



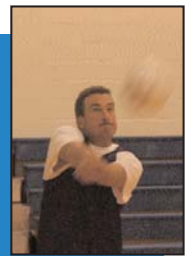
October's 50-year space and missile history

6



Family Support Center offers stress relief

12



Volleyball teams return to action after Jeanne

15



Photo by 1st Lt. Elizabeth Krefl

Waiting to exhale

Pararescue trainees from Kirtland Air Force Base, NM., try to relax and focus on the runway at Patrick AFB while waiting to load into a C-130 for Air Operations training. This segment of their progress to becoming Air Force Pararescuemen, otherwise known as PJs, takes place at Patrick because of the prime location for nighttime jump training. The instructors bring fresh students to the base approximately every three months. For more photos, see Page 13.

Wing renews motorcycle contract

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

The 45th Space Wing once again recognized the importance of motorcycle safety Friday by extending its contract with the Florida Safety Council to provide motorcycle training to its members.

The contract, which provides the wing with free training in return for the real estate, storage facilities and the

classroom needed to conduct training on base, not only provides quality training to wing members, but also saves its members money.

At a discount price of \$235 per class, the total savings equals around \$23,000 per year, said Bill James, 45th Safety Office occupational safety specialist.

"The FSC has been very generous to provide us with these slots," Mr. James added.

According to Mr. James, motorcycle

fatalities have increased over 60 percent in the past three years. Mr. James also noted that of those fatalities 70 percent have involved people who rank between E-1 and E-4.

The number of motorcycle accidents around the entire Department of Defense has been steadily increasing, said Col. Mark Owen, 45th SW commander.

See CONTRACT, Page 9

Commanders

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By Col. Susan Helms
45th SW vice commander

Greetings Sharks and Mission Partners! Brig. Gen. (S) Mark Owen has graciously allowed the senior leaders of both the 45th Space Wing and our partners to share this space with him, in order to offer multiple perspectives of our collective vision to the readers. There is one thing that I'm sure all senior leaders will agree on: We are hoping we have seen the last of the hurricanes for this and many future seasons.

It seemed as if Mother Nature had declared war, and rarely has a base faced so many natural enemies in such a short time. We found ourselves scrambling for cover during the onslaught of Frances and Jeanne, and we also provided safe cover for others as they dodged the fury of Charley and Ivan. But by ensuring that ALL of our Patrick AFB/CCAFS personnel safely endured these battles, you surely won the overall campaign, and you did it with grit and grace!

Many outside agencies have commended the 45th Space Wing for its unending professionalism and hospitality during long-lasting hardship, which is a direct reflection on the quality and character of our people. The aftermath of these monster storms played havoc with our Eastern Range launch schedule, but

the universal opinion of our customers was that the 45th has a robust 'can-do' attitude that truly remains focused on mission success. I take great pride in the fact that this prolonged conflict with our typhoon foes has demonstrated that the PAFB/CCAFS team possesses the fortitude to triumph over adversity of all kinds. In other words, as an organization, we have the "Right Stuff!"

It's immensely satisfying and yet ironic that the very weapons necessary to defeat Mother Nature - information and communication - have been, and will continue to be, launched out of the Eastern Range. Those rascals named Charley, Frances, Ivan and Jeanne have shown us yet again that our space-based infrastructure is absolutely critical to comprehending impending risks and providing the warnings before it's too late. And while these hurricanes were real to us all, they are also a great metaphor for some of the more insidious risks that plague both our home shores and also our great military troops abroad. There is no substitute whatsoever for the "top cover" that our satellite constellations provide - only from space can we manage to maintain a peaceful watch over so many potential risk areas with so much accuracy. And it's the 45th Space Wing, among a select few, that enables our country to have access to space for the protection of freedom and our fellow Americans around the world.

Notice how hard you have been laboring since the return from our latest evacuation! That's because our mission as the enablers to space is so critical to our nation that we cannot falter and we cannot drop our guard. If you are in the Ops Group or Launch Group, you are

hard at work on the technical execution of launch process, making sure we maintain the capabilities to place critical satellites into their rightful homes in orbit. If you work in the Mission Support or Medical Group, a big part of your responsibility is taking care of our people, who are the most precious resource that our military has. And if you are part of another agency or partnership, well, there are other critical roles for you as well in the defense of our nation.

I commend you again on the diligence and spirit with which you are protecting your mission capabilities! Whether it be a war with a destabilizing world power, terrorism on our soil, or even hurricanes, you have shown that you have the "Right Stuff" to persevere!

Don't forget: Air Force Ball

The 2004 PAFB/CCAFS Air Force Ball is Oct. 21, at the Officers' Club.

The guest speaker will be Maj. Gen. (ret.) Robert Dickman, deputy for Military Space, office of the Undersecretary of the Air Force.

Uniform is mess dress for military members and black tie optional for civilians.

Tickets are still available for purchase through unit POCs through Oct. 15. Prices are \$27 for non-clubmembers, \$25 for clubmembers and \$17 for E-5 and below.

Come celebrate the 50th anniversary of space and missiles with your 45th Space Wing family! Call 476-2626 for more information.

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

The Action Line is your direct link to the 45th Space Wing commander, Col. Mark Owen, and provides a valuable source of information on ways 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.

ACTION LINE

494-6550

45th Mission Support Group
Col. Edwin Swedberg
494-6607

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

North and Central Housing
494-2593

Pelican Coast
Caroline Jamba
494-2593

777-8282

45th Services Squadron
Lt. Col. Mark McCullohs
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Military Personnel
Maj. Dianne Dzialo
494-2035

Commissary
Ronald Rogers
494-4060

AAFES
Maurice Joiner
494-6455

Civilian Personnel
Robert Daniel
494-5238

Military Equal Opportunity
Capt. Marlon Johnson
494-6334

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Squadron**
Lt. Col. Lynden Skinner
494-6202

Financial Services
1st. Lt. Andrew Gmytrasiewicz
494-7171

45th Medical Group
Col. Gilbert Hansen
494-8100

Ground Safety
Chris Olesnevich
494-4023

Inspector General
Lt. Col. Frank Miles
494-4373

A special thanks to world-class Airmen

By Chief Master Sgt. Gerald R. Murray
Air Force chief master sergeant

It is hard to believe it has been more than two years now since Gen. Jumper awarded me the privilege of representing the greatest Airmen in the world as the 14th chief master sergeant of the Air Force.

This time has brought Sherry and me even more excitement and pride in our service. We are especially proud as we watch you perform so magnificently during this time of war and increased sacrifice. Like you, we have experienced some very sad days, mourning the loss of our fellow Airmen, Soldiers, Sailors, Marines and Coastguardsmen, as the evils of war will always bring. Yet the pride and honor of service to our nation is one aspect that never waivers.

You are America's Air Force - Airmen serving our nation with dedication and determination. I've had the pleasure of shaking hands and talking face-to-face with many of you. Your candid feedback has been a tremendous asset in making decisions that will carry our Air Force into the 21st century.

Over the course of these two years, I've visited more than 120 installations and each time the hospitality and professionalism of people, military and civilian alike, have shone through. I recognize any visit by a senior leader creates a great deal of work for a base, some visible and much more behind the scenes. I want everyone to understand how much I appreciate your efforts.

The commanders, command chiefs, protocol staff, honor guard and transportation specialists are a few of the folks who go out of their way to accommodate schedule changes and ambitious agendas. Please know that all the extra hours and attention to detail don't go unnoticed.

There certainly are a number of others involved in making my visits successful. From the thoroughly prepared briefers to baggage details, you always put your best foot forward. So many people go the extra mile.

On a recent trip my agenda was very tight and didn't allow time for breakfast before the return flight. Earlier in the trip I shared a story with one of the commanders about a great little restaurant I'd discovered. A young technical sergeant, assigned to help out with our visit, overheard this conversation. Completely unexpected, he showed up the next morning with breakfast from this very restaurant. To my surprise and appreciation, he had left home early and made an extensive detour to ensure we had breakfast on the plane.

Please note, I do not expect anyone to feel they need to go out of their way, but it is just one example of the treatment you've given me since I've been in this position.

Unfortunately, it is very easy for my schedule to overtake my good intentions of writing personal thank you notes. Please accept now my heartfelt thanks for the support you've given me, and your continued commitment to our Air Force. These two years have been the best in my career and that's because of you—the outstanding Airmen I serve with.

As I look ahead, I remain resolute and optimistic about continuing to represent your interests to our senior leaders, Congress and the American public. This is a historic time to be serving in our Air Force. We are facing many challenges, yet together we will not only meet these challenges, but we will succeed as a team — a world-class team in the world's greatest Air Force.

Thank you again for your outstanding support and service to our nation. May God bless you and yours.

Applaud dedicated workers on successful end of year

By 1st Lt. Jorge Manresa
45th Contracting Squadron

While many turned off their lights and went to bed before the stroke of midnight Sept. 30, others - like industrious elves - hammered away at numbers.

Enter the little understood world of 45th Contracting Squadron, 45th Comptroller Squadron, 45th Civil Engineering Squadron, resource advisors and numerous base contractors. These area experts make up the 45th Space Wing's acquisition team.

Contracting and finance work hand-in-hand to adequately fund and procure fiscal year end requirements that affect every aspect of the wing's mission essential and quality of life requirements. The work that is accomplished throughout the year and emphasized at the end of the fiscal year benefits everyone associated with the wing, its families and the local community.

Just a few examples of the requirements that were expeditiously awarded include such projects as cardio equipment for the gym's new WarFit Cardio Room, better training and preparation for our Airmen by awarding a Fire Arms Training Simulator to Patrick AFB, and extending contracts that ensure our 45th Operations Group's seamless transition into the new fiscal year by funding and providing launch support and equipment for our existing launch fleet complexes.

These procurement actions have never been a simple undertaking. At the end of each fiscal year the Air Force must commit all appropriated funds prior to midnight on Sept. 30. In order to spend the expiring funds that may appear in the 45th Comptroller's account during the last hours of the fiscal year, 45th CONS must coordinate with customers, prepare, negotiate and preposition contracts for award.

This unique orchestration of customer communications, vendor negotiations and requirement prioritization commences as early as June. Every contract specialist develops each requirement into a package that can be signed and awarded up until 11:59 p.m. Sept. 30. This fiscal year has been a tremendous challenge to say the least. The resolve of the acquisition team's dedicated personnel facing the disruptive forces of Hurricanes Frances and Jeanne have definitely shaken but not stirred Patrick's Acquisition Team.

One example of this agile team was when Mr. Craig Davis and Ms. Katrina Windschitl developed a new automated spreadsheet that provides real time procurement information to the 45th Space Wing's top tier leadership. This seamless intranet accessible system has ensured that all of our fiscal year end priorities were bought by better integrating contracting and finance processes.

During the last 12 hours of the fiscal year

a total of 116 contract actions were executed, adding up to \$16.7 million. This was on top of the \$9.2 million unexpected last minute repair contracts obligated as a result of the Hurricane Frances. This innovative organizational tool greatly reduced the amount of time it took to make procurement decisions was instrumental to our year-end successes story!

Let us not forget the devoted efforts of our contracting and comptroller civilian workforce. These selfless individuals returned to full operations in the wake of destruction from Hurricane Jeanne on the Florida Space Coast. Many of them leaving their damaged homes to ensure our mission readiness and resume our fiscal year end countdown. These are the type of exceptional individuals we have working at with 45th Space Wing's acquisition team.

The efforts of our Contracting and Comptroller professionals along with the support of the rest of the acquisition team are essential to the success of the wing's mission. Their services are overreaching to all whom work, support, or reside within the Patrick AFB and Cape Canaveral Air Force Station family.

So next time you reach over to your lamp stand to turn out the lights on Sept. 30 take a moment to remember the 45th SW Acquisition Team. They are definitely happy to be here and proud to serve you into the new fiscal year.

Mercury astronaut, retired AF test pilot dies

By Sue Walden

45th SW Public Affairs

Retired Air Force Col. Gordon "Gordo" Cooper, one of the Mercury 7 astronauts who rocketed a path for other astronauts to follow, died Monday of natural causes at his home in Ventura, Calif. He was 77.

Cooper, who piloted the sixth and last flight of the Mercury program and later commanded Gemini V, was commissioned in the Air Force in 1949 and received flight training. He then flew F-84s and F-86s for four years with the 86th Fighter Bomber Group in Munich, Germany. He returned to the United States and after two years of study at the Air Force Institute of Technology and received his degree. He then reported to the Air Force Experimental Flight Test School at Edwards Air Force Base, Calif., and upon graduation in 1957, was assigned as an aeronautical engineer and test pilot in the Performance Engineering Branch of the Flight Test Division at Edwards. His responsibilities included test-flying experimental fighter aircraft.

He was selected as a Mercury astronaut in April, 1959. His fellow Mercury 7 astronauts were Alan Shepard, Virgil "Gus" Grissom, John Glenn, Walter "Wally" Schirra, Scott Carpenter and Deke Slayton. The seven, national heroes in the 1960s during America's race for space with the Soviet Union, were immortalized in the book and movie, "The Right Stuff." Project Mercury was the pioneer program that put Americans into space and paved the way for the moon landings. There are now three Mercury 7 astronauts still alive - John Glenn, Wally Schirra and Scott Carpenter.

The youngest of the seven, Cooper made history in his Faith 7 flight May 15 and 16, 1963, as he logged more time in space (three times longer) than any American in space until that time, and was the first

astronaut to sleep in space.

Throughout his career, Cooper quipped that he was "the best pilot he'd ever seen" and in August, 1966 he proved it. Cooper and fellow astronaut Charles "Pete" Conrad showed the world that astronauts could survive in space long enough for America's next space chapter - a lunar mission. But, their eight-day mission was fraught with technical difficulties and the mission became Cooper's personal triumph when he flew the capsule to a nail-biting ocean landing after the capsule's automated re-entry devices failed.

Cooper retired from NASA and the Air Force in 1970.

Titusville resident Guenter Wendt, pad leader in the early days of the space program and longtime friend of Cooper, is saddened by his death. "He was such a down-to-earth guy. No matter what happened, he was always calm," he said. Wendt and Cooper used to go fishing together and saw each other over the years at various space-related and charity events in Brevard County. "I just saw him a few weeks ago at a book signing, but he looked frail," said Wendt, who was the last person the astronauts saw before liftoff. Wendt would stick his head in the capsule one last time and after the thumb's up, the pad leader would tell mechanical technicians to close the hatch.

"Gordon Cooper's legacy is permanently woven into the fabric of the Kennedy Space Center as a Mercury 7 astronaut," said Jim Kennedy, Kennedy Space Center director. "His achievements helped build the foundation of success for human space flight that NASA and KSC have benefited from for the past four decades. While the KSC family mourns the loss of this space pioneer, we honor his contributions and rest easy knowing his imprint on KSC will last forever. I consider it a privilege to have known Gordon Cooper."

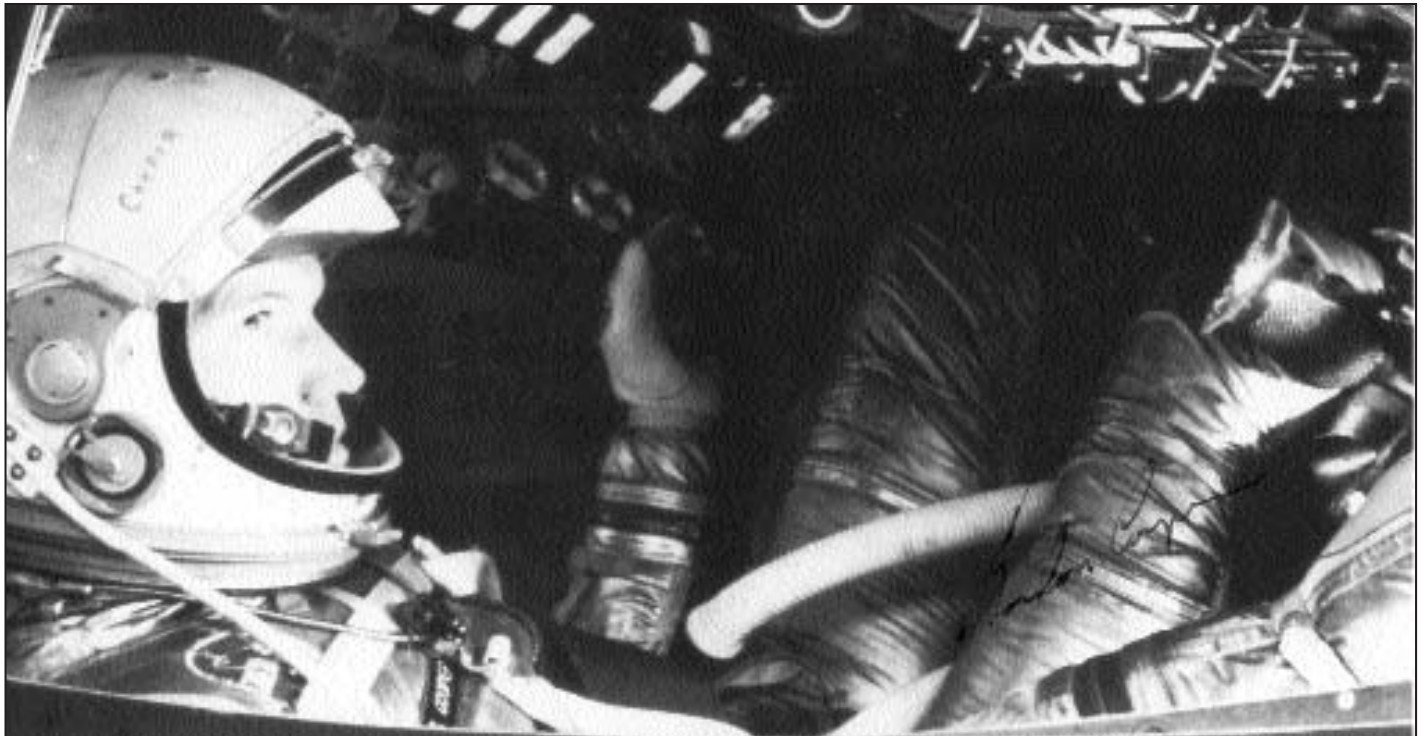


Photo courtesy of NASA

Astronaut Gordon Cooper runs through a training exercise in full-scale mock-up of the Mercury spacecraft. While flying the Mercury mission, the astronaut

had at his command 122 controls. Unfortunately, some of them didn't work during re-entry and Cooper flew the module manually to a safe splashdown.

MILESTONES

Promotions to lieutenant colonel



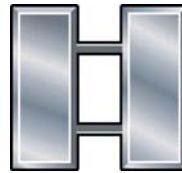
Kevin Barker, 45th OG
James Hunsicker, AFTAC
Richard Koeling, 45th OSS
James Matilla, ATAC

William Merchant, AFTAC
Mark Redmon, AFTAC
Bradley Sears, AFTAC
Douglas Stropes, 1st ROPS

Promotions to captain

Robert Allen, 45th MDSS
Mark Amendt, AFTAC
Nathan Beard, 45th CES
Connie Benter, 45th OSS
James Carrillo, AFTAC
John Cary, 1st SLS
John Davis, AFTAC

Ricardo Lizasuain Delgado,
45th CES
Neil Mafnas, 1st SLS
Nathan Vandrey, 45th OG
Stephanie Wilson, 17th Test
Squadron



Below-the-zone Airmen

The Below-The-Zone Central Selection Board Convened Sept. 17 to select eligible Airmen for promotion to the rank of senior airman under the Below-The-Zone program. Nine packages were submitted and three stripes were available. The following Airmen were selected for early promotion from Airman first class to senior Airman.

Selectees	Unit	Effective Date
Todd McGhie	AFTAC	Dec. 12
Jason Guyette	AFTAC	Dec. 11
Shaun Emery	45 SW	Nov. 7

Distinguished grad

Tech. Sgt. Dennis Johnson, 45th Space Wing Command Post, was a distinguished graduate from the Non-commissioned Officer Academy at Tyndall Air Force Base. He graduated Sept. 9.

First Titan, Snark launch highlight October history

Oct. 1, 1949 The Advance Headquarters Joint Long Range Proving Ground was established to coordinate the operation of all Army, Air Force and Navy units stationed at the Joint Long Range Proving Ground. Also on this date, the Air Force Division of the JLRPG was established and the base was activated. The Air Force Division was the original ancestor organization of the 45th Space Wing.

Oct. 18, 1951 A contract to build launch pads 1 and 2 for the Snark winged missile program was awarded. The Air Force accepted the sites in 1963, and the pads continued to support Snark launches through Dec. 5, 1960. Both pads served as helicopter pads for the Mercury program in the early 1960s, and both complexes supported tethered aerostat (balloon) programs from 1983 through 1989.

Oct. 31, 1957 The Eastern Range supported its first 5,000-mile-long mission (a Snark test flight).

Oct. 30, 1982 The Cape supported its first Titan 34D launch from Complex 40. The payload included two Defense Satellite Communications System spacecraft. Seven more Titan 34Ds, carrying Defense Department payloads were launched from Complex 40 between Jan. 31, 1984 and Sept. 5, 1989.

Oct. 1, 1990 The Eastern Space & Missile Center was transferred from Air Force Systems Command to Air Force Space Command in a ceremony at Cape Canaveral Air Force Station. On the same date, the 9th Space Division was created as an intermediate headquarters between ESMC and AFSPC.

Oct. 16, 1998 Acting Secretary of the Air Force F. Whitten Peters announced the award of two \$500 million contracts to Boeing and Lockheed Martin for Engineering and Manufacturing Development of their respective Evolved Expendable Launch Vehicle families.

Oct. 16, 1999 Hurricane Irene made landfall north of Cape Canaveral.

Oct. 15, 2000 The Delta IV Mariner arrived at Port Canaveral. The ship was specially designed to transport Delta IV boosters and other components from Boeing's factory in Decatur, Ala.

Sept. 29, 2001 Brig. Gen. Donald Pettit, 45th Space Wing commander, formally requested activation of a three-mile-wide security zone around Cape Canaveral and the north end of the Kennedy Space Center. The U.S. Coast Guard (with assistance from the Air Force and its agents) began enforcing the security zone Oct. 1, 2001.



Photo courtesy of the 45th SW Historical Office

The first Titan 34D rocket launches from Launch Complex 40 at Cape Canaveral Air Force Station Oct. 30, 1982 carrying a Defense Department communications payload.

Air Force changes drug testing policy

By **1st Lt Elizabeth Kreft**
45 SW Public Affairs

Air Force leaders have officially changed the policy regarding how often certain officer and enlisted members will be subject to drug testing each year.

Years of studies have shown a higher propensity for drug use in the military in 18- to 25-year-olds, which led officials to target first and second lieutenants, and airman basic through senior airmen for higher rates of illegal substance testing.

Tim Taylor, 45th Space Wing drug reduction program manager said, "This is a change which will allow for a more significant deterrence for at-risk individuals. This does not mean we are trying to target specific people." The adjustment to the pooling system was directed through the office of the Air Force Surgeon General. In the memorandum explaining the change, Maj. Gen. James Roudebush outlined the idea behind it.

"Data gathered and reviewed by Health and Human Services, (Department of Defense), AF and our sister services shows that we must do more to deter our young ... high-risk population," he said. "The computerized selection program will randomly select members in the ranks of E-1 to E-4, O-1 and O-2 at a rate of one test per member per year."

The change does not mean that individual members will be hand-selected for testing each year.

"Our computer program has never and will never allow us to target specific members for screening," said Angela Tate, 45th Space Wing drug testing program administrative manager. "The modification to our system is really more of a computer upgrade that will increase the number of times these specific ranks will be tagged for testing."

Ms. Tate also emphasized the Air Force surgeon general's approach on the drug-testing program.

"This is not a program employed to catch people abusing drugs, it is a program used as a strong deterrent," she said. "We are operating this program and will use this change as another way to keep our people healthy."

Eight out of 13 positive drug tests evaluated for the 45th Space Wing were flagged for illegal drug use in fiscal year 2004. The five cleared were found to be results of legal prescriptions. All eight positive tests fell within the enlisted rank range that is targeted for the increased tests.

Currently the Air Force is the only service in the DoD that does not test all of its members at 100 percent. And though the AF has achieved the lowest illicit drug rate within DoD, this policy will also change in the future, said Ms. Tate.

"We will continue to exceed the standards that the Air Force sets for us," she said. "It is important to our people and our force that we use this tool as an effective deterrent to illegal drug use."

Space badge to unite space professionals

By Staff Sgt. Jennifer Thibault
AFSPC Public Affairs

Air Force Space Command made history this week with the unveiling of a new space badge in front of a standing room only crowd at the Strategic Space 2004 Convention in Omaha, Neb.

The new space badge, part of AFSPC's senior leadership's continuing vision and push to unite the command's missions and specialties, will reign in place of the current Space and Missile functional badge, worn by both space and missile operations professionals, said AFSPC commander, Gen. Lance W. Lord.

"The new badge will be awarded only when our people have mastered the skills necessary to help lead and shape our space and missile missions," he said.

The badge qualification process according to the general will be "rigorous." "Our space badge will be earned, not awarded." Our people must demonstrate performance in addition to completing a required training program.

The new badge also replaces the missile operations occupational badge, more commonly known as "the pocket rocket," currently worn by those in the missile operations career fields.

The 2001 U.S. Space Commission Report, assessing U.S. National Security Space Management and Organization, flagged DoD's need to further train and develop its space professionals. The report set the stage for an increased emphasis on training our nation's next generation of space professionals.

There may however, be apprehension by some new badge wearers, particularly those in the missile operations career field, who will have to retire their distinctive "pocket rocket," the missile operations occupational badge. The badge, which has existed in some form since the 1950s, has tremendous historical significance and, for some, is just as important to the missile culture as performing the job itself.

"I am proud of our tradition," said Capt. Aaron Greaver, 21st Operations Support Squadron, whose missile background includes

being a missile combat crew commander at the 321st Missile Squadron, F.E. Warren Air Force Base, Wyo. "If wear of the missile badge were discontinued, it would be unfortunate."

These concerns have not fallen short of the longest serving ICBM officer on active duty - Gen. Lord, who began his Air Force career 35 years ago at Grand Forks AFB, N.D. as a Minuteman II combat crewmember.

"Missiles are in my DNA," said Gen. Lord. "I grew up in the missile business."

After serving four years of Minuteman II ICBM alert duty, Gen. Lord's missile experience continued when he served as a MAJCOM evaluation member for two years, missile operations staff officer for three years, commander of the 10th Strategic Missile Squadron, Malmstrom AFB, Mont., vice commander of the 351st Strategic Missile Wing, Whiteman AFB, Mo., and commander of two ICBM wings in North Dakota and Wyoming, respectively.

"There was a tremendous amount of thought given to all aspects of creating this space badge," said Gen. Lord, "including the very rich and proud heritage of the missile badge which remains for all time."

One of the general's top priorities is to build a robust group of space professionals with a strong sense of 'space culture' and, with a number of career development initiatives already under way, Gen. Lord said the command is on its way to fulfilling this goal.

"As the Air Force symbol changed to reflect a more modern, agile and technologically advanced force, so does the new space badge," said Staff Sgt. Jerome Wesley, 21st Operations Support Squadron, who's been a space operator throughout his nine years in the service.

Some think the new badge design has a more operational feel to it.

After seeing the new badge design, Capt. Greaver said, "The new space badge is definitely distinctive and non-traditional. I think the new badge will stand out from the current functional and operational badges and present a more operational flavor."

The new badge maintains the heart of the current functional space and missile badge but has wing like protrusions on both sides, similar to "aviation wings."

"I think there are similarities due to the wings displaying outward, however, there are enough differences in both not to get them confused with one another," said Sergeant Wesley.

"Now more than ever, our Nation's security relies on space dominance. In that spirit, it is indeed time for our Space Professionals to become as recognizable as our other warfighting components," said Gen. Lord.

The new badge is more inclusive and reflective of the entire spectrum of space professionals as it will be awarded to personnel in the following space billets, Space operations career fields, 13SX (officers) and 1C6XX (enlisted), Scientific/research, 61XX, Developmental engineering, 62XX and Acquisition, 63XX.

Rigorous qualifications for earning the new badge are expected to correlate, as a minimum, to the development of the new space professional education courses: Space 100, Space 200 and Space 300.

"The foundation for space professional development is a continuum of educational courses spread throughout one's career," said Col. James C. Hutto, Jr, AFSPC chief of Force Development and Readiness. "These courses are designed to bring space professionals together several times during their careers in order to stay current on evolving missions, technologies and capabilities and to prepare the individual for the next level of responsibility."

Now that the badge has been approved, it will be another six to nine months before the badge is actually on the shelf. The badge still needs to be processed through the Air Force uniform board, Institute of Heraldry and be mass-produced by the manufacturers.

No date has been set for mandatory wear. More details are expected within the next 30 days.



Service sends holiday greetings to hometown

SAN ANTONIO — The Army and Air Force Hometown News Service will open its Internet print holiday greeting program to servicemembers of all branches worldwide. The program, now in its fifth year, opens for submissions Oct. 1 through Dec. 5.

The program is Internet-based to allow any servicemember to send a formatted holiday greeting to newspapers serving his or her relatives' community. The program is free to both the servicemember and his or her community newspaper.

Servicemembers can access the fully electronic print greeting program Oct. 1 by visiting HometownLink at <http://hn.afnews.af.mil> and clicking the print greeting image. Access to the program is restricted to dot-mil and dot-gov computers. People will not be able to access the program from a home computer system.

"Once a greeting is filled (out) and submitted, the data is stored in our news-release database," said Gerry Proctor, HNS chief of marketing. "We use a program that will assemble all of the greetings by state and e-mail the greetings en mass on Dec. 6 to the newspaper editors serving that state.

"Newspaper editors are very receptive to seeing the greetings for their hometown troops," Mr. Proctor said. "The only real concern they've expressed to us about the program is that they don't receive enough, or any, greetings for their circulation area."

Hometown news workers have continually improved the submission method and made the Internet form easier to use.

Mr. Proctor highlighted one of the strongest features of the program.

"Each person can submit as many greetings as he or she wants," Mr. Proctor said. "You can send holiday greetings to your parents, in-laws, brothers, sisters, aunts, uncles and anyone who is a relative as long as you have their city, state and ZIP code. You can craft one or 100 greetings."

CONTRACT, from Page 1

"If you look at the secretary of the Air Force statistics, motorcycle operations represent of the biggest safety hazards for off-duty operations," said Col. Owen. "If you are riding a motorcycle you are at risk. It is important to the wing and the Air Force that we train our people to lower the risk."

"The Air Force is taking the lead on this issue," said Mr. James. Currently the 45th Space Wing is part of a military mentorship test program. After assessing the results of the program, the Air Force will be issuing new guidelines for motorcycle safety.

"We are emphasizing the necessity for commanders to not let his or her people ride without the appropriate training," said Mr. James. "That can be accomplished with this contract."

Classes are held every week, said Mr. James. Classes are Thursday evenings, Saturdays and Sundays, excluding major holidays.

"Under the agreement, folks don't have to attend classes on base," said Mr. James. "They can go to any range that is closer to his or her home."

Col. Owen stressed the importance of making the program accessible to his people.

"It's a good program run by great people," he said. "Everyone should have access to the top quality training we, along with the FSC, are providing."

According to Mr. James, the first year of the program went without a hitch and he doesn't expect that to change.

"We were very successful and things went very smoothly," he said. "It was a total team effort."

Smoke alarms save lives

By Sue Walden
45th SW Public Affairs

More than 4,000 Americans die each year in fires and more than 25,000 are injured. Many of them might be alive today if they had smoke alarms.

This week is National Fire Prevention Week; the theme is "Test Your Smoke Alarms."

"This is a good time to check the smoke alarms where you live, because they're worthless if the battery is dead or the alarm is broken," said Dallas More, Patrick Air Force Base Fire Department's deputy fire chief. "It's also a good time to review your fire evacuation plan."

The statistics are compelling. According to the U.S. Fire Administration, 80 percent of all fire-related deaths occur in the home. Having a working smoke alarm more than doubles one's chances of surviving a fire. Nearly half the residential fires and three-fifths of residential fatalities occur in homes without smoke alarms.

Following these fire safety tips can boost survival rates:

- ✓ Place a smoke alarm on each level of your home and in all outside bedrooms.
- ✓ Check smoke alarms monthly by pushing the test button. If you cannot reach the button easily, use a broom handle.
- ✓ Change the batteries in you alarms twice a year - perhaps when you change your clocks for Daylight Savings Time.
- ✓ Teach children what the smoke alarm sounds like and what to do - leave the building immediately by crawling under the smoke when they hear it sound.
- ✓ If cooking smoke sets off the alarm, do not disable it. Turn on the range fan, open a window or wave a towel near the alarm.
- ✓ Don't remove the batteries to put in other appliances, such as personal stereos or games.
- ✓ Consider buying a lithium battery-powered smoke alarm that will operate for 10 years and is sealed so it cannot be tampered with or opened.



Driving safety alert

Remember when driving any unregistered vehicles that operate on public transportation routes, such as golf carts, cushmans and mules, wing members must follow all operating requirements. If any person is unaware of these requirements, contact the 45th Space Wing Safety Office at 494-2202 for details.

Senior leaders of the 45th SW and the 45th SEG will be vigilant in watching for any unsafe practices.

Be a mentor

Mentors are needed for the National Disability Mentoring Week, Oct. 18-22. That week high school students with disabilities will shadow the. Those with disabilities are encouraged to be mentors. The high school students are interested in science and technology careers. To be a mentor, or to find out more, call Betty Preece at 494-9234 or e-mail her on global.

Retiree seminar planned

The Retiree Activities Office holds its free annual Military Retiree Spouses' Seminar Oct. 16, 9 a.m. - noon at the base theater. Retiree spouses, widows and surviving family members can get important information about their status. The program covers medical, legal affairs, finance, casualty assistance, Medicare/Tricare and concurrent disability pay. For more information, call 494-5463.

October coffee informative

The Patrick Spouses' Club invites spouses to their free annual activities coffee Tuesday, 1:30-5 p.m. at the NCO Club. The event includes information on activities, services and facilities. Each participant will receive a goody bag filled with treats. Wine and cheese will also be available, as well as door prizes. At 2 p.m., hear the "Tales From the Edge" by the Brevard Theatrical Ensemble.

Beach cleanups cancelled

Due to Hurricanes Frances and Jeanne, the Keep Brevard Beautiful beach cleanups for Patrick and the Cape are cancelled. However,

Keep Brevard Beautiful is still planning to sponsor a county-wide event. Call them at 631-0501 for more details.

For more information about wing beach cleanups, call Wes Westphal at 494-9386.

Find out uniform changes

The supplemental to AFI 36-2903 outlining uniform changes is now available on the Patrick Intranet site. For more information on dress and appearance, call 494-6144/6147.

Take a class

The Family Support Center offers the following classes: Personal Financial Management, Tuesday 8 a.m. - 4 p.m.; 3-Day TAP Workshop, Tuesday - Thursday 8 a.m. - 4:30 p.m.; Sponsorship Training, Wednesday 9-11 a.m. All classes are held in Bldg. 722 (Family Support Center). Call 494-5675 to reserve a seat or receive more information.

Get diversity event tickets

In honor of National Diversity Month, the 45th Space Wing, Kennedy Space Center and their contractors sponsor a "Celebration of Diversity," Oct. 23, 6:30 p.m. at the Radisson Resort, Cape Canaveral. The event opens with a cash bar and continues until midnight with a live band, various cultural entertainment and food. Tickets are \$25 per person and attire is dressy casual/cultural. Tickets can be purchased through Master Sgt. Ruth Green until Oct. 19. Call her at 494-4373.

Free childcare available

Military members returning from deployment

are entitled to 16 free hours of childcare per child through the Family Child Care program. Deployed personnel must have spent over 30 days in direct support of the Global War on Terrorism. Call 494-8391 for more information.

Language class offered

An English for Speakers of Other Languages class is every Tuesday - Thursday, 9:30 a.m. - 12:30 p.m. Sponsored by the Family Support Center, this class is open to all speakers of their languages in need of learning English or polishing up their English speaking and writing skills. For reservations or additional information, call Elsa Kekahuna at 494-5675.

Citizenship class available

A new citizenship class is planned for October for those interested in becoming an American citizen. Class will be held on Monday nights. Sponsored by the Family Support Center, this class is free and open to active duty, DoD civilians, retirees, NAF, AAFES employees and their eligible family members. For more information or to make reservations, call Elsa Kekahuna at 494-5675.

Comm requirements changing

The old way of submitting communications requirements to the 45th Space Communications Squadron is changing. Air Force form 3215 will be replaced by the web-based Project Workflow Requirement Resource Manager. More information about the "turn on" date for the new system will be released in the coming weeks. For additional information, contact squadron TCOs or contact 2nd Lt. Stacey Wiggins at 494-2102.

Chillin' out: Life skills and FSC style

By 1st Lt Elizabeth Kreft
45th SW Public Affairs

A scoop a day may keep the doctor away, or at least help hurricane stresses subside.

Through several scheduled activities in the next few weeks, such as ice cream parties and therapy sessions, 45th Space Wing Life Skills and Family Support Center counselors plan to de-stress as many members of the wing, mission partners and their family members as possible.

By offering extra counseling sessions and stress-management classes the counselors at both support centers are proving they are

eager to work together to help Space Coast family members return to normal activity and emotional levels after an abnormally stressful two months.

"We aren't meant to stay stressed for this long," said Capt. Douglas Campbell, 45th Life Skills clinic chief. "We are trying to help people cope with the reality of their situations, and to make that shift back to normal behavior."

Capt. Campbell explained why some members of the wing might continue to feel strange or have a hard time returning to regular work after the hurricane experience.

"When you experience a loss, whether it's physical like the loss of parts of your home or office, or emotional like the loss of control of the situation, depression or anxiety can easily present itself in a person's life," he said.

"Many people might not even realize that they are still full of pent up anxiety and frustration because of the extreme change in routine, and something as simple as taking time to eat some ice cream with the kids can help them feel more normal again."

Whether people recognize it now or not, the events of the last few weeks were a perfect equation for emotional, physical and mental stress. The community experienced a serious shift in exercise, eating and sleeping habits by evacuations. Anxiety had an open breeding ground, as several folks were concerned with finding gas, not being able to make bill payments or even just feeding their families.

Thankfully the normal economic climate has returned and most families are able to get back to a quasi-typical daily routine. But as the hurricane dangers and inconveniences abated, the emotional baggage did not necessarily leave with it.

"At this point, people's physical and emotional reserves have been tapped and drained," said Capt. Campbell. "Everyone needs to understand that they have to allow their bodies and their minds to be

rejuvenated, and some people have yet to realize that they are even in need of that replenishment."

That is why the life skills and family support counselors have made a significant effort to get the word out about their services for all effected members. Parents and children alike have classes or meetings available to them for stress-relief and various emotional needs.

"When tough situations like these hurricanes come along, people usually rise to the occasion to meet the needs of their jobs and families, but they don't understand that they remain emotionally overextended after the situation has subsided," said Maj. Sheree Edkin, IMA to 45th Life Skills flight commander.

More than anything, military or family members affected by the hurricanes simply need to take a step back from their constant activity to assess the stress or anxiety levels of their entire environment.

"Evidence shows that stress itself won't kill you," said Capt. Campbell. "What it will do is leave your body physically and emotionally vulnerable to other forms of sickness, and we don't want that for any of our members."

For more information on counseling services available from the 45th Life Skills Flight or the Family Support Center, call 494-8234 or 494-5675, respectively.



Rachael Sable, left, puts the finishing touches on an ice cream sundae for her sister, Sarah during the Family Support Center's de-stressing event Wednesday.



Photos by Airman 1st Class Shaun Emery

Capt. Douglas Campbell, 45th SW Life Skills clinic chief, shares insight into the de-stressing process with wing members and family members who stopped by the Family Support Center Wednesday. The FSC and Life Skills sponsored an ice cream social to provide a relaxed atmosphere for those seeking emotional advice.

Ready, set, jump

Pararescue trainees from Kirtland Air Force Base take to the skies above Patrick .

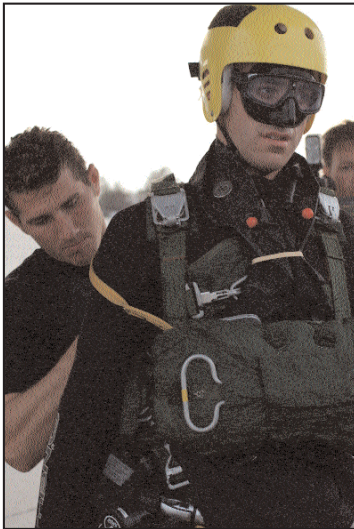


Photos by 1st Lt. Elizabeth Kreft

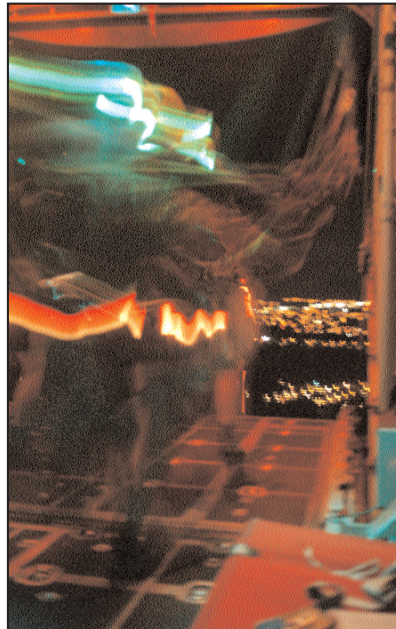
Airmen First Class Broline, left and Cole, check each others gear before take-off. The trainees and instructors lives' depend on the safety of their equipment, so they are trained to check and re-check their gear to ensure a safe jump.



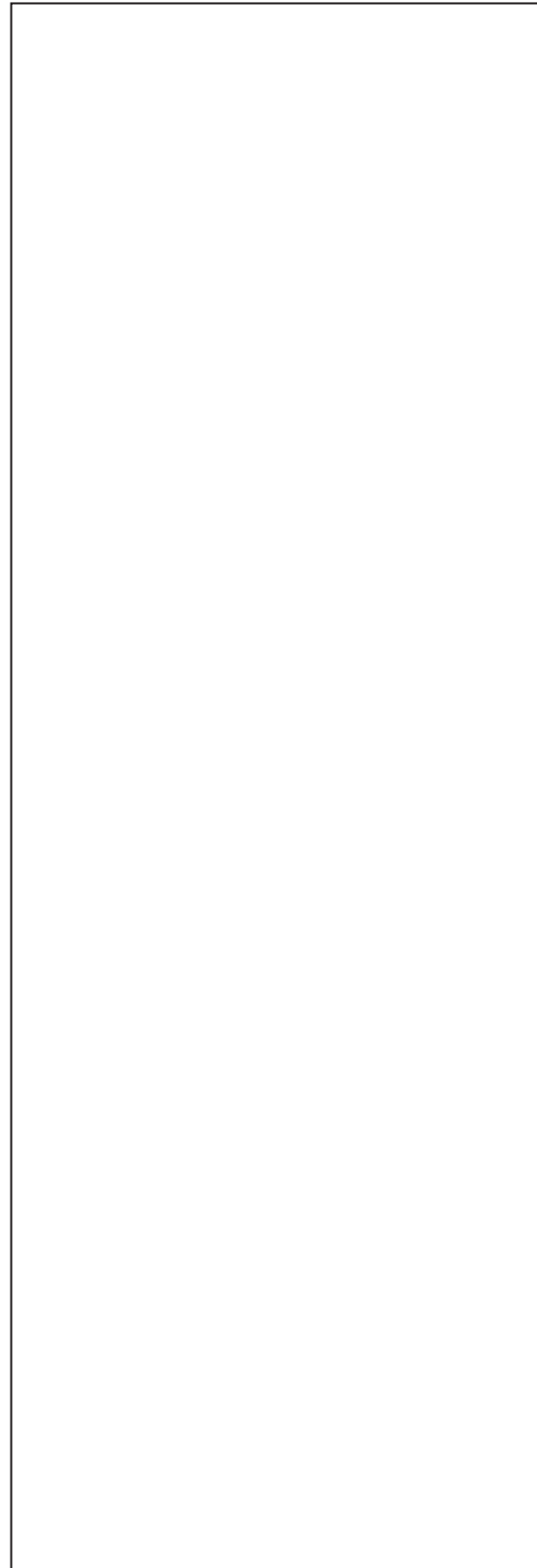
One by one, trainees board their aircraft before their next jump.



Staff Sg.t Willis, a jumpmaster training the future pararescuemen, inspects one jumper's gear prior to loading the aircraft.



Left, one round of pararescue trainees begin their jump from a C-130 into the dark waters of the Banana River. The glow sticks tracing their steps are part of the safety equipment the team is outfitted with for nighttime jumping. Once in the water, the trainees will perform certain tasks such as finding a dropped package and assembling and inflating their boat for transportation to shore. Above, Airman First Class Courtright looks toward the sky as he awaits to board the aircraft.



Pump it up

The 45th Space Wing holds its annual bench press competition Oct. 30 at 9 a.m. at the Patrick Air Force Base Fitness Center. Weigh in is at 8 a.m. For more information, contact Chez Sanchez or Colleen Bowers at the Cape Fitness Center at 853-3966, Luis Rosa at 494-5899 or Ralph Robinson at 494-3187.

Get ready for youth b-ball

The Patrick AFB Youth Center accepts registration for the upcoming youth basketball season until Oct. 29. Register at the youth center weekdays between 1:30-6 p.m. Registration is open to family members ages 6-15 of active-duty, retired military, DoD personnel, NAF employees and contractors. Participants must be 6 years old by April 1 and not turn 16 by the same date to be eligible to participate. Co-ed teams will be formed for ages 6-7, 8-9, 10-12, and 13-15 along with an all-girls team ages 10-12 and 13-15. Team formations will be held the week of Nov. 1 with practices beginning the week of Nov. 8. The regular season begins Dec. 6. The cost is \$40 for current youth center members and \$50 for non-members.

Youth physicals needed

In accordance with Youth Programs AFI 34-249, all children enrolled in Air Force youth sports are required to have a current physical on file with the youth center. Check with the youth center to see if physicals are current or if new one is needed. For additional information, call 494-4747 or Randy Detwiler, at 494-3770.

Coach youth basketball

Patrick AFB Youth Programs is recruiting volunteer adult coaches for its upcoming winter basketball program for children ages 6-15. Coaches are needed for the co-ed program along with the all-girls program. Interested coaches are required to fill out an application at the youth center and provide an documentation of current youth/adult CPR and First Aid & Safety certifications. All coaches are required to attend a mandatory training prior to the start of practices in early November. Contact Randy Detwiler at 494-3770 for more information.

2004 WarFit Challenge

Nov. 15-18

Who's the fittest?

Team triathlon, golf, bowling, volleyball,
indoor soccer, water polo, canoe race,
fitness relays, swim relays, WarFit fitness
test and tug-o-war

A WarFit Challenge meeting for all competitors and/or POCs is Nov. 8 at 11 a.m. in the Health and Wellness Center. For more information, contact Ralph Robinson, Leiane Roche at 494-4947 or Colleen Bowers at 853-3966.



Photo by Airman 1st Class Shaun Emery

Stuart Ragas warms up with his 3rd Space Launch Squadron teammates before a game against the 45th Space Communications Squadron. The 3rd SLS won the game by forfeit to improve to a 10-2 record.

Volleyball back after hurricane

In the first game of Monday night action, the 45th Security Forces Team, sitting in third place, faced off against the second place team from the Air Force Technical Applications Center. The 45th SFS team knocked off AFTAC, showing they will be tough to contend with in the upcoming post-season tournament. AFTAC's record dropped to 6-2 while the 45th SFS improved to 3-7.

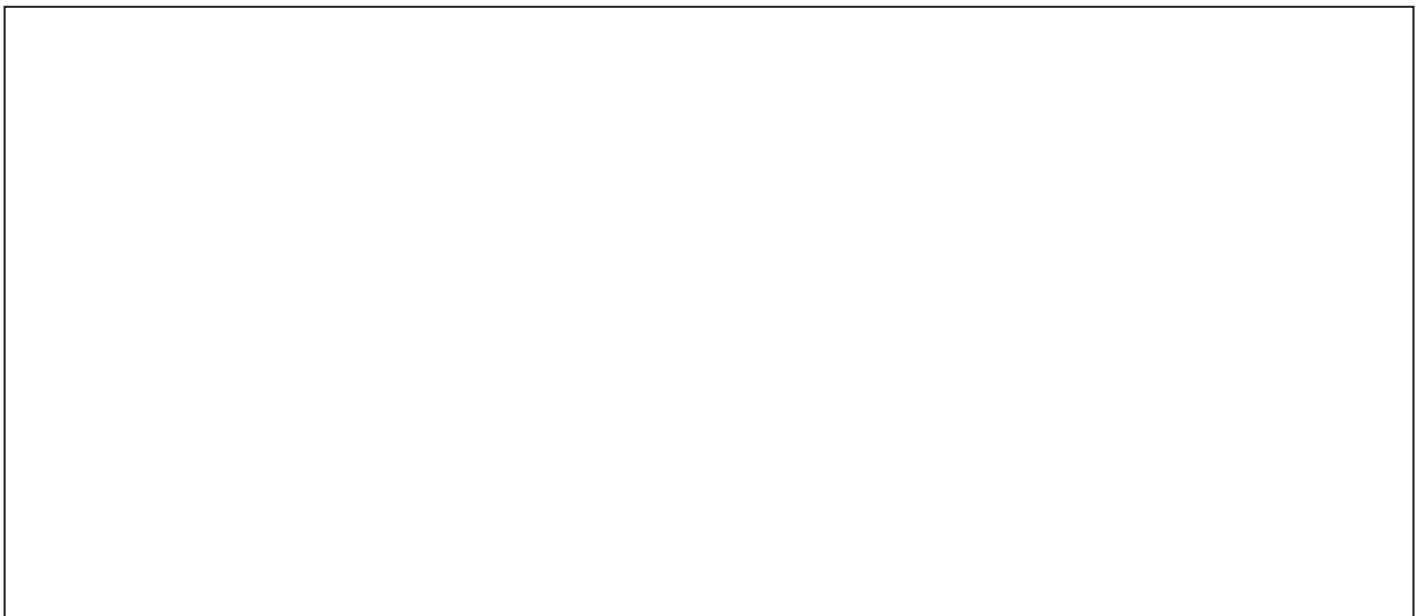
In the final two games of the night the first place AFTAC team showed why they're in the top spot by soundly defeating the 1st Range Operations Squadron Team in both games to improve to 8-2 on the season, while the 1st ROPS dropped to 1-6.

The first game of Wednesday night pitted the league leading 3rd Space Launch Squadron against the third place 45th Space Communications Squadron. The 3rd SLS won by forfeit to improve to 10-2 on the season, while the 45th SCS dropped to 3-6.

The final two games of the night had the second place 5th SLS up against a winless 45th Civil Engineer Squadron team. The 5th SLS won both games to raise its record to 7-2 and dropped the 45th CES further down in the cellar at 0-10.

League standings

<u>Monday</u>			<u>Wednesday</u>		
Team	W	L	Team	W	L
AFTAC	8	2	3rd SLS	10	2
CSR	6	3	5th SLS	7	2
45th SFS	3	7	45th SCS	3	6
1st ROPS	1	6	45th CES	0	10



The Calendar

Saturday

▲ Diving Adventures. Reservations are required for all programs. Learn to dive in a two-week open water scuba course for \$235. Equipment is included.

This dive requires advanced open water/nitrox certifications. Cost is \$85.

A two-tank sport dive is Oct 16. Open water certification is required. Cost is \$60. Call for additional information at 494-2042.

▲ Kids Night Out. Fri., Oct. 8, 6-11 p.m. at the Youth Center. Twenty-four slots are available on a first-come, first-served basis. Cost is \$10 per child. Call 494-4748 to register.

Oct 19

▲ The Patrick Youth Center sponsors the Air Force Family & Teen Talent Contest on Oct. 22 at 7:30 p.m. Moms, dads, brothers, and sisters are invited to sing, dance, and perform together in this family-oriented event.

Active duty and retired military, DoD and NAF employees, and contractors and their family members can enter in on of 15 categories. Videotapes or DVDs of base winners will be submitted for an Air Force-level contest.

Registration forms are available at the Youth Center and must be completed and submitted no later than Tuesday 19 October.

For more information call Lynne Phillips at 494-4747.

Oct 23

▲ Xtreme Water Sports/Base Wide Yard Sale/Fish Fry. Come out and enjoy some time in and on the water from 11 a.m. - 3 p.m. at Outdoor Recreation. Free kayaks and canoes and \$5 tube pulls. Enjoy the fish fry while selling your treasures. Free table space is available. Call 494-2630 for space reservations.

Ongoing

▲ The Club Membership Campaign continues through Nov 30. Current members and new members who join now - Nov. 30 automatically become eligible to win one of six prizes in each category being awarded by Air Force Clubs and Bank One. Grand Prize is \$3,000 credit to member's Club Card account. Second Prize is \$1,000 credit to member's Club Card account. Third Prize is \$500 credit to member's Club Card account. Join the Officers' or NCO Clubs now! Call the Officer's Club at 494-4422 or NCO club at 494-7491.



By Theresa Amlong
45th Services Squadron

The sound of oompah-pah and the aroma of sizzling bratwurst herald the arrival of Oktoberfest at the Patrick AFB Clubs.

The Patrick Officers' Club continues the tradition with its 12th Annual Authentic Oktoberfest on Saturday, 6-10 p.m. "We transform the club into an old-time beer garden and carnival, complete with pretzels, games, music, tarot card readers and an all-you-care-to-eat buffet," says Frank Martinez, operations manager.

Executive Chef Joanie Hofer has been sizzling up the bratwurst, sauerbraten, rouladen and filling plates with sauerkraut, German potato salad, apple strudel and other surprises for all but one of the club's Oktoberfest celebrations. The chef, who cooks at home for her German husband, excels at traditional German foods. "It is a particular way to cook and requires many specialized ingredients," she said.

"We take pride in offering our members the best in food and entertainment," said Johnnie Rivera, Officers' Club manager. "My staff always strives to exceed our customers' expectations."

In addition to the buffet, the prices of admission includes \$10 worth of game tickets. Win a year of free dues, free dinners and Sunday brunches by playing games such as dice throws, balloon pops, ring tosses and golf. "The adults have just as much fun as the kids," says Mr. Martinez who says that many families attend with kids and grandkids in tow. "Dress to fit the theme, and you may be a prize winner," he added. "The Mudcats," a German group provides the music and performances, will judge the best dressed and

most original costume.

All members attending are eligible to win a gift certificate for a set of tires valued at \$500 from Lexus/Toyota of Melbourne. Admission is \$16.95 per person and \$8.95 per person for children ages 5-12. Eligible nonmembers will be charged an additional \$5 admission fee. Reservation is required by calling 494-4012.

The Patrick NCO Club's Oktoberfest is held in conjunction with the German Club of Brevard County on Friday, 7-11 p.m. An authentic German menu and German beers are offered with music provided by "The Brevarians German Band." Enjoy giveaways plus enter to win two roundtrip tickets to Germany (\$2,600 value). Admission is \$17.95 per person. Call 494-7491 for reservations.

According to www.ofest.com/history, the wildly popular event traces back to 1810 when Prince Ludwig of Bavaria held a celebration of his marriage to Princess Therese. He invited the entire population of Munich to join his party. The guests had so much fun, that they decided to party every year.

Designated Driver Program

Members must register with the manager on duty when arriving to receive a Designated Driver badge. Designated Drivers receive free non-alcoholic beverages. Officers' Club members with parties of four or more also receive a dinner certificate valued at \$11.95.



Photo by 2nd Lt. Kevin Coffman

Dangerous work

Sgt. 1st Class Jake Holland, 717th Explosive Ordnance Disposal, Ft. Campbell, Ky, operates a front-end loader while Sgt. Johnnie Mason and Private 1st Class John Lutz, 703rd EOD, Ft. Knox, Ky, guide a "Tiny Tim"

World War II era bomb to a dump truck where it was properly and safely disposed of Monday in Vero Beach. The soldiers are attached to the 766th EOD, based at Cape Canaveral Air Force Station.



Friday Exorcist: The Beginning Father Merrin thinks that he has glimpsed the face of evil. In the wake of all he has seen, both his faith in his fellow man and the Almighty have deserted him. He can no longer honestly call himself a man of God. Merrin travels far from his native Holland in a desperate attempt to escape the horrors that he witnessed there. While drifting from place to place, he finds himself in the place where Evil was born, Merrin will finally see its true face. Stars Stellan Skarsgard and James D'Arcy. Rated R for strong violence/gore, disturbing images and language with sexual dialogue. 114 min.

Saturday Suspect Zero FBI Agent Thomas Mackelway investigates the murder of a traveling salesman Harold Speck, which turns out to be the first of three seemingly random killings. Or perhaps they are not random at all. The assignment consumes him. His past mistakes haunt him. His head throbs constantly, as he tries to find the link between the victims that will lead him to their killer. Stars Aaron Eckhart and Ben Kingsley. Rated R for violent content and language. 100 min.

Sunday Exorcist: The Beginning See Friday's synopsis.

Thursday Superbabies: Baby Geniuses 2 The baby geniuses find themselves at the center of a scheme and in a race against time to stop the villainous powerful media mogul Bill Biscane from using his state-of-the-art satellite system to control the minds of the world's population. Starring Jon Voigt and Scott Baio. Rated PG for action violence and some rude humor. 90 min.

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



Catholic

Daily Mass (Mon. - Fri.) at 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 South Patrick Chapel, and 11:30 a.m. Mass in the Seaside Chapel.

Protestant

Sunday: 8:30 a.m. - Traditional Worship in the Seaside Chapel.

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

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

A special reminder:

The 45th Space Wing chaplains would like to remind all of the families that grief or spiritual counseling is available day and night for families or individuals in need. The past few weeks have been very trying on every person in the wing and everyone has someone to turn to. If you are in need of guidance, please call the main chapel number at 494-4073 or after duty hours call the 45th SW Command Post at 494-7001, and they will connect you to the on-call chaplain.



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 - Cantonese spareribs, grill mustard chicken, oven fried fish

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

Monday Lunch - Spaghetti with meatballs, veal parmesan, pasta with clam sauce, pasta primavera

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 - Pork schnitzel, sauerbraten, Reuben sandwich, bratwurst

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. **Items bolded are healthy choice meals.** For more information, call dial-a-menu at 494-2845.

Down Syndrome Buddy Walk Saturday at Cocoa Riverfront Park in Cocoa Village. Registration for the walk begins at 8 a.m. The event will feature clowns, a petting zoo, moon walk, face painting, music, entertainment, lots of food, crafts and more.

Walk begins at 9 a.m. For more information, call 777-8421.

Space Coast Jazz & Blues Festival Friday and Saturday from 10 a.m. - 10 p.m. at Kiwanis Island Park on Merritt Island. The benefit features Sunnie Paxson, Willie 'Big Eyes' Smith, Little Frank, Jacqueline Jones, Steve Thorpe Blues Orchestra KC Live, The Bluescasters, Rich Hall Jazz Quartet, high school jazz ensembles, Ruben Israel and music workshops by Ben Prestage, Ernie Southern, Tom Bayes and Chillihead, arts and crafts village, children's games, activities and more. Cost is \$20. Call 636-7231 for more information.

Car Show, Saturday from 2-6 p.m. at the Merritt Island Moose Lodge. The lodge will host the car show featuring antiques, hotrods custom and classic cars and music by DJ Fast Eddy. For more information, call 632-2951.

Friday Fest Family Street Party from 6-9 p.m. in Historic Downtown Melbourne. The event features music by Dave Fiester and the Groove Monsters, kids activities, crafts, rock climbing, chair massages and more. Cost is free.

For further information, call 724-1741.

National Kidney Foundation Surf Festival Friday-Sunday beginning at 7 a.m. at Coconuts On The Beach. The event features live entertainment, arts and crafts, surfing. The event benefits the National Kidney Foundation. Call 449-0855 for more information.

Skyhoundz dog and discs competition, Saturday at 9 a.m. at Wickham Park in Melbourne. Dogs will compete on distance and accuracy. Dogs participating must have proof of current licensing, rabies and parvo shots. Admission is free. For more information, call 952-4650

Silver Spurs Rodeo, Oct. 15-17 at Osceola Heritage Park in Kissimmee. Event times are 8 p.m. Oct. 15, 1:30 and 8 p.m. Oct. 16 and 1:30 p.m. Oct. 17. The event features quadrille performance, bull riding, bareback and saddle bronc riding, calf roping, barrel racing, team roping and more. Prices are \$10, \$15, \$25 in advance; \$12, \$18 and \$30 at the gate. For more information, call (407) 847-4003.

Sea-Bean Symposium Beachcombers Festival Oct. 15-16 at the Cocoa Beach Public Library. Event times are 9 a.m. - 5 p.m. Oct. 15 and 9 a.m. - 9 p.m. Oct. 16. The event features scientists, authors and enthusiasts of sea beans. Other drifting materials will be present along with display slides, beach walks and more. Admission is free. Call 868-1104 for more information.

Melbourne Oktoberfest Oct. 14-17 at the Wickham Park Pavilion in Melbourne. Event features German cuisine, hops, music, carnival rides and more. Admission is \$5 at the gate. Event kicks off at 5 p.m. Oct 14-15 and noon Oct. 16-17. For more information, call 633-4028.

Fall Festival Oct. 14-17 at St. Joseph church in Palm Bay. The event features carnival rides, food, haunted forest, hay rided, games and more. For more information, call 727-1565.

