

# MISSILEER



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## Delta launch history

The Space Infrared Telescope Facility, or SIRTf, successfully launched into orbit aboard a Delta II rocket from Launch Complex 17 on Cape Canaveral Air Force Station Monday morning. Members of the 1st Space Launch Squadron, 45th Range Squadron and 45th Weather Squadron teamed with Boeing and NASA to launch the heavy configuration of the Delta II. SIRTf is the final mission in NASA's Observatories Program, including the Hubble Space Telescope, Compton Gamma-Ray Observatory and the Chandra X-Ray Observatory. In addition to being the last NASA observatory mission, this launch was the 300th Delta rocket launch. See story on Page 4. (Photo by Carleton Bailie)

## Striligas AF's top 1st term airman

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

The Air Force Sergeants Association named a Patrick Air Force Base bioenvironmental engineer the First-term Airman of the Year, Aug. 21, in Las Vegas.

Senior Airman Stella Striligas beat 14 other nominees to earn the award.

"It's quite a testament to Airman Striligas because the nominees were the best in the entire Air Force," said Senior Master Sgt. Steve Parish, superintendent of operations for the 45th Range Squadron, and president of AFSA Chapter 557.

In order to get to Las Vegas Senior Airman Striligas first had to compete at the division level. Competitors in her division-five were from Florida, Puerto Rico and Panama. Each nominee submitted an awards package reviewed by a regional committee. In this case, Senior Airman Striligas was selected to represent the division at the international level.

Senior Airman Striligas said as part of the selection process, she went before a review board. The review board took into account her awards package and how she presented herself. The board asked her questions on Air Force issues and her accomplishments for AFSA. She said she wasn't nervous

See AWARD, Page 8

## OSS controller awarded Bronze Star

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

A 45th Operations Support Squadron technical sergeant was awarded the Bronze Star Thursday for actions during Operation Iraqi Freedom.

Tech. Sgt. Alexander Del Valle, assistant chief controller at Patrick Air

Force Base's control tower, was the first air traffic controller to establish control tower operations at a bare base located only 34 miles from the Iraqi border.

He deployed for four and a half months as the chief air traffic controller for the 484th Air Expeditionary Wing.

In a ceremony in front of all 45th

Space Wing enlisted airmen, he was awarded the Bronze Star Thursday by Brig. Gen. Greg Pavlovich, 45th SW commander.

"I was surprised to say the least," said Tech. Sgt. Del Valle. "I didn't really even know what the Bronze Star was until I went to look it up on a chart ... and to know that they're not generally

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*Outstanding is just the START!*



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



By Brig. Gen. Greg Pavlovich  
 45TH SW COMMANDER

'Tis the season. My favorite time of year is the stretch from September to December when we celebrate a succession of great holidays — and every week the Packers win. Okay, Fall is in the air and footballs are flying at stadiums all across our great nation.

Labor Day is the first holiday up. And since today is an Air Force Space Command Family Day, this is a well-deserved four-day holiday weekend. Unfortunately, not everyone will get four days off because of the nature of their job.

The first people who come to mind are members of our Security Forces Squadron — ably augmented by troops from the Florida Army Guard. Hooah! They are on duty 24/7, 365 days a year keeping us safe by protecting our base. That includes Christmas, Thanksgiving, the Fourth of July, Easter Sunday and all the other holidays. With our heightened security posture and ongoing overseas deployments over the past couple of years, our security forces have really seen a spike in their responsibilities and ops tempo. These industrious and dedicated young warriors have earned my unwavering respect and support. Through tenacious execution, they personify all of our core values and prove that many of America's finest serve right here at Patrick and the Cape.

Another group of troopers who routinely burn the midnight oil are the controllers in our Wing Operations Center or Command Post. At least two of them are on duty around-the-clock, every single day. They synchronize critical communications between our local senior leadership, senior leaders throughout Space Command, the Air Force and me.

When my phone rings at 11 p.m. I know it is either my daughter asking for more money for college or a command post controller. These professionals get involved with just about everything from aircraft mishaps to bomb threats. And of course, things don't always happen during normal duty hours. An excellent example was Aug. 12 when we had a propellant leak at Space Launch Complex 40 at about 6 p.m.

Thanks largely to timely command post notifications, that mishap was responded to and reported up the chain effectively. Well done!

Our firefighters are always on alert, too. These professionals stand-by, ready to respond on a moment's notice to a wide variety of mishaps. In fact, the term "firefighter" is a bit of a misnomer.

They are accountable for whole lot more than putting out fires. For example, they respond to motor vehicle accidents, medical emergencies, hazardous material spills and more. Plus, we have mutual support agreements with many Space Coast cities. So, it is not unusual for our firefighters to respond to emergencies in communities such as Cocoa Beach and Satellite Beach.

I sleep well every night knowing we have this trustworthy cadre of emergency responders watching our backs. But they are not the only ones who routinely spend nights, weekends and holidays on the job. There are others such as our base switchboard operators (one of whom has been on the job for almost 50 years), weather forecasters and Base Communications Center technicians.

To all members of our nighttime, holiday and weekend forces: THANK YOU AND HAPPY LABOR DAY! I fully recognize your achievements and sacrifices. Talk about service before self, because of your "labors" the rest of us get to work "normal" hours and spend a reasonable amount of quality time with our families and friends. The Labor Day holiday was created with folks like you in mind.

Our launch crews do not usually work around-the-clock like emergency responders, but many of them worked through last weekend as we worked with our mission partners to launch a Delta II early Monday morning. A Delta IV was scheduled to launch a military communications satellite last night. The Delta II carried a space telescope that is the last of NASA's great observatories. These two high-profile missions underscore the importance of what we do for America here at the 45th Space Wing. It does not get any more satisfying, exciting or important than space exploration and national security. Be proud!

Because of our unique mission, we play a huge role in keeping America free and prosperous so our citizens can enjoy holidays like Labor Day. While you are watching the Jerry Lewis Telethon, relaxing at the beach or barbe-

quing in your backyard, please do not forget our comrades in arms deployed far away from home. We routed Saddam Hussein's forces and toppled his regime, but almost everyday we hear about young Americans and Brits losing their lives or being wounded in Iraq. Our holiday celebrations must be tempered by the fact that many heroes — fathers and mothers, husbands and wives, sons and daughters, and brothers and sisters in uniform—are still in harm's way fighting for our national interests.

One of our Team 45 heroes who returned safely from the desert is **Tech. Sgt. Alex Del Valle** of our Operations Support Squadron. It was my honor to present him with a Bronze Star yesterday. Among other things, he established control tower operations at a bare base located just 34 miles from the Iraqi border. As the sole controller, he sustained the duties of a 16-person flight by remaining in the tower cab for more than 100 straight hours. Wow! No doubt, there were dozens of aircrews he guided on successful missions into enemy territory during Operation Iraqi Freedom.

Another Team 45 hero I want to salute is **Senior Airman Stela Striligas** of our Medical Group. The Air Force Sergeants' Association selected her as the International First Term Airman of the Year for the entire Air Force! What an OUTSTANDING distinction! I am honored and humbled that Stela and Alex are on our team.

We want to keep drivers as safe here on the home front as Alex kept aircrews in the combat zone. In that regard, people should stop talking on the phone while driving. If vehicle operators must talk on a cell phone while driving, and that should be the exception rather than the rule, hands-free attachments are mandatory. That rule applies to everyone who operates a motor vehicle on Patrick or the Cape. Our cops are watching and strictly enforcing this policy. Folks, this is all about taking care of you and creating a safe environment where everybody is available to accomplish our mission. We cannot process satellites, maintain launch complexes, run the Eastern Range or launch rockets without you. I do not want to lose any of you in a senseless accident due to someone fiddling around with a cell phone while driving.

Deb and I wish everyone a safe and happy Labor Day weekend. Have a great time, but please be extra safe. God bless!



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# 920th RQW deployed members save U.N. lives

By Capt. William Manley  
447TH AEG PUBLIC AFFAIRS

BAGHDAD, Iraq — Airmen from several Air Force units, including Patrick Air Force Base's 920th Rescue Wing, rescued seven U.N. employees injured when a terrorist bomb exploded outside their headquarters here Aug. 19.

Approximately 90 minutes after the attack, 301st Expeditionary Rescue Squadron officials sent two combat search and rescue teams on HH-60 helicopters from Baghdad International Airport. Each team included two pilots, a flight engineer and three pararescuemen. They were joined moments later by another team.

"PJs (pararescuemen) bring more capability to an accident scene than most people are aware of," said one of the team leaders. "We're fully certified trauma paramedics who can perform minor field surgeries, amputations, tracheotomies and (deep intravenous drips for burn patients)."

They can also operate rescue equipment like the "jaws of life" and rope pulleys. These skills were put to use the night of Aug. 19 because other rescuers did not know how to use some of the equipment.

The team's first job was to set up and use a rope pulley to retrieve a bombing victim. The victim was trapped in the rubble about 15 feet below the closest access point.

"This guy was in bad shape," said another pararescueman. "He'd been pinned upside down for more than two hours. Both his legs were crushed, his right hand was pretty much destroyed, and he'd lost about 40 percent of his blood as well."

Chief Master Sgt. Ian Nesbit was one of the 301st ERS' PJs who helped recover, stabilize and treat this victim. The chief said the scene was pure chaos when they arrived. "The Army had already secured the building when we got there, but it was crumbling. Windows were blown out. Hot electrical wires were exposed. Water was leaking everywhere," he said.

According to the chief, the PJs crawled through the wreckage and used ropes to extract the man.

"We managed to pull him out, provided primary treatment and carried him to an Iraqi ambulance which took him to the helicopter that took him to a medical facility at our base at Baghdad International Airport," he said.

It took about 40 minutes to retrieve and fly him to the coalition hospital, where he underwent the four-hour surgery that saved him. "It's my understanding that he is doing relatively well. Unfortunately, he lost both of his legs, but he's still got his right hand," said Chief Nesbit, adding that this was the worst site he's ever seen where people were still alive.



Pararescuemen from the 301st Expeditionary Rescue Squadron carry a patient to an awaiting ambulance after the bombing of the U.N. building in Baghdad Aug. 19. (Photo by Airman 1st Class Brian Ferguson)

"Our crews were credited with three of the saves. They got the two most critically injured victims out of the building," said Lt. Col. Rich Conforti, commander of the 301st ERS. "This was the most phenomenal rescue operation I've ever been involved in from start to finish."

Col. Tim Tarchick, commander of the 920th RQW said, "This brings the total lives saved by members of the 920th to 22. That is 22 families that have loved ones who could have been lost." (Capt. Wade Arnold, public affairs officer for the 920th RQW, contributed to this story)



## Commander Q&A:

Lt. Col. Marlene Abbott,  
45th Medical Operations Squadron

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

A: "The mission of the 45th Medical Operations Squadron is to ensure a medical-ready force and healthy community."

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

A: "We provide health care to all active duty members and their family members. We also provide care for retirees and their family members. We serve over 16,000 people which is currently the most among space command. While the rest of the base worries about outer-space we are concerned with inner-space."

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

A: "The most important thing I stress is the core value of integrity. It takes courage to be honest. If someone comes up to me and tells me they made a mistake, I'll forgive them."

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

A: "We are the premier gateway to space and we need a healthy population to get there. If our deployed members have faith in their health care, they can be assured their family is in good hands, enabling them to focus on the mission."

# 1st SLS facilities key to successful 300th launch

By Ken Warren

45TH SW PUBLIC AFFAIRS

Monday's launch of a Delta II rocket carrying a NASA space telescope marked the 300th launch of a Delta space launch vehicle and the beginning of a new era in infrared space exploration.

"Delta has proven itself a true workhorse in our nation's space history. Our team is proud to have played a part in the SIRTf (Space Infrared Telescope Facility) mission, which was also a huge milestone for Boeing," said Lt. Col. Brad Broemmel, commander of the 1st Space Launch Squadron.

A successful launch starts with a "clean and green" facility. This launch was a prime example.

Often, the launch pad and associated facilities are overlooked in terms of their importance to each mission. But according to Lt. Col. Brad Broemmel, the entire Delta Team recognizes the herculean efforts of those who got Space Launch Complex 17-B ready to support the launch of what NASA calls its last "Great Space Observatory."

"The unsung heroes of this mission were the teams that turned the pad in five days after the MER-B launch. The 1st SLS

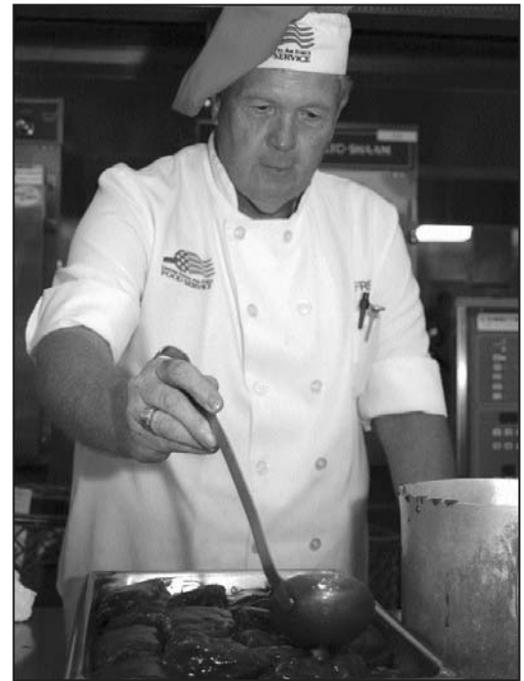
Support Flight under the leadership of 2nd Lt. Roz Russ, the 45th Range Management Squadron and especially our mission partners at Sverdrup and the Cape Canaveral Group all deserve kudos," said Lt. Col. Broemmel. "It was only 52 days between launches, just five days over the record of 47 days."

He added that the pad sustained more damage than usual after the MER-B launch in July due to the "heavy" solid rocket motors used to push the rocket into space.

"The crews worked around-the-clock to prepare the pad for SIRTf," said Lt. Col. Broemmel. "Not all of spacelift is rocket science. A lot of it is hot, back-breaking work like welding and sand blasting. These guys did a great job and helped make the mission happen before the Earth moved into an unfavorable position in September."

SIRTf, will use infrared detectors to pierce the dusty darkness enshrouding many of the universe's most fascinating objects, including brown dwarfs, planet-forming debris discs and distant galaxies billions of light years away.

Past great observatories are the Hubble Space Telescope, Chandra X-Ray Observatory and Compton Gamma Ray Observatory.



## Dinner is served

Fred Martin, head chef at the Riverside Dining Facility spoons barbeque sauce over spare ribs before dinner last Thursday. (Photo by Airman 1st Class Shaun Emery)



## Columbia accident investigation board releases final report



Brig. Gen. Duane Deal, 21st Space Wing commander, and Maj. Gen. Kenneth Hess, Air Force Safety Center commander, were investigation board members for the Space Shuttle Columbia accident. *(Photo courtesy of NASA)*

WASHINGTON, D.C. – The Columbia Accident Investigation Board presented its final report on the causes of the Feb. 1, 2003 Space Shuttle accident to the White House, Congress and the National Aeronautics and Space Administration Tuesday.

The CAIB report concludes that while NASA's present space shuttle is not inherently unsafe, a number of mechanical fixes are required to make the shuttle safer in the short term. The report also concludes that NASA's management system is unsafe to manage the shuttle system beyond the short term and that the agency does not have a strong safety culture.

The board determined that physical and organizational causes played an equal role in the Columbia accident – that the NASA organizational culture had as much to do with the accident as the foam that struck the orbiter on ascent. The report also notes other significant factors and observations that may help prevent the next accident.

The board crafted the report to serve as a framework for a national debate about the future of human space flight, but suggests that it is in the nation's interest to replace the shuttle as soon as possible as the primary means for transporting humans to and from Earth orbit.

The board made 29 recommendations in the 248-page final report, including 15 return-to-flight recommendations that should be implemented before the shuttle program returns to flight.

The report, which consists of 11 chapters grouped into three main sections, was the result of a seven-month-long investigation by the CAIB's 13 board members, more than 120 investigators, 400 NASA and contractor employees, and more than 25,000 searchers who recovered Columbia's debris.

Over the next several weeks, the board expects to publish several additional volumes containing technical documents cited in the report or referenced as part of the investigation, as well as transcripts of the board's public hearings.

The report can be viewed at the CAIB Web site at: [www.caib.us](http://www.caib.us). *(Courtesy of Columbia Accident Investigation Board Public Affairs)*

# Commissary gets facelift



Bob Hagarty uses a measuring stick while Ed Manship records the dimensions for placing new cold storage cases that will replace the old cases at the Commissary. (Photo by Jim Laviska)

By Sue Walden  
45TH SW PUBLIC AFFAIRS

Patrick Commissary customers will soon see major facility upgrades that will make shopping easier.

The first phase of the estimated \$4 million renovation begins Thursday and includes new freezers and refrigerator cases, a rotisserie chicken section located in the old fish market area, and bigger meat and produce sections. The project will be completed by the end of May. The renovation is funded by Commissary surcharges.

The existing horizontal freezers that have housed frozen food since 1988 will be replaced with upright units. "They have a greater holding capacity to allow an expanded selection and more on-hand quantities," said Ron Rogers, Patrick Commissary store director, who has been here since May. Items will also be easier to obtain because the upright units have eye-level shelves.

The new refrigerator cases will also hold more items and a wider selection. "There were frequent maintenance issues with the old units, which was inconvenient for our customers and cost money," he said.

The fresh meat section will be expanded and replaced with larger, three-deck cases. "We'll now be able to display meat in one location," said Waylon Chappel, meat manager. "These upgrades are great because the increased space lets us increase our product and that's more savings to our customer."

The idea of a larger produce area makes shopper Stephanie Allain happy. "I'll be able to shop at the Commissary more often for my fruits and vegetables now, and I like that because the Commissary saves me a lot of money," said the mother of three children.

With the fast-paced lives of most families, picking up rotisserie chicken for dinner is a hot item in the grocery store world, according to Mr. Rogers, and that's why the new rotisserie chicken section will be installed.

"As an Air Force retiree and commissary store director, my job is to take care of our families who have served, are serving and those who will serve tomorrow," said Mr. Rogers. "These renovations allow us to better serve the needs of our customers."

## BRONZE STAR, from Page 1

given out except for war-time, that made it very surprising."

Many times, those deployed to a contingency location find themselves having to work with the equipment they have or scrounge from those around them to make their job work within mission requirements.

Tech. Sgt. Del Valle found himself in just that situation when he brought a sub-standard host-nation control tower back into operation after finding functioning radios and weather equipment that is vital in any air traffic controller's job in helping establish an air campaign.

"None of us knew he was awarded the Bronze Star until it came to my office," said Lt. Col. Kurt Hall, 45th Operations Support Squadron commander. "It's great that someone like Tech. Sgt. Del Valle played a large role in the Iraqi Freedom mission."

"I'm just over the moon," Tech. Sgt. Del Valle said. "In a way it (the Bronze Star) just seems like too much, but on the other side you just tell yourself that you did a good job and should pat yourself on the back. I was just at the right place at the right time to do the things that needed to be done."

Those actions helped the 484th AEW avoid a six-day operational delay during the pre-war period. Without Tech. Sgt. Del Valle's efforts, his wing may not have been ready or prepared

when the president and secretary of defense called upon them to commence operations in Iraq.

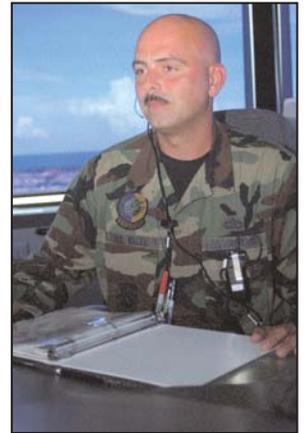
"When (Tech. Sgt. Del Valle) first deployed over there, he was at a classified location and we didn't hear from him for a long time," said Lt. Col. Hall. "It was an honor to know that we sent the best-of-the-best when he came back with a Bronze Star."

While committing himself to completing the job he was called upon to accomplish, Tech. Sgt. Del Valle was also waiting for a chance to call home to find out some good news.

"My wife and I also adopted two children after I deployed, but we were in a communications blackout for 60 days once I arrived," he said. "I didn't even know if we had gotten to adopt them. And after I stepped off the plane and saw them with my wife, it was overwhelming."

With all the fanfare, waving flags, television and newspaper cameras flashing, seeing your family for the first time when you return is like tunnel-vision, that's all that's important to you and the rest of the world seems to fade away, he said.

"It's just great to see them, knowing that your family was supporting you the whole time," said Tech. Sgt. Del Valle.



Tech. Sgt. Alexander Del Valle's performance during deployment earned him a Bronze Star. (Photo by Airman 1st Class Shaun Emery)

## AWARD, from Page 1



Senior Airman Stela Striligas conducts a respirator fit test. (Photo by Airman 1st Class Shaun Emery)

going up in front of the board.

"The thing that did make me a little nervous was going up against the other competitors. All the nominees were very talented," said Senior Airman Striligas.

She was Airman of the Year for the 45th Medical Group in 2002. She earned senior airman below the zone and will test for staff sergeant in May. She is also the AFSA's division-five airman activities coordinator.

"She's a hard worker and extremely energetic," said Senior Master Sgt. Parish. "She always has the time to talk, whether it be at Airman Leadership School or the First-term Airman Center."

Senior Airman Striligas is an active volunteer. She has worked with Special Olympics,

organized a beach clean up for the 45th MDG, and is a member of the Junior Enlisted Advisory Council.

"It's very rewarding to see other people happy," she added.

Senior Airman Striligas said she would never have reached where she is now without a plan.

"You have to have goals," she said. "That's why I push myself so hard, so I can accomplish those goals."

Senior Airman Striligas doesn't take all the credit for her success; she knows that personal accomplishments are achieved with the help of others.

"Without my job here and all the support I get, I couldn't be where I am today."

### **Ball tickets on sale**

Air Force Ball tickets are on sale now and will go to active-duty members and civilians first. Currently, ticket prices are \$15 per person for E-5 and below. Tickets are \$25 for all other ranks, civilians, retirees and contractors. There is a \$2 discount for all Officers' Club and NCO Club members.

Seating is limited to 330 and tickets are sold on a first-come, first-served basis. Tickets can be purchased through first sergeants. For questions about ticket sales, call 2nd Lt. Rich Owens at 853-7648.

### **Come to Spouses' Club event**

The Patrick Spouses' Club, an all-inclusive club, invites all spouses to its annual free activities coffee Sept. 9 from 4-7 p.m. at the NCO Club. Activity chairs and many base organizations will be there to provide information. Hors d'oeuvres and door prizes will be provided. For more information and reservations, call Naomi Lupone at 757-6168 or Lori Iannuzzo at 773-0126.

### **Dumpster not donation box**

The pink dumpster near the racquetball courts and the Thrift Shop in the South Housing complex is not for donations. Call 494-2457 for donation procedures. Military family residents can find trash collection procedures in their military family housing brochure. For more information, call 2nd Lt. Vivian Ryan at 494-9235.

### **See Cape's lighthouse and museum**

The Cape Canaveral Lighthouse and Space and Missile Museum is open to 45th Space Wing employees and up to five of their guests Sept. 6 from 10 a.m. - 4 p.m.

Military and civilians can download a form from the wing's intranet at <https://pafbweb.patrick.af.mil/45SPTG/CapeVisit.doc>. Everyone must give a copy of the form, with guest names, to the CCAFS South Gate guard and another copy on the dashboard of the vehicle. All visitors must be off station by 4 p.m.

### **Protestant Sunday school classes begin**

The South Chapel Annex in South Housing begins Protestant Sunday school classes for pre-K - 12 grades beginning Sept. 7 from 10-10:50 a.m. Limited transportation is provided for North and Central Housing to the annex. Participants must be registered before attending. Call 494-4073 by Saturday.

### **MPF closed**

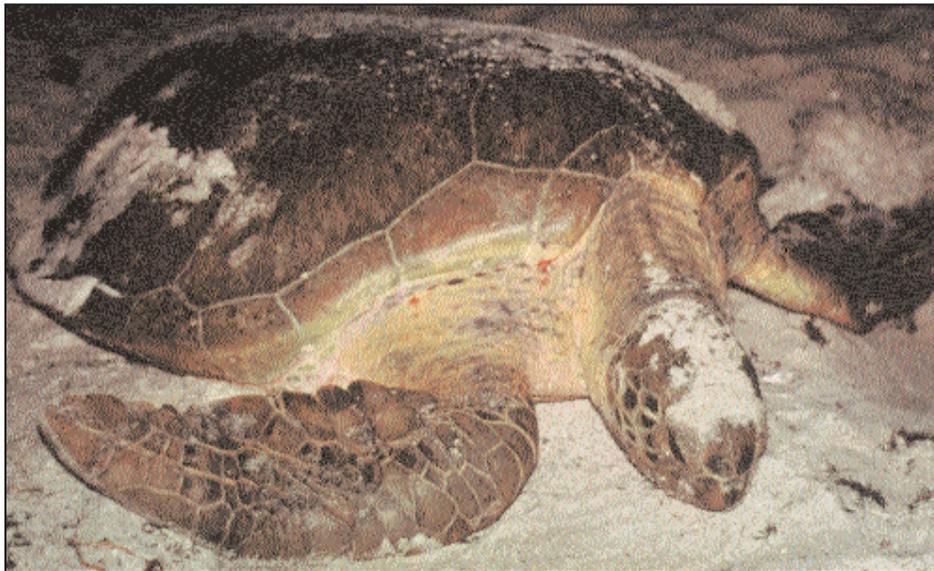
The Military Personnel Flight is closed Sept. 5 at 1:30 p.m. for an official function. Call 494-6144 for more information.

### **Help clean the beaches**

The 16th Annual Ocean Conservancy Florida Coastal Cleanup is Sept 20. From 8 a.m. - noon, people will gather at the parking lot on State Road A1A across from the fire station to clean the beach along Patrick Air Force Base. Contact Wesley Westphal at 494-9386 for more information.

Cape Canaveral Air Force Station's beach cleanup is Sept. 18 from noon - 4 p.m. To participate in the CCAFS cleanup, contact Shawn Fisher at 853-6824 or Angy Chambers at 853-6822. Only badged personnel can participate in the CCAFS cleanup.

# Sea turtle nesting, hatching continues



Patrick and Cape Canaveral Air Force Station beaches are part of the second largest loggerhead sea turtle nesting region in the world with a habitat of more than 5,000 threatened and endangered sea turtle nests annually, yielding more than 500,000 hatchlings a year. (Photos courtesy of 45th CES)

By Ida Barry

45TH SW PUBLIC AFFAIRS

Watch out for the little guys on the beach. This is peak sea turtle hatchling season.

From May to October, sea turtles make their way onto the shores of Patrick Air Force Base and Cape Canaveral Air Force Station at night to lay their eggs. During the month of June, the hatchlings begin scurrying down the beach to the sea on their way to the sargassum feeding fields of the Atlantic.

"There are still a lot of nests out there incubating," said Don George, 45th Civil Engineer Squadron Environmental Flight natural and cultural resource manager.

According to Mr. George, it takes 55 days for them to complete development but can take longer. A lot depends on the temperature of the sand, the warmer the sand the quicker they develop and the faster they hatch.

"All the rain (we've been having recently) is slowing the process down," Mr. George said. "They are doing pretty good and are up to the 55-57-day incubation range."

Hatchlings are used to warm water and because the ocean waters are turning colder, many beachgoers have found dozens, even hundreds of hatchlings coming back onto shore.

"There were a few days when the temperature was going down a bit. Approximately 900 hatchlings have been rescued from this cold-stunning," Mr. George said. "I have been in this business since 1984 and have not seen the

water get this cold to the point where the hatchlings come back out of the water."

This was the case when a hatchling was found crawling around the Judge Advocate parking lot and brought into the office. Staff Sgt. Suzanne Freeman, assistant NCOIC of civil law, is a member of the Sea Turtle Preservation Society and knew what to do.

"I wrapped it in a damp cloth, put it in a warm place and waited for the rescue truck to pick it up," said Staff Sgt. Freeman. "The hatchling is now safe and at a rehabilitation center where it will eventually be set free."

If a hatchling is found in parking lots beachside or on base, they should be gently placed in a container with wet sand with no water and a towel placed over the top. This mimics darkness and allows the hatchling to save its reserves for its swim out to sea, according to Staff Sgt. Freeman and Mr. George.

Patrick and Cape Canaveral Air Force Station beaches are part of the second largest loggerhead sea turtle nesting region in the world with a habitat of more than 5,000 threatened and endangered sea turtle nests annually and yielding more than 500,000 hatchlings a year.

Most of the sea turtles at Patrick and the Cape are loggerheads but the endangered green turtles also come here to nest.

"We have at least four green turtles nests at Patrick and four or five on the Cape and this is a low year," said Mr. George. "We had 50 nests on Patrick last year, which is an all-time record. The year before we got zero."

## Nesting sea turtles

- Keep your distance and remain quiet.
- Never approach turtles emerging from the sea.
- Avoid using flashlights, flash photography or video equipment.
- Leave nest alone and don't disturb or remove stakes used as nest markers.
- Avoid mounds or small raised areas.

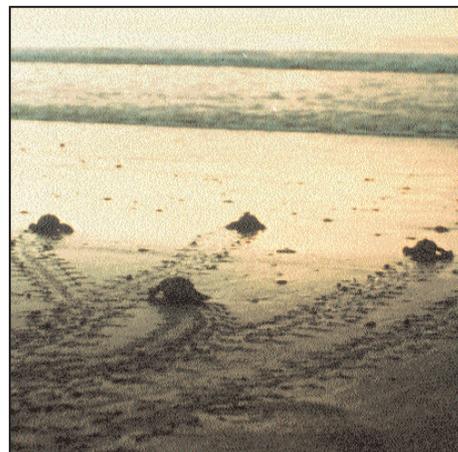
## Sea turtle hatchlings

- Watch them from a distance.
- Allow them to crawl to the water on their own.
- Do not interfere if they are heading toward the ocean
- Leave them in their nest; they will exit the nest when ready.
- Avoid flashlights and flash photography.

If a hatchling is found wandering on the beach, in a parking lot at or base housing do the following:

If found at Patrick during duty hours contact the 45th Civil Engineer Squadron at 494-5286 or 494-7288. If found at CCAFS call 853-6822/6823.

If found after duty hours call the Sea Turtle Preservation Society at 676-1701 and they will come pick it up.



Most of the sea turtles at Patrick and the Cape are loggerheads but the endangered green turtles also come here to nest. If a hatchling is found in parking lots beachside or on base, they should be gently placed in a container with wet sand with no water and a towel placed over the top.



# WORKING THE EASTERN RANGE: 45th RMS keeps ears to ground, eyes to sky

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

A squadron that's part of the 45th Maintenance Group has the tall job of ensuring that the Air Force's Eastern Range's range instrumentation and critical space launch facilities are ready to support military, civil, commercial launches and ballistic missile tests.

The 45th Range Management Squadron helps assure Air Force Eastern Range customers such as NASA, the U.S. Navy, Lockheed Martin and Boeing have the safe and reliable support they need.

Range managers with the 45th RMS also validate the Eastern Range's systems, integrate them into mission requirements and decide when to accept them for operational use. Ensuring that delegated contractual efforts are accomplished is also a task handled by this group of range experts.

The squadron is divided into four flights. They include: Facilities, Quality Assurance, Range Systems and Range Programs. Each flight is responsible for a cog in the wheel that ensures the Eastern Range remains operational and suited to provide users' requirements.

They're also a very uniquely manned squadron. The 45th RMS is primarily made up of DoD civilians, with only three active-duty and two Reserve members. The squadron has a large number of civilians to maintain job continuity on a range with many complex and

dynamic parts.

From quality assurance, systems management, maintenance of range instrumentation, modernization and sustainment, the range's programs would be like a pretzel waiting to be untangled without the overall efforts of the 45th RMS to oversee all of this.

As the primary contact for an acquisitions program known as Range Standardization and Automation, the 45th RMS is also ensuring that the 45th SW remains the "premier gateway to space" for the foreseeable future.

"We're carrying the motto that the Maintenance Group lives by, 'They don't go up without us,'" said Lt. Col. Frasier, 45th RMS commander. "We have a staff with an easy 20 years of experience on the range. The sense of ownership that our engineering brings to protecting the integrity of the range is what makes this work."

Lt. Col. Frasier says that his people understand that the success of the range is largely dependent on their programs working correctly, paying constant attention to what their customers require for mission success.

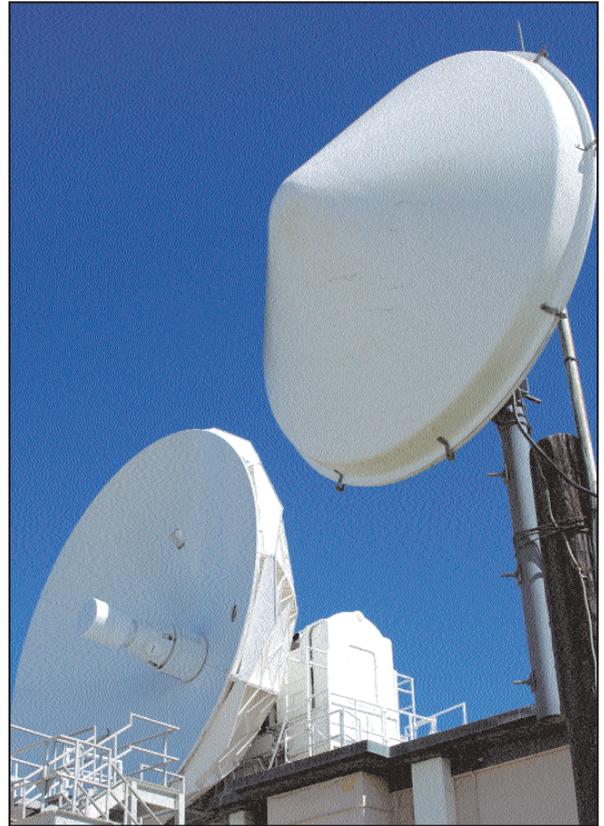
Range engineers from the 45th RMS play a big part in launch operations as well.

"On launch day and the day before, range engineers are responsible for ensuring proper operation of the Eastern Range, making sure instrumentation is correct," said Mr. T.V. Marlar, 45th RMS range engineer. "We also use 10 telemetry antennas that receive information from the launch vehicle."

These antennas monitor health and status and guidance information on the launch vehicle.

The squadron also maintains eight command antennas at Cape Canaveral Air Force Station with a total of 16 of these antennas located in strategic locations along the Eastern Range.

Facilities experts in the 45th RMS have charge over some functions at Antigua Air Station and Ascension Auxiliary Airfield that provide instru-



The 45th Range Management Squadron is responsible for ensuring the Eastern Range is properly prepared to support launch operations. (Photo by 1st Lt. Warren Comer)



45th Range Squadron range engineers Mr. John Sienkiewicz and Mr. T.V. Marlar discuss future requirements for launches along the Air Force's Eastern Range at Cape Canaveral Air Force Station. (Photo by 1st Lt. Warren Comer)

mentation and tracking support as a space launch vehicle travels downrange.

For Ascension AAF, individuals working on the island have developed their own self-sufficient base that supplies its own water and power. The 45th RMS makes sure that people working in these far away locations get what they need when they need it. They also send people to Argentia AAF, located in the north Atlantic, when conducting a very high inclination launch.

While launches may draw the large crowds and fill up hotels with tourists, Mr. Marlar says that there are literally thousands of individuals coming together to make the Cape work long before launch day.

"There are between 2,000 and 4,000 people that support range operations," he said. "I'm just one in the cast of thousands that make this all possible."

# Running 411: What new runners should know

By Senior Airman Cat Trombley

8TH FIGHTER WING PUBLIC AFFAIRS

Running long distances can be an intimidating task, especially to airmen who have not stepped foot on the track since basic training. But, for those who want to start running, there are ways to start a program so runners can meet their target distance and time without injury.

"There are many methods to follow when starting a program," said Capt. Huey Latham, 8th Medical Operations Squadron physical therapist and marathon runner. "Most people do 'walk and run' in which they walk a distance, then run a certain distance. Another method is to run for a specific time and then walk for a specific time."

Capt. Latham said when runners make changes to their routines, they should only step it up slightly.

"When people are starting a training program they should follow the 'FIT' principle," Capt. Latham said. FIT stands for frequency, how often you run; intensity, how hard you run; and time, length of activity, he added. "Only one of these variables should be increased in a week, and the increase should not exceed 10 percent of what you were doing the previous week," he said. "Cross-training can be done on off-days and supplemented with a non-pound-

ing aerobic activity or weight training. Learn to listen to your body, and if it feels tired or fatigued, take a rest day," Capt. Latham said.

New runners have to be especially careful not to cause injury. Accelerating a running program too quickly can cause a number of injuries, he said.

"Too much, too soon, too often causes overuse injuries. The most common injuries are muscle pulls of the lower extremities — more often the hamstrings, quadriceps and the calf muscles," Capt. Latham said.

Some of these injuries include:

▫ Runner's knee, pain around the kneecap caused by tight tissues on the outside of the knee and weak muscles on the inside.

▫ Iliotibial Band Syndrome, pain on the outside of the knee caused by running downhill or on banked curves, like on the side of the road.

▫ Shin splints, pain in the lower leg caused by excessive pounding.

"Adhering to the FIT principles is the best way to avoid injury," Capt. Latham said.

If injured, rest, increase flexibility, medicate, ice, maintain strength and endurance of leg and hip muscles, and gradually return to activity with respect to pain. These are the best ways to treat an injury, Capt. Latham said.

Almost any runner will tell a "wannabe" runner, having the right shoes is important.

Go to a running store to find running-specif-

ic shoes. Some base exchanges have a chart about running shoes and shoes on display. Spend 30 to 40 minutes at the store. Take time to look at all the shoes and prices.

Wear the kind of socks you are most comfortable running in. The wrong socks can alter the fit of the shoes. Selecting a running shoe is based on three basic foot types: flat feet, normal- and high-arched.

"Shoes should be bought to accommodate the foot type," Capt. Latham said. "Shoe designs come in motion control, stability and cushion. "Runners with flat feet tend to (land on the outside edge of the foot and roll inward) and need a motion-control shoe. Most people have a normal arch and need a shoe providing stability. Runners with high arches need a cushioned shoe," he said.

If the sole of the shoe is straight, it is for flat feet and motion control. If the sole is semi-curved, it is for normal arches and provides stability. If the sole is curved, it is for high arches and provides cushion.

By following steps to ease into a running program and having the right gear, a new runner should be able to get to their target distance and time, injury-free. (*Pacific Air Forces News Service*)

## Soccer team looking for players, coach

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

The 45th Space Wing's Varsity Soccer team started practices last week in preparation for play in local leagues and setting up for a possible Air Force soccer tournament at Moody Air Force Base, Ga.

So far, the varsity club has already gotten off to a good start. There are players of every type and skill ready to take on the Space Coast and branch out to challenge other Air Force teams.

As the season draws near, the soccer team already has about 12 players, but needs to field a much larger squad of about 22 players to compete in the East Coast Soccer League, a local Space Coast league.

"We've been playing for two seasons since Sept. 11, 2001 when we had to put play on hold," said Ian Morley. "Last year we even made it to the East Coast Soccer League Championships, placing second."

The team has been playing in local leagues since 1997, according to Morley.

The team is looking mainly for active-duty military, DoD and nonappropriated funds civilians to make up the base's first sponsored soccer team.

"Right now we're working on drills, teamwork and basically getting back in shape," said Matt Altman. "We're looking to go to a

few new tournaments this year, placing us in a more competitive format than previous seasons. That's the main reason we need a larger team."

The season consists of 22 games played every Sunday. The regular season starts in October, leaving the team a month of preparation.

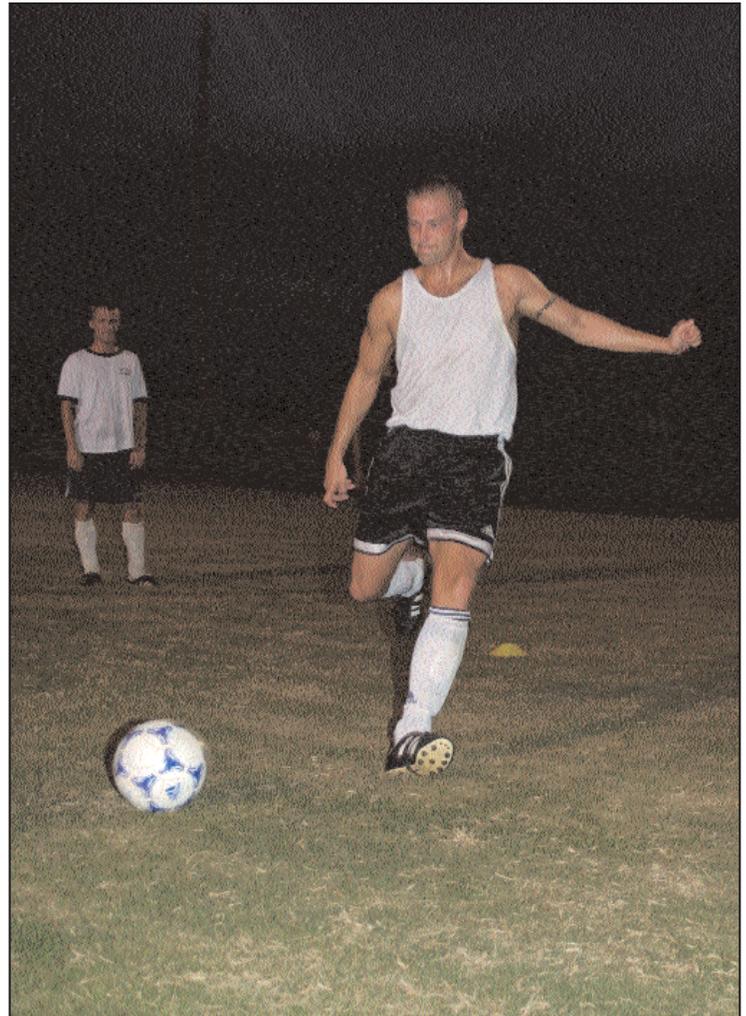
"The main thing we're looking for right now is a coach," said Altman. "We're looking for someone who's not going to be a player coach. It has to be someone who knows something about soccer and can bring in a fair amount of drills to practices."

While the team is looking to be highly competitive this year, they're also going to have some fun. Large team sports like soccer are also an opportunity for Patrick and Cape members to get to know each other outside the work place.

"Soccer is also a great aerobic sport, it's an opportunity for people to come out and get in shape for the new Air Force Fitness Test that begins next year," Altman said.

The team's practices are on Tuesdays and Thursdays at 7 p.m. at the South Housing Sports Complex.

For more information on practices or becoming the coach, contact Matt Altman at 494-9281.



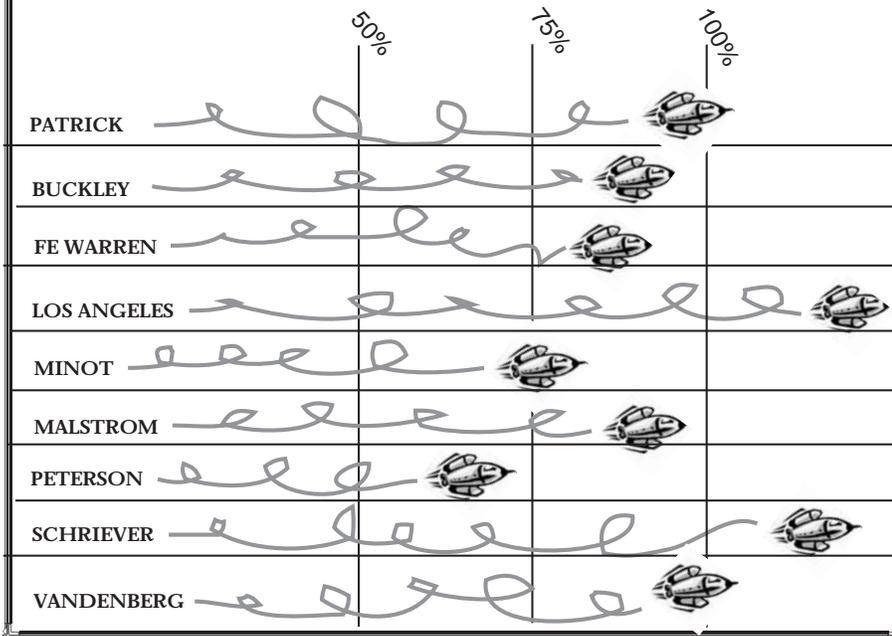
Ian Morley shoots at the goal during soccer practice Tuesday. The Patrick Air Force Base Varsity Soccer Team is looking for more players before the season begins in October. They plan to play in local leagues and tournaments, including an Air Force tournament at Moody AFB, Ga. (Photo by 1st Lt. Warren Comer)

# ATWIND BASE RACE COMPETITION

(Statistics from ATWIND.com as of Wednesday)

**PATRICK EXCEEDS ITS 100% GOAL! KEEP PLAYING!**

ATWIND ENDS SUNDAY



## This week's ATWIND winners

(Statistics from ATWIND.com as of Wednesday)

### \$20 Services Certificate

Douglas Marris  
John Connors

### \$10 Services Certificate

Julian Avila  
Gussie Reichel  
Ronald Baker  
Rafael Sanchez

### \$5 Services Certificate

Scott Harris  
Lasaad King  
Elisabeth Hawkinson  
Timothy Roscoe  
Jackelin Tabora  
Patricia Robins  
Dana Moreland  
John Sienkiewicz  
Ericka Franklin  
Elizabeth English  
Margaret Angus  
Peter King

### ATWIND T-shirt

Jay Chapman  
Jeffrey Jewell

**Clubs offer world travel**

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

A total of 16 prizes will be awarded. New members are now eligible for prizes and current members are automatically entered in the drawing. Each major command is awarding four fourth-place, two third-place, one second-place awards and a grand prize travel package valued at \$500, \$1,000, \$3,000 and \$5,000 respectively.

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

Winners will be selected during the week of Nov. 17. Call the Officers' and NCO Clubs for more information.

**Family Child Care providers needed**

Become a Family Child Care provider. Call Tina Washington at 494-8381 for information on placing children in FCC homes or becoming an FCC provider.

**Spend Labor Day on the deck**

An annual, end-of-the-summer celebration is Mon. from noon - 5 p.m. at the NCO Club and Outdoor Recreation Family Pool.

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

**Children learn gymnastics**

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

**Club offers Football Frenzy**

NCO Club members could win a trip to a regular season NFL game, the Super Bowl or the Pro Bowl by watching the games at the Patrick

NCO Club. Football Frenzy starts at noon Sept. 7.

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

**SCUBA classes offered**

Open water Professional Association of Diving Instructors certified SCUBA classes are monthly at the Outdoor Recreation Center.

The two-week course is \$235 and includes all equipment and dives. Class begins Sept. 8. Call 494-2042 for more information. Space is limited.

**Sign up for martial arts**

Tae Kwon Do classes meet 5:30 - 6:30 p.m., Mondays and Wednesdays for youth ages six and above.

Cost is \$55 per month for the first family member. Additional family members' fees are reduced. Call 494-4747 for more information.





and Pikachu meet two psychic Pokemons who protect a treasure. Animated. (G)

**Saturday Bad Boys 2**  
See Friday's synopsis.

**Sunday Bad Boys 2**  
See Friday's synopsis.

**Friday Bad Boys 2** A pair of Miami police detectives are on a case in London, which involves Burnett's half-sister Syd, who is undercover pretending to be a money-launderer, meanwhile annoying her brother by flirting with Lowrey. Stars Martin Lawrence and Will Smith. (R for strong violence and action, language, sexuality and drug content)

**Saturday 2 p.m. matinee Pokemon Heroes** In a mysterious city of water, Ash

**Thursday Johnny English** He is a bumbling British agent sent to rescue the crown jewels and save the monarchy from a scheming Frenchman played by John Malkovich. All of England's hopes rest on Johnny English. Stars Rowan Atkinson, Natalie Imbruglia and John Malkovich. (PG-13 for comic nudity some crude humor and language)

**Riverside Dining Menu**

**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** - Roast turkey, loin strip steak, barbecue spareribs

**Monday Dinner** - Chili mac, beef cannelloni, Southern-fired chicken

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

**Tuesday Dinner** - \*Country captain chicken, meat loaf, turkey a la king

**Wednesday Lunch** - Sukiyaki, teriyaki chicken, beef stir-fry, sweet and sour pork

**Wednesday Dinner** - Barbecue spareribs, \*lemon-herb chicken, stuffed pork chops

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

**Thursday Dinner** - Glazed Cornish hen, Jaegerschnitzel with mushroom sauce, \*roast loin of pork

**Sept. 5 Lunch** - Mexican-baked chicken, stuffed green peppers, Swiss steak with tomato sauce

**Sept. 5 Dinner** - \*Lasagna, spaghetti with meat sauce, Italian sausage

Menu's are subject to change. For more information, call dial-a-menu at 494-2845. \* healthy choices

**Action Line: 494-6550**



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

FL 32925-3237; fax, 494-7302. Address all correspondence "Attn: Action Line."

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

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

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

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

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

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

**Base Housing**  
Caroline Jamba  
494-2593

**45th Services Squadron**  
Lt. Col. John Sproul  
494-8081

**Military Personnel**  
Maj. Dianne Dzialo  
494-2035

**Commissary officer**  
Ronald Rogers  
494-4060

**AAFES**  
Mike Lovejoy  
494-6455

**Civilian Personnel**  
Robert Daniel  
494-5238

**Military Equal Opportunity**  
Capt. Marlon Johnson  
494-6334

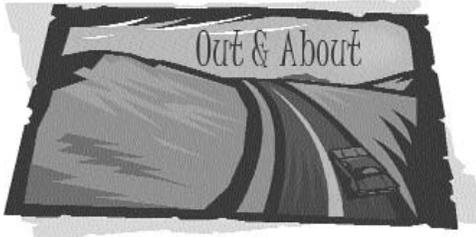
**45th Security Forces Squadron**  
Maj. Lynden Skinner  
494-6202

**Financial Services**  
John Brett  
494-7171

**45th Medical Group**  
Col. Gilbert Hansen  
494-8100

**Ground Safety**  
Paul Compton  
494-4023

**Inspector General**  
Lt. Col. Frank Miles  
494-2287



### Festivals

The Brevard Kennel Club holds it's 14th Annual Canine Festival in front of Burdines at Merritt Square Mall in Cocoa Beach. The festival takes place from 10 a.m. - 5 p.m. on Saturday and

noon - 5 p.m. Sunday. Obedience and kennel clubs will be on hand to answer questions. Leave your dog at home. Only Service dogs and those participating in the festival will be allowed entrance.

The 18th Annual Mike Eardman Toyota NKF Pro-Am Surfing Festival is the entire Labor Day weekend at Coconuts on the Beach in downtown Cocoa Beach. A schedule of events is on the Web at [http://www.kidneyfla.org/e\\_surf.html/#schedule](http://www.kidneyfla.org/e_surf.html/#schedule).



**Catholic** — Daily Mass 11:30 a.m. in the Seaside Chapel.  
Saturday: 4 p.m. confession. 5 p.m. Mass in the South Patrick Chapel  
Sunday: 8:45 a.m. Mass in the South Patrick Chapel and 11:30 a.m. Mass in the Seaside Chapel.

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

**Protestant** — Sunday: 8:30 a.m. Traditional Worship in the Seaside Chapel.  
9:45 a.m. Adult Sunday school in Seaside Chapel  
9:45 a.m. Grades K-12 at South Patrick Chapel  
11 a.m. Inspirational Service in the South Patrick Chapel  
Wednesday: 5:30 p.m. Fellowship dinner in the South Patrick Chapel.





