WarFit run kicks off the event at 6:30 a.m. For more information, call Kris Risberg at 494-4947.

Travel claims slow down

All travel vouchers turned in after June 23 won't be paid until July 7 due to the restructuring of DFAS Operations Centers. Patrick AFB won't be able to process travel claims during the timeframe. Once operations resume, vouchers submitted after June 23 will be processed in

order in which they were received. This change affects travel claims only; all other pay-related issues will continue. For more information, call the Finance Customer Service at 494-4882 or e-mail 4finance@patrick.af.mil.

Lighthouse open

The Cape lighthouse and museum will be open July 10 for 45th Space Wing military, DoD civilian (non-contractor) employees and their guests. No foreign nationals will be allowed without prior approval.

Those wishing to go must fill out a form at <https://pafbwebpatrick.af.mil/45SPTG/CapeVisit.doc>. Make a copy of the completed form and present a military or civilian employee ID and a copy of the form to the Cape Canaveral AFS Station gate guard. Place the other copy on the vehicle dashboard. The placard/form is good only from 10 a.m. - 2:30 p.m. The placard won't be honored at the gate after 2:30 p.m.

Employees must visit the lighthouse and the museum only. If found in an unauthorized location, personnel will be escorted off the air station. For more information, call Emily Perry at 467-9171.

Register for tests

Computer-based College Level Examination Program test is offered July 12 at Patrick by Columbia College. To register and receive more information, e-mail the college at fl@ccis.edu. The Education Office still offers the DANTES and PME tests. Call 494-2071 to schedule these tests.

Voting information available

Unit voting counselors should contact each member this month to offer the opportunity to register to vote in state/federal elections. They have materials and information to register in every state in the nation. For more information on registration or voting this fall, see a unit voting counselor, call the installation voting officer, Maj. Joel Hansen, at 494-1570 or call the installation voting hotline at 494-8684.

Get scoop on transitioning

The Base Transition Assistance Program sponsors a transition workshop called "Another Perspective" July 8, 8 a.m. - noon at the Family Support Center, Bldg. 722. Topics include planning ahead, research and information gathering, job market review, where and how to look

for jobs, resume overview, tailoring resumes and interviews.

The speaker will stay after the presentation to review resumes of attendees. Call 494-5676 to make a reservation.

Learn something new

The Family Support Center offers the following classes: Job Search, Tuesday 9-11:30 a.m.; Women's Bible Study July 8, 6:30-7:30 p.m.; Home-school Workshop July 14, 5-6 p.m.; Back to School Opportunities July 20, 11 a.m. - 12:30 p.m.; Life Insurance July 23, noon - 1 p.m.; CGO Financial Course July 27 12:30-4 p.m. and Job Fair at NCO Club July 28, 10 a.m. - 1 p.m. Call 494-5675 to register.

Join the Reserve

Have the best of both worlds by going into the Air Force Reserve. The part-time job provides retirement, insurance and freedom. Call Master Sgt. Scott Soucie at 494-1962 for more information.

Promotion window changes

There is a change in the senior master sergeant promotion testing window. Beginning in December 2004, all master sergeants competing for promotion to senior master sergeant will test on the USAF supervisory examination between Dec 6-17. The testing cycle will no longer be conducted in January. Testing conducted after Dec. 17 will be considered out-of-cycle.

Get statements online

Pay statements are no longer mailed to military members. Mid-month pay statements, 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 8 a.m. - 3 p.m., Monday - Friday to receive a personal identification number. For more information call Finance Customer Service at 494-4882.

Stay informed of benefits

Take advantage of retirement assets available through the Survivor Benefit Plan. To learn more, visit the SBP site at <http://www.afpc-randolph.af.mil/SBP> or contact Staff Sgt. Jeff Tingle at 494-2919 or 494-6468.

IT'S A FULL,

EXPLOSIVE

4TH OF JULY WEEKEND

SATURDAY

OUTDOOR RECREATION STREET PARTY



EVENT

- Free Boat Rides
- Dot the Clown
- Palm Reader
- Caricature Artist
- Youth/Adult Games
- Colossal Cookie Challenge

TIMES

- 6 p.m. — Dusk
- 6-9 p.m.
- 6-10 p.m.
- 6-10 p.m.
- 6 p.m. - Dusk
- 6:30-9:30 p.m.

Bands:

- "Dixie Rex" (country) 6-8 p.m.
- "Never the Hero" (popular rock) 8:30-11:30 p.m.

SUNDAY – 4TH OF JULY

- Xtreme Water Sports, Outdoor Recreation 11 a.m. - 3 p.m.
- Bowling, Bowling Center noon - 5 p.m.

CHEVRON PARK NO COOLERS ALLOWED

Kid Zone:

- Dot the Clown 5-8:30 p.m.
- Inflatable Toys for Children, Kids' Zone 5-8:30 p.m.

Bands:

- "Chili Head" w/ "Group Therapy" (blues/variety) 5-7 p.m.
- "Herman's Hermits starring Peter Noone" 8-9:30 p.m.
- Fireworks 9:30-10 p.m.

Remember, let the professionals handle the fireworks. Fireworks are prohibited on Patrick Air Force Base, Cape Canaveral Air Force Station and beaches.

Youth camp fosters healthy living

By 1st Lt. Elizabeth Kreft
45 SW Public Affairs

If education is the key to growth and understanding, then Patrick Air Force Base was an incubator for youth anti-drug development June 28 - July 2.

The Drug Education For Youth program, an annual event organized in part by the Melbourne Police Department, the Tampa United States Attorney's Office, local Seeds and Seeds agency volunteers and 45th SW Security Forces Squadron members, brings budding girls and boys from targeted local areas into a military setting to teach important life lessons about the dangers of drugs and other negative influences.

"We have been working with this program for seven years," said Chief Master Sgt. Jerry Delebreau, original organizer of the DEFY program for the 45th SW. "One of the requirements for this program to take place is the cooperation and facilitation from a military security forces team, so when we were approached by the other agencies we agreed to be a part of it. We have participated every summer since."

The program was initially developed by the Department of the Navy to reinforce positive values and teach important skills to youth ages 9-12. Navy officials and parents saw a shortfall



Photos by Jim Laviska

John Pasko, senior detective of narcotics division, Melbourne Police Department, shows DEFY kids how a stranger might approach them about purchasing illegal substances. The classroom instruction time of the camp gives the children a chance to learn how to avoid dangerous situations.

in positive influences for their children around the base environment, especially during times of deployments. The program was initiated to provide an atmosphere of positive examples and teaching for impressionable youngsters who might be easily influenced by their peers.

Eventually the program spread to other branches of the service and other areas in the country, and grew into a heavily monitored and well-organized annual program.

"The program is here to provide mental and moral support for children who might otherwise go without it," said Master Sgt. Melinda Markowski, the current DEFY program organizer. "We not only bring to light the core values of

the Air Force and how that affects the decisions we make, but we show them how those same values apply to their lives, and how they can use them to follow a good path for their life."

The DEFY program has two distinct phases. In phase I, youth attend a summer camp at a military base where they learn important skills such as setting goals, refusing offers of drugs and avoiding violent conflicts or behavior. They also take part in self-image and interpersonal relations classes.

"The children invited are specifically chosen from potentially at-risk local areas, and we emphasize drug prevention, physical fitness and other conflict resolution goals," said Master Sgt. Markowski.

For phase I, the children experience either a five-day residential (staying on base in billeting all week) or an eight-day non-residential program. At Patrick, the youngsters had the opportunity to stay in billeting and immerse themselves in the base culture.

Phase II begins each year in the fall, coinciding with the beginning of the school year. Each child is paired with a mentor who works with them throughout the year to continue the encouragement and positive influence, and to help the child reach their individual self-confidence goals.

"The time here is like an in-depth recruiting trip with significant moral values and moral encouragement weaved in," said Master Sgt. Markowski. "We want these kids to end up knowing that they have support around them throughout the year."



Detective Pasko shows the children what certain illegal substances on the street might look like.



Photo by Jim Laviska

Solid work

Contractor Jerry Tate pours a concrete slab on the first home being built in Pelican Coast Tuesday. The first five houses built will serve as prototypes for inspection by the contractor and Air Force officials. Once the designs and modifications are approved, construction will begin on the 545 new homes that will make up the Pelican Coast military housing section.

101 Critical Days of Summer quiz

The first correct response e-mailed to the 45 SW/SEG inbox at 45swseg@patrick.af.mil, after 9 a.m. Tuesday morning following date of publication will receive a prize from the 45 SW Safety Office.

Entries received before 9 a.m. will not be counted. Winners will be contacted by SEG to receive their prize and their name will be announced in the next issue of the *Missileer*.

This week's questions

- 1) In the state of Florida, what BAC is considered a DUI?
- 2) What is the minimum number of people that must be in the boat while a person is water-skiing?
- 3) If outside, what should be accomplished during a Phase 2 lightning warning?
- 4) Aluminum ladders may not be used for what type of work?
- 5) What is the PAFB designated evacuation point for Cat 1, 2 or 3 Hurricanes?

June 25 answers

- 1) AF Form 55
- 2) AFSPC Form 87
- 3) AF Form 457
- 4) Class "C"
- 5) AFOSH Std 91-46

Last week's winner is Airman 1st Class William Lloyd, 45th Space Wing staff. He won a pen and pencil set.

Patrick Fitness Center improves its playing floors

By Theresa Amlong
45th Services Squadron

Patrick Fitness Center's 7,200 square foot gymnasium floor and two racquetball courts recently received a new finish with a polyurethane coating.

As part of the controlled maintenance routine, the \$3,400 project included screening the floor with a soft machine and adding a coating of new polyurethane. The project was completed in one week's time with minor impact to customers, as there is no league play this time of year. There was a small problem with the original coat drying properly, said Louis Saez, fitness director. "That was the reason for the extra delay in getting our court back up and ready for use, but now we are ready again for regular use."

Installed in 2000, the resurfacing of the floor will now become an annual maintenance requirement. "We are expecting to resurface the gym floor once a year from now on to preserve it and expand the life of the hardwood," said Mr. Saez. "The new coating prevents all of our gym users from slipping on worn out surfaces. It gives them a better grip when running down the court."

The resurfacing not only gives the gym a new look, but it allows for a much safer environment for those working out in the fitness center. "The floor was cracking in both the gymnasium and in the racquetball courts, and this is a definite danger for anyone trying to work out, so it's not only an aesthetic improvement, but also a safety measure."

First Lt. Elizabeth Kreft contributed to this article.



Photo by Jim Laviska

Dean Cherer, right, drives on Ken Daniel during an afternoon basketball game Wednesday at Patrick Fitness Center. The gymnasium floor and two racquetball courts received a facelift recently with a new finish, which is safer for players and is an aesthetic improvement.

SPORTS BRIEFS

Sign up for youth soccer

Youth Programs has begun soccer registration. Registration is accepted from 9 a.m. - 5 p.m. and is open to family members ages 4-11 of active duty, retired military, DoD personnel, NAF employees and contractors. The season begins Sept. 11 and runs through Nov. 13. For more information, call 494-4747 or 494-3770.

Soccer coaches needed

Youth Programs is recruiting volunteer adult coaches for its upcoming fall soccer program. Interested people must fill out an application at the Youth Center and provide documentation of training, including coaching, CPR and first aid certifications. Call 494-3770.

Hoop it up

Youth Programs sponsors a Basketball Camp July 19-23 with a limit of 80 slots. The camp will be conducted by an assistant coach and players from Brevard Community College, with several of the players being former Youth Center participants. Current Youth Center members have priority registration Tuesday - Thursday at a cost of \$10. Nonmembers can register beginning July 9 for \$22. The camp will be at the Youth Center gym from 9 a.m. - noon. Call 494-4747 for more details.

League announces golf winners

The following are winners in the Winter Intramural Golf League:

Base champions - AFTAC

Base runner-up - 45 SVS

League champions - 45 CES #2

League runner-up - 45 SVS

Individual awards are based on regular season play:

Best average

Logan Gage - AFTAC

Sam Sneed - 45 SVS

Most improved

Bob Grijalva - 45 CES

Sportsmanship Award

Rob Barens - J-Stars

Next season begins on or about July 14.

The Calendar

Wednesday

▲ Organizations wishing to participate in the Summer Intramural Golf League must have their letters of intent in by July 7. Include the name of the coach, assistant coach, squadron, duty number, fax number and email address. Call Fred Mills at 494-7856/6510.

Thursday

▲ Members of the NCO Club can enjoy a special complimentary feast on 5:30-8 p.m. Present a club card to the cashier. Reservations are required.

July 9

▲ Intro to Fishing class is offered by Outdoor Recreation at 5 p.m. Make a reservation by calling 494-2042

July 10

▲ Outdoor Recreation, in cooperation with the Sea Turtle Preservation Society, is offers a trip July 10 and 17 to view a nesting sea turtle. Call Outdoor Recreation at 494-2042.

July 16

▲ Outdoor Recreation offers Intro to Kayaking and Canoeing 9-11 a.m. and July 30, 3-5 p.m. Class price is \$5. Professional instruction is provided. Class space is limited. Call 494-2042 for reservations.

July 16

▲ Outdoor Recreation offers a special three-tank spear fishing trip. Divers will experience some of the deep water wrecks and reefs offshore Jupiter, Fla. Due to the nature of this trip all divers need to be self-sustaining in the water. AOW/NITROX highly suggested. Call 494-9691 for further details.

July 19

▲ Youth Programs sponsors Basketball Camp July 19-23 with a limit of 80 slots. Registration is accepted from 9 a.m. – 5 p.m. and is open to family members ages 6-15 of active duty, retired military, DoD civilians, NAF employees and contractors. The camp will be held daily in the Youth Center Gym from 9 a.m. – 12 p.m. Call 494-4747 or 494-3770.

July 19

▲ Open Water Dive Certification runs July 19 - Aug. 7. It allows participants to dive independently of a dive master or instructor. Cost is \$235 and includes pool and classroom instruction, charter boat fees, full scuba rental and all air fills. Sign up at Outdoor Recreation or call 494-2042 for information.

July 28

▲ Lobster Mini Season is July 28 and 29. Outdoor Recreation offers lobster dive day. Call 494-2042 for information.



Photo by Theresa Amlong

The new Guardstart Red Cross course offers children aquatic and leadership skills. The program runs July 26-30, 8 a.m. – 2 p.m. It's open to youths 11-14 years old.

Splish, splash ...

A new program for youngsters

By Theresa Amlong
45th Services Squadron

Youth interested in becoming lifeguards may consider a new program offered by the Patrick Fitness Center.

"Guardstart" is an American Red Cross course offered to children ages 11-14 at the Patrick Fitness Center pool. The program offers active-duty family members the chance to learn aquatic and leadership skills through lifeguarding. The program, in its first year at Patrick, runs 8 a.m. – 2 p.m., July 26-30.

"An added bonus to our program is that the kids become certified in community first aid and adult, child and infant (cardiopulmonary resuscitation)," said Leiane Roche, Patrick Fitness Center aquatics director. "This certification is not normally included in Guardstart and is useful for kids who babysit."

In addition to CPR and first aid training, participants learn how to prevent drowning and diving accidents, as well as how to supervise others around the water. The program incorporates instruction in leadership skills, such as how to communicate effectively, make informed decisions, be an effective leader, and be a supportive team player.

"I am very pleased that Leiane is bringing this class into the Patrick Fitness Center's overall program," says Naomi Parish, assistant fitness director. "We are always looking at ways to reach out to the youth in the community and provide them an opportunity to use some of our great facilities and this gives them some valuable tools that they may use in their schooling and in everyday life."

"After completing the program, kids can come into the Fitness Center and volunteer at the pool," Ms. Roche said. "This helps them earn credit toward their school's Presidential Academic Award. During the volunteer hours, kids will buddy with a lifeguard at the pool to follow what the guards do.

Interested youth may register at the Patrick Fitness Center. All participants must be able to: swim the front crawl for 50 yards continuously, while breathing to the front or side; tread water for one minute using arms and legs; and swim underwater for a minimum distance of 10 feet. There is a small fee for the class manual. Participants must also provide their own lunch. Call Leiane Roche at 494-5042 or 494-4534 for additional information.

OUT & ABOUT

Events

Saturday, 11 a.m. - 5 p.m. Kidfest - Party on the Island at Kiwanis Island Park Community Center for children from kindergarten through age 12. Cost is \$5 per person

Call 455-1380.

Saturday, 7-9 p.m. Family Karaoke Night at Palm Bay Community Center featuring karaoke for kids and parents. All unattended children must be signed in and out by a parent. Cost is \$2 for adults and \$1 for children. Call 952-3443.

Sunday, 5 p.m. City of Palm Bay 4th of July Celebration at Brevard Community College. There will be live entertainment, featuring "The OuttaSight Band," "Groove Monsters" and the "Florida Cracker Cloggers." There will be children's activities and games, snacks and food vendors. A fireworks display begins at 9:30 p.m. Call 952-3443.

Sunday, 4:30 p.m. Independence Day Celebration at Front Street Park with fireworks, activities, live music, food, games for kids, moonwalk and more. Shuttle transportation will be available at 4:30 p.m. from the Melbourne Auditorium. Call 255-4608.

Sunday, 9 p.m. Fireworks display sponsored by the Brevard County Parks and Recreation Department. Spectators should park west of Brevard Ave. starting near Cocoa City Hall and the post office. Call 633-1874.

Sunday, 11 a.m. - 5 p.m. The Christopher Columbus Social Club sponsors the picnic featuring barbecue chicken,

Italian sausage, hamburgers, hot dogs and more at the Pelican Park Pavilion. Cost is \$7, children younger than 10 eat free. For more information, contact 951-8532.

Monday, 9:30 a.m. Independence Day Parade. The parade proceeds through historic downtown Melbourne and ends at Honor America and the Liberty Bell Memorial Museum. Call 727-1776..

July 9, 7-10:30 p.m. Friday Night Teen Dance Party for teens ages 13 through high school senior - ID may be required. Dances will be rotating throughout Brevard County. Go to <http://www.spacecoast-teens.com/news/index.htm> for list of locations and dates. Cost is \$5 in advance at the dance site and \$7 at door. Concessions will be available. Call 633-1874.

July 16, 10 a.m. - 4 p.m. Child Safety Seat Check Up. The University of Florida Brevard County Extension Department conducts a free safety check on child car seats. The public Children's safety seat will be inspected for proper equipment and installation. For more information, or to register, call 633-1702.

Auditions

Tuesday and Wednesday, 7 p.m. The Titusville Playhouse holds auditions for its production of "Company," a New York musical with a witty look at relationships. The show will be playing Aug. 27 - Sept. 11. The director is looking to cast six adult males and eight adult females capable of singing solo. No experience is necessary. For more information, contact 268-3711.

AAFES holiday hours

July 4 and 5

Main Store, 10 a.m. - 6 p.m.

Main Store Mall Concessions, 10 a.m. - 5 p.m.

Taco Bell, 11 a.m. - 5 p.m.

Burger King, 10 a.m. - 5 p.m.

Class Six, 6 a.m. - 10 p.m.

MCSS/Mini Mall Shoppette, 10 a.m. - 3 p.m.

The following listed facilities will be closed:

Admin Office

Mini Mall Food Court

Mini Mall Concessions

Car Care Center

Cape Food Court

Cape Shoppette

Cape Barber Shop

Main Store Anthony's Pizza

Main Store Wetzel Pretzel

Optical Shop/Optomety Clinic

Laundry/Dry Cleaners

Promo



ACTION LINE

494-6550

The Action Line is your direct link to me and provides a valuable source of information on ways we can work together to make Patrick Air Force Base and Cape Canaveral Air Force Station better places to work and live.

The best way to get something fixed is to identify the problem to supervisors and first sergeants.

If you can't get your problem resolved through the agencies, contact the Action Line: e-mail, Commander'sline@patrick.af.mil or click 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.

45th Mission Support Group

Col. Edwin Swedberg
494-6607

45th Civil Engineer Squadron

Jack Gibson
494-4041

North and Central Housing

Caroline Jamba
494-2593

Pelican Coast

Carol Farmer
777-8282

45th Services Squadron

Lt. Col. Mark McCullohs
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



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.

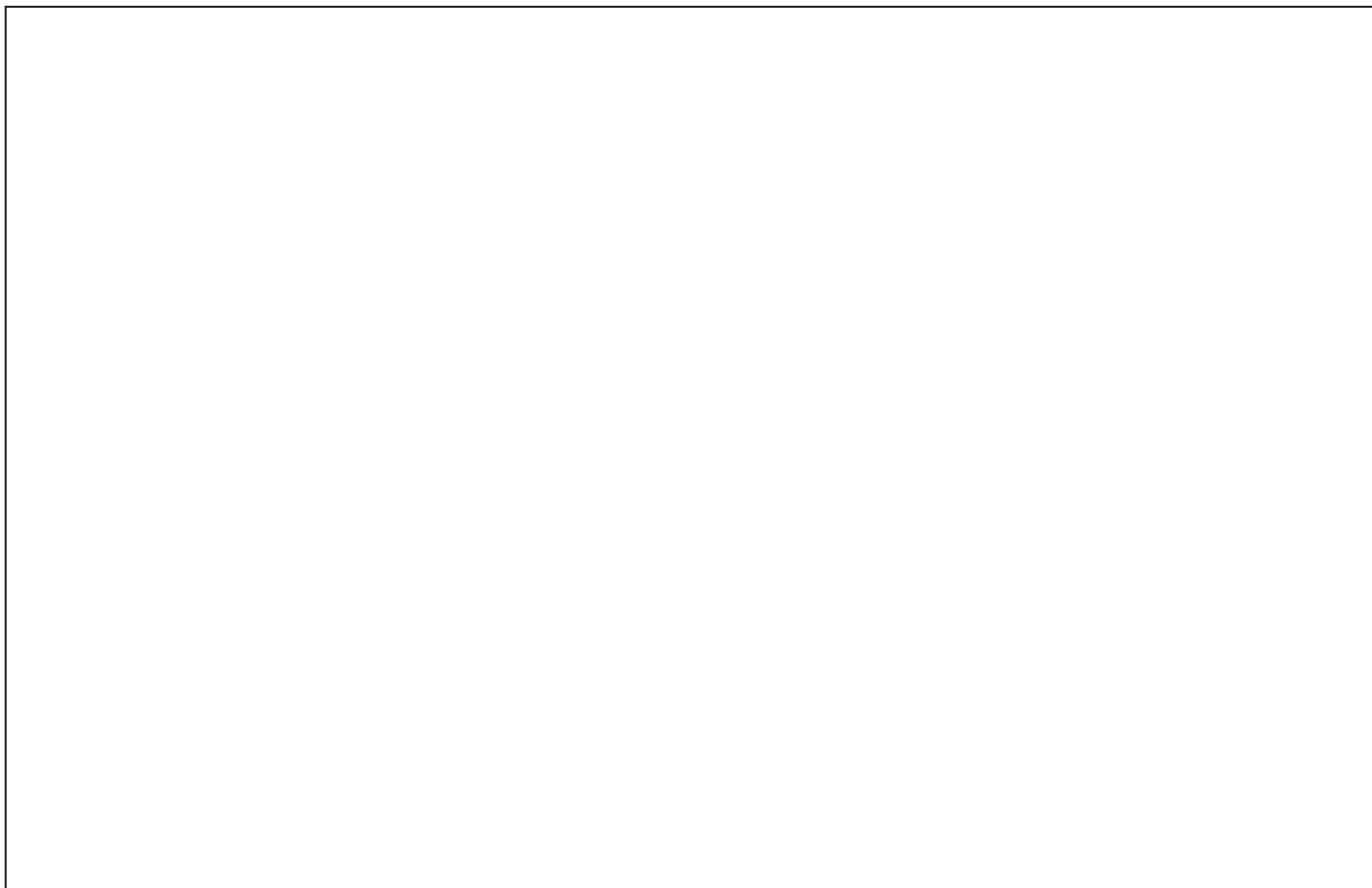
Protestant

Sunday: 8:30 a.m. – Traditional Worship in the Theater while Seaside Chapel is being renovated.

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

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

Promo





Friday Troy -Set in ancient Greece, Paris the prince of Troy, begins an affair with Helen, the queen of Sparta. King Menalaus takes this as a terrible insult, both to him and his brother, Agamemnon, king of the Myceneans. Agamemnon unites the populations of Greece to bring Helen back from Troy. Stars Brad Pitt and Eric Bana. Rated R for violence, language and sexuality. 163 min

Saturday Troy - See Friday's synopsis.

Sunday Godsend - Following the death of their 8-year old-son, Jessie and Paul are befriended by a doctor on the forefront of stem cell research about bringing him back to life through an experimental and illegal cloning process. The experiment is successful and Adam grows into a healthy and happy young boy ... until his 8th birthday. Stars Greg Kinnear and Rebecca Romijn-Stamos. Rated PG-13 for violence including frightening images, some sexuality and some thematic material. 102 min

Thursday Breakin' All the Rules - Quincy gets dumped by his fiancée, but he then writes a best-selling book advising guys to avoid heartache by breaking up with their girlfriends before they can get hurt. Quincy's cousin enlists him to break up with his girlfriend for him, but while doing so, Quincy falls for her. Stars Jamie Foxx, Gabrielle Union. Rated PG-13 for sexual material/humor and language. 85 min

RIVERSIDE DINING

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

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

Sunday Brunch - Loin strip steak, BBQ spareribs, herbed baked chicken

Sunday Supper -- Steak loin strip, 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 - Sukiyaki, teriyaki chicken, beef stir fry, sweet and sour pork

Wednesday Dinner - BBQ spareribs, **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 w/tomato sauce

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

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

Promo

