

**INSIDE**

**Tops in AFSPC**



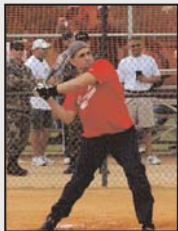
45th SFS named best in command for 11th year in a row  
**Page 3**

**Giving back**



45th SW volunteers help Special Olympians  
**Page 6**

**Playing hard**



Wing members participate in afternoon softball tournament  
**Pages 10-11**

# Doctor awarded Bronze Star

**Top-notch medical support helps unit sustain ops tempo**

By Monique Seaman  
 45TH SW PUBLIC AFFAIRS

In spite of having only an 18-hour deployment notice, a 45th Space Wing family practice doctor excelled in Southwest Asia during Operations Enduring and Iraqi Freedom. So much so, that he was awarded the Bronze Star Feb. 20 for distinguishing himself with meritorious achievement as the 321st Expeditionary Medical Group commander.

"The short-notice nature of the deployment made it tough on my family, especially since we have a disabled son," said Lt. Col. Dr. Michael Bledsoe. "But we came together and made it work. Their support allowed me to be successful."

According to the citation accompanying his award, Lt. Col. Bledsoe provided decisive leadership and outstanding clinical expertise while caring for a force of 1,400 warfighters. He also directed the immediate and successful resuscitation of a comatose young staff sergeant. Lt. Col. Bledsoe's broad knowledge of public health proved invaluable when an outbreak of a food borne illness affected his deployed wing. His early recognition of the problem, investigation and education program for the base populace avoided a potentially devastating epidemic.

"The thing that stands out most in my mind was that it was like working



Photo by Jim Laviska

**Brig. Gen. Greg Pavlovich, 45th Space Wing commander, presents Lt. Col. Dr. Michael Bledsoe, 45th Medical Group, with a Bronze Star Feb. 20 for meritorious service while deployed during Operations Enduring Freedom and Iraqi Freedom. Col. Bledsoe's leadership and medical expertise proved invaluable to the 1,400 warfighters he cared for, ensuring his wing could sustain operations.**

in a firehouse, said Lt. Col. Bledsoe. "Sometimes there was nothing happening, then everything would happen at once. It was very challenging."

The Bronze Star is awarded to any person who, while serving in any capacity in or with the United States military, distinguished himself or herself by heroic or meritorious achievement or service while engaged in an action against an enemy of the United States or while serving with friendly foreign forces engaged in an armed

conflict against an opposing armed force in which the United States is not a belligerent party.

According to Lt Col. Bledsoe, the people he worked for and with were very supportive, competent and hard-working. His deployed medical staff was essential to the wing safely sustaining a superior operations tempo of 3,900 sorties and carrying more than 10,000 passengers and 8,000 tons of cargo. "To whatever degree I was successful, the credit is theirs," he said.



By Brig. Gen. Greg Pavlovich

45TH SW COMMANDER

What a blessed week! I'm thrilled to pass along that our own Master Sgt. Bill Trainer, first sergeant for the 45th Medical Group, has been advised his leukemia is in remission. He and his wife Nancy have shown such tenacity of spirit through his treatment. They have been courageous in the face of adversity, and have shown character, mettle and determination through this trying time.

I know they'll tell you they couldn't have done it alone. Since this tragedy struck four months ago they've been overwhelmed by the support their Air Force family has given them. Thanks to everyone for all of the prayers and support - the e-mails, cards, donated leave ... everything. There was such a tremendous outpouring of care and assistance that it humbled and encouraged them. I know they'd want you to share in this wonderful news. What a triumph for them; what an inspiration for us. Please continue to keep them in your prayers.

In other news, the recognition from AFSPC continues to roll in. We just learned that our security forces squadron once again - is the best in Air Force Space Command. And our weather squadron ... well, I bragged about them last week because of their great support to the Titan mission, and now you know that I'm not biased. AFSPC agrees they are outstanding, too. In addition to garnering the Moorman Award, which recognizes the most outstanding AF weather unit providing specialized support, the 45th Weather Squadron captured an amazing five of nine individual/team awards.

These awards - and all of the accolades the wing has been accruing - are a result of the groundwork laid with our performance plan. It is in the squadrons - where the rubber meets the road - that the implementation of our wing vision becomes a reality. Squadrons are seeing their planning pay off, and with great results. These plans help us focus on what is important and guide us toward excellence in all we do.

This is definitely just the START as we grow these plans in 2004.

With such a strong foundation, it is no wonder that the caliber of our people and work is heralded outside of the Air Force channels as well. The Society of Women Engineers named 2nd Lt. Vivian Ryan-Tokar from our 45th Civil Engineer Squadron as the 2003 Space Coast Distinguished New Woman Engineer. What a great honor for one of our brightest lieutenants and certainly well deserved!

Other outside acknowledgement came from Aviation Week & Space Technology magazine, which recently recognized the 45th Space Wing with a 2003 Laurel Award. Laurels honor individuals and teams who made significant contributions to the international field of aerospace during the year. The 45th SW was highlighted along with its Boeing and NASA mission partners for the summer launches of the Spirit and Opportunity Mars Exploration Rovers. The magazine acknowledged that the team overcame weather and technical delays in an extremely tight planetary launch window, helping put the first twin lander missions on Mars in 28 years. It was an impressive display of teamwork among Kennedy Space Center, all of our contractor mission partners, the 1st Space Launch Squadron, Safety, Weather, Communications, the Range, Security, Bio-environmental and countless others.

This is something the entire wing can be proud of - not just the award, but being a part of a mission that is so historic. This past year was a banner year with the first military launch on an Evolved Expendable Launch Vehicle, important NASA missions, and ensuring battlefield dominance in the ongoing war on terror. It is a nostalgic time as we plan for the fly out of the Titan IVB workhorse, but exciting, too, as we prepare for the Air Force Heavy Lift Demonstration with the Delta IV


Heavy this summer. These milestones are especially poignant as Air Force Space Command celebrates the 50th anniversary of Air Force space and missiles throughout 2004. Since the time the Western Development Division stood up almost 50 years ago, we've embarked on an amazing journey to control the ultimate high ground. What a great legacy!

You'll be able to learn more about our proud heritage each month in the *Missileer*. Look for highlights of our history in the first issue of each month. You can also view segments of our rich past on SharkVision with historic programming that airs every day at 7 a.m., 9 a.m., 11 a.m., 1 p.m., 3 p.m. and 5 p.m. Two movies are currently airing at those times, they'll be replaced with other historic movies the 15th of each month through June. As AFSPC and 14th Air Force formalize other information venues we'll be sure to pass those along.

Great people, great mission - it really does not get any better than this. We are truly blessed with these things - and at a great location, on top of it all! God bless!



The Air Force celebrates its 50 years in space and missiles. Look for highlights covering March's historical events in next week's *Missileer*.

 <p><b>Missileer</b> 1201 Edward H. White II Street Building 423, Room C-130 Patrick AFB, FL 32925 (321)494-5922</p> <p>Published by Cape Publications, Inc., a private firm in no way connected with the Air Force, under exclusive written contract with the 45th Space Wing, Patrick AFB, Fla.</p>	<p>This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the <i>Missileer</i> are not necessarily official views of, or endorsed by, the U.S. government, the DoD or the Dept. of the Air Force.</p> <p>The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or Cape Publications, Inc., of the products or services advertised.</p>	<p>tised.</p> <p>Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.</p> <p>Editorial content is edited, prepared and provided by the 45th Space Wing Public Affairs Office.</p> <p>All photographs are Air Force</p>	<p>photographs unless otherwise indicated.</p> <p><b>Cape Publications Advertising Department</b> P.O. Box 419000 Melbourne, FL 32941-9000 Retail: (321) 242-3808 National: (321) 242-3803 Classified: (321) 259-5555</p> <p><b>Deadline for submissions is 2 p.m. the Friday before publication.</b></p>	<p><b>45th Space Wing</b></p> <p>Brig. Gen. Greg Pavlovich 45th Space Wing Commander</p> <p>Maj. Adriane Craig Chief of Public Affairs</p> <p>Sue Walden Chief of Internal Information</p>	<p><b>Missileer Staff</b></p> <p>1st Lt. Warren Comer Editor</p> <p>Airman 1st Class Shaun Emery Associate Editor</p> <p>Monique Seaman Webmaster</p> <p>Jim Laviska and Beth VonLaufen Photographers</p>
--	---	---	---	--	---

# 45th SFS captures 11th consecutive AFSPC award



Photo by Airman 1st Class Shaun Emery

Senior Airman Russell Waldon, 45th Security Forces Squadron, checks identification badges at Patrick Air Force Base's Main Gate. The 45th SFS was recently awarded the Outstanding Medium Security Forces unit in 2003 by Air Force Space Command.

## Deployments, Space Shuttle Columbia, air show in 2003 key factors for recognition

By 1st Lt. Warren Comer

45TH SW PUBLIC AFFAIRS

If anyone in the 45th Space Wing needs a unit from which to base expectations, the 45th Security Forces Squadron would set the bar after winning Air Force Space Command's Outstanding Medium Security Forces Squadron for the 11th consecutive year.

The 2003 award played directly into the squadron's performance plan as a goal for recognizing their achievements by winning best in command while significantly strengthening relationships with local law enforcement agencies.

"The most challenging job was handling a deployment rate where 68 percent of our people (were supporting Operations Enduring and Iraqi Freedom)," said Chief Master Sgt. George Bovell, 45th SFS manager. "We looked after people's families and made sure everyone was properly prepared for a long deployment cycle."

Not only did the squadron deal with high number deployments, they also handled

security for the Space Shuttle Columbia before launch and an air show that netted more than 100,000 visitors to Patrick Air Force Base.

The most significant part of their duties during the two events was that the squadron synchronized their efforts with 30 other federal law enforcement agencies.

"It validates the effort of our outstanding men and women," said Chief Bovell. "The credit goes out to them."

According to Chief Bovell, the credit isn't only due to outstanding airmen in the squadron, but also to a group of Army National Guard soldiers that helped fill in manning shortfalls when the majority of the squadron was deployed.

"They are definitely a part of it," said Chief Bovell. "We're also recognizing them with a new Soldier of the Year award (Army Staff Sgt. Robert Knucols) who even won at the command level."

For many in the squadron, the award represents all the hard work both at home and abroad that makes the 45th SFS an outstanding unit to work in.

"This recognition is for their (45th SFS personnel) achievements throughout the year and is a testament to their outstanding performance," said Maj. Lynden Skinner, 45th SFS commander. "Our 'cops' have START and this award proves it."



## Commander Q&A :

**Col. David Dingley**

DoD Manned Spaceflight Support Office

### Q: What is the mission of the Department of Defense Manned Spaceflight Support Office?

A: DDMS is the single DoD agency for coordination of all contingency support to our nation's manned space flight programs. After validating NASA requests for DoD support, DDMS then selects rescue and recovery assets best able to provide the support, coordinates and tasks units through command channels, and then provides tactical control.

### Q: How long has the military been providing contingency support to NASA?

A: Chartered in 1959 by the Secretary of Defense, DDMS was formed to provide required DoD contingency support to our initial manned space flight effort. Since those early days, DDMS has continued in this role for Projects Mercury, Gemini, Apollo, Apollo/Soyuz Test Project, Space Shuttle, International Space Station/Soyuz flights and the new Crew Exploration Vehicle.

### Q: After the Space Shuttle Columbia incident, what did your office do to help NASA?

A: After receiving direction from Johnson Space Center, the Support Operations Center executed the

Catastrophic Incident Checklist-notifying the Air Force Rescue Coordination Center to begin search and rescue (SAR) coordination, up-channel reporting, notification of medical and transportation resources, and recall of personnel for deployment. At NASA's request, DDMS deployed personnel to each of the forward operating locations in Texas and Louisiana from Feb. 1 - May 7 and the SOC remained open following the mishap to provide reach-back support.

### Q: What are some of the DDMS activities in the period following Columbia and prior to Return to Fly?

A: DDMS continues its excellent support to NASA with coordination of DoD airlift, medical support and field communications to Kazakhstan for the return of the Soyuz expeditions. We also participate with NASA in shuttle contingency exercises as well as maintain a robust training program to keep the emergency landing sites ready. Finally, DDMS is working closely with Strategic Command and the Joint Staff on a thorough review of the DoD charter for space shuttle support to ensure DoD readiness for the next launch.

# New Web site makes PCS moves easier



Photo by 1st Lt. Warren Comer

The Air Force recently created a Web site to help airmen during a permanent change of station. The site can be found at <http://afmove.hq.af.mil>.

By Staff Sgt. Melanie Streeter

AIR FORCE PRINT NEWS

WASHINGTON - Relocating an Air Force family can be challenging. To ease the strain, Air Force officials recently launched "AF Move," a Web site designed to put as much moving-related information as possible only a mouse-click away.

"This is an absolutely outstanding Web site," said Maj. Gen. Craig Rasmussen, Air Force director of logistics readiness. "It is the gold standard for our Air Force personnel to use before, during and after their personal property move has been completed."

While many units have local sites to help Air Force families in the moving process, this site aims to give people Air Force-level guidance.

"We want this site to become institutional, so that anyone in the Air Force, military or civilian, can go there to search out information," said Randy Teske, Air Force personal property and passenger policy traffic management specialist. "Let's face it, we only move now every three or four years, so we become out of touch because processes and entitlements change."

The site links users to everything from making permanent-change-of-station moving arrangements to tracking a personally owned vehicle shipment.

"You can go into the carrier industry and trace your shipments," said Jim McAllister, personal

property and passenger policy division chief. "You can even go in and see local laws on certain items that may be restricted."

Other links connect Air Force families to the claims offices at either end of their move.

"Sometimes our members transfer to an area that's handled by another branch of military service," said Sharon Goodson, traffic management specialist. "This gives them not only the phone numbers, but keeps them in touch with Air Force policy, so if they have a question, they can go back to what the Air Force requirements are and get back on track."

The site's usefulness does not end there. When people use it early in the PCS process, they can plan the move intelligently, Mr. McAllister said.

"We've tried to make it one-stop shopping, the best we can," he said. "It helps you ask the right questions. It may even satisfy all your questions, even before you go in and get personal counseling."

It also serves as a great tool for remembering what items were briefed during that counseling, Mr. McAllister said.

"We're already starting to get rave reviews from the folks in the field," he said.

The next time PCS orders drive Air Force members to pack up personal property and head for a new base, <http://afmove.hq.af.mil> can help keep the headaches and hassles to a minimum.

# Free software must be returned

By Staff Sgt. C. Todd Lopez

AIR FORCE PRINT NEWS

WASHINGTON - Air Force people who have received a promotional copy of a popular office productivity software suite, are instructed to return it to the sender.

The Microsoft Corporation sent promotional copies of its popular "Office" software to a half million customers - some in the Air Force. The commercial value of those software packages, more than \$500 each, exceeds Joint Ethics Regulation limits for personal gifts, said John Gilligan, Air Force chief information officer.

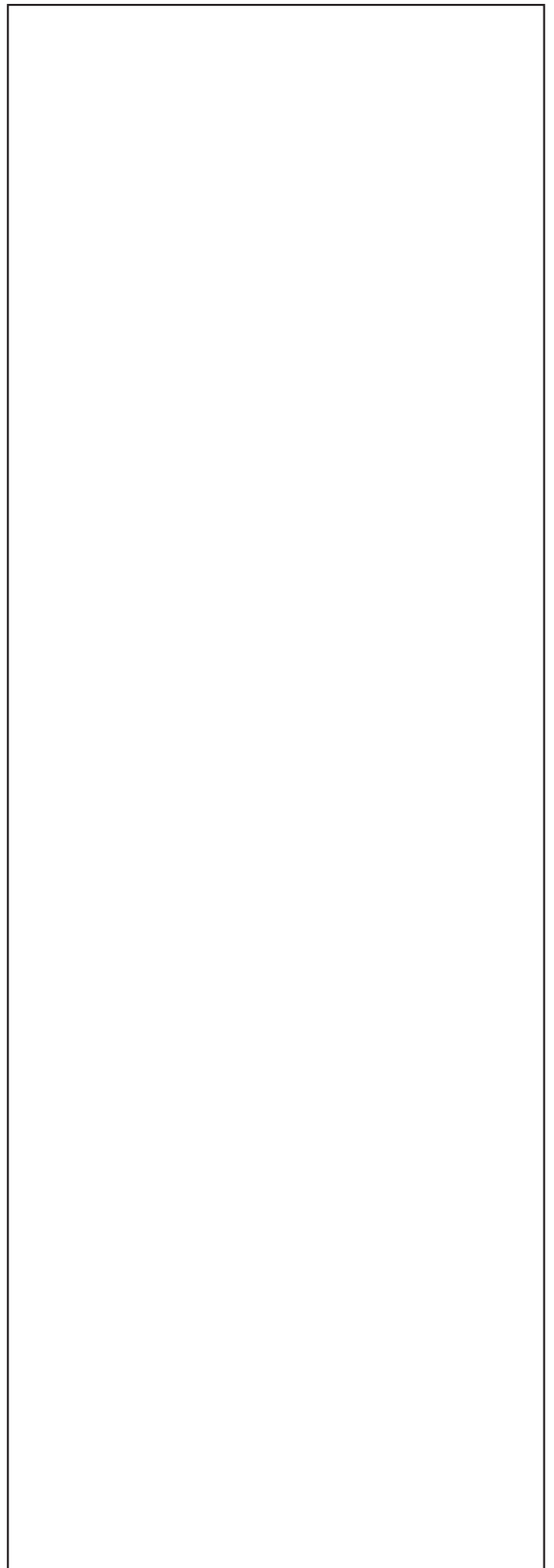
Mr. Gilligan said Air Force members who received the promotional software are obligated to return it to Microsoft.

People may return the software by re-sealing the packaging, marking it "refused delivery - return to sender" and taking it to

the post office. Mr. Gilligan said if the post office refuses to take the packages, they can be turned in to local communications squadrons.

The policies regarding acceptance of gifts are in place to protect the Air Force from undue influence by organizations it does business with. Mr. Gilligan said the principal desktop productivity suite used in the Air Force comes from Microsoft. While it is unethical for employees of the public sector to accept gifts, Mr. Gilligan said the Air Force does not believe Microsoft had any ill intent.

"This was simply a marketing campaign that Microsoft undertook where they failed to understand the impact of sending free sample software to government employees," Mr. Gilligan said. "I think it was just an oversight by not realizing the ethical restrictions we are under."



# CGOA, base help Special Olympics

By 1st Lt. Warren Comer

45TH SW PUBLIC AFFAIRS

On Feb. 21, the Space Coast Company Grade Officers' Association and other base personnel helped the Special Olympics of Florida hold a basketball tournament throughout Brevard County.

Held at many different public schools and at Patrick Air Force Base's Fitness Center, the event was a huge success, bringing a smile to the faces of more than 100 Special Olympians.

"It's very rewarding to be a part of something that focuses on inclusion and adapting recreational activities so that everyone can enjoy them," said 1st Lt. Karla Taff, 45th Services Squadron and the project officer



Special Olympics participants give each other encouragement other during the opening ceremonies.

who coordinated the CGOA's help to Special Olympics. "The CGOA paid for medals for the games to award them to everyone no matter what place they came in."

The event was a tournament to decide who would go to the state finals, but its goal is to allow participants to take part in a team sport where interacting with others can play a huge role by influencing a person's ability to express themselves.

"The best part of the job was seeing the players' smiles



Photos by 1st Lt. Karla Taff

Special Olympics participants are introduced to the audience during opening ceremonies. The Space Coast Company Grade Officers' Association and other base personnel volunteered at the event.

as I presented them their award," said Capt. Brad Marcum, 45th Manpower Office.

According to Capt. Marcum the day gave every player a chance to be a winner. It's something that most people don't get on a daily basis, but each time someone decides to take the time to recognize someone, they'll never forget it.

## Use caution at Main Gate

The Main Gate is undergoing major reconfiguration and the project is scheduled to be completed by March 27. During the next few weeks, each driver needs to be cognizant and exercise patience while entering the main gate. Wing Safety offers the following guidance while negotiating entrance into the Main Gate:

- Expect entry delays; leave earlier.
- Consider using the South Gate.
- Be patient.
- Be courteous to other drivers - everyone's trying to get to work.
- Adjust work schedule (if possible).
- If stopped on northbound lane, pump your breaks to warn drivers behind that you are stopped.
- Have your ID ready to speed up the ID check process
- Don't take unnecessary risks - turning left into the Main Gate and stopping your vehicle in the southbound lane is unsafe.
- Tardiness can be excused, injuries or death cannot.

## BDUs in short supply

DALLAS (AFPN) - Backorders from the military supply system are affecting the availability of battle dress uniforms in military clothing sales stores. Both Army and Air Force clothing stores are out of stock on selected sizes of the enhanced hot weather and temperate BDU coats and trousers.

The military supply system advised Army and Air Force Exchange Service officials that the "get-well date" for the temperate BDUs will be August.

"AAFES continues to be in constant communication with (the Defense Supply Center in Philadelphia)," said Dave Lumbley, military clothing divisional merchandise manager. "The information we received from DSCP indicates AAFES will be experiencing shortages on temperate BDUs through the end of summer 2004."

Representatives from DSCP said the current supply condition is because of the need to produce many more desert BDUs than the woodland style as a

result of the war in Iraq.

"The temperate trousers are the item in the most critical position, and while DSCP does not expect (the situation to get better) until August, we will experience a significant increase in deliveries starting in April," said Jim Kane, product manager for battledress uniforms in DSCP's clothing and textile directorate. "We have recently released all backorders for enhanced hot weather coats and trousers. These assets should be reaching the stores soon and DSCP expects to remain in sustained supply for the enhanced hot weather items."

Since DSCP is the only authorized BDU source as directed by the memorandums of agreement with the Department of the Army and the Department of the Air Force, AAFES officials have no other choice but to continue to monitor the situation. AAFES officials are continually requesting updates on the backorder status, said Mr. Lumbley.



Photo by Airman 1st Class Shaun Emery

## Walling up

Barry Moorner, cements cinder blocks used to build a wall along Patrick Air Force Base. The walls will enhance security and improve appearance along State Road A1A.

### LES going digital

The Air Force plans to eliminate hard copy Leave and Earning Statements, making personnel visit the myPay Web site in order to get an LES. The Air Force Space Command goal for doing this is May 22. To receive an LES, all military members must log on to the myPay Web site at <https://mypay.DFAS.mil>. This does not apply to civilian personnel at this time.

For more information, contact the 45th Comptroller Squadron customer service section at 494-4882.

### Take course for future

"Marketing Yourself for a Second Career" class and lecture is Monday from 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.

### Sign up for classes

A Cooking Class on crock-pot lasagna is Tuesday from 11 a.m. - noon and a Fundamentals of Resumes class is Thursday from 9-11 a.m. All classes/meetings are at the Family Support Center, Bldg. 722, unless otherwise noted. Call 494-5676 to sign up.

### Sign up for training program

The Military Spouse Virtual Assistant Training Program has classes March 9, 10 and 11 for active-duty military spouses to help individuals learn off-site business support services to clients.

Applicants who want to receive training, should fill out an online application

at [http://www.msvas.com/application\\_patrick.htm](http://www.msvas.com/application_patrick.htm). Applications must be sent by Monday. Participants will be selected on the information provided in the application. For more information, contact you're the Family Support Center work life consultant at 494-5675.

### MOAA offers scholarships

The Military Officers' Association of American, Cape Canaveral Chapter will award eight to 10 college scholarship grants ranging from \$2,000-\$3,000 for the 2004-2005 school year.

To qualify for the scholarship, a student must be accepted as a full-time junior or senior by an accredited college or university. The student must also be a legal resident of Brevard County and a family member of an active-duty, Reserve, retired or deceased member of the military.

Requests for an application form should be sent with a self-addressed return business-size envelope with postage to the Military Officers' Association of America, Scholarship Selection Committee, P.O. Box 254708, Patrick AFB, FL 32835-4708.

### 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.

See BULLETINS, next page



BULLETINS, cont. from Page 9

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 in on a first-come, first-served basis. Call 494-8398 to sign up.

### 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.

### AUSA has member meeting

The Association of the U.S. Army, Sunshine Chapter has a general membership meeting and luncheon on March 15 from 11:30 a.m. - 1:30 p.m. at the Officers' Club. Retired Maj. Gen. Craig B.

Weldon is the guest speaker. He will discuss "Information Sharing and Homeland Security." Anyone may attend this event. Those who would like to attend should reserve a seat by March 10 by sending an e-mail to C3202@ausa.org with name and number of tickets needed.

The cost to attend this event is \$15. For individuals who arrive without a reservation, it will be \$20.

All proceeds from the event will be used for the AUSA Scholarship Fund.

For more information, contact Kip Mathais at 591-9826.

### Join AF Reserve

For information on how to join the Air Force Reserve and the benefits of a well-paying part-time job, contact Master Sgt. Scott Soucie at 494-1962. The AF Reserve will pay members for their time it takes to train, has a retirement package and insurance.

### Globetrotters play in Melbourne

The Harlem Globetrotters are playing the New York Nationals at Florida Institute of Technology's Clemente Center on March 8 at 7 p.m.

Tickets are \$15 and are available by calling 751-BLUE or through <http://www.brevardblueducks.com>.

# W o r k h a r d , p l a y h a r d e r

2004 Shark Challenge



Left, Vic Jones loses his footing after fielding a fly-ball during a game against the Colonels. The Chiefs beat the Colonels 9-8 in the first game of the Shark Challenge Tournament. At the sound of the bat hitting the ball, Julie Crutchfield, below, takes off from second base.





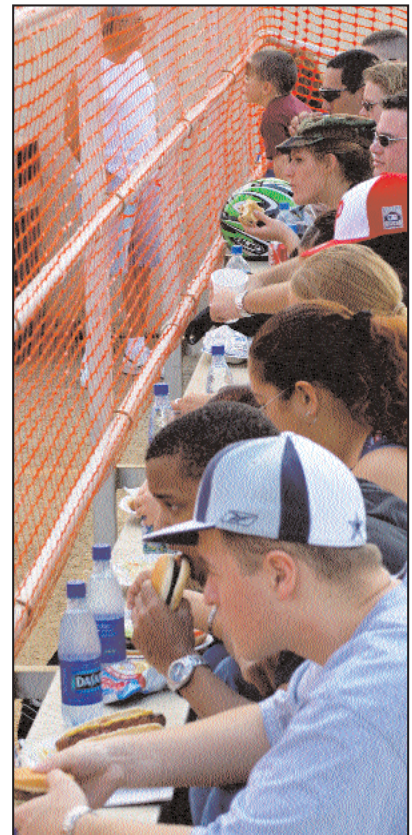
Left, members of the 45th Services Squadron serve up some grub to fans during the tournament. Chuck Nolan and Chuck Cihal, right, from the 45th SVS cook up some burgers and hot dogs .



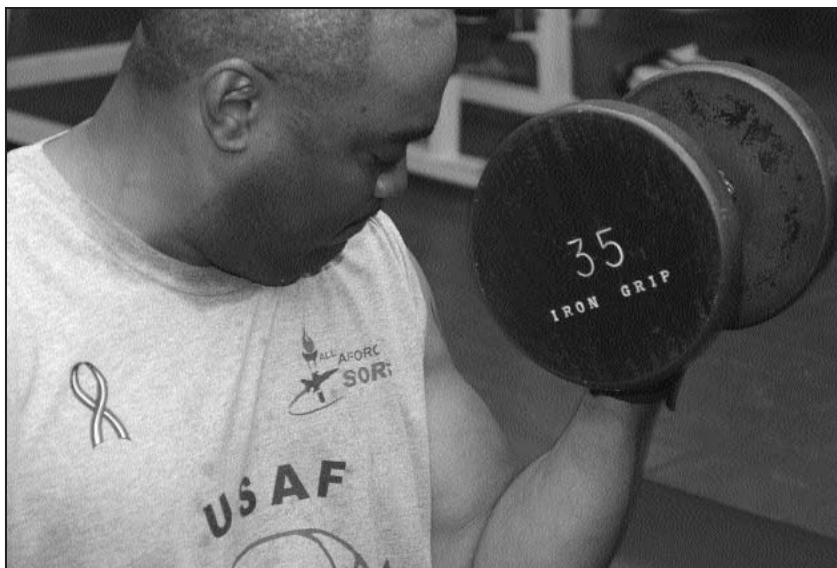
Guardian Challenge's first baseman stretches for the ball in a game against the Space Coast Junior Enlisted Advisory Council.



Jim LaPierre from the Guardian Challenge team tosses a pitch toward home plate during a game.



Fans took the afternoon off from work to root for their favorite teams. Members of the 45th Comptroller Squadron and 45th Medical Group spent some time socializing and eating free food.



Photos by Airman 1st Class Shaun Emery

Thomas Highsmith performs a seated arm curl with a dumbbell. With his palms facing his body, Mr. Highsmith works the middle portion of his bicep muscle.

## Building bigger, stronger arms

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

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

The arms are the most visible part of the upper body that indicate strength. But the people who spend countless hours at the gym with dumbbells in hand, pumping their arms until blue in the face may be doing more harm than they think.

Because they are part of almost all daily activities, overworking muscles is the biggest problem gym visitors are confronted with during arm workouts.

The biceps and triceps work together to contract and extend, allowing the elbow to work like a hinge to assist in lifting objects. Arm muscles act as assisting muscles when working out other large muscle groups, said Mike Mendonca, Patrick Fitness Center's personal trainer. This is especially true during chest and back workouts where the arms are secondary working muscles.

"Arm muscles need to get adequate rest

or they will lose ability to help the other muscle groups, minimizing results," said Mr. Mendonca.

The most popular and common bicep exercise is the standard arm curl. Using a straight bar, easy curl bar, dumbbells or machines, a person slowly curls weight upwards and toward their body.

The more the body is stabilized, either sitting down or against a wall, the more focus a person can put on their arms, said Mr. Mendonca.

Certain types of exercises specifically work the inner, top and outer bicep muscles.

Rotation of the lower arms will dictate the part of the muscle that will be worked.

✓ Outer - Using preferred workout equipment, curl the weight with a grip that is narrower than body width.

✓ Middle - Perform a basic arm curl with palms facing each other. These are referred to as hammer curls.

✓ Inner - Perform the basic arm curl with a grip wider than body width.

To work all three parts of the arm, per-

See ARMS, next page

## ARMS, continued from Page 12

form a basic arm curl starting with the hands facing in. As the weight is lifted, rotate the hands to face the body. At the top of the lift, turn hands away from the body.

The same lifting theory can be used when working triceps. There are three parts of the tricep, a long muscle on the outside of the triceps, the short muscle on the inside of the tricep and the middle muscle.

A narrow grip will strengthen the short tricep muscle and a wide grip will strengthen the long tricep muscle.

The most common tricep exercises are high pulley tricep extensions or press down. Using either a bar or rope a person pushes weight down by extending his or her tricep.

"Locking elbow joints will put a person at risk for a tendon or ligament injury," said Mr. Mendonca. "This is even more important when a person has fatigued muscles or are using a heavy weight."

As the Air Force continues to put a priority on fitness, working out the right way can have an effect on whether a person succeeds in his or her fitness goals.



Linda Robinson uses a tricep extension machine to work out her tricep muscles.

### Sports briefs

#### Students needed for scuba class

Plunge into another world with scuba diving. Outdoor Recreation is offering a two-week PADI open water scuba class March 22 - April 3. Open water certification is an entry-level course that allows participants to scuba dive independently from an instructor.

Cost is \$235 and includes instruction, a PADI deluxe student kit, a complete scuba rental package, air fills and charter boat fees. Call 494-2042 to register.

#### Monthly WarFit event

The next monthly WarFit event will be a shotgun nine-hole golf tournament at Manatee Cove Golf Course March 17. Teams

of four will compete to earn points toward this year's WarFit Challenge. Cost is \$30. Sign up by March 15.

#### Spring means softball

The Intramural Softball season begins on or about March 22. There will be two leagues (National and American) both playing a double round-robin schedule. All teams in the leagues will compete in a double elimination post-season tournament to determine their individual league champions. The winner from each league will play one game against the other for the title of base champion.

National league games will be played on Tuesday and Thursday, American league games will be played on Monday and Wednesday at the Sports Complex in Pelican

Coast (South Housing).

The Intramural Softball League is open to active-duty military personnel and their family members 18 years and older, DoD/NAF civilian employees and their family members 18 years and older, and contractor personnel employed at Patrick AFB. Cape Canaveral/KSC contractor personnel are not authorized. Personnel must compete with their unit of assignment.

Rosters must be submitted to the intramural sports director prior to the start of the season. Rosters must contain unit, first and last name, rank, and coach/assistant phone numbers.

For more information, contact Ralph Robinson at 494-3187.

**Facilities closed for training**

Patrick's Auto Skills Center is closed Monday - Wednesday for training. It will reopen at 11 a.m. The Skills Development Center's Engraving and Framing shop will be closed Thursday - March 6 for training, as well. It will reopen March 9 at 9 a.m.

**Art gallery accepting submissions**

The Skills Development Center is looking for artists who would like to display their works inside the base library, now through October. Each month the gallery recognizes a different medium. Photos of selected displays will be sent to the Air Force Space Command in December for exhibit.

The following mediums will be accepted throughout the upcoming months: March - sculptures; April - watercolors and oils; May - color photos; June - children's art, any media; July - kits and patterns; Aug. - black and white photos; Sept. - wood, metal and handcrafted items; Oct. - pen, pencil and ink drawings. For more information, call 494-4270.

**Children's author recognized**

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

**Bowling Center has unit special**

Rocket Lanes Bowling Center is implementing a monthly program that recognizes different organizations throughout Patrick Air Force Base and Cape Canaveral Air Force Station with special bowling prices.

Next month, anyone who works in the 45th Mission Support Squadron can enjoy 50-cent games and 50-cent shoe rentals anytime on March 8.

Employees of the 45th Operations Support Squadron will be recognized March 23 with the same special. For more information call 494-2958.

**Gym Jam set**

The Patrick Youth Center has its monthly Gym Jam on March 5 from 6-11 p.m. The activity, which is open to 6th-12th grades, features activities such as music, basketball and snacks. Call 494-4747 to sign up.

**Attend opening day ceremony**

The Patrick Youth Center's opening day ceremonies for Little League, softball and tee ball is March 6 at 10 a.m. at Adam's Field in Pelican Coast (South Housing). More than 200 children between the ages of 4 and 12 and their coaches, will be recognized. A cookout will follow the ceremony. For more information, call the Youth Center sports director at 494-3770.

**Tour the Cape**

Outdoor Recreation offers a bus trip to Cape Canaveral Air Force Station March 6 from 9:30 a.m. - 12:30 p.m. Cost is \$5 per person. Trip includes sightseeing at the Cape Lighthouse and Air Force Space and Missile Museum. Call 494-9692 to register.

**Karaoke Bowling at Rocket Lanes**

The Rocket Lanes Bowling Center has its the first-ever "Karaoke Bowling Night" March 6 from 7-11 p.m. The event features a karaoke disc

jockey with more than 3,000 songs to choose from. For more information, call 494-2958.

**Framing classes offered**

The Skills Development Center is offering several framing classes throughout March. The class schedule is March 9-10 from 6-9 p.m.; March 15 from 9 a.m. - 4 p.m.; March 23-24 from 6-9 p.m. and March 29 from 9 a.m. - 4 p.m. Courses are \$25 plus materials. Those interested in the class must sign up 10 days prior to class date. For more information call 494-4270.

**Sign up for Air Force Aviation Camp**

The Patrick Youth Center seeks teens who are interested in attending Air Force Aviation Camp June 5-11 in Colorado Springs, Colo.

Interested parties 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 by March 5. An Air Force Services committee hand-selects 36 participants in April to participate in the program.

Travel to the Air Force Academy is the responsibility of selectees, 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 Non-appropriated Fund employees.

For more information contact Lynne Phillips at 494-4748.



**Lent Schedule  
Catholic**

**Lenten Devotions:** Tuesdays, March 2 - April 6 at South Patrick Chapel: Meager Meal, 5:30 p.m. and Devotion, 6:15 p.m.

**Stations of the Cross:** March 2, 30, 6:15 p.m.

**Devotions,** presented by Father Chris Hoffmann: March 9, 16, 6:15 p.m.

**Reconciliation:** March 23, 6:15 p.m.

**Living Stations of the Cross:** April 6, 6:15 p.m.

**First Friday Mass:** March 5, April 2, 9:30 a.m., South Patrick Chapel

**Protestant**

**Lenten Meals/Devotions:** Wednesdays at South Patrick Chapel, March 3 - April 6 at 5:30 p.m.

**Regular Masses and Services  
Catholic**

Daily Mass (Tues. - Fri.) at 11:30 a.m. in the base theater while Seaside Chapel is being renovated.

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

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

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

**Protestant**

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

9:50 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. On Wednesday: 5:30 p.m. fellowship dinner in the South Patrick Chapel.

*At the movies*

**Friday *Big Fish*** Edward, a braggart who has always exaggerated his exploits and experiences since he left his small town in Alabama for adventures near and far finds his terrific tall tales have spellbound everyone over the years, but his estranged son. Now his son, who has come home, takes care of his dying dad and separates fact from fiction. PG-13 for a fight scene, images of nudity and suggestive references. Starring Ewan McGregor and Albert Finney.

**Saturday *Along Came Polly*** Reuben's best-laid plans for life and love careen wildly off track when his bride dumps him on their honeymoon. Stunned and humiliated, Reuben plans to play it safer than ever, but an encounter with a childhood friend named Polly shoots him into a whirlwind of living in the moment. PG-13 for sexual content, language, crude humor and some drug references. Starring Ben Stiller and Jennifer Aniston.

**Sunday *Along Came Polly*** See Saturday's synopsis

**Thursday *Big Fish*** See Friday'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.

# 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  
494-9081

**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. Marion 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**  
Martin Lackie  
494-4023

**Inspector General**  
Lt. Col. Frank Miles  
494-4373

News News News  
**Got a story for the Missileer?**  
E-mail the Missileer staff at [missileer@patrick.af.mil](mailto:missileer@patrick.af.mil)  
or call 494-5922  
News News News



## Out & About

### Events

Through Sunday, 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.

Friday, 6 p.m., Brevard Cultural Alliance 4th Annual Everyone's a Star Artscars Gala. Event honors Brevard's stars of arts and charitable communities and benefits youth arts programming. Black tie event at \$75 and includes a champagne reception, dinner. Call Fran Galey or Rebecca Vera at

690-6817 or verar@arts-brevard.org.

Saturday, 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.

### Classes

Saturday, 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.r-r.com.

## Riverside Dining Menu



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

Saturday supper - Baked fish, **barbecue chicken, doubly good chicken, Hungarian goulash**

Sunday brunch - **Cantonese spareribs, 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, **meat loaf, turkey ala king**

Wednesday lunch - **Chalupa, burritos, Mexican chicken breast, chicken enchiladas**

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, Jaeger schnitzel 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, please call dial-a-menu 494-2845. Items bolded are healthy choices.





