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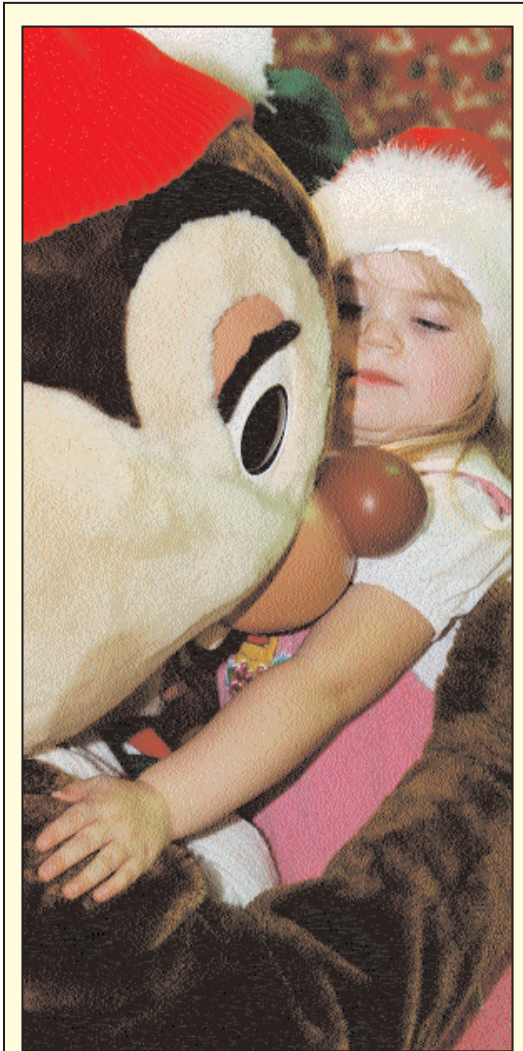


Photo by Airman 1st Class Shaun Emery

Happy holidays!

Kierra Higgins meets Disney's Dale, the chipmunk, at the Disney Holiday Celebration at Patrick Air Force Base's Youth Center Sunday. More photos on Page 12.

New Year brings military pay hike

By Army Sgt. 1st Class
Doug Sample

AMERICAN FORCES PRESS SERVICE

Military personnel will see their basic pay more in line with their civilian counterparts in the private sector in 2004 thanks to an increased pay and benefits compensation package. The package is included in the 2004 Defense Authorization Act approved by Congress.

The 2004 military pay and benefits plan provides a 3.7-percent across-the-board pay increase, said Col. Virginia S. Penrod, director of military compensation for the Department of Defense. It also targets pay increases for non-commissioned officers and warrant officers, some as high as 6.25 percent for senior-enlisted servicemembers.

"The NCOs, E-5 through E-9, will receive targeted pay raises from 4.6 to 6.25 percent," she said.

The highest pay raises, 6.25 percent, will go to E-9s with 26 years or more service.

"This (raise) recognizes the contribution of our senior non-commissioned officers and our career-enlisted force," Col. Penrod said. "All NCOs will receive some form of a targeted raise, and the pay increases as the grade increases."

An average increase of almost eight percent for military basic allowance for housing - money given to military personnel to help defray the cost of housing expenses - is also included in the package.

Military out-of-pocket expenses for housing are down to about 3.5 percent for

January 2004 and "should be at zero in 2005," Col. Penrod said.

Another area of increased pay will be special and incentive pay, such as imminent danger pay and family separation pay.

Other new measures in the 2004 compensation package allow services to offer incentive pay to get officers to extend overseas tours.

Also, beginning in 2004, the new compensation package will start phasing in percentage increases each year. The increase in amounts are offset under current law for military retirees with a Veterans Affairs disability of 50 percent or more and eligible to receive both military retirement and Veterans Affairs disability pay. Currently a veteran's retirement pay is reduced by a percentage of the disability pay received from VA.

Beginning in 2004, veterans will receive an increased portion of the "offset" to their retirement pay, Col. Penrod said.

Another pay benefit for veterans in 2004 will be in combat-related special compensation programs for retirees whose disability is directly related to combat or training for combat. The retiree must have had 20 years of service to qualify.

DoD officials said they remain committed to the preservation of a compensation and benefit structure that will provide members with a suitable and secure standard of living and will sustain a trained, experienced and ready force in the future.

START ... Get it!



Straight from the
COMMANDER'S
DESK 

By Brig. Gen. Greg Pavlovich
 45TH SW COMMANDER

Happy holidays! I'm happy to report that the presents have arrived early for several organizations in the wing in the form of annual awards. Like last year, the end of the year is bringing with it recognition for the wing and our mission partners.

Leading the way are our 45th Space Wing Security Forces, who raked in six of the 11 individual annual awards at the major command level. Winning recognition at Air Force Space Command were: Staff Sgt. Kristin MacKay, Outstanding SFS Flight Level Airman; Master Sgt. Johnny Fryer, Outstanding SF Support Staff Senior Noncommissioned Officer; Sharon Young, Outstanding SF Civilian Employee; Chief Master Sgt. Jerry Delebreau, Outstanding SF Air Reserve Component SNCO; Tech. Sgt. Dennis McCarthy, Outstanding Security Forces ARC NCO; and Army Staff Sgt. Robert Nuckols, Outstanding Army National Guard Soldier of the Year.

Wow! Active-duty Air Force, Army National Guard, Air Force Reserve, Department of the Air Force civilian - talk about a total force, total team effort. This is a great tribute to the work our frontline security folks are doing. We have known all along they are the best of the best, and now the whole command knows it, too.

Best of the best also describes the Riverside Dining Facility, which was just awarded the 2003 Hennessy Trophy for AFSPC. This coveted award recognizes excellence in food service facilities, a label that is not new to our 45th Services Squadron. Once again Patrick AFB has set the bar high.

Three other organizations were also highlighted for their hard work this week. The 45th Civil Engineer Squadron was recognized as the best in AFSPC and the 45th Space Wing Safety Office was singled out by the Florida Safety Council with its prestigious Law Enforcement Traffic Safety Award. Our Department of Defense Manned Space Flight Support Office was awarded the Air Force Organizational Excellence Award for the period covering Oct 1, 2002 to Oct 1, 2003. That just goes to show you that across the board and across the base, our

personnel are doing great things for our Air Force every day.

All of those honors came in last week and what great timing ... I can't think of a better way to wrap up 2003 than with news about our great folks being recognized for the outstanding work they did throughout the year. This is a great organization to be a part of as eight new members to Team Patrick will soon be able to attest, as our First Term Airman Center graduates its final class of 2003. Graduates include: Airmen 1st Class Todd McGhie, Air Force Technical Applications Center; Airman 1st Class Matthew Nazario and Airmen Jared Stearns and Eric Trumbull, from the 45th CES; Airman Melissa Lucas, 45th Comptroller Squadron; Airman Charles Meeks, Detachment 1, 2nd Space Operations Squadron; Airman Tachana Williams-Robinson, 45th Medical Support Squadron; and Airman Basic Lachara Jordan, 45th Medical Operations Squadron.

They are joining the Air Force and Patrick Air Force Base at a pivotal time as we reflect on the 100 years of flight and space history, and as we embark on a new century of promise. How fitting that we launched a rocket on the 100th anniversary of the Wright Brothers flight. Kudos to the Lockheed Martin/Integrated Launch Services team for successful Atlas III launch of a Navy communication satellite. Next up is a Boeing Delta II with a Global Positioning System satellite. The spacecraft launched by these missions will help us in the ongoing war on terror.

This Centennial Year of Flight brought with it many challenges. From the Columbia tragedy to air and space campaign success in Operation Iraqi Freedom - this year gave us much to reflect upon as an air and space force. We can be proud that - together with our mission partners - we played such a significant role in supplying forces and space assets that help characterize the battlespace for warriors 24 hours a day, seven days a week. Control of the battlefield does indeed start here and we added to that legacy with 20 successful major launches to date this year, and looking for our 21st with the planned Delta II launch this weekend.

So, it is well-deserved pause that we take here at the end of the year. The president authorized Dec. 26 as a federal holiday and with the AFSPC Family Day it means the majority of the base will enjoy a four-day weekend.

Don't forget the Christmas Day meal at the Riverside Dining Facility. It's open to all active duty and their families from 11 a.m. - 1 p.m. The facility will then be open to active duty, military retirees and their families from 1-6 p.m. For menu description, see Page 21.

Of course, not everyone gets to take the holiday. The work of the Air Force never truly stops and we'll still have a number facilities staffed throughout the holiday - the fire department, Security Forces, the command post, AFTAC, the control tower to name a few. These folks man our 24-hour work centers that have year round missions or are critical to maintaining the safety and security of our base.

Think of these folks and the folks we currently have deployed. To their family members I send a heartfelt thank you for the sacrifices you make alongside your uniformed spouse. Thanks for all you do in keeping things running smoothly at home, especially during the holidays. We'll all be praying for the safe return of each and every one of our deployed personnel as well as those deployed from other bases, posts and camps.

These are still dangerous times as we continue our work in Iraq and other locations in the ongoing global war on terrorism. A tremendous milestone was reached with the capture of Saddam Hussein this week, but our work is not done. Many of you have already deployed in support of the U.S. effort in the Middle East, still others are starting to receive taskings for the upcoming Air Expeditionary Force cycle. Know that our support is helping to bring freedom and security to a people who have known neither while under the rule of a dictator.

Thank you for what you do every day in serving our great Air Force and our great nation. May God bless you and those close to you this holiday season. Here's to an equally successful 2004! Deb and I wish you all the best.

Calls announced

An Officers' Call is scheduled for Friday at 3:30 p.m. at the Base Theater and an Enlisted Call is also scheduled at 3 p.m. in the NCO Club.

Both calls are mandatory for all 45th Space Wing personnel. Mission partners are encouraged to attend. GS-14s and 15s may attend Officers' Call.

Safety briefing mandatory

A mandatory safety briefing is Friday at 8 a.m. in the Base Theater and 1:30 p.m. at Cape Canaveral Air Force Station in Hangar F.



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More than just a haircut

By Capt. Susan A. Romano

45TH SW PUBLIC AFFAIRS

It's just hair, right? It'll grow back ...

That's what I kept telling myself when, a few years ago, I was considering cutting my hair and donating it to "Locks of Love," a program that provides hairpieces to financially-disadvantaged children under age 18 suffering from long-term medical hair loss.

But it wasn't until my 4-year-old daughter recently saw a little girl about her age without a strand of hair on her head that I realized this idea was bigger than idle speculation; this was something I needed to do.

"Mommy, why doesn't that girl have any hair?" Danika asked. "She's probably taking medicine to make her feel better and it makes her hair fall out," I replied.

I saw her brow furrow as if she were in deep thought. "You mean like the medicine Grandma Gloreo was taking?" "Yes, honey, just like the medicine Grandma was taking."

I saw her think even harder.

"Well, Mommy, I have a lot of hair ... I wish I could give mine to her so her head wouldn't be cold."

I did my dead-level best to choke back the tears of pride inspired by my daughter's altruistic heart. And suddenly, it all snapped into place: This was it; this was what I had been looking for. I had wanted to do something extra special this year for Christmas, because it would be my first without my mother, Danika's beloved Grandma Gloreo, who passed away after a fierce battle with cancer. When she began fighting the disease, the treatments she received caused many side effects, and of all the horrific side effects she suffered, by far the worst in her eyes was complete hair loss. My mother took great pride in her appearance, and

when she lost all her hair, she was devastated; for her, losing it was almost as hard as living with the illness itself.

So it was at that moment that I knew I had to explore the Locks of Love program further. I scoured their Web site, reading about how the hairpieces are designed, who benefits most from the donations, and where one can make a donation.

After finding out as much as I could, I told Danika that I was going to cut my hair off and give it to kids who didn't have any - like the girl we saw in the store. Danika's response was, "I want to cut mine too, Mommy!"

Gasp! Since birth, only Danika's bangs have been cut. Her long flowing flaxen hair is as much a part of her as her own personality. How could I let her cut it off?! Then I realized this could be one of the best Christmas gifts we could ever give - a true part of ourselves. So Danika and I began our journey.

We found a place in our hometown that is an active participant in the program and made an appointment with Marsha from Hair Cuttery to be the lucky stylist to cut our hair. I know I was far more nervous about getting this done than Danika was. She was cool as a cucumber and actually enjoyed the prospect of holding a 10-inch ponytail of her own hair in her hands.

Danika went first. I watched with great trepidation while Marsha cut nearly a foot of hair from my daughter's head. When the scissors were finished snipping, Danika looked just adorable.

After a big "congratulations" hug, I lifted her down from the stylist's chair and climbed in myself. The butterflies in my stomach must have been evident, because Danika beamed up at me and held my hand. "Don't worry, Mommy," she said, "it doesn't hurt!"

And she was right - it didn't.

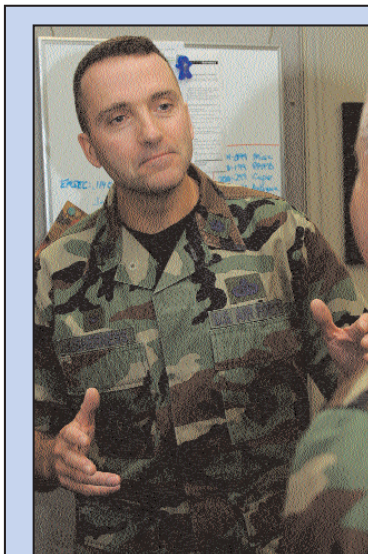


Photo by Airman 1st Class Shaun Emery

Capt. Susan A. Romano, right, and her daughter Danika, left, get their hair cut to support the "Locks of Love" program that helps design hairpieces for people who lose their hair due to cancer treatments.

We thanked the salon staff for their kindness and prepared to head back home. As we were leaving the salon, Danika tugged at my hand, a signal, I have learned, that means she wants to tell me something "in private." I bent down, and she whispered in confidential tones: "I can't wait for my hair to grow back so we can do this again!"

It is just hair, and it will grow back. Thank you for the valuable lesson, Danika.



Commander Q&A : Lt. Col. Dennis Lisherness 45th Space Communications Squadron

Q: What is the 45th Space Communications Squadron mission?

A: We provide command and control enabling communications services for the 45th Space Wing in support of Eastern Range readiness and successful space launch operations.

Q: How big of a role does the 45th SCS play during rocket launches?

A: The entire Eastern Range telemetry, optical, and tracking capabilities traverse telecommunications paths that start and/or pass through 45th Space Wing installations. Communicators keep these links 100 percent operational. Also, the 45th SCS is responsible for both unclassified and classified metropolitan area networks that pass network, e-mail and file transfer traffic for the entire wing.

Q: Other than supporting launches, what other roles does the 45th SCS take on?

A: The 45th SCS is definitely one team, one fight

with over 200 enlisted, officer, civil service and contractor professionals. They run over 300 Defense Messaging System organizational accounts, oversee over 200 wing automated systems, provide frequency management for the entire southern region of Florida, run the wing's airfield radar and meteorological and navigation systems, manage the Visual Information Services contract, run the wing's military post office, the network control center, C4 Helpdesk and many other programs that provide support to the wing.

Q: What is different about the 45th SCS than other units?

A: I believe we're equally important with all units, both in the wing and our mission partners. Although one area that's different is that we operate and maintain data, voice and video network weapon systems, ensuring 100 percent reliable command and control enabling systems.

11 hints to keeping your boss happy

By Col. Everett H. Thomas
45TH SW VICE COMMANDER

With the New Year quickly approaching, many of us are thinking about resolutions. Among the most popular are getting in shape, spending more time with family or quitting a bad habit such as smoking. However, one resolution people should think about is doing everything possible to better support their boss.

I feel extremely lucky to have Brig. Gen. Greg Pavlovich as my boss. It is a great opportunity to learn from the best and most experienced wing commander in the command. If you could see what I see on a daily basis, you too would be very impressed and appreciative. I assure you he does everything in the Air Force's and our best interest. So much so, that we ought to honor Gen. Pavlovich's inspired efforts by resolving to support him as best we can. I'd like to share some pointers on how to do that.

A long time ago, in a faraway land (otherwise known as a remote location), a very wise boss told me what he thought were expectations of him by his boss. I'd like to pass on to you what he taught me. The fundamental expectation isn't very hard, in fact, it is what we all expect today - communication between supervisee and supervisor. Knowing what your boss expects of you enhances your ability to get things done and is also a form of positive communication.

□ Give straight answers

When advising, informing, or advocating a position, don't hedge ... but don't pretend to know it all. If you don't know, say so. An "I don't know" is much better than an inaccurate response. Very few people will tell you an intentional lie. The problem is some people will tell you something that isn't completely factual. Most commanders, especially the good ones, make decisions based on what their subordinates or staff tells them. Be straight with the boss, the success of your organization and the Air Force depend on your ability to deliver the facts and to make things happen based on sharing the right information with the right people, at the right time.

□ Three options with an instruction

When the Air Force did away with regulations, some people decided - incorrectly - that personal interpretation of governing documents was OK. This is not necessarily true. Therefore, there are three options with an Air Force Instruction (AFI): Follow it. Get a waiver approved. Change it. Nothing else is acceptable. Tell your boss, if asked to do something in conflict with directives, what that governing document dictates. Most "bosses" don't know

all the technical data associated with an AFI. Bosses know what they want as the end product and may suggest a means to that end that is not necessarily proper. Don't let the boss go against existing instructions.

□ Understand your tasking

If you don't know what the boss asked of you, neither you nor your boss will be satisfied with the end product. You'll waste time and get frustrated wondering, "What did the boss really want me to do?" Sometimes, the boss needs a chance to clarify, both with you and in his or her own mind. Take the time to ask if you don't understand the tasking. Initiate a quick discussion. That can lead to a much more desired result.

□ Don't let your boss be surprised

Commanders/bosses don't like being blindsided by phone calls or questions from their supervisor or higher headquarters about an important issue - especially when their staff knew about it and neglected to tell them. Keep your boss informed. Make the boss look smart. You'll be rewarded for your effort. A staff he or she can trust is every boss' dream.

□ Notify your boss of negative responses

If you are required to notify an agency or person above your boss of a negative response, inform your boss first. Even though your reasons are probably valid, agencies or persons above the boss don't like to hear no. This is very similar to don't let your boss be surprised.

□ The right to criticize

Analyzing the performance and/or policies of people senior to you or at higher headquarters is reserved for your boss. If there's a difference of opinion explain your position to your boss and stop there. When a decision is made, carry it out.

□ Never, never tamper with the truth

No exception to this statement. This goes hand-in-hand with our core values. Use a four-way test when deciding to relay information: Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendship? Will it be beneficial to all concerned? You may recognize these rules for the International Rotary. They work in almost every circumstance.

□ Be positive

Orient your thinking to completing the mission. Don't waste time on developing theories on how to defeat the goal. Another aspect of being positive is how we write the rules. Don't hang your hat on negativity. Tell what can be done, not what can't be done. Here is an example, a sign may read, "Keep off the grass." Wouldn't it have been better if the sign read, "Please use sidewalk?" The negative sign used 15 letters. The positive sign used 17. The positive was accentuated by using only two more letters.



Photo by Airman 1st Class Shaun Emery

Col. Everett Thomas, 45th Space Wing vice commander, discusses base chapel renovations with Tech Sgt. Rich Trull, 45th SW command section superintendent.

□ Don't hide problems

This goes along with no surprises. The secret is to find the problems and be a resolver. Problems only get worse with time. If you know there is a problem, there is a very good chance someone else does too. I often tell young people, it is not about the mistake, it is about how you recover. In essence, do you and others learn from your mistakes?

□ Be innovative

Think outside the box and don't be afraid to fail. Show me a person who has never made a mistake and I'll show you a person who has never done anything.

□ Meet suspenses

Another way to please your boss and help keep him or her stay ahead in the game is to get things done on time. If, for some reason, a suspense can't be met, tell the boss. The boss is faced with meeting suspenses also. Don't forget everyone has a boss.

These 11 hints were passed down to me from a very wise supervisor. It took him over 30 years to develop this philosophy. What he taught me has certainly worked well for me since he passed these hints along 20 years ago. If you want to show Brig. Gen. Pavlovich and/or your immediate boss that you appreciate them, ingrain these 11 habits into your daily efforts. In my view, that would be a great way to start the New Year and a tremendous way to help spark the 45th Space Wing towards continued success. Happy 2004!

AFSPC commander sends holiday message

Leader stresses service, commitment to preserving freedom at home and abroad

By Gen. Lance Lord

AFSPC COMMANDER

PETERSON AIR FORCE BASE, Colo. - As another year comes to an end, Beccy and I want to wish the men and women of Air Force Space Command a happy holiday season.

This holiday season, take a moment to reflect on the value of the gift of service you bestow to every man, woman and child in America and around the world. America thanks you for preserving the precious gift of freedom, both at home and abroad.

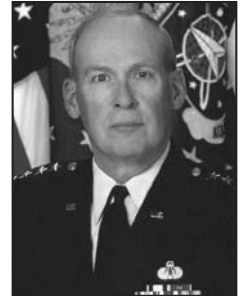
Your selfless dedication, courage, commitment and service, along with the soldiers, sailors, Marines, Coast Guardsmen and Department of Defense civilians, make a real difference, and I am proud to serve with each and every one of you.

This is an exciting time to be part of Air Force Space Command! We've shown the world, this year more than ever, what space forces bring to the

fight. Space is an essential element in the way the United States conducts military operations around the globe.

You, the members of the AFSPC team, are responsible for our successes. You have put in long hours, worked hard to accomplish our assigned tasks, and many of you have deployed. During the height of Operation Iraqi Freedom, we had nearly 1,200 AFSPC personnel deployed. Today there are still more than 450 people away from home, as well as many others deployed to our missile fields. As the holidays approach, remember your deployed teammates who are bearing the burdens of freedom.

As you look forward to the coming year, remember your dedication and expertise are vital to maintaining our role as the best space and missile force the world has ever seen. Beccy and I appreciate your efforts and wish you and yours a joyous holiday season, and most of all a safe and prosperous 2004!



Gen. Lance Lord



AF leaders send holiday message

The following is a holiday message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"During this holiday season, Americans have placed their hopes for peace with those who have answered the call to secure freedom: the soldiers, sailors, airmen, and Marines of our nation's armed forces.

"Indeed, there is no mission more vital and no cause more noble than to be a defender of freedom, particularly when the values we cherish are under attack and when our citizens are going into harm's way.

"We know this has been a challenging year, as we remain engaged on several fronts supporting the Global War on Terrorism. Over the past year, we have traveled to many places just to look you in the eye and to offer our thanks for what you're doing for the Air Force and for America. No matter where we go we're always amazed with your talent, dedication and professionalism.

"Your service has been stellar. You are why we have the best air and space force the world has ever known.

"We are also humbled by the sacrifices made by your families as you work long hours or deploy far from home. Our families are the source of support that enables us to serve with pride and enthusiasm and defend the democratic ideals of our great country. During this special season, our thoughts and prayers will be with them.

"Americans are grateful for your selfless service. You have earned their trust and support through your courage, bravery and sacrifice. And, simply put, we are honored to serve with you.

"It is our hope that you will have a joyous holiday season and a safe and prosperous new year."
(Courtesy of Air Force Print News)

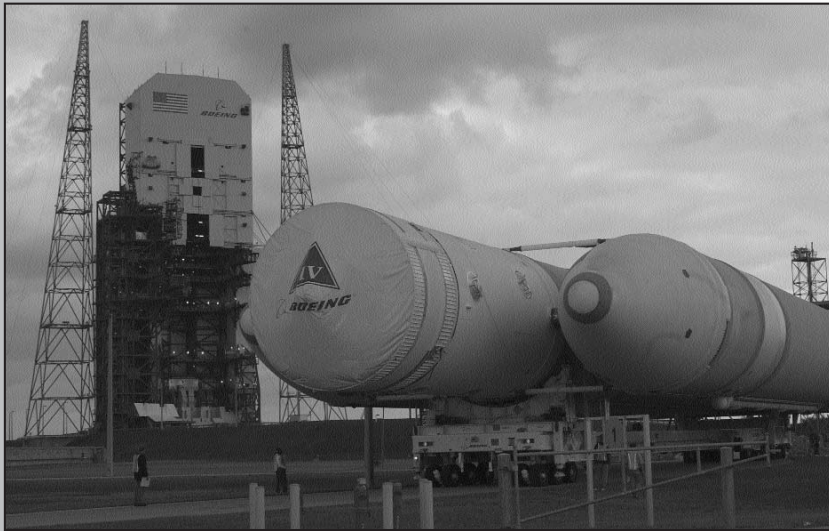


Photo by 1st Lt. Warren Comer

Heavy duty

A Delta IV rocket in heavy configuration rolls out to Space Launch Complex 37 Dec. 9 in preparation for launch in July. The Delta IV, constructed by Boeing, is part of the Air Force's Evolved Expendable Launch Vehicle program. The Delta IV's sister rocket, the Lockheed Martin Atlas V, is also part of the EELV program. The launch of the Delta IV will be the first time a heavy configuration of an EELV will be lofted into space.

To all readers: This is the last issue of the Missileer for 2003. The next issue will be Jan. 9. The deadline for that issue is Jan. 2. For more information, call 494-5922.

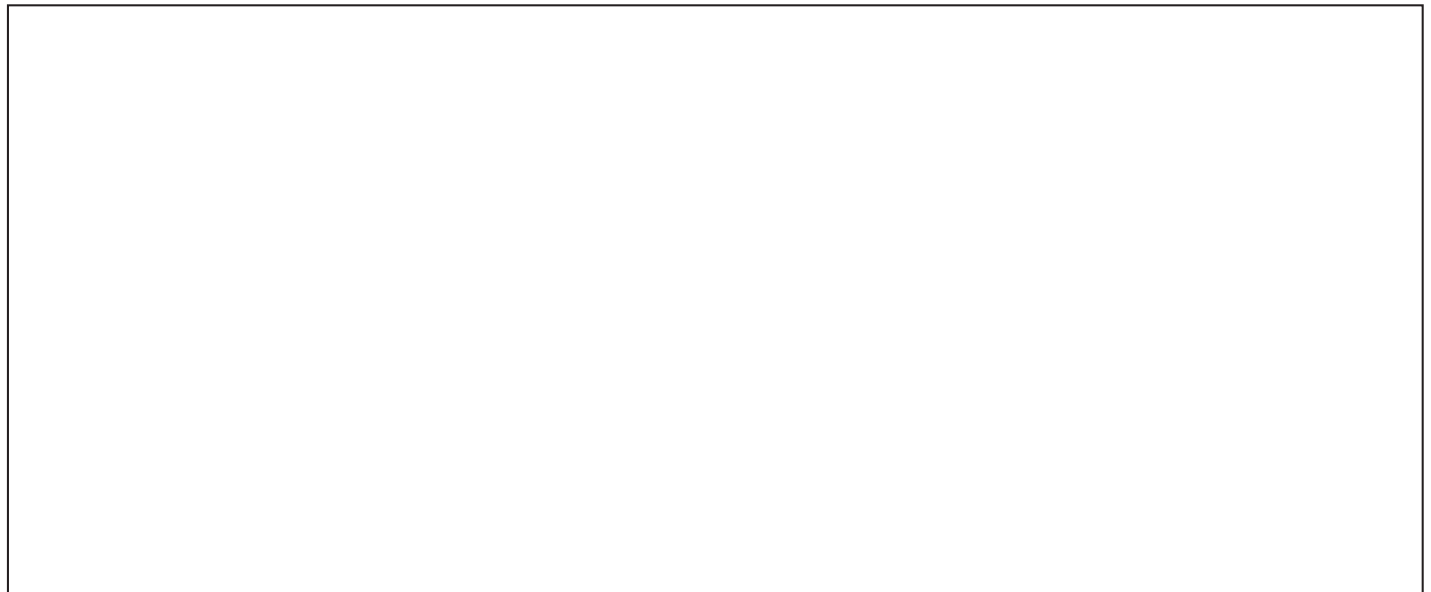




Photo by 2nd Lt. Elizabeth Kreft

Cape Cafeteria gets facelift

By 2nd Lt. Elizabeth Kreft
45TH SW PUBLIC AFFAIRS

The Cape Canaveral Air Force Station cafeteria has a new look and a new atmosphere for its patrons.

Friday marks the completion of the interior redesign of the Cape Cafeteria. While there are still improvements to be finished in the near future, the main construction and alterations on the interior of the building are complete.

The improvement project began June 4. The facelift for the only dining facility on the Air Force side of the Cape was part of a quality of life project initiated by the 45th Space Wing commander.

Melanie Clegg, the 45th Space Wing Civil Engineers project manager for the cafeteria plan, is happy with the improvements. "We have already had some positive feedback about how much more welcoming the area is," she said. "It's been a difficult project with a lot of coordination with several partners, but I think the final product will have a positive effect on the Cape's environment."

Some of the main enhancements included removing and replacing the floor, ceiling and wall

coverings. New lighting and windows were also installed, and televisions with cable access are now mounted in various corners of the dining area.

Before the renovation, wing officials felt the cafeteria was gray, outdated and presented an uninviting look for its patrons. "The decorum was really more of a distraction than anything else," said Maj. Matt Lupone, Detachment 1 deputy commander. "We really wanted to give our hard-working Air Force members and mission partners a comfortable and convenient place to enjoy their meals."

In addition to the physical appearance, the services at the cafeteria will undergo some major changes. "Right now we are looking at having at least two new vendors and an upgrade to Burger King that is already in place," said Maj. Lupone.

"Sunset Strips will fill in the spot where Baskin-Robbins was previously. It will offer healthy chicken menu items. Extreme Franks will be a cart service featuring a variety of hot dogs with gourmet toppings."

The official ribbon-cutting and dedication ceremony for the dining facility will take place in the next few months.

Cape Canaveral Air Force Station's cafeteria has undergone a series of facelifts since June 4. Friday marks the completion of the redesign of interior portions of the building. Wing officials are also looking to include at least two new vendors.

Airmen react to Hussein's capture

Patrick members deployed to Iraq happy to be part of historic moment in OIF mission

By Tech. Sgt. Jeffrey Williams

506TH AIR EXPEDITIONARY GROUP PUBLIC AFFAIRS

There was cautious enthusiasm here the afternoon of Dec. 14 when rumors began floating that Saddam Hussein, the Ace of Spades in the "55 Most Wanted" deck of cards, might have been captured.

For most people, the sound of gunfire outside the perimeter gate was nothing out of the ordinary, as small arms fire happens here on a regular basis. This, however, would turn out to be anything but an ordinary occurrence.

Senior Airman Heather Gondek, of the 506th Expeditionary Operations Support Squadron deployed from the 45th Operations Support Squadron at Patrick Air Force Base, woke

up when she heard the celebratory gunfire, but said she thought it was just another firefight.

"I thought, 'Here comes an alarm red,'" she said. "And then I woke up and heard the giant voice tell us to put on flak vest and helmet. Then someone else came in and told us that we may have caught Saddam. I was excited. I thought it was really cool that we finally got him."

Chaplain (Maj.) Pete Lambert, a Catholic chaplain, was in the middle of Mass with 20 people when he heard the gunfire.

"All of a sudden we heard all these gunshots going off. It got so intense that some (people) got up and ran out to see what was going on," Chaplain Lambert said. "It must have been about 11:45 a.m. We just continued Mass. At the end of Mass, the group commander announced it was celebratory (gun) fire because there were rumors around town that Saddam

Hussein had been captured.

"I was very happy, but cautious because so far it was only (a) rumor," he said. "I checked the Internet, and there was nothing there. Maybe half an hour after that, they talked about the possibility he had been captured. Later, I went down to the medical tent and there was (a) press conference with the general and the pictures of Saddam. It feels good."

Reactions from 506th Expeditionary Security Forces Squadron airmen were similar.

"I'm glad they captured Saddam Hussein," said Airman Ronald Beltran, of the 506th ESFS, deployed from the 45th Security Forces Squadron. "At first, I didn't think it was true, but I'm glad we got him. I hope we go home soon, but if we don't, we'll finish

and complete our mission."

"I was skeptical at first until I heard the confirmation on the news," said Airman 1st Class Nicholas Tardiff, a bus driver for the 506th Expeditionary Logistics Readiness Squadron. "The long-term consequence (for the base) will be good," said Col. Dan Peabody, 506th Air Expeditionary Group commander. "I expect some short-term backlash to it. Hopefully, after a week or so even that will dissipate. The hope is that it will rapidly lead to the collapse of what resistance there is out there without any indication of a formal leader continuing (the fight).

"Even though we may not have had a direct role, we certainly have contributed significantly to the ongoing activities that led to what happened. I'm very proud of everyone here and all that they contributed," he said.

“ I woke up and heard the giant voice tell us to put on flak vest and helmet. Then someone else came in and told us that we may have caught Saddam. I was excited. I thought it was really cool that we finally got him. ”

Senior Airman Heather Gondek
506TH EXPEDITIONARY OPERATIONS SUPPORT SQUADRON

vMPF, other passwords online

More than 500 people forget their passwords to personnel center customer service web applications like the Virtual Military Personnel Flight and Civilian Employment Application every day, but many of them are unaware that they can reset a password on their own within seconds online.

"Instead, hundreds of people call the Technical Assistance Center number which yields the same result, but takes five to 10 minutes longer," said Danny O'Neil, chief of the information assurance branch here. "Obviously getting a new password online instantly is the best option."

"Logging in can sometimes be a frustrating process," he said. "But

resetting a password online will save folks time and effort."

For online resets, people need to know their social security number and mother's maiden name, said Mr. O'Neil. The system is case sensitive.

First time users need basic personal information including civilian service computation date, or pay date for military, he said. Common Access Card users can create an account using the security "certificates" on the card and the card reader.

To access the Virtual Military Personnel Flight or other online personnel resources, visit <https://www.afpc.randolph.af.mil/>. (Courtesy of Air Force Personnel Center Public Affairs)



Photo by Jim Laviska

Building holiday joy

Firefighters (from left) Senior Airman Jamey Eatman, Rob Norris and Toni Tomassi refurbish bikes to be given as Christmas gifts to children along the Space Coast Dec. 15. The unit restored 25 bikes.

920th RQW saves stranded sailors

By Senior Airman Heather Kelly

920TH RESCUE WING PUBLIC AFFAIRS

Christmas came early for two crewmembers of a sunken shrimp boat when members of the 920th Rescue Wing saved the stranded sailors 30 miles off the coast of Cape Canaveral, Fla., Dec. 10.

The unit dispatched two HH-60 helicopters equipped with two pararescue teams in search of the men. An HC-130 aircrew was also on alert, ready to aid rescue efforts.

"The call from the Coast Guard came at approximately 4:15 p.m.," said Master Sgt. Michael J. Ziegler, a pararescue specialist on the mission. "We had been briefed and were in the air looking for them within the hour," he said.

The men had been sailing toward Bermuda when large sea swells forced their boat to take on water. Within 30 minutes, the sailors were cast into open seas with only life preservers to keep them afloat, said Ziegler.

"They were about 200 yards apart when we found them," Ziegler said. "They had drifted so far away from each other that neither one knew what had happened to the other," he added.

Four pararescuemen deployed into the ocean from the helicopters and swam to the individual men. They were able to assess the condition of the victims, administer aid and lift them into the helicopters using a hoist.

"They were glad to see us," said Master Sgt. Ziegler. "Their injuries were minor and we were able to stabilize them quickly."

Pararescuemen, or "PJs" as they are commonly referred, are an elite team of highly skilled individuals trained for such situations.

Air Force PJs undergo an intense combination of aerial, aquatic, survival and medical training that typically lasts two years before being considered mission qualified.

"Our training prepares us to deal with almost any circumstances," he said. "In the rescue business, there is little room for error."

The stranded sailors were flown to Melbourne International Airport where Brevard County paramedics transported them to Holmes Regional Medical Center. The men were treated and released later that evening.



Photo by Senior Airman Heather Kelly

A rescue victim keeps warm after being pulled from the Atlantic Ocean by crews from the 920th Rescue Wing. The man suffered minor injuries and was later released from Holmes Regional Medical Center.

"Even after performing hundreds of these missions it's always a great feeling to pull someone out alive," said Master Sgt. Ziegler.

Lt. Col. Phillip J. Manning, commander of the 301st Rescue Squadron and helicopter pilot on the mission agreed.

"There's no better feeling than to go home at night knowing that you've made a positive impact in someone's life," he said.

After serving in Operation Iraqi Freedom, Lt. Col. Manning has participated in both humanitarian and combat rescue missions with the unit.

"There are obvious differences associated with combat and humanitarian rescue missions. Each mission provides a different challenge, but the rewards are still the same," Lt. Col. Manning said.

"It's wonderful to know that we helped enable those men to spend another holiday with their loved ones," he said. "I cannot think of a better present to their families."

File a claim

Master Sgt. Michael Green passed away Dec. 6. Anyone with claims against his estate should contact Maj. Paul Charron, summary courts officer, at 494-1709.

DoD civilians get Dec. 26 off

President George W. Bush signed an executive order giving all federal government employees the day off of work Dec. 26.

New base guides available

The new 45th Space Wing telephone

directory has arrived. Unit telephone control officers may come to the 45th SW Public Affairs office in room C-129 in Bldg. 423 to pick up the directories for their respective units. For more information, call Capt. Susan Romano at 494-7731.

Firing range off limits

The 45th Combat Arms firing range located at the end of Rescue Road, Bldg. 1657, is closed to the public. Trespassing is illegal and dangerous. Call 494-0252 for more information.

AAFES holiday hours

The following facilities will be open Dec. 24 at Patrick Air Force Base. Their hours of operation are:

- Main Store
7 a.m. - 6 p.m.
- Robin Hood
10:30 a.m. - 5 p.m.
- Taco Bell
11 a.m. - 5 p.m.
- Anthony's Pizza
10:30 a.m. - 6 p.m.
- Wetzel Pretzel
7 a.m. - 4 p.m.
- All Main Store Mall Concessions
9 a.m. - 5 p.m.
- Optometry Clinic
Closed
- Optical Shop
9 a.m. - 5 p.m.
- Class Six
7 a.m. - 6 p.m.
- Burger King
6:30 a.m. - 5 p.m.
- MCSS/Mini Mall
8:30 a.m. - 5 p.m.
- Mini Mall Food Court
7 a.m. - 1 p.m.
- Mini Mall Barber
7 a.m. - 3 p.m.
- Mini Mall Laundry
7 a.m. - 3 p.m.
- Car Care
7 a.m. - 2 p.m.
- Admin Office
7:30 a.m. - 4:30 p.m.

Also for Patrick AFB, all of the above facilities will be closed on Dec. 25 with normal hours of operation on Dec. 26. On Dec. 31, the following facilities will be open. Their hours of operation are:

- Main Store
9 a.m. - 6 p.m.
- Robin Hood
10:30 - 5 p.m.
- Taco Bell
11 a.m. - 5 p.m.

- Anthony's Pizza
10:30 a.m. - 6 p.m.
- Wetzel Pretzel
7 a.m. - 4 p.m.
- All Main Store Mall Concession
9 a.m. - 5 p.m.
- Optometry Clinic
Closed
- Optical Shop
9 a.m. - 5 p.m.
- Class Six
7 a.m. - 8 p.m.
- Burger King
6:30 a.m. - 5 p.m.
- MCSS/Mini Mall
8:30 a.m. - 5 p.m.
- Mini Mall Food Court
7 a.m. - 1 p.m.
- Mini Mall Barber
7 a.m. - 3 p.m.
- Mini Mall Laundry
7 a.m. - 3 p.m.
- Car Care
7 a.m. - 2 p.m.
- Admin Office
7:30 a.m. - 4:30 p.m.

All facilities will be closed except the Class Six store on Jan. 1. It will be open from 10 a.m. - 6 p.m.

For Cape Canaveral Air Force Station, operating hours are:

- Food Court/Food Mobile
Dec. 24 from 6:30 a.m. - 1 p.m. Dec. 25-26, closed. Dec. 19-31 from 6:30 a.m. - 1 p.m. Jan.1-2, closed
- ITL Food Court
Dec. 22-Jan. 2, closed
- Burger King
Dec. 24 from 10:30 a.m. - 1 p.m. Dec. 25-Jan. 2, closed
- Shoppette
Dec. 24 - Jan. 2, closed
- Barber Shop
Dec. 24 - Jan. 2, closed



Happy Holidays



Ryan Sorel, left, and Logan Noegel work as elves during Santa's Workshop at the Family Support Center Saturday. Children met Santa and had their picture taken by their parents.

Photo by 1st Lt. Warren Comer



Photos by Airman 1st Class Shaun Emery

Abby McNaughton meets Mickey and Minnie Mouse during Sunday's Disney Holiday Celebration at the Patrick Air Force Base Youth Center in South Housing. Children and parents had their photos taken with many of their favorite Disney characters, courtesy of Disney Cruise Lines.



Above, Laurel Gaston gets a special holiday greeting from Belle, star of Disney's Beauty and the Beast. Among the characters present at the holiday celebration were chipmunks Chip and Dale. Right, a young girl gives Chip a big hug before having her photo taken.



Above, two children stare wide-eyed at Santa Claus during his visit to the Patrick AFB tree lighting ceremony Dec. 11 in Memorial Plaza. Parents and their children lined up to get a photo with either Mr. or Mrs. Claus.

Holding down the Fort



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

They're everywhere. Patrolling the streets, guarding the flight line or acting as the first line of defense at the gates. Twenty-four hours a day the 45th Security Forces Squadron provides security for all 45th Space Wing personnel and assets.

When a call comes into the 45th SFS control center, members of Security Forces prepare to handle a variety of situations from accidents and domestic disturbances to speeding and shoplifting.

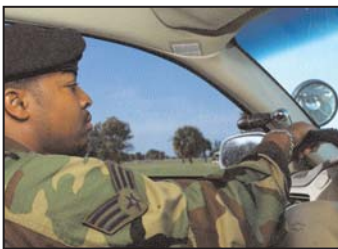
"We can be at the scene within five minutes of the call, usually faster than that," said Capt. Cheryl Morgan, 45th SFS operations officer.

To be prepared for any situation airmen from the 45th SFS train, train, train and train some more.

"Training saves lives," said Chief Master Sgt. Jerry Delebreau, 45th SFS superintendent of training and resources. "It seems like there isn't enough time in a day to train."

According to Chief Delebreau, completing the necessary training means sacrificing free time.

"All our additional training is done in our off-time. During a shift, Security Forces personnel are out doing their jobs. They need to be ready to go when it's time."



Senior Airman Michael Byrd patrols along South Patrick Drive. Patrolers can respond to the scene of an incident within minutes.

Not only are the 45th SFS members completing personal training but also at times conducting training for a number of other airmen.

Security Forces is responsible for all ready augmentee training. The combat arms section provides weapons training for all 45th SW and 920th Rescue Wing personnel, ensuring that they are ready for deployment. Security forces also works weekly with local law enforcement, providing K-9 training to six departments.

The intense training keeps Security Forces members prepared for deployment, which happens frequently in their careers. The 45th SFS maintains four Air Expeditionary Force teams. Currently some airmen are deployed to overseas operations.

"Unlike Operations Desert Storm and Desert Shield, the likelihood of facing hostility in Iraq is much greater now," said Chief Delebreau.

Staff Sgt. Charles Langley said the air base security training he learned from the squadron was essential in his deployment to Southwest Asia.

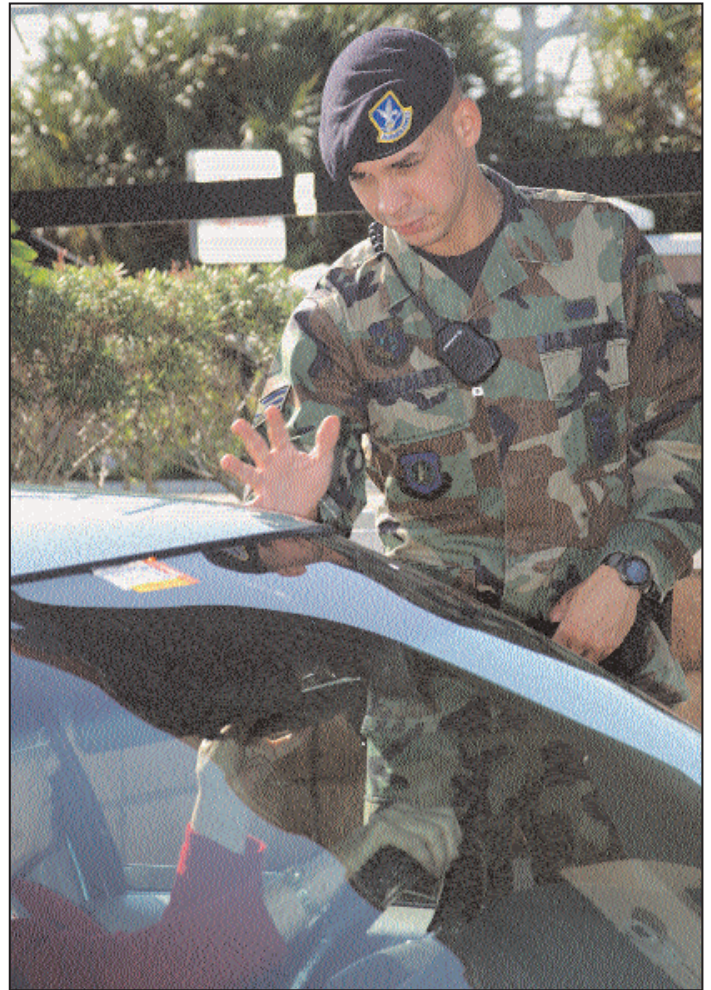
"If you take your eyes off your surroundings for a split second, you can be in danger," he said.

Staff Sgt. Bobby Roseman, 45th SFS desk sergeant, has been deployed three times.

"I volunteered each time," he explained. "It's an opportunity to go somewhere new and make a difference."

That difference can be as significant as preserving a life during a hostage situation to ensuring proper entry on base.

"The squadron is the first line of defense, they are the pride and professionalism of the Air Force," said Chief Delebreau.



Photos by Airman 1st Class Shaun Emery

Senior Airman Javier Gonzalez, 45th Security Forces Squadron, checks the identification of a person entering Patrick Air Force Base's South Gate Tuesday. Gate security is Patrick's first line of defense.



Staff Sgt. David Ball, 45th SFS controller, relays a message to patrols. The control center dispatches Security Forces personnel to incidents or accidents that occur on base.

Looking for a new job?

By Ida Barry
45TH SW PUBIC AFFAIRS

Perhaps the biggest key to a successful job search is realizing that looking for a job is a full-time task.

A great starting point is the Family Support Center, which provides expert job seeking tips and resumé-writing instruction to help individuals get the job they want. Lillian Cassidy, family life consultant, provides individuals tips to make a powerful first impression and get their foot in the door of their future employer. She also teaches her students how to transform jargon-heavy military resumes into eye-catching, concise private sector and government resumés.

"The goal of the course is to inform and educate job seekers in the areas of devising a planning strategy in the job seeking process," Ms. Cassidy said. "Having a plan means knowing what position you are going to seek, when you're going to start, how many hours you are going to dedicate to the work search and where to find the job leads."

The class consisted of 20 military and DoD members thinking of retiring to spouses leaving or arriving to the 45th Space Wing.

Writing a resumé can be a scary and challenging.

According to Ms. Cassidy, the majority of individuals who take her class have held various roles while on the job and acquired numerous skills. A tailored resumé highlights the specific experiences that will qualify an individual for a specific type of employment and help focus on those experiences. It carries more punch

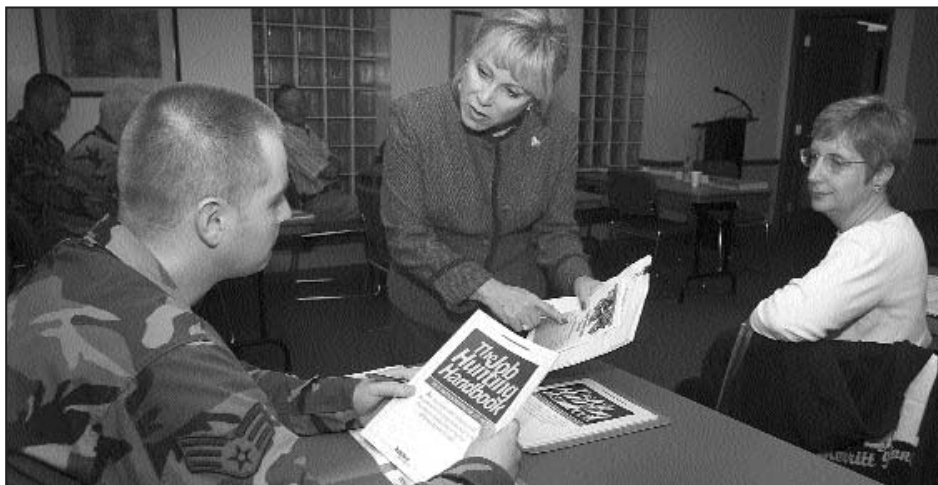


Photo by Jim Laviska

Lillian Cassidy, family life consultant, center, reviews the course's objectives with Senior Airman Brent Warning, 45th Space Communications Squadron, and Linda Wyse during a Job Search class at the Family Support Center.

because it allows a person to respond to each item that is in the job advertisement and highlight different examples of job successes to match those a specific employer is looking for.

"The resumé writing portion of the class provides the students with a really good basic knowledge of the different styles and formats and which one will better suit their needs," Ms. Cassidy said. "It's especially helpful to those leaving the military service rework and rewrite their experience so that civilian employers have a better understanding of the skills they have acquired."

The class highlights the different types of resumes, the screening of the resumés by employers, optional items in resumés and action verbs for the various career fields that will make the resume stand out.

"I am looking to retire and would like to go into the teaching profession," said Lt. Col. Robert Verica, deputy director of the Air Force Agency for Modeling and Simulation in Orlando. "I wanted to attend this class in order to write a resumé geared to that profession - one that is

going to make me more marketable in this area."

Networking is of utmost importance in searching for a job.

"More than 85 percent of jobs are secured through networking," Ms. Cassidy said.

"Individuals should ensure that everyone they know is aware they're looking for a job - and what kind of job they're looking for. Family, friends, neighbors and associates in any volunteer or community groups make excellent sources - anyone can be a network resource."

"I don't want anyone to ever feel hopeless in their job-seeking efforts," Ms. Cassidy said. "I want to empower, encourage and cheer them on because there is always an opportunity out there."

The job-seeking and resumé class is held the first Tuesday of each month at the FSC. Any ID cardholder authorized to use the services at Patrick AFB is eligible to take the class. For more information, contact the FSC at 494-5675.

Chanukah, the celebration of religious freedom

Editor's note: Many readers have asked why the name of G-d is not spelled out completely in this article. This custom is based on a Jewish respect for G-d. To Jews, the name of G-d is holy and since newspapers are usually discarded, the sages adopted the practice of leaving out a letter in G-d's name to show respect.

By Barry Chefer

JEWISH LAY LEADER

Chanukah is a Jewish holiday that celebrates the victory of religious freedom over tyranny.

In 164 B.C.E., a small but spiritually strong band of Jews defeated the vastly superior Assyrian forces that tried to prevent the Jews in Israel from practicing Judaism and worshipping G-d.

Chanukah lasts eight days and begins this year on Friday commemorating the Jewish victory over the Assyrians.

The Jewish religion had been proscribed under threat of death and Jews were compelled to engage in pagan worship. Fighting for their right to worship whomever they wanted, the 83-year-old Jewish priest Mattathias and his son Judah led the three-year battle.

The festival is marked by the kindling of lights in a Chanukah menorah each night starting with the eve of the first day, just after dark. Increasing number of lights are lit each night, beginning with one the first night, and culminating with all eight lights on the last night.

This reflects the belief that in matters of holiness, Jews move forward - increasing their commitment to Jewish values and traditions.

Traditionally, either special candles or olive oil with wicks are kindled. Electric candles do not satisfy the religious requirement to "kindle" a

light. Special prayers are recited and then the lights are kindled.

The menorah represents the eternal light of spiritual freedom. In the days of the Chanukah miracle, a large menorah was kindled daily at the temple in Jerusalem.

Its light was considered to be the source of all spiritual light.

According to Jewish law, it could be kindled using only specially-made kosher oil.

Upon conquering Jerusalem, the Syrian/Greeks entered the temple, desecrated and extinguished the lights of the menorah and contaminated all of the oil.

When the Jews recaptured the temple, their first desire was to rekindle the Menorah to bring forth the light of freedom, spirituality and G-dliness.

They knew that all the proper oil to be used had been ruined and it would take eight days to process new oil.

One vial of kosher oil was found, but only enough for one day. Immediately the Jews rekindled the menorah, though distraught that the lights would again darken after only one day. Miraculously, the lights lasted for eight days until new oil could be made. The lights continued to burn as a shining symbol of the miracles that can occur through faith and positive action.

Each year, for the past 2100 years, this miraculous continuation of the lights has been celebrated during the eight days of Chanukah with the lighting of the Chanukah menorah. Its light represents the triumph of freedom over oppression, of spirit over matter, of light over darkness.

Menorahs, candles and books about the Chanukah holiday are available by calling 494-6063.



New fitness instruction shifts focus to operational readiness

By Staff Sgt. C. Todd Lopez

AIR FORCE PRINT NEWS

One of the most noticeable changes to the Air Force's new fitness program is that it will be defined by an operational rather than a medical instruction.

The change shows that senior leaders consider fitness an important part of operational readiness, said Maj. Lisa Schmidt, the Air Force chief of health promotions operations.

"As we support the aerospace expeditionary force and the environments we now deploy to, fitness becomes a readiness issue," Maj. Schmidt said. "If a person is fit, they are going to be able to tolerate austere environments, the fatigue and the temperature changes."

The full text of the Air Force's new fitness instruction will be available to the force before Jan. 1, she said. The planned release comes less than five months after the service's highest ranking officer told airmen there would be changes in the way the Air Force looked at physical fitness.

"The amount of energy we devote to our fitness programs is not consistent with the growing demand of our warrior culture," wrote Air Force Chief of Staff Gen. John P. Jumper in his July Sight Picture. "It's time to change that."

Besides making physical fitness a readiness requirement, the new instruction also puts an emphasis on commander involvement in unit fitness programs.

"If you look at the July Sight Picture, Gen. Jumper says fitness is a commander's responsibility," Maj. Schmidt said. "This instruction puts more responsibility on the commander, not the medical community."

Among other things, the instruction requires unit and squadron commanders to implement and maintain a unit physical-training program and to offer the program at least three times a week.

The instruction also details methodology for conducting fitness evaluations. Maj. Schmidt said the instructions for conducting the push-up and crunch portions of the evaluation should be no surprise to airmen. They are the same instructions that have been used at the end of the cycle-ergometry test for the last two years.

"The only change is that the push-ups and crunches will be evaluated for one minute, instead of two minutes," Maj. Schmidt said.

The instruction also specifies how to conduct the aerobic portion of the test. Airmen will run on an outdoor course approved by the wing commander. During inclement weather, an indoor running track may be used. Treadmills will not be authorized for fitness evaluations.

The new fitness instruction takes effect Jan. 1, and will make obsolete the current fitness and weight-management instructions, Air Force Instruction 40-501 and AFI 40-502.

Track promotes new ways to stay WarFit

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

Groundbreaking for the new half-mile running track at Patrick Air Force Base is scheduled for January with completion expected by the end of March.

The nine-foot-wide rubberized surface track will be constructed in the area between the Riverside Dining Facility and the Vehicle Maintenance building.

The \$250,000 quality of life project funded by Gen. Lance Lord, Air Force Space Command commander, will not only benefit those looking for a place to run, but also those who just want a nice place to take an afternoon walk.

"There is a great view of the river and the track will be located right off the river walk," said 2nd Lt. Matthew Altman, 45th Civil Engineer Squadron saber chief, in charge of base acquisitions and small renovations.

With landscaping, park benches, flower beds and proposed workout stations positioned around the track, planners are hoping to bring out a multitude of users.

"We are looking at a "Central Park" theme for the track," said 2nd Lt. Altman. "There will be a large open space in the middle of the track that can be used for playing all types of sports."

Since the track is an exact half-mile, it will be an optimal place to conduct WarFit tests, said 2nd Lt. Altman.

"This is a perfect time for the base to receive the funding for a project like this," said Mike Mendonca, Patrick Fitness Center's personal trainer. "People are worried about getting in shape now more than ever. Some people are very reluctant about running outdoors on concrete or asphalt."

According to Mr. Mendonca, the rubberized track is much better at reducing incidents of lower leg injuries.

"The surface causes less stress on the lower body," he added. "If you have a good pair of cushioned running shoes, I believe the track is better than some of your modern treadmills."

"With the active fitness population we have on base, it will be addition to our already stellar fitness facilities," said 2nd Lt. Altman.



Illustration courtesy of 45th Civil Engineer Squadron

According to Lt. Col. Jack Sproul, 45th Services Squadron commander, the new half-mile horseshoe-shaped track will feature a nine-foot wide winding path around professionally-landscaped areas and a large grassy area in the middle. It will help military members here meet their fitness standards while providing a place for civilians and family members to exercise.

Time to stick with healthy resolutions for 2004

Every year many Americans make New Year's resolutions to eat healthful foods, begin an exercise program or shed some unwanted weight. Every year many of these resolutions are broken before spring arrives. With each broken resolution, health risks increase.

In the United States, approximately 300,000 deaths a year are associated with overweight and obesity. While there has been dramatic progress in the treatment of conditions, such as heart disease and cancer, the statistics for some of the major underlying causes, including excessive weight and obesity, have steadily moved in the wrong direction.

In 1999, approximately 61 percent of adults were overweight or obese and 13 percent of children were overweight. (The percentage of overweight children is nearly twice as high today as it was in 1980.) These numbers reflect a serious problem with serious risks. Those who are overweight or obese, have increased risks for heart disease, stroke, diabetes and cancer.

So what can be done? First, everyone should evaluate their weight. To determine the Body Mass Index (BMI) refer to the online

brochure, Nutrition and Your Health: Dietary Guidelines for Americans, a joint publication of the Departments of Health and Human Services and Agriculture which can be found at www.health.gov/dietaryguidelines/dga2000/document/aim.htm. BMI evaluates weight in relation to height to determine if a person is at a healthy weight, overweight, or obese. After finding the BMI, set realistic goals to get to or stay at a healthy weight.

Start eating healthful foods and choose sensible portion sizes. Eat a lot of vegetables, fruits and grains with little added fat or sugar. Most fruits and vegetables are naturally low in fat, rich in many nutrients and are very filling. Before buying a product, check the product label for the nutrition facts. Look for the "% Daily Value" column to see if the food is high or low in nutrients and how many calories and fat grams it contains. It is important to check the serving size on the label as well. Another important step in reaching a healthy weight is increasing physical activity. Aim to get at least 30 minutes of physical activity a day most days of the week, preferably daily. Some examples of physical activities are:

- Walking, jogging, or bicycling (drive less)
- Washing and waxing a car
- Raking leaves
- Washing windows or floors
- Playing actively with children
- Playing basketball, volleyball, golf, or dancing
- Gardening or mowing the lawn
- Swimming or water aerobics

Regular physical activity not only helps to obtain the goal of a healthy weight, but also helps control blood pressure, reduce feelings of depression and anxiety, and lowers the risk factors for cardiovascular disease, colon cancer and type 2 diabetes.

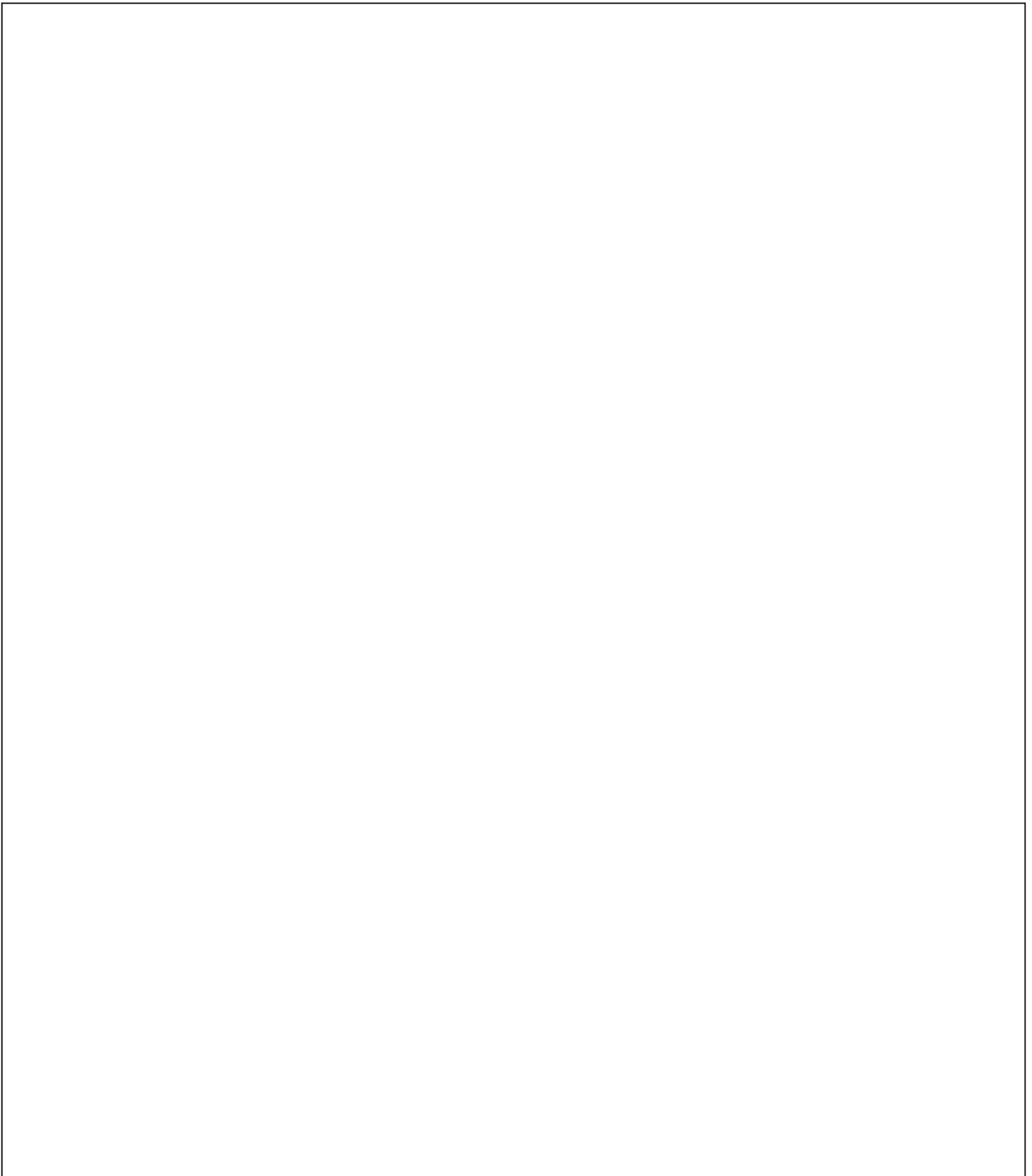
For more information go to:

www.surgeongeneral.gov/topics/obesity/calltoaction/CALLtoAction.pdf

www.health.gov/dietaryguidelines/dga2000/document/aim.htm

www.health.gov/dietaryguidelines/dga2000/document/build.htm

(Courtesy of 45th Medical Group's Tricare Office and Humana Military Services)



Car detailing returning soon

Messy cars now have a chance to look new again. The car-detailing concessionaire, located at Bldg. 737, is reopening Jan. 4.

Complete detailing packages cost \$60 for compact cars, \$80 for full size. Service includes: hand wash, wax, carpet and seat shampoo, as well as Armorall treatment for dash, tires and vinyl tops. Individual services, such as hand washing and waxing, are also available.

The concessionaire is open 8 a.m. to 5 p.m., Tuesday - Saturday. To make an appointment, call 784-1724 or 432-4871.

Registration accepted for program

Children in kindergarten through the sixth grade have a chance to get out of the house during the Youth Center's Kid's Night Out from 6-

11 p.m. Jan. 10. Cost is \$10 per child. Call 494-4947 to register early.

Framing classes resumes soon

Learn how to preserve that family photo in a professional framing class. Three framing sessions are being offered at the Framing and Engraving shop this month: Jan. 12 from 9 a.m. - 4 p.m.; Jan. 20-21 from 6-9 p.m.; and Jan. 26 from 9 a.m. - 4 p.m.

Cost is \$25 plus materials. Reservations must be made 10 days before class begins. To register, call 494-4270.

Cape cycling kicks off

Keep that New Year's WarFit promise by enrolling in the Cape Canaveral Fitness

Center's Tour de Cape cycling program. The 16-week, incentive-based program logs the number of miles cyclists ride on Cape Canaveral property, as well as approved, sponsored competitions.

Riders are eligible for special patches at designated intervals, ranging from 800 to 3,000 miles. This special fitness program is open to Cape Canaveral-badged personnel only. For more information call 853-3966.

Learn to surf fish

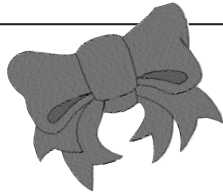
Interested in learning a new fishing technique? Try surf fishing. Outdoor Recreation offers two, two-day clinics next month. Courses are Jan. 9-10 and Jan. 23-24. Cost is \$20 and includes all necessary equipment. Call 494-9691 to register.



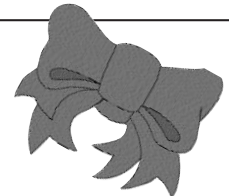
Photo by Airman 1st Class Shaun Emery

Cookies for the troops

From left, Senior Airmen Beau Difrenna and Janessa Jeske, 45th Security Forces Squadron, receive cookies from Youth Center children during a duty shift Dec. 12. Children delivered the cookies to 45th SFS personnel and to the dorms to thank them airmen for their service.



Services holiday hours



All facilities are closed Dec. 25 and Jan. 1 unless otherwise listed.

Aero Club, open Dec. 24, 26, 31 and Jan. 2 from 8 a.m. - 4:30 p.m.

Auto Skills, closed Dec. 24, 25, 26 and Jan. 1; open Dec. 31 and Jan. 2 from 8 a.m. - 3 p.m.

Bowling Center, open Dec. 26 from 12-6 p.m.; Dec. 31 and Jan. 2 from 7:30 a.m. - 3 p.m.; closed Dec. 24, 25 and Jan. 1

Child Development Center, open Dec. 24, 26, 31 and Jan. 2 from 6:30 a.m. - 5:30 p.m.; closed Dec. 25, 26 and Jan. 1

Engraving and Framing, open Dec. 31 and Jan. 2 from 9 a.m. - 3 p.m.; closed Dec. 24, 25, 26 and Jan. 1

Family Child Care, closed Dec. 25, 26 and Jan. 1; open Dec. 24 and 31 from 8 a.m. - 5 p.m.; Jan. 2 from 9 a.m. - 12 p.m.

Patrick Fitness Center, open Dec. 24 from 5 a.m. - 3 p.m.; Dec. 26 and Jan. 2 from 8 a.m. - 4 p.m.; Dec. 31 from 5 a.m. - 3 p.m.

Cape Canaveral Fitness Center, open Dec. 24, 31 5:30 a.m. - 3 p.m.; closed Dec. 25, 26,

Jan. 1 and 2

Manatee Cove Golf Course, open Dec. 24, 26, 31, Jan. 1 and 2 from 6:30 a.m. - 8 p.m.

Cape Canaveral ITT, closed Dec. 24, 25, 26, 31, Jan. 1 and 2

Patrick ITT, open Dec. 24, 26, 31 and Jan. 2 from 9 a.m. - 3 p.m.

Library, open Dec. 24 and 31 from 10 a.m. - 3 p.m.; Jan. 2 from 10 a.m. - 5 p.m.; closed Dec. 25, 26 and Jan. 1

Lodging, open 24 hours a day Dec. 24, 25, 26, 31 and Jan. 1

Marina, open Dec. 24 from 9 a.m. - 8 p.m.; Dec. 26 and Jan. 2 from 9 a.m. - 9 p.m.; Dec. 31 from 9 a.m. - 1 p.m.

NCO Club, open Dec. 31 from 7 p.m. - 2 a.m.; closed Dec. 24, 25, 26, Jan. 1 and 2

Officers' Club, open Dec. 31 from 7 p.m. - 2 a.m.; Jan. 2 from 9 a.m. - 10 p.m., closed Dec. 24, 25, 26 and Jan. 1

Outdoor Recreation, open Dec. 26 and Jan. 2 from 8 a.m. - 6 p.m.; closed Dec. 24, 25, 31 and Jan. 1

Riverside Dining Facility, Dec. 24,

31 and Jan. 2; breakfast served 5:30-7:45 a.m.; lunch served 10:45 a.m. - 1 p.m.; dinner served 4- 6:45 p.m.; carry out from 7-9 p.m.; flight kitchen open from 5 a.m. - 9 p.m.

Dec. 25, served 7-10 a.m.; lunch served from 11 a.m. - 3:30 p.m.; dinner served from 4-6:45 p.m.; carry out from 7-9 p.m.; flight kitchen from 5-9 p.m.

Dec. 26, Breakfast 7-10 a.m.; lunch 11 a.m. - 3:30 p.m.; dinner 4-6:45 p.m.; carry out from 7-9 p.m.; flight kitchen from 5 a.m. - 9 p.m.

Jan. 1, Breakfast served from 7-10 a.m.; lunch served from 11 a.m. - 3:30 p.m.; dinner served from 4-6:45 p.m.; carry out from 7-9 p.m.; flight kitchen open from 5 a.m. - 9 p.m.

Veterinary Clinic, closed Dec. 24, 25, 26 and Jan. 1 and 2; open Dec. 31 from 8 a.m. - 3 p.m.

Youth Center, open Dec. 24, 31 and Jan. 2; 6:30 a.m. - 5:30 p.m. (School Age Child Care Program); 1-6 p.m. (open recreation); 1:30-6 p.m. (office); closed Dec. 25, 26 and Jan. 1

Action Line: 494-6550

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

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

If you can't get your problem resolved through the agencies, contact the Action Line: e-mail, Commander'sline@patrick.af.mil or click global at Commander's Line - Patrick AFB; recorded message, 494-6550; mail, 45SW/PA 1201 Edward H. White II St, Ste C-130, Patrick AFB FL 32925-3237; fax, 494-7302. Address all correspondence "Attn: Action Line."

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



Brig. Gen. Greg Pavlovich
45th SW commander

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
Jim Finley
494-6455
Civilian Personnel
Robert Daniel
494-5238
Military Equal Opportunity
Capt. Marlon Johnson
494-6334
45th Security Forces Squadron
Maj. Lynden Skinner
494-6202

Financial Services
John Brett
494-7171

45th Medical Group
Col. Gilbert Hansen
494-8100
Ground Safety
Paul Compton
494-4023
Inspector General
Lt. Col. Frank Miles
494-4373



Photo by Jim Laviska

Watch it

The 45th Security Forces Squadron has placed two speed detection devices along South Patrick Drive on Patrick Air Force Base. Drivers need to be aware of their speed for the safety of all people who visit Patrick and Cape Canaveral Air Force Station.

At the movies

Friday - Runaway Jury A member of the jury for an explosive trial against a gun manufacturer joins force with a beautiful woman to manipulate the panel. With millions of dollars at stake in the precedent-setting lawsuit, the mysterious jurist finds himself battling a high-priced and ruthless jury "consultant" who will stop at nothing to secure a verdict. Stars John Cusack and Gene Hackman. PG-13 for violence, language and thematic elements.

Saturday and Sunday at 2:30 p.m. - Elf Buddy, a human raised in the North Pole to be an elf, wreaks havoc in the elf community due to his size. Buddy heads to New York City to find his place in the world and track down his father. But life in the big city is not all sugarplums and candy canes. It's up to Buddy and his simple elf ways to win over his family, realize his destiny, and, ultimately, save Christmas for New York and the world. PG for rude humor and language.

Saturday and Sunday - The Matrix Revolutions The rebels' long quest for freedom culminates in a final explosive battle. As the Machine Army wages devastation on Zion, its citizens amount an aggressive defense-but can they stave off the relentless swarm of Sentinels long enough for Neo to harness the full extent of his powers and end the war? R for Sci-Fi violence and sexuality.

Thursday - Runaway Jury See Friday's synopsis

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

Riverside Dining Menu



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, grilled mustard chicken, oven-fried fish

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

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

Monday Dinner - Cannelloni beef, chili mac, southern fried chicken

Tuesday Lunch - Salmon cakes, teriyaki chicken, veal parmesan

Tuesday Dinner - Country captain chicken, meatloaf, turkey ala king

Wednesday Lunch - Barbecue

ham steak, beef ball stroganoff, turkey and noodles

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

Christmas Menu - Shrimp cocktail, baked ham, roast turkey, roast

rib of beef, parsley buttered potatoes, mashed potatoes, glazed sweet potatoes, giblet dressing, peas with mushrooms, corn on the cob, French green beans with almonds, French apple and pecan pie, almond pound cake and holiday candies

*****Special Note: Open to active duty and their families from 11 a.m. to 1 p.m. Open to active duty, retirees and their families from 1-6 p.m.**

Dec. 26 lunch - Mexican baked chicken, stuffed green peppers, Swiss steak with tomato sauce

Dec. 26 dinner - Lasagna, spaghetti with meat sauce, Italian sausage

Menu's are subject to change. For more information, call dial-a-menu 494-2845. Items bolded are healthy choice.

Got a story for the Missileer?

E-mail the Missileer staff at missileer@patrick.af.mil or call 494-5922



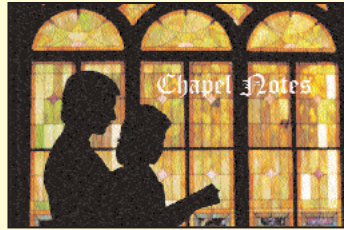
Events

Sat. - Feb. 29, 1-5 p.m., Selections from the NASA Art Program at the Brevard Museum of Art and Science in Melbourne. Entrance fee to the exhibit is 5\$ for adults, \$3 for seniors and \$2 for students. Call 242-0737.

Sun., 3-6 p.m., Twilight Jazz Jams at Goode Park, Palm Bay. Admission is free. Call 674-8140.

Festivals

Feb. 28, 9 a.m. - 3 p.m., Orlando Wetlands Park Festival near the Ft. Christmas Park in Christmas. Event features guided tours, bird banding, mist-netting and Native American demonstrations plus historic reenactments, wildlife shows and live music. Admission is free. To get to the park, take S.R. 50 to Christmas Rd.. Turn north onto 420, Ft. Christmas Rd. and travel 2.3 miles, then turn right onto Wheeler Road and travel 1.5 miles. For more information call (407) 568-1706.



Chapel Holiday Calendar

Dec. 20-21: Fourth Sunday of Advent, regular weekend services

Dec. 22-23: Daily Mass, Mon. and Tues. at 11:30 a.m. (SSC)

Christmas Eve

Protestant Service
Candlelight Service at 7 p.m. (SPC)

Catholic Masses
Christmas Vigil Mass at 5 p.m. (SPC)
Caroling prior to Midnight Mass at 11:30 p.m. (SPC)
Midnight Mass (SPC)

Christmas Day

Catholic Mass at 11:30 a.m. (SPC)

Dec. 26: Family Day - no daily Mass

Dec. 27-28: Feast of the Holy Family at regular weekend services

Dec. 29-30: Daily Mass, Mon. and Tues. at 11:30 a.m. (SSC)

New Year's Eve

Vigil Mass for the Solemnity of Mary at 5 p.m. (SPC)

New Year's Day

Catholic Holy Day Mass-Solemnity of Mary at 1130 a.m. (SPC)

Jan. 2: Family Day - No Daily Mass

Regular weekend services

Catholic
Saturday at 5 p.m. (SPC)
Sunday at 8:45 a.m. and 11:30 a.m. (SPC)

Protestant
Traditional Service at 8:30 a.m. (SSC)
Contemporary Service at 11 a.m. (SPC)

SPC = South Patrick Chapel and
SSC = Seaside Chapel

