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Photo courtesy of International Launch Services

**Picture perfect**

An Atlas IIAS rocket lifts off from Space Launch Complex 36 Feb. 5 at Cape Canaveral Air Force Station carrying the AMC-10 cable distribution satellite to help provide high definition television service.

**Officials give ricin warning**

By 1st Warren Comer  
 45TH SW PUBLIC AFFAIRS

After ricin was discovered last week in a U.S. Senate mailroom, wing officials are reminding personnel to be more aware of any possible hazardous material that could be in their mail.

The material discovered in the Senate mailroom is a potent protein cytotoxin derived from the beans of the castor plant where the toxin can be easily extracted, making it more widely available than most other toxins.

"Groups and individuals, including those on the domestic front, will continue to use any method at their disposal (to conduct terrorist acts on the United States whenever possible)," said Master Sgt. Kevin Fishel, chief of the 45th Space Wing' antiterrorism, force protection office.

No specific information has been received concerning a ricin attack here, but wing officials remind everyone to be cautious when opening their mail.

"If you think a letter may be contaminated, don't panic. Vacate the room and alert your coworkers," said Lt. Col. William Hoak, Bioenvironmental Engineering Flight commander. "Contact the proper authorities, but don't leave the immediate area, like jump in your car and driving home. If you are contaminated, it's much better dealt with at the scene."

According to Col. Hoak, the wing's emergency response teams have the ability to deal with an incident where someone could be contaminated by a biological substance like ricin.

"If you had some incidental exposure, say from a letter, it's unlikely that you would become ill from any skin contact (unless you have a cut on your skin)," said Col. Hoak.

If people do suspect they are exposed to something, they should leave everything where it is, shut doors to the room where the exposure occurred, have the building's ventilation system turned off and try to avoid contact with other people until help arrives."

"Wash your hands with soap and water," said Capt. Pauline Lucas, Public Health flight commander. "Remove heavily contaminated clothing and place the items in a plastic bag or other container that can be sealed."

According to Capt. Lucas, list all people who were in the room or area, especially those who had actual contact with the powder. Give this list to the public health authorities so that proper instructions can be given for medical follow-up, and to law enforcement officials for further investigation.

For more information concerning ricin and other biological toxins, visit the Center For Disease Control's Web site at <http://www.bt.cdc.gov/agent/ricin/facts.asp>.

**START ... Get it!**



By Brig. Gen. Greg Pavlovich  
45TH SW COMMANDER

Wow! With the successful launch of the Atlas IAS on Feb. 5, our launch season is officially under way. Our mission partners at Lockheed Martin successfully orbited AMC-10, a C-Band satellite that will be used for digital cable transmission. It was a great effort by the Atlas team and a beautiful launch as you can see from the photo on Page 1.

We're off to the races now, with our second launch in as many weeks slated for Saturday, when we're scheduled to launch a Defense Support Program satellite aboard a mighty Titan IVB, our legacy launch vehicle capable of carrying our largest government payloads. With just three Titans left in the inventory, we're making history here as we work to successfully launch and orbit this important missile warning satellite. With this launch, we build upon our capability to provide near-real time missile warning data to theater combatant commanders around the world. "Control of the Battlefield" truly does begin here, one successful launch at a time.

And while these launches are the pinnacle of our operations, it is important to remember that it is every day that we're performing our mission and - as a result, it is every day that we are generating information about those operations. We emphasize safety every step along the way, but we also need to remember security. We need everyone, everyday thinking about how we can better safeguard our information and assets.

We have a robust information assurance program here and at the Cape, but operations security is an issue to foot stomp. You may think OPSEC applies to you only if you handle classified information - not true. Protecting classified information is crucial, but we also need to be careful with information that could, in aggregate, be useful to our adversaries. There are many elements of information that we work with every day that, when pieced together with other information, could provide an enemy with enough details to exploit an opportunity to impede our mission or do us harm.

Err on the safe side and take additional measures to safeguard information that may be useful to our enemies. Make the effort to shred that daily calendar and scrutinize the contents of

emails before forwarding them to mass distribution lists, especially when those lists contain individuals outside our mission area.

We've been fortunate to receive a fair amount of Anti-Terrorism/Force Protection funds over the past year and many of those projects are now underway. But in our continuous endeavor to ensure the safety and security of our personnel, we are always looking for more ways to safeguard our assets.

To that end, we recently held our first local vulnerability assessment at Patrick AFB and CCAFS. A multi-functional team did a full-spectrum analysis of our installations to validate our security and anti-terrorism programs and to self-identify any potential problems. Certainly it is better for us to identify a corrective area before someone else.

And we couldn't do that without your help. You are the eyes and ears of the wing...our sensors. I'm proud to say the LVAT didn't just find issues when they reviewed the installations, they also found people who were part of the solution. The team noted 15 individuals as peak performers during their two-week evaluation. Individuals in the wing recognized were: 2nd Lt Daniel Bowen, Tech. Sgts. Michael Kipp and Mercedes Morris, and Staff Sgt. Angel Lopez-Portillo from the 45th Medical Group; Karin Taylor and Master Sgt. Roderick Holland from the 45th Operations Group; and Master Sgt. Dennis Douglas from the 45th Mission Support Group. From the Defense Commissary Agency the team recognized Kris Spadt, and from the Army Air Force Exchange Service, Robert Johnson. The performance of our contractors was also noted with the team highlighting Jim Andrews from Computer Sciences Raytheon; Joe Sessions, Craig Bomboy, Tony Hunter and Joseph Rogers from Space Gateway Support; and Steve Dunn from the Launch Operations Support Contractor (Delta Operations). As is always the case, it is people that make the difference - I thank you for your vigilance!

We'll be getting a dozen new pairs of fresh eyes to help us this week as the First Term Airman Center graduates another class today. Welcome to Airman Basic Hashim Cole, Airmen Denise Chinchilla, Mandy Granger and Airman 1st Class Caton Todd, new to the 45th MDG; Airman Michael Coxe and Airmen 1st Class Jorge Garcia, Jason Guyette, and Drew Lancaster from the Air Force Technical Applications Center; Airman Basic Nathan Adams and Airman James Wygle of the 45th Space Communications Squadron; Airman 1st Class James Follo with the 45th Security Forces Squadron; and joining our 45th Civil Engineer Squadron, Airman 1st Class Kevin Bruce.

## Welcome Titan launch guests

**Dr. James G. Roche**  
Secretary of the Air Force

**Gen. John P. Jumper**  
Air Force Chief of Staff

**Mr. & Mrs Peter Teets**  
Undersecretary of the Air Force

**Gen. & Mrs Lance Lord**  
Commander, Air Force Space Command

**Maj. Gen. Joseph Sovey**  
Director of Space Acquisition, Office of the USECAF

**Maj. Gen. Michael Hamel**  
Commander, 14th Air Force

**Maj. Gen. Robert Kehler**  
Director, National Security Space Integration Office, Office of the USECAF

**Mr. Robert Dickman**  
Deputy for Military Space, Office of the USECAF

**Chief Master Sgt. of the Air Force Gerald Murray**  
Chief Master Sergeant of the Air Force

**Chief Master Sgt. Ronald Kriete**  
Command Chief, AFSPC

**Chief Master Sgt. Steven Crocker**  
Command Chief, 14th AF

We welcome them and all the guests who will be here for the launch Saturday. It should be a great Valentine's Day Launch.

Happy Valentine's Day to my favorite Valentine, my wife Debl. God speed and God bless, and Go Titan!



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# Two contracting officers get Skid Strip on track

## Timely processing maintains space launch support

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

Two contracting specialists from the 45th Contracting Squadron saved the government nearly \$1 million.

They awarded a contract in less than 90 days to renovate the Cape Canaveral Air Force Station Skid Strip, a flight line that helps support America's space program.

Jose Medina and Donna Sitkoff took contract proposals on Dec. 24 and finished the entire contract offer in just 75 days on Jan. 20 for the renovation that is set to begin March 1.

"A contract of this magnitude normally takes 120-125 days," said Col. Steve Bible, 45th CONS commander. "They did a tremendous job."

Ms. Sitkoff and Mr. Medina said that awarding this contract not only gave them a sense of pride in accomplishing something like this so quickly, but also taught them about the Skid Strip's uses.

"The Strip Strip is used a lot for the wing's mission by bringing in satellites

and rocket (assembly) parts," said Ms. Sitkoff.

According to Mr. Medina, the Air Force and Navy both use the Skid Strip for testing different aircraft as well.

"We only have one Skid Strip (at Cape Canaveral Air Force Station)," said Ms. Sitkoff. "The only place they can divert (aircraft) to right now is the (Space Shuttle Landing Facility)."

With Kennedy Space Center preparing to start launching the space shuttles again, the 45th Space Wing needed to ensure that a contract and renovation of the Skid Strip would be under way and completed quickly.

Most aircraft coming to Cape Canaveral AFS have critical parts to deliver to help keep the wing's spacelift mission going. Often these parts are too big to transport by vehicles where numerous road closures and road conditions would affect delivery time.

"I asked them to do the impossible and they did it in less than 90 days," said Lt. Col. Kurt Hall, 45th Operations Support Squadron commander. "A number of users employ the Skid Strip to support space launches."

Col. Bible awarded both with a time-off awards for their efforts.

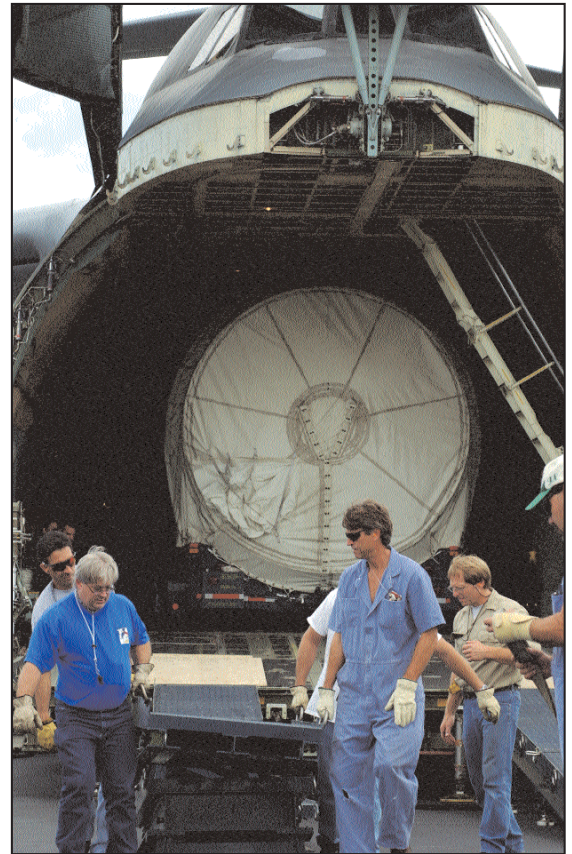


Photo by 1st Lt. Warren Comer

Lockheed Martin personnel prepare to unload a Titan IV rocket booster from a C-5 Galaxy on the Skid Strip at Cape Canaveral Air Force Station in October. The Skid Strip is the only flightline on CCAFS where rocket assembly parts and satellites are delivered in preparation for launch into space.



## Commander Q&A :

Col. Robert LaFebre  
45th Weather Squadron

**Q: What is the mission of the 45th Weather Squadron?**

A: At the lowest level, our mission is to observe and forecast the weather every day at all times of the year in support of 45th Space Wing and Kennedy Space Center operations. Our military, civilian and contractor personnel are required to provide senior leaders with actionable weather information that is timely and accurate such that launch opportunity and safety of operations are increased.

**Q: How does weather impact the wing's space launch mission?**

A: Adverse weather can and does negatively impact every mission of all the units along the Eastern Range. Cloud coverage, wind, lightning, rain and fog all impair our ability to get the mission accomplished. Effectively using weather intelligence is a classic example of using operational risk management techniques in meeting mission requirements. Of all Eastern Range launch delays and scrubs, 17 percent are caused by adverse weather.

**Q. We live in the lightning capitol of the United States. Is there anywhere we can go to learn more about lightning safety?**

A: There are a number of very good Web sites available with lightning safety information, including the Patrick Air Force Base's Web site at <https://www.patrick.af.mil/45og/45ws/>. Additionally, emergency readiness personnel can contact our lightning safety expert, Mr. Bill Roeder at 494-7023 or 853-8410 for more information.

**Q. What is your method to running a squadron, especially when it's separated Patrick and Cape Canaveral Air Force Station?**

A: Having the unit separated between the two bases is not as difficult as it might appear. It just means I travel more. Regardless, the best method I've found to running the squadron is to provide the leadership and vision necessary so 45th WS personnel can do their jobs in the most effective manner possible. I follow what I call "Uncle Bob's" basic rule of thumb for supervisors: "If you're doing their job, who's doing yours?"

# Staff Sgt. earns STEP promotion

By Airman 1st Class Shaun Emery

45TH SW PUBLIC AFFAIRS

During what was believed to be a normal meeting for some 45th Space Communications Squadron personnel Wednesday, an unlikely visitor stopped by: Maj. Gen. Mike Hamel, 14th Air Force commander. In his hand, he carried technical sergeant stripes.

Once there, Gen. Hamel looked over to Staff Sgt. Christine Sanders, 45th SCS resource advisor, and told her she wasn't going to be able to deploy as planned in March.

"Your orders are all screwed up. They have the wrong rank," said Gen. Hamel as he took out her new stripes.

The Stripes for Exceptional Performance promotion recognized Sgt. Sanders for all of her hard work.

"I was very shocked," said Sgt. Sanders. "I was told we were having a budget meeting, which I thought was odd since we just had one."

Out of 7,000 enlisted members in the 14th Air Force, Gen. Hamel could only STEP one person under his command.

"You sometimes get an noncommissioned officer who goes unheralded," said Gen. Hamel. "This was a great opportunity to recognize someone for doing outstanding work."

According to Lt. Col. Dennis Lisherness, 45th SCS commander, Sgt. Sanders' can-do attitude and outstanding job performance made her a perfect candidate for STEP.

"Sgt. Sanders is a perfect representative of START," said Brig. Gen. Greg Pavlovich, 45th Space Wing commander. "Sgt. Sanders tenaciously executes her job every day, assumes accountability for her actions and this award recognizes her achievement."



Photo by Airman 1st Class Shaun Emery

Staff Sgt. Christine Sanders, 45th Space Communications Squadron, receives her new technical sergeant stripes from Maj. Gen. Mike Hamel, 14th Air Force commander (left), and Chief Master Sgt. Steven Crocker, 14th AF command chief Wednesday. Sgt. Sanders was unaware that she received the promotion and was surprised when Gen. Hamel showed up to what she thought was a regular office meeting.

# Doors open for active duty to join Air Force Reserve

The Air Force is opening doors and modifying programs to give people leaving active duty an opportunity to continue their military careers in the Air Force Reserve.

As the active force tries to reduce manning by about 16,600, the Air Force Reserve is seeking to hire many of those experienced airmen and give them a more flexible way to have a career in the military.

"This is an excellent opportunity for prior-service people on active duty to join our Reserve programs," said Col. Francis Mungavin, director of recruiting service at Air Force Reserve Command headquarters here. "Our people are making every effort to ensure that all potential candidates are aware of their release options."

Current Air Force manning numbers are beyond the authorized end-strength of 359,300 airmen on active duty. The new force-shaping program has scheduled active-duty numbers to drop by 3,900 officers and 12,700 enlisted airmen by Sept. 15.

"The force-shaping program initiative that will have the greatest impact on us will be the expanded application of the Palace Chase program," said Lt. Col. Dirk Palmer at AFRC's recruiting service. "We expect that airmen in all Air Force specialty codes will be eligible to apply for Palace Chase with a minimum of two years in service."

Palace Chase is a program for airmen to transition off of active duty by trading their active-duty service commitments for Air Force Reserve service commitments.

"Palace Chase is not a new program," said Chief Master Sgt. Susan Allick, chief of the Palace Chase Program at the Air Force Personnel Center at Randolph AFB, Texas. "The program has just eased requirements for the force-shaping program."

To qualify for this program, applicants must have a re-enlistment code approved for continued military service and meet all the Palace Chase eligibility criteria under the force-shaping rules.

Applications under these new rules are being accepted until March 12. To be approved, applicants must separate from active duty between May 15 and Sept. 15. Though the normal application process is from seven to eight weeks, under the new rules, officials at AFPC expect to be able to notify applicants of their results within four to six weeks.

"We'll be working on a first-come, first-served basis," Chief Allick said. "With the restrictions loosened up on active-duty service commitments, we expect to process a lot of applications."

Though people in all specialty codes are eligible to apply for the Palace Chase transfers to the Air Force Reserve, airmen must have graduated from their initial training, qualified as 3-levels and not be scheduled to be retrained. Some U.S. Air Force Academy graduates may be approved for the program. Air Force ROTC cadets may apply to be commissioned directly into Air Force Reserve jobs for six-year commitments, instead of the typical four-year tour of active duty.

"With individual mobilization augmentee end-strength sitting at 94.8 percent, this is a great opportunity to fill some of our current vacancies," said Lt. Col. Nancy Robinson, director of assignments at Air Reserve Personnel Center headquarters in Denver. "We're trying to pull out the stops and make the transition from the active duty to the Reserve as smooth as possible."

Individual mobilization augmentees are reservists assigned part time to active-duty units, backfilling or deploying when required. Being an IMA is a flexible way to be in the Air Force, serving a minimum of 12 days throughout the year and two weeks of annual tour each year. Just like traditional unit reservists, IMAs may be mobilized by the president during wartime or contingency operations; however, IMAs are assigned directly to active-duty units instead of Reserve squadrons.

Anyone interested in finding out more about the program should contact the in-service recruiters located at their military personnel flight. Air Force Reserve in-service recruiters are located at 65 bases worldwide. During out-processing from active duty, meeting with the in-service recruiter is a required stop.

"It's a win-win situation for us and the individuals leaving active duty," Col. Mungavin said. "They'll get a more flexible way to serve their country, and we'll retain their skills and experience to accomplish our Air Force mission."

For more information about joining the Air Force Reserve, visit <http://www.afreserve.com>. To speak to a recruiter in the area, call (800) 257-1212 between 7 a.m. and 8 p.m. (Courtesy of AFRC News Service)

# 45th Safety Office employee passes

A retired Air Force master sgt. and employee of the 45th Space Wing's Safety Office passed away Jan. 31 after 29 years of service to the Air Force.

Willie Brown, Jr., an office automation clerk, is survived by his son, Ahmad Brown. The cause of his death is still unknown as the medical examiner's report is pending release.

"He was the hardest working man that I've ever come across throughout my entire life," said Diane Ingram, 45th SW Safety Office. "There was nothing he wouldn't do for anyone."

Mr. Brown was working part-time in the Safety Office while attending college courses. His co-

workers said that he turned his position into a full-time job by scheduling his classes around the workday so he could spend extra time in the office helping others.

"The entire Safety Office staff is shocked by Willie's loss," said Col. Wayne Thompson, chief of the 45th SW Safety Office. "His daily work efforts impacted all of us."



**Brown**

## AF plans first official charity ball

The Air Force is holding its first official charity ball April 3 at Bolling Air Force Base, D.C. The proceeds will go to the Air Force Aid Society, the official charity of the Air Force.

"This is the first-ever official charity ball, and we only want it to get bigger and better," said Cathy Chilton, the ball's publicity chair. "But we're going to start out big too."

The goal is to raise between \$100,000 and \$200,000, Mrs. Chilton said.

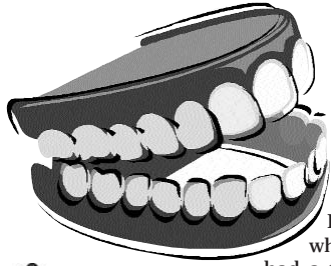
"Young airmen who may have been working a second job have to give it up because of deployments or longer work hours at their home station," Gen. McGinty said. "Those with children often

try to split up their work schedules with a spouse to avoid paying for child care, and they can't do that any more."

The Air Force Band will provide entertainment and music for the dancing portion of the ball, Ms. Chilton said.

Ticket prices are pro-rated by grade, and everyone from airman basic to civilian employees are invited to attend, Ms. Chilton said. However, seating is limited and reservations must be made in advance by March 1.

To make reservations, or for more information, call Linda Bolton, at (703) 968-9061 or Kathy McGuth at (703) 823-3663. (Courtesy of Air Force Print News)



# Tips to safeguard your child's smile



February is National Childrens' Dental Health Month. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing out-

doors? What if you had a bad toothache in the middle of the night and couldn't get to the dentist until the next day? Thousands of dental emergencies, from injuries to a painful, abscessed tooth, take place every day. Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Your dentist's office number and an emergency number where the dentist can be reached after hours should be handy, along with other emergency numbers, such as your family doctor, fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet near the phone.

**Toothache:** Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that maybe caught between the teeth. Never put aspirin against the gums near the aching tooth. This can burn the gum tissue. If the toothache persists, see your dentist.

**Knocked-out (avulsed) tooth:** Remain calm. Try to find the tooth. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. Put the tooth in a cup of milk and bring it to the dentist office. Time is critical for successful reimplantation.

**Broken Tooth:** Rinse mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

**Tongue or lip bites or wounds:** Clean the area gently with a clean cloth and apply cold compresses to reduce swelling. If the bleeding can't be controlled, go to a hospital emergency room. You may be able to reduce bleeding from the tongue by pulling it forward and using gauze pressure on the wound.

**Objects caught between teeth:** Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

**Possible broken jaw:** Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

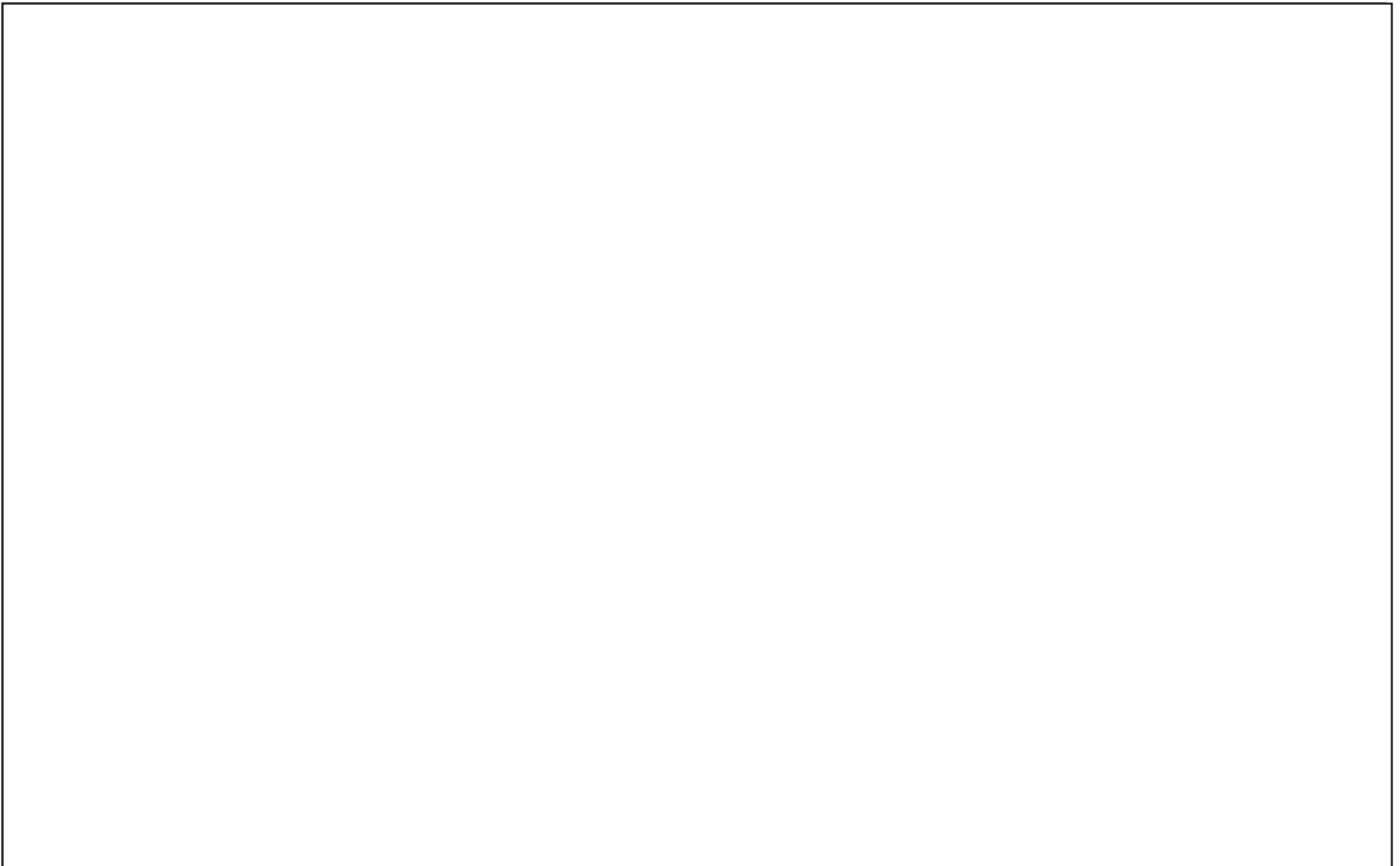




Photo courtesy of myFlorida.com

## Stepping it up

Residents of Collier County, Fla., cheer as a kayaker passes the Step Up, Florida relay flag to a walker. The flag, representing the statewide noncompetitive event promoting physical activity and healthy lifestyles, is one of three flags being carried from various parts of Florida to Tallahassee by March 2. One flag will pass through Patrick Air Force Base Monday. Col. Ev Thomas, 45th Space Wing vice commander, with a team from the 45th Medical Group, will accept the flag at the South Gate. The team will hand it off to teams from AFTAC and DEOMI as it winds through the base to State Road A1A.

# DoD offers civilian employees voluntary separation incentives

By Tech. Sgt. David A. Jablonski

AIR FORCE PRINT NEWS

The Department of Defense now has permanent authority to offer civilian employees voluntary early retirements and buyouts (voluntary separation incentives) without having to get Office of Personnel Management approval each year.

According to the 45th Space Wing civilian personnel officials, this authority allows their staff to help managers and supervisors with their long-range plans. Rather than looking at these programs as only a year-to-year possibility, they can now plan on these incentives in the out-years to help reduce or eliminate the need to conduct reductions-in-force.

The voluntary early retirement and voluntary separation incentive programs allow the Air Force to offer employees up to \$25,000 to leave the Air Force, and/or take a voluntary early retirement. These permanent authorities came as part of the new National Security Personnel System.

"These programs may be used to reduce the number of personnel or to restructure the workforce to meet mission objectives," said Sara Bonilla, chief of the Air Force NSPS project management office. In addition, NSPS included a limit on the total number of VSIPs that can be used in DOD and our allocation this year is 5,873. This does not imply we are downsizing 5,873 civilians or that we must use all of the VSIPs. It just means that, if needed, we could offer up to that number."

There are no limits for using voluntary

early retirements.

"Buyouts allow the Air Force to decrease (its) workforce without resorting to reductions in force, or reshape it without requiring the loss of positions," Ms. Bonilla said. "In addition to offering a separation incentive to employees eligible for early or optional retirement, it can be also be used for resignations."

Employees who accept a buyout, or an early retirement must leave government service in the same fiscal year.

Both the early retirement and buyout programs have other requirements.

For early retirement, the employee:

- Must have at least 20 years of federal service and be at least 50 years old. Younger employees may be eligible if they have 25 years of federal service.

- Must have worked for DOD continuously for at least one year.

For buyouts, the employee:

- Can receive a maximum of \$25,000 before taxes and deductions.

- Must be a U.S. citizen.

- Must be serving under an appointment without time limitation.

- Must have been employed by DOD for a continuous period of at least 12 months.

Employees who accept buyouts may not take another position with the federal government, directly or via contract, for at least five years or they will be required to repay the buyout. Additionally, employees may not return to work for the DOD for at least one year unless they receive a waiver from the secretary of defense.

The cost of the buyout is funded by the organization offering it.



### Scholarships available

The Patrick Spouses' club is accepting applications through March 22 for their annual scholarship program. Scholarships are open to high school-age children of active-duty military members stationed at Patrick Air Force Base, Cape Canaveral Air Force Station, Antigua Air Station, Ascension Auxiliary Air Field and children of military retirees who live in Brevard County. Pick up an application at any Brevard County high school, the Patrick Library or call the Patrick Spouses' Club at 536-3101 for more information.

### Take course for future

"Marketing Yourself for a Second Career" class and lecture is March 1, 9-11:30 a.m. at the Family Support Center. The event is for those planning to leave the service in the next five years. Spouses are also invited. Call 494-5676 for details.

### Plan for retirement

Civilians can receive valuable information on retirement planning by attending a seminar. The Mid-Career Planning Seminar, March 23, is designed for employees who are more than five years from retirement eligibility. This one-day seminar is also highly recommended for new employees already established in federal service.

The Pre-Retirement Seminar for FERS, March 24-25, is for employees within five years of retirement. The two-day seminar covers benefits, Thrift Savings Plan and more. A similar seminar tailored for CSRS employees is planned for later this year.

Registration for the two seminars is on a first-come, first-served basis. Call 494-8398 to sign up.

### Nominations being accepted

The Patrick Spouses' Club is accepting nominations for the 2004-2005 executive board. No previous experience is needed. Meetings provide spouses an opportunity to socialize and share talents. For more information or to receive an application, call Stephanie Kuhn at 779-8686. Deadline for applications is Sunday.

### Tournament needs volunteers

Volunteers are sought for the Special Olympics Basketball Tournament Feb. 20-21. More than 600 athletes will participate in this annual basketball tournament held at Patrick and local gymnasiums. Volunteer by calling Capt. Korensia Siford at 853-6840.

### Sign up for classes

The Family Support Center holds the following class: A 3-day Transition Assistance Program Workshop, Tuesday - Thursday 8 a.m. - 4:30 p.m. in the Family Support Center, Bldg. 722. Call 494-5676 to sign up.

### Learn better communication

Toastmasters meets Feb. 25 at 12:30 p.m. in the library. It helps people lose the fear of public speaking and enhances communication. For more information or to sign up, call Senior Master Sgt. Debra Levy at 494-1623.



Photo by Capt. Susan A. Romano

## Join Spouses' Club

The Patrick Spouses' Club took a tour of the Range Operations Control Center and watched a launch of the Atlas IIAS rocket on Feb. 5. The Spouses' Club meets once a month. Their next meeting will be March 9 at the Strawberry Mansion in downtown Melbourne. For more information, call Caroline Charron at 536-3101, e-mail the Spouses' Club at [patrickspousesclub@hotmail.com](mailto:patrickspousesclub@hotmail.com) or visit their Web site at <http://www.geocities.com/patrickspousesclub>.

## Celebrating Black History Month

# Positive contributions make America strong

By Staff Sgt. Scott Sturkol  
319TH AIR REFUELING WING PUBLIC AFFAIRS

GRAND FORKS AIR FORCE BASE, N.D. — From the buffalo soldier of wars past to the KC-135R Stratotanker pilot of today supporting the war on terrorism, blacks have and continue to play a large role supporting the U.S. military.

With the ongoing operations in Iraq and Afghanistan, many blacks here said being a part of those operations is a reason to be proud and builds on their heritage.

"Much like all of the military, African Americans have taken great pride in defending America's freedoms and fighting the war on terrorism, as well as liberating Iraq," said Maj. Eric Brumskill, 912th Air Refueling Squadron director of operations and a KC-135R pilot. "You will find us in every job, whether operational or support, in every weapon system, every command and at every location.

"Sure, as a pilot of a KC-135 and often times as a staff member at deployed locations, I see a bit more 'up close' work," he said, "but in the trenches, you will find many even closer in the Army; or many on the high seas in the Navy; and certainly you will find many an African-American Marine. I cannot say that an African American has done more than any other ethnic group, but we have certainly done our part to secure the liberties we hold so dear."

James Bolton, a retired Air Force master sergeant and the chief of the treaty compliance office here, said he has seen a magnificent effort by blacks through his days in the Cold War with the buildup of intercontinental ballistic missiles. He said he still sees it now with the war on terrorism with an enemy that can be anywhere at any time.

"It has always been the willingness to lead others," Mr. Bolton said. "It's in our belief that we can perform at the high levels required in a combat environment."

Mr. Bolton said he was proud to contribute his part, nearly 26 years, and to continue to contribute as a government civilian employee. "It is something to be proud of," Mr. Bolton said. "We all swore to



Photo by Tech. Sgt. Bod Oldham

**Capt. Lionel Lyde checks on a patient during a medical evacuation flight to Baghdad aboard a C-130 Hercules on Jan. 28. Capt. Lyde is a critical care air transport nurse with the 379th Aeromedical Squadron.**

defend the constitution which gives us all freedoms we should not take for granted. We are all Americans and I was and still am very happy to be a part of the greatest Air Force on the planet."

Airman 1st Class Robert Jones, a 319th Comptroller Squadron military pay technician, said he believes the black contribution during wars past and present was and still is a great influence. "Without it, our armed forces might not have had enough personnel to win," he said.

Airman Jones said it is important to remember the accomplishments of blacks during Black History Month because it does more than remind the black community what has been done. "It also allows these accomplishments to be seen and heard by the rest of the country," Airman Jones said.

Mr. Bolton said, like him, people should be proud of the black contribution and welcome it. It is something, he said, that makes this country great.

"I am proud of the African-American contribution throughout history, but more importantly, it's very important for people who have never been exposed to the history to hear about it and learn from it," Mr. Bolton said. "Thus the reason for Black History Month."

In the war on terrorism, Maj. Brumskill said blacks will continue to be significant and the tradition will continue.

"We have risen in the ranks to great heights," Maj. Brumskill said. "We have had commanding generals, pilots in the Navy's Blue Angels, com-

mand chiefs and, of course, the Chairman of the Joint Chiefs of Staff, Gen. Colin Powell. We have set policy and lived up to all expectations throughout the history of our nation.

"We have shed blood sweat and tears and can take pride in knowing that the freedoms we hold so dear are still in place," he said. "My message: Be proud of your heritage and always strive to be the best." (Air Force Press Service)

## Did you know?

- ▶ 15.6% of airmen are black.
- ▶ 11.2% of Air Force civilians are black.
- ▶ Approximately 30% of Army soldiers are black.
- ▶ Approximately 18% of Navy sailors are black.
- ▶ Approximately 17% of Marines are black.
- ▶ July 19, 1941, the Army Air Force began a program to train blacks as military pilots at Tuskegee Institute in Alabama.
- ▶ 150 Tuskegee Airmen lost their lives while in training or in combat.
- ▶ Blacks have played significant roles in American wars – from the American Revolution (1775-1783) to the present.
- ▶ Blacks fought in black units until 1948 when President Harry S. Truman abolished racial segregation in the Armed Forces.

Sources: Air Force Link, New.blackvoices.com, U.S. Air Force Museum

## Want to participate?



"The Brown vs. Board of Education Experience" Luncheon  
Feb. 25, 11:30 a.m.

Officers' Club  
Guest speaker Judge Robert Decatur,  
former Tuskegee Airman  
Entertainment and displays  
Get tickets through first sergeants.

# 45th CES

## Supporting the mission's foundation

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

Every member of the 45th Space Wing is essential to the success of the mission, but that mission couldn't be accomplished if there weren't buildings for people to do their jobs.

"Our job is highly visible," said Maj. Peter Sartori, 45th Civil Engineer Squadron's chief of civil engineer operations. "The buildings we put up and maintain are the first thing people see as they approach the base."

The Air Force believes in facility excellence, and 45th CES does everything to ensure those standards are met at Patrick Air Force Base and Cape Canaveral Air Force Station, said Jack Gibson, 45th CES deputy commander.

Patrick's location poses a number of hurdles to overcome in the building process.

"The biggest challenges we face are corrosion and wind," said Mr. Gibson. "Patrick Air Force Base is located in the most corrosive atmosphere in the United States. Everything we have is subject to rust, from our air conditioners to launch complexes."

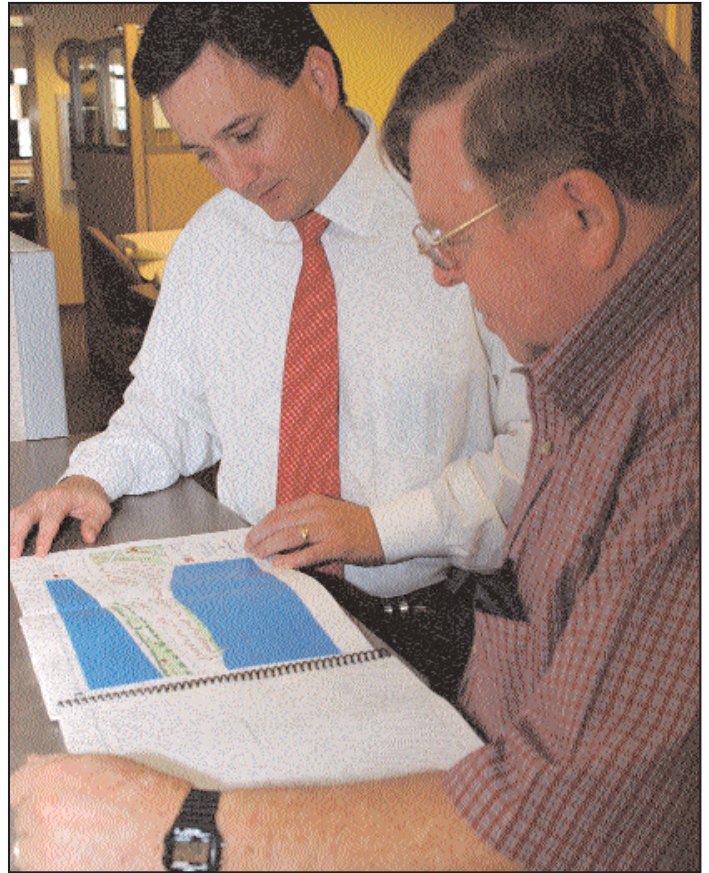
When hurricane season arrives, engineers need to make certain buildings can stand up to their powerful winds.

According to Mr. Gibson, the 45th SW upgraded their wind protection standards 10 years ago and have not had any major damage since.

"We make it a priority to be ahead of the codes," he said. "We follow



Shannon Light, a carpenter contracted to work on the new Patrick Air Force Base Main Gate, drills a hole through concrete to run electrical wires. All construction plans go through the 45th CES engineering office.



Photos by Airman 1st Class Shaun Emery

Cecil O'Bryan, left, chief of program development, and Ronald Roman, facility programmer, discuss the new Patrick Air Force Base master building plan. The plan shows all proposed and current projects for the base.

the most stringent window regulations in the country."

Engineers must also deal with the habitat that surrounds them.

"There are many endangered species on both Patrick and the Cape," said Bob Van Vonderen, head of the Cape Civil Engineer Flight. "We can't just mow a field down because we want to put up a new building."

The Cape also provides its own unique building constraints. "The mission of the 45th Space Wing is to launch rockets," said Mr. Van Vonderen. "If there is ever a mishap and a rocket explodes we can't have buildings in blast areas."

When it finally comes time to construct a new building, engineers make sure the structure will provide usefulness beyond just a few years.

"Every project we plan is part of a master plan that looks at what we want the base to look like in the future," said Mr. Gibson.

That plan is broken down into area development plans. Military installations are separated into functional use areas, according to Mr. Gibson. "There are maintenance areas, which will typically have large warehouse type buildings, there is the flight line which includes hangars, there is an administrative area, and base housing, including the dormitories," he said.

"All the buildings have to have a uniform look. Each area needs to flow into the next, which sometimes doesn't allow a lot of latitude for designs," he added. "This sometimes requires creative planning and thinking."

Engineers are making sure Patrick's facilities are at the highest standards, providing wing members with safe places to support the mission.



# Dietary supplements: pros and cons

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

Perceived or promised results that come with many dietary supplements can fool people into thinking it's a quick way to a better body.

"When people see the ads for products and the person in the ads is in incredible shape they tend to forget that these people are professional bodybuilders," said Noreen Williams, Health and Wellness Center's nutritionist.

Dietary supplements are regulated like food - a person should be careful they are getting what the package says.

"Buy products from a reputable company," she said.

Ms. Williams stresses to stay away from anything containing ephedra.

"Military members should already know that they can't use ephedra products," she said. "Those supplements raise your heart rate and blood pressure and are not healthy for the body."

If a person is looking for results first they need to look at their diet, said Ms. Williams. A person with a healthy diet should be getting all the nutrients they need.

According to Ms. Williams, protein is a key nutrient for people who are looking to develop more muscle mass. "Protein helps build and repair muscle tissue," said Ms. Williams. "Unless a person has an underlying health condition protein supplements and shakes are good sources of protein. If a person is stressed for time, pro-

tein bars are also a good alternative. They contain lean protein and are not high in fat."

Getting the right amount of protein is important for a person who is looking for results.

An athletic person needs one to one and a half grams of protein per kilogram of body weight per day, said Ms. Williams.

Overloading your body with too much protein can have negative effects on the body.

"Any amount of protein taken above and beyond what the body can process will turn into fat. A person may also be leaving something else out of their diet, like carbohydrates and other important nutrients.

Another popular dietary supplement is creatine.

"Creatine will give short bursts of strength," said Ms. Williams. "It's not for endurance."

Creatine is not designed to take for long periods, added Ms. Williams. Creatine tends to hold water, so if you're running and you have extra water weight, a person may feel a little sluggish.

While Ms. Williams doesn't feel that dietary supplements are necessary, she says sometimes it can give a person that extra motivation they might need to get back in the gym and work on their bodies.

Contact your primary care provider for more information before using dietary supplements.

## Free martial arts lesson

Kyo Sa Nim Stuntz will offer free Tae Kwon Do lessons on the following days, Tue. at 6 p.m., Wed. at 7 p.m. Saturday Feb. 21 at 3 p.m., Feb. 24 at 6 p.m., Feb. 25 at 7 p.m. and Feb. 28 at 3 p.m. The free lessons are only offered on the dates listed. Learn practical self-defense, self-confidence, lose weight and get in shape, release tension and maintain a fresh mind. Will also gain self-discipline and self-control and learn how to make things happen in your life. Tell the Patrick Fitness Center staff you want to attend a lesson or stop by on the dates indicated. For more information call the Patrick Fitness Center at 494-4947.

## Standings

### Intramural basketball

Team	W	L
45th CES	5	2
45th MSS	4	2
45th MDG	4	2
1 ROPS	3	4
45th CPTS	2	6
45th SFS	1	4

### Over-30 basketball

Team	W	L
AFTAC	5	0
45th SW	5	1
CAPE	4	2
920th	3	3
45th CES	2	3
45th SFS	1	5
45th MDG	0	6

### Satellite Beach Men's League

Team	W	L
Patrick Sharks	3	0
Brighthouse	2	1
Coconuts	2	1
Parker Packaging	1	2
City Team	1	2
White Hot	0	3



# Put some muscle in your back

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

*This is part four of a six-part series covering proper exercising and conditioning of the major muscle groups to be WarFit and healthy.*

The back's primary function is to support the body and protect the spine, said Mike Mendonca, Patrick Fitness Center's personal trainer.

"People utilize their back when they perform pulling activities, go canoeing, play baseball, do yard work or even when carrying their children."

A strong back benefits a person who works in an office. Proper body positioning when sitting in front of a computer requires back muscles to be strong, said Mr. Mendonca.

The three primary back muscles are the latimus dorsi, located in the center of the back; the rhomboids, inner back muscles; and the trapezius, the primary muscle used to stabilize the head.

A good exercise to strengthen the latimus dorsi are front lateral pull-downs and seated low pulley rows.

When doing other exercises, the back muscles keep the strain of the spine, preventing lifters from getting herniated disks, a very painful and common lifting injury.

To avoid injuries, lifters should keep their spine as straight as possible during the exercise, said Mr. Mendonca.

"People should minimize twisting motions during exercises, or overloading the lower back."

People also need to remember to use their legs when picking up weights, said Mr. Mendonca.

"Always stretch," Mr. Mendonca added. "Keeping proper range of motion is important and will decrease the likelihood of pain and injuries in joints. Tightness in the lower back and hamstrings will make it difficult to move things."

*Next week: working shoulder muscles.*



Photo by Airman 1st Class Shaun Emery

Natalie Taylor works her upper back while performing a lat pull-down at the Patrick Fitness Center Feb. 10. A strong back promotes good posture.

### Teens soar at Aviation Camp

The Youth Center is seeking teens who are interested in attending Air Force Aviation Camp June 5-11 at the Air Force Academy in Colorado Springs, Colo.

Those interested must complete an application package and familiarization test, as well as a personal interview with the Youth Center's program director. The process may take several days and must be completed before March 5. Once the packages are submitted, an Air Force Services committee hand-selects 36 participants to attend the camp.

Travel to the Air Force Academy is the responsibility of the selectee, however, all lodging, meals and activity fees are provided at no cost.

This program is open to teens that will be sophomores or juniors during the 2004-2005 school year. Applicants must be family members of active-duty or retired military, DoD and Nonappropriated Fund employees.

For more information contact Lynne Phillips, Youth Center program director, at 494-4748.

### See Beach Boys at reduced price

Information, Tickets and Travel has tickets at a reduced price for the Beach Boys Feb. 27 at the Cocoa Beach Pier. Tickets are \$21 for adults, \$11 for children under 12. Gate price is \$30. For more information call ITT at 494-5158.

### Offices closed for training

Patrick's Auto Skills Center will be closed March 2-3 for training. It will reopen 11 a.m. on March 4. The Engraving and Framing shop will also be closed March 4-6 for training. It will reopen at 9 a.m. on March 9.

### Library honors children's writer

The Patrick Library is honoring Dr. Seuss' 100th birthday at 5 p.m., March 4, as part of Read Across America Day. Activities include stories and snacks for children ages 4 to 8. Call 494-2641 to sign up.

### Come to cook-off

Outdoor Recreation has its annual chili cook-off and yard sale from 9:30 a.m. - 1:30 p.m. on March 20. The cook-off is open to the first 15 teams that register. Garage sale space is also available. The cook-off also features a karaoke contest, moonwalk, boat rides and more. For more information or to register, call 494-9692.

### Rather be fishing?

Outdoor Recreation has two different, two-day surf fishing clinics scheduled for March 5-6 and March 19-20. On the first day, instructors provide information on the type of gear needed; what baits to use; how

tides, wind direction, time of day and moon phase effect fishing. The second day is more hands-on, as experts take participants on guided tours to local fishing hot spots. Cost is \$20 and includes all bait and equipment. Call 494-2042 to register.

### Little League kick-off

Players enrolled in the Youth Center's Little League, softball and tee ball programs will be recognized on March 6 at 10 a.m. at Adam's Field in the Pelican Coast housing area as part of opening day ceremonies for the 2004 season. More than 200 children ages 4-12, and their coaches will be present for the ceremony. A cookout for participants will follow. For more information call the Youth Center sports director at 494-3770.

### Dance instructor needed

The Youth Center is seeking a tap, jazz and ballet instructor to teach dance classes for children ages 3-16. Other forms of dance considered, however, potential candidates must possess specialized knowledge and relevant experience in desired areas. For more information contact Lynne Phillips, program director, at 494-4748.

### Sell your car

Sell your car on Patrick Air Force Base at the "For Sale Lot."

The For Sale Lot is located at the southwest corner of Spacelift and Falcon avenues. Cars, trucks, boats, trailers, RVs and motorcycles are all welcome. Owners must register their vehicles at the Auto Skills Center prior to parking them on the lot. Unregistered vehicles are subject to tickets and towing at the owner's expense. For more information call 494-2537.

### Cruise line has military rate

The Information, Tickets and Travel has special 2004 military cruise rates aboard Carnival Cruise Lines now through March 28. Specials include seven different, seven day cruises from Port Canaveral, Fla., aboard the Carnival Glory. Prices range from \$429-629 per person. Specials for other Florida departure ports, such as Miami and Ft. Lauderdale, are also available.

Guests pay additional government fees and taxes. Some restrictions apply. Rates are based on availability and are subject to change without notice. For more information contact ITT or log on to <http://www.afravelonline.com>.

### Join African American bowl-a-thon

The Rocet Lanes Bowling Center has a bowl-a-thon honoring African Americans on Feb. 23 at 6 p.m. For \$6, people may bowl two games to include shoe rental. Patrons also have a choice of three different meals included in the bowling fee.

## At the movies

**Friday** *House of Sand and Fog* Despite a pretense of continued affluence, Massoud, is barely making ends meet until he sees his opportunity in the auction of a house being sold for back taxes. It is a terrible mistake. The house has been improperly seized from its rightful owner and she decides to fight to recover her home at any cost. Stars Jennifer Connelly and Ben Kingsley. R for some violence/disturbing images, language and a scene of sexuality.

**Saturday at 2 p.m. and 7:30 p.m. (free showing)** *50 First Dates* Henry Roth is a veterinarian living in Hawaii who enjoys the company of vacationing women. He leaves the playboy life behind after he falls for Lucy, who suffers from short-term memory loss. Since she can never remember meeting him, Henry has to romance Lucy every single day and hope that she falls for him. Stars Adam Sandler and Drew Barrymore. PG-13.

**Sunday** *Lord of the Rings: The Return of the King* Hobbits Frodo and Sam push farther into the land of Mordor to destroy the Ring of Power. Traveling with them, in an uneasy alliance, is the deceitful Gollum, who brings them to the very heart of Mount Doom. The warrior Aragorn, revealed to be the lost King of Gondor, travels to Minas Tirith with an army of undead soldiers and the remaining members of the fellowship to rescue the ancient city from Lord Sauron's grasp. Stars Elijah Wood and Ian McKellen PG-13 for intense epic battle sequences and frightening images.

**Thursday** *Lord of the Rings: The Return of the King* See Sunday's synopsis.

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

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

Saturday Supper - Baked fish, **Barbeque 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 - **Steamship round**, **Southern fried catfish**, **dijon chicken**

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 - **Southern style catfish**, **barbecue ribs**, **Southern fried chicken**, **pork chops**

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

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

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

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

Friday 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 selections.

## Riverside Dining Menu



## 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

### North and Central Housing

Caroline Jamba  
494-2593

### Pelican Coast (South Housing)

Pam Brown  
777-8282

### 45th Services Squadron

Lt. Col. John Sproul  
494-8081

### Military Personnel

Maj. Dianne Dzialo  
494-2035

### Commissary officer

Ronald Rogers  
494-4060

### AAFES

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

1st Lt. Reina Chaperon  
494-7171

### 45th Medical Group

Col. Gilbert Hansen  
494-8100

### Ground Safety

Paul Compton 494-4023

### Inspector General

Lt. Col. Frank Miles  
494-4373



### Catholic

Daily Mass Tuesday - Friday at 11:30 a.m. at the Base Library while Seaside Chapel is being renovated.

Saturday: 4 p.m. Confession and 5 p.m. Mass in the South Patrick Chapel

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

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

### Protestant

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

9:50 a.m. Adult Sunday School in Seaside Chapel

10 a.m. Grades K-12 at South Patrick Chapel. Van transportation provided for base children.

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

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





**Events**

Through 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.

Monday, 10 a.m., Museum Monday - Western Square Dance Demo by the Promenaders Square Dance Club at Brevard Museum of Art and Science in Melbourne. Event is free. Call 777-9366.

Feb. 28, 2 p.m., "Ring Out the Old, Sing In the New" presented by the Platinum Coast Chorus Sweet Adelines International at the FIT Gleason Auditorium, 150 W. University Blvd., Melbourne. Call 259-1086.

**Clubs**

If public speaking is challenging, join the Viera/Suntree Chapter of Toastmasters International. Call Capt. Jason Brugman at 494-1890 for more information about the program and its meeting times.

**Classes**

Feb. 21, 8 a.m. - 5 p.m. at Lee Wenner Park, Cocoa. The United States Coast Guard Auxiliary Flotilla 46 offers a one-day boating safety course. Cost is \$35 per person and includes lunch and materials. For reservations and more information, call 453-409 or e-mail ghill5@cfl.rr.com.

**Concerts**

Feb. 22, 2 p.m., Big Band Hit Parade by the Space Coast Pops at First Baptist Church of Merritt Island, 120 Magnolia, Merritt Island. Call 768-6289 or 632-7445.

Feb. 25-26, 7:30 p.m., Spring Concert by the Melbourne Community Orchestra at Melbourne Auditorium. Event is free. Call 768-6289.

Feb. 29, 7:30 p.m., Brevard Early Music Ensemble at the Advent Lutheran Church, 7550 N. Wickham Rd., Melbourne. Enjoy Renaissance songs, instruments and dance. Melbourne. Event is free.

**Festivals**

Feb. 20-22, Jumbalaya Jam at the Wickham Park Pavilion in Melbourne. Enjoy three days of "hot" Cajun and blues music on two stages, plus rides and Cajun food. Call 633-4028.

**Theater**

Friday and Saturday, Brevard Friends of Shakespeare presents "Chocolates and Sonnets" at the Henegar Center. For reservations, call 723-8698.

**AAFES announces holiday hours**

The following are Presidents Day holiday hours for the Army, Air Force Exchange Service.

Holiday hours for the below listed facilities will be as follows:

- Main Store
- 10 a.m. - 6 p.m.
- Main Store Mall Concessions
- 10 a.m. - 5 p.m.
- Taco Bell
- 11 a.m. - 5 p.m.
- Burger King
- 10 a.m. - 5 p.m.
- Class Six
- 7 a.m. - 5 p.m.
- MCSS/Mini Mall Shoppette
- 10 a.m. - 3 p.m.

The following facilities will be closed:

- Admin Office
- Mini Mall Food Court
- Mini Mall Concessions
- Service Station
- Cape Food Court
- Cape Shoppette
- Cape Barber Shop
- Main Store Anthony's Pizza
- Main Store Robin Hood
- Main Store Wetzel Pretzel





