

# 45th Space Wing MISSILEER

Vol. 46 Number 5

Patrick Air Force Base/Cape Canaveral Air Force Station, Fla.

Feb. 6, 2004

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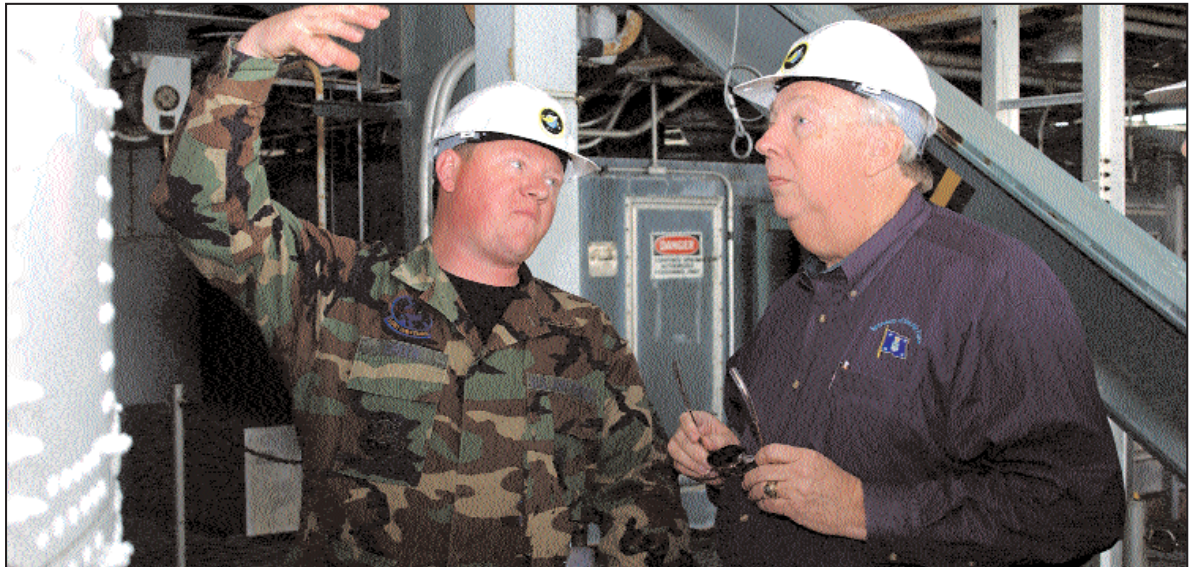


Photo by Airman 1st Class Shaun Emery

Staff Sgt. Shannon Green, 3rd Space Launch Squadron, provides Secretary of the Air Force Dr. James G. Roche some information on the Titan IVB rocket scheduled to launch from Cape Canaveral Air Force Station Feb. 14.

## SECAF visits wing, leaves impressed

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

Secretary of the Air Force Dr. James G. Roche, along with 10 members of his Advisory Group, visited the 45th Space Wing Jan. 29-30 for an orientation tour.

Dr. Roche said he was impressed with the wing, its mission and how vital space is to military operations and the war on terrorism.

"More than anytime in the past, space assets are influencing our warfighting efforts," he said. "We now integrate space systems with our terrestrial systems."

"During Operation Iraqi Freedom we relied heavily on overhead sensors and made extensive use of communications systems," said Dr. Roche "Imagery and other space systems were fixed together

to work together. We can now launch Predators and Global Hawks to fly missions in Iraq and control them from California."

The ability to control missions away from the front lines provides safety for personnel without having to sacrifice key operations.

"Instead of moving everyone forward we can keep a lot of our people in the United States," he said.

According to Dr. Roche, controlling space is key to military success.

"People are recognizing how dependent we are on space systems and how much we make use of space. This is the first time we've been in a conflict where someone tried to interfere with our space systems by putting Global Positioning System jammers on the ground."

Unfortunately for them, said Dr. Roche, we managed to blow up those jammers with GPS-guided weapons.

"The 45th SW's recent transformation is important because we have to be aware of how big and complicated these systems are," said Dr. Roche. "Taking a look at where time and money is going is part of the process of improving operations."

The Air Force still has some old systems and now we're integrating new systems, he said.

"We are in the process of re-capitalizing our assets. With the introduction of the new Evolved Expandable Launch Vehicle there will be a dramatic reduction in cost but, not as much as we hope because of the high volume of launches we have," said Dr. Roche.

START ... Get it!



By Brig. Gen. Greg Pavlovich  
45TH SW COMMANDER

Whew! Sometimes you need a weekend to recover from your weekend! We led into this week with significant visitors and events, not the least of which was Secretary of the Air Force Dr. James G. Roche and his advisory group. They wrapped up their base orientation trip on Friday and even though it was a whirlwind tour, they had a chance to see enough of our outstanding people and facilities to gain and understanding - and appreciation - for the important work being done at Patrick AFB and Cape Canaveral Air Force Station. Thanks to all the folks who helped make their visit such a success!

Also impressed with the base was Maj. Gen. Kevin Chilton, who served as our guest speaker for our Annual Awards Banquet Saturday night. We rolled out the red carpet to honor our top airmen, civilians, volunteers, Honor Guard members and, for the first time - soldier of the year. I'd say you'd be hard pressed to find a greater collection of American heroes!



Photo by Jim Laviska

## Break it down

Brig. Gen. Greg Pavlovich, 45th Space Wing commander, breaks down a wall in the Finance Office in preparation for upcoming renovations.

All year long I'm impressed with everything the people in this wing are able to not just handle, but do so well. We're privileged to have so many motivated people out in front every day - it is no wonder we've made such progress with our 2003 START performance plan. These were the folks that helped us achieve - and most times exceed - our performance goals for 2003. I just can't say it enough - thanks for all that you do for this wing, our Air Force, and our great nation.

And what an event! The Junior Enlisted Advisory Council, in conjunction with the Space Coast Top 3 organization, served as the planners of this grand show, marking the first time OPR-ship was handled by a volunteer organization. Pulling off such a large-scale event is a big enough task, but these folks had the added challenge of hosting this year's event in the Fitness Center. Since so many people had to be turned away last year, the goal was to have the event in a venue that could hold more people.

Thanks to some creative work by our 45th Services Squadron - especially the Officers' Club and NCO club staffs, and the can-do folks at the Fitness Center - it was a great event. These folks - coupled with the 45th Civilian Engineer Squadron, the 45th Space Communication Squadron, the 45th Security Forces Squadron, the Protocol Office and a host of volunteers behind the scenes - made this event worthy of the outstanding performers we were there to honor.

Speaking of accomplishments, I was proud to award Mr. Bill James of the 45th Space Wing Safety Office with a Gold Cross of Excellence earlier this week. Mr. James led us through a number of successful safety initiatives, like our 125 Critical Days of Summer and Holiday Safety Campaigns.

He was key in getting the agreement signed with the Florida Safety Council to create a joint use motorcycle training course here, an initiative that enables us to train active-duty military members and DoD civilians free.

You'll be seeing more of his work as our All Alive in '05 campaign gets under way in February. This is our mantra and will help remind us over the coming months that - on and off-duty - we need to be safety conscious at all times. As always, the goal is the safety of all our personnel - every airman, civilian and contractor is crucial.

To help you get in that safety mindset the

wing will be hosting a presentation Wednesday at 7 p.m. in the base theater. Retired airline pilot Capt. Al Haynes, a veteran of the skies for 35 years, will be here to talk about the importance of a strong major accident exercise program.

In 1989, Capt. Haynes commanded the United Airlines DC-10 in which all the hydraulics had been lost. Remarkably, the United crew was able to crash-land the crippled aircraft at the Sioux City Airport in Iowa. Sioux City had just finished conducting its major accident training a few days earlier, which, as you can imagine, prepared them immensely. Thanks to skilled pilots and a well-prepared emergency response, the majority of the passengers survived a catastrophic mishap.

This is a powerful presentation that I strongly encourage all aero club pilots, wing and mission partner aviators, first response personnel, and anyone whose job touches upon major accident response to attend. It is a timeless message of preparedness that we can all benefit from. Please contact Wing Flight Safety at 494-2239 if you have any questions.

You'll be hearing more about All Alive in '05 over the next several weeks from your supervisors and commanders, in the meantime there is one area that I need your immediate attention to help ensure that we are doing all we can to protect ourselves.

I need for everyone to make sure they are paying attention to the Toxic Hazard Alert signs posted at the Cape. These signs - which would be used to indicate any toxins released in the air during operations - have been installed for your safety. But they can only help if you mind them! We recently had an exercise that activated these signs and our inspectors noted that personnel did not stop as dictated by the signal, even though the sign warns not to proceed if light is red.

We take every measure to ensure we don't have such an incident, but our job is preparedness in case they do. Help us help you by being mindful of these alert signs.

Safety is about attitude and awareness. This is crucial now more than ever as we're starting off our 2004 launch schedule. Tonight's scheduled commercial launch of an Atlas IIAS leads off another busy year for the range, so we need everyone's head back in the game.

Remember, safety first! God bless!



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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.

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Editorial content is edited, prepared and provided by the 45th Space Wing Public Affairs Office.

All photographs are Air Force

photographs unless otherwise indicated.

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P.O. Box 419000  
Melbourne, FL 32941-9000  
Retail: (321) 242-3808  
National: (321) 242-3803  
Classified: (321) 259-5555

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

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# Columbia disaster remembered



Photo by Jim Laviska

Maj. Gen. Kevin Chilton, director of programs for the Air Force and astronaut on three previous shuttle missions, speaks to 45th Space Wing airmen during the Annual Awards Banquet Saturday.

By 1st Lt. Warren Comer

45TH SW PUBLIC AFFAIRS

On Feb. 1, 2003, many Air Force personnel stationed at Patrick Air Force Base and Cape Canaveral Air Force Station waited for the landing of Space Shuttle Columbia on what seemed to be a normal day.

Waiting for the landing at Kennedy Space Center's Space Shuttle Landing Facility were Brig. Gen. Greg Pavlovich, 45th Space Wing commander, and Maj. Gen. Kevin Chilton, direc-

tor of programs for the Air Force and astronaut on two previous shuttle missions.

One year after witnessing the Columbia tragedy, Gen. Chilton once again found himself at Patrick Air Force Base to talk to airmen from the 45th SW during their Annual Awards Banquet. It was a somber anniversary.

"I've been to many shuttle landings," said Gen. Chilton. "There is a clock at the landing site that gives the time until touchdown. I always thought what a sad day it would be if that clock counted past zero and the shuttle didn't make it back; it just seemed so unimaginable."

But the unimaginable did happen as the news that Columbia had broken up over Texas unfolded.

Accompanying Gen. Pavlovich to the Department of Defense Manned Spaceflight Support Office's Support Operations Center, Gen. Chilton saw a joint group of military and Coast Guardsmen in action, directing numerous units around the Texas areas into search and rescue and ultimately recovery operations.

"I was very impressed by the entire operation and professionalism of the folks here at Patrick," said Gen. Chilton.

Gen. Chilton said that the goal for NASA after the Columbia disaster last year was to find out what happened and devise ways to fix the problem. With the shuttle's investigation board finishing their report in Aug. 2003 and NASA officials trying to find engineering solutions now, Gen. Chilton says that the agency is going in right direction.

"If I had a hope about a silver lining around the tragedy, it would have been that (the incident) would generate debate across the United

States about where we would go in the future of manned spaceflight," said Gen. Chilton. "And that has happened."

As NASA heads off into a new era of spaceflight after the Columbia incident, many will reflect on the program's accomplishments and effort in making the shuttle a spacelift workhorse for the country.

"The space shuttle program has been incredibly important to the United States," said Gen. Chilton. "We sometimes forget that a lot of the original shuttle design specifications were based on military requirements. The shuttle was very successful in carrying out the military missions it was asked to accomplish."

During his speech at the banquet, Gen. Chilton reminded airmen that excellence and the way we measure it is ultimately through victory on the battlefield.

"The 45th Space Wing is unique in that if you look at the contributions of the wing to Operations Iraqi and Enduring Freedom," said Gen. Chilton. "Their contributions were made years before with the launches they helped support. While other wings train for the day they're going to fight, the 45th Space Wing is in combat every time they launch."

Gen. Chilton says that manned spaceflight and how the 45th SW launches satellites and spacecraft into orbit have been of invaluable importance to where the nation stands today.

Continued efforts and a steady fast dedication to the space program will continue the legacy that has expanded what America's space program can accomplish in the future.



## Commander Q&A: Lt. Col. James Carroll 45th Aeromedical-Dental Squadron

**Q: What is the mission of the 45th Aeromedical-Dental Squadron?**

A: We support the wing's air and space operations by promoting healthy lifestyles, protecting public health, identifying and assisting in the reduction of occupational health hazards; ensuring active duty meet dental, fitness, immunization, visual and all other expeditious and special operational medical standards.

**Q: How important is it to provide medical services to wing personnel?**

A: Without a healthy and fit person in every job in the 45th Space Wing, we couldn't accomplish our mission. The one thing we want to ensure is that there are no health care distractions that prevent the wing from being able to launch satellites into space.

**Q: What's a unique service provided by the 45th ADOS to the 45th SW?**

A: Our Bioenvironmental Flight is the most unique BEE shop in the Air Force Medical Service. Not only do they provide on-scene testing for environmental hazards and

real-time testing capability for suspicious chemical, biological and radiological material, but they also have the responsibility for the safety of the population surrounding the Cape by monitoring any potential toxic plume that may exist during a rocket launch.

**Q: Is there any method you practice in leadership of your squadron?**

A: I take great pride in leading by example and empowering the flight commanders and NCOICs to run their respective flights. There is a lot of professional diversity in the 45th ADOS that can be challenging at times, but I trust my personnel to make the right diagnosis, do what's best for the patient and provide the best care possible to everyone who needs it. I'm one who gives direction and provides needed resources, but allows his personnel to handle the day-to-day operations at the customer service and patient level. The best way I can illustrate leading by example is my WarFit challenge. I have challenged every member to beat my score with the prize being a new squadron coin for anyone who can beat me.

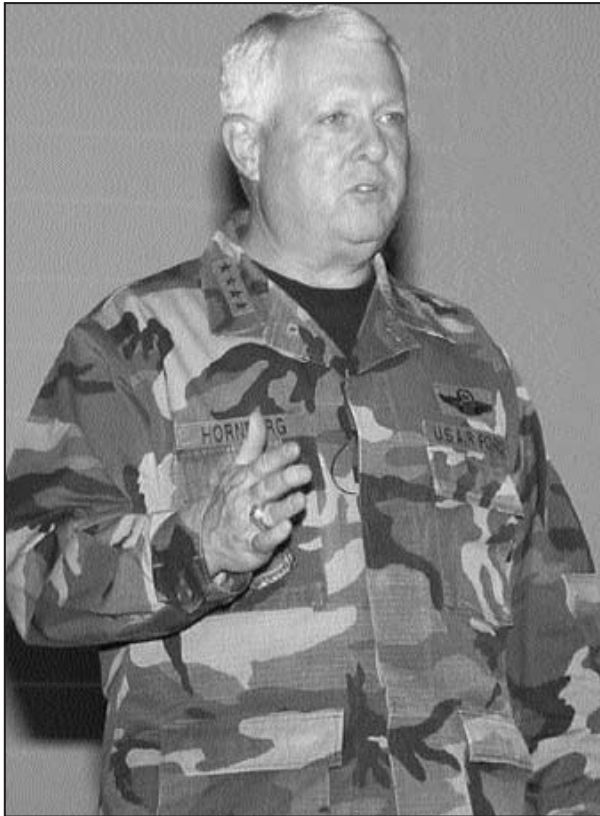


Photo by Tech Sgt. Bill Lindner

Gen. Hal Hornburg, commander of Air Combat Command, talks to Air Force Technical Applications Center personnel Jan. 23. During the visit, Gen. Hornburg gave a presentation called "What I Believe," where he talked about leadership.

# ACC commander pays visit to AFTAC personnel

## Gen. Hal Hornburg stresses face-to-face leadership to airmen

By Tech. Sgt. Bill Lindner

AFTAC PUBLIC AFFAIRS

Gen. Hal Hornburg, commander of Air Combat Command, visited Patrick Air Force Base Jan. 23 and held a troop call for all ACC personnel here to coincide with a visit to the Air Force Technical Applications Center.

During the troop call, Gen. Hornburg described his vision for ACC and the Air Force in a presentation titled "What I Believe" and answered questions from the audience.

He began his presentation by summarizing the ACC mission into three basic parts.

"We must develop and nurture airmen to be prepared to deploy and be prepared to fight," said Gen. Hornburg.

During the remainder of his presentation, he reinforced his theme that people come first in ACC. He illustrated this by emphasizing his views on retention, diversity and leadership.

"Leaders can influence their airmen's decision to stay in the Air Force," said Gen. Hornburg. "We must do this by mentoring, coaching and communicating face to face."

He stressed the importance of personal interaction between leaders and subordinates.

"If possible, avoid using e-mail and get out of the office to communicate with your people," said Gen. Hornburg. "We need to have analog leaders in a digital age."

The general also discussed the necessity of diversity in the Air Force.

"Diversity makes us strong," he said. "We have to develop all our airmen and we have to be role models for each other."

On the topic of leadership, Gen. Hornburg talked about what he feels leaders must do to be effective and their most important duties.

"I believe leaders must prepare themselves mentally, physically and spiritually," said Gen. Hornburg. "The first duty of a leader is to build more leaders. We must recognize the contributions of our people and maximize the opportunities made available to them."

# Airmen should file vouchers promptly

By Capt. Carrie Clear

447TH AEG PUBLIC AFFAIRS

When returning from a deployment, the first thing a person should do is go to his or her base finance office, according to 1st Lt. Mary Ward, budget officer.

"Your voucher is used to determine dates for certain entitlements and if you don't file your voucher in a timely manner, you run the risk of being overpaid," Lt. Ward said. "Be sure to have all receipts handy as they are required for the final voucher."

Staff Sgt. Lura Diaz, finance specialist, said there are some other things to remember when redeploying.

He advises people to have copies of all accru-

al vouchers filed while deployed. This will help when filing a final settlement voucher.

"You will need to claim everything from beginning to end," he said. "Even if your hotel in Baltimore on the way here was filed on an accrual voucher, this will need to be claimed on the final settlement."

If a person filed an accrual voucher while deployed, this should be annotated in the advance block of the DD Form 1351-2, Travel Voucher. This will eliminate the chance of overpayment.

Some of the most common reimbursable items are lodging, airfare, automatic teller fees, excess baggage, baggage carts, tips, taxis to hotels or airports, and postage for items mailed home.

"If you decide to mail some of your things

home (before) leaving, get a receipt and have the post office write the weight on it," Sgt. Diaz said. "You can't mail your C bag and if you will need your A bag to in-process don't mail it, either."

There are also weight limits when mailing things home. Packages and A bags cannot weigh more than 70 pounds each, said Staff Sgt. Richard Mandregan of the 447th Air Expeditionary Group's Camp Sather post office.

People claiming dependents should ensure they claim Family Separation Allowance on a DD form 1561. This entitlement will be included in their mid-month or end-of-month pay following their return.

Filing a travel voucher immediately upon return will not only ensure accurate travel pay and entitlements, but also will mean getting paid sooner.



# Force Shaping program allows airmen to leave active duty early

By Maj. John J. Thomas  
AFPC PUBLIC AFFAIRS

Thousands of airmen considering leaving active duty who thought they couldn't because of existing service obligations may now be able to.

An effort dubbed "Force Shaping" is opening the exit doors to officers and enlisted in select career fields and year groups by waiving some active-duty service commitments previously incurred for events like government-funded education, permanent changes of station and promotion.

Force Shaping includes opportunities to transition to the Air Force Reserve or Air National Guard; as well as relieving some people of their active-duty service commitments.

Rules for leaving active duty early will be the least restrictive for anyone wanting to transfer to the Guard or Reserves through the Palace Chase program.

Some bonus payback requirements may also be waived, officials say.

Applications for any of the Force Shaping early release programs must be made through local military personnel flights by March 12.

More than 16,000 additional people than are currently projected to leave - 12,700 enlisted and 3,900 officers - will be allowed out to help the service return to the authorized active-duty force size by Sept. 30, 2005. The goal is to get within authorized end strength while avoiding extreme measures that wreak havoc with mission and morale, officials say.

Active-duty airmen wanting to transfer to the Reserve or Guard will be able to apply for a waiver of an active-duty service commitment regardless of their career field.

"We're a total force, and for our active duty airmen who would like to separate early and still retain a connection to their Air Force, the Palace Chase program provides the perfect vehicle to preserve operational capability while reducing active-duty end strength," said Maj. Gen. John Spiegel, the Air Force's director of personnel policy at the Pentagon. "We're focusing a big part of our efforts there because it keeps the member and their expertise in the total force, while allowing them increased stability and a chance to continue working toward a military retirement," said Gen. Spiegel.

Due to manning shortages, 29 officer and 38 enlisted specialties will not qualify for many of the waivers. Among those are pilots, navigators, air battle managers, aerial gunners, fuels specialists, nurses, and first sergeants. The complete list of stressed career fields that are

excluded from many of the waivers is posted at <http://www.afpc.randolph.af.mil/retsep/shape>

"We don't want to break any career fields during our Force Shaping efforts or create problems in future years similar to the ones caused by the downsizing in the early 1990s," said Gen. Spiegel.

"Approval authority for miscellaneous enlistment separations will rest at the personnel center, to centrally review applications and ensure compliance with manning needs," said Maj. Dawn Keasley, chief of retirement and separation policy at the Air Staff.

Examples of efforts to shape the force go beyond waivers. They include procedures where those who fail to complete technical schools will only be allowed to leave the Air Force or to reclassify into short-manned career fields. In addition, high-year-of-tenure extensions will only be granted to those in specific shortage career fields or for personal hardship reasons.

Program highlights include:

- The chance to transfer to the Guard and Reserve for those with at least 24 months time in service, incurring a two-for-one service commitment (not less than one year or greater than six years).

- Enlisted waivers of active-duty service commitments associated with technical training and bootstrap programs.

- Potential service commitment waivers of up to 18 months for permanent-change-of-station.

- Potential service commitment waivers for officers of up to 24 months for Air Force Institute of Technology doctoral education and education-with-industry.

- Up to 12-month waiver of intermediate and senior developmental education commitments for officers.

- Possibility of ROTC commissioning directly into the Reserve or Guard.

- Aviator Continuation Pay, Uniformed Services University of the Health Sciences scholarships and AFIT fellowship, scholarship, and grant commitments will not be waived.

According to officials, Force Shaping is designed to return the Air Force to its authorized uniformed population, or end strength, while shifting some airmen to fill positions in specialties that need more people of their rank.

The Air Force brought in thousands of personnel since the late 1990s to

build up to end strength, with limited consideration for the skill mix, officials say. But more people came into the service and fewer than expected left, leaving the force with more people than are authorized to be on active duty.

To reduce the total number of active-duty people in uniform, the Air Force is continuing efforts like retraining people into careers where they are more needed, outsourcing jobs to private industry and converting some jobs from military people to Air Force civilian workers.

However, these new Force Shaping tools are being offered because still more needs to be done, officials said.

Details and career counseling are available from unit career assistance advisors at each base. Specific guidance on Force Shaping has just recently been passed down to local Military Personnel Flights. Follow-up information will appear in the *Missileer* describing local procedures on getting Force Shaping information at the 45th MPF. People can also call the Air Force Contact Center at DSN 665-5000 or toll-free (800) 616-3775 for more information.



# Study reveals association between cancer, Agent Orange exposure

WASHINGTON, D.C. – A new analysis of cancer incidence among Air Force veterans of the Vietnam War found increased risks of prostate cancer and melanoma in those who sprayed Agent Orange and other herbicides, according to an article that will be published in this month's edition of the Journal of Occupational and Environmental Medicine.

The article, written by members of the Air Force Health Study on Operation Ranch Hand, indicates that a statistical adjustment for years served in Southeast Asia reveals increased risks of prostate cancer, melanoma and cancer at any anatomical site among those with the highest dioxin exposure. Previous results of the Study's research had found no consistent evidence that Agent Orange is related to cancer.

The National Academy of Sciences will review this study along with many other studies on

herbicide and dioxin exposure to make a report to the Secretary of Veterans Affairs to assist him in decisions related to compensation.

The study included veterans of Operation Ranch Hand, the unit responsible for the aerial spraying of Agent Orange and other herbicides in Vietnam and comparison between Air Force veterans who served in Southeast Asia during the war but did not spray herbicides. Since the first health examination in 1982, the Air Force has tried to determine whether long-term health effects exist in the Ranch Hand flyers and ground crew, and if they can be attributed to the herbicides used in Vietnam.

The study is limited by its sample size, preventing detailed analysis of rare cancers and by uncertainties regarding dioxin exposure. The dioxin determinations were accurate but were measured 15-30 years after service in the

Ranch Hand unit. The study interpretations are limited because other environmental exposures were not measured. Study strengths include record verification of all cancer cases and rigorous quality control. Extrapolation to other Vietnam veterans is not possible with these data. Associations found in this study do not imply causation.

Publication of the Ranch Hand data and findings in the peer-reviewed journal will allow further discussion of the conclusions and implications by the scientific community at large.

For more information, contact the Air Force Surgeon General's Office at (202) 767-4797 or access the Ranch Hand Study Web site at: <http://www.brooks.af.mil/AFRL/HED/hedb/afhs/afhs.shtml>.



# 45th MDG personnel to provide humanitarian aid in Panama

By Capt. Susan A. Romano

45TH SW PUBLIC AFFAIRS

Nine medical providers and support staff from the 45th Medical Group will travel to Panama Saturday to provide medical and humanitarian aid to locals who have limited available medical care.

The team will meet with other Panamanian medical professionals and be escorted by the country's police force to remote and hard-to-access locations in the country.

Several of the team members speak Spanish, which will greatly help with providing quality care to those who need it.

"We use this trip for a two-fold purpose," said Lt. Col. Judy Young, chief nurse executive for the 45th MDG and team leader for the mission. "Our airmen will receive required and hands-on medical readiness and deployment training, and the Panamanians will receive health care that otherwise may not have been available."

Lt. Col. Lynn Malone, women's health nurse practitioner, said the team may face several challenges.

"Of course one of the problems we face is the language barrier. But another challenge is the fact that we might not have the needed equipment to perform routine exams. We are bringing a lot with us, but

many of these exams will take place in schools and other 'non-medical' facilities," Lt. Col. Malone said.

In addition to the assistance the team will provide, they will also gain experience and training they might not otherwise get in the United States.

"I am looking forward to helping these people who may need our help, and I'm also looking forward to learning about unusual diseases and 'jungle medicine,'" said 2nd. Lt. Glenn Little, a physicians' assistant for the 45th MDG. "It will be a great training experience."

The team is expecting to see up to 500 patients a day during their two week trip, providing optometry, dental, women's health, dermatology, pediatrics and general medical services.

"I am extremely proud of these volunteers who have selfless stepped up to go into the back woods of Panama placing themselves at risk to provide care to those in underserved rural areas," said Col. Gilbert Hansen, 45th MDG commander. "They have come together and it has all worked out just great."

Medical personnel will also provide patients with health education and prevention information.



Photo by 2nd Lt. Kevin Coffman

**Capt. Russel Miller, a flight surgeon with the 45th Medical Group, is interviewed by Florida Today reporter Norman Moody about his upcoming humanitarian trip to Panama.**



**See historic Cape**

45th Space Wing active-duty military and DoD civilians may bring their family members to Cape Canaveral Air Force Station from 10 a.m. - 4 p.m. Saturday. Volunteers will be on hand to help guide visitors and provide historical input about the Cape at the museum and lighthouse.

Log on to the 45th Space Wing intranet at <https://pafbweb.patrick.af.mil/45SPTG/CapeVisit.doc> to download the escort/entry form for visitors. Bring this completed form with you to sponsor individuals onto the Cape. DoD identification cardholders may escort one carload of passengers.

**Join spiritual reading**

A discussion of chapters 22 - 25 of *A Purpose Driven Life* will meet in the 45th Space Wing commander's conference room in Bldg. 423 on Feb. 18 at noon. People attending should bring a bag lunch.

**Visit technology expo**

A technology exposition will be at the NCO Club on Wednesday from 10 a.m. - 2 p.m. Exhibits will demonstrate the latest technological advances in systems integration services, data management, data connectivity solutions and more.

**Learn about the AF lifestyle**

A seminar to help military spouses better understand the Air Force culture is Feb. 26 from 10 a.m. - 2 p.m. at the Family Support Center, Bldg. 722. The Heartlink seminar focuses on increasing a spouses knowledge of the Air Force mission, customs, traditions, protocols and point out available services and resources for families. A limited number of seats are available. To reserve a seat or for more information, call the FSC at 494-5675.

**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 Feb. 15.

**Group votes on issues**

The American Federation of Government Employees meets Tuesday at 4:40 p.m. at the banquet hall in the Manatee Cove Golf Club. Issues will be voted on to include the 2004 budget and membership dues. For more informa-

tion, call 494-2030 or visit <http://www.afge.org>.

**Organization seeks new members**

The Florida Chief Petty Officers' Association is looking for more Navy and Coast Guard chiefs. The organization has two three-day events a year. Membership is \$10 a year. Contact Robert Schorb at 773-7309 or by e-mail at [mchief1@juno.com](mailto:mchief1@juno.com).

**Sign up for classes**

The Family Support Center holds the following classes: Pre-separation Briefing on Monday from 9:30-11 a.m.; Personal Financial Management Program on Tuesday from 8 a.m. - 4 p.m.; on Wednesday, Sponsorship Training is from 9-11 a.m. and an Information Fair at the Main Exchange is from 11 a.m. - 1 p.m.; on Friday, Personal and Family Readiness Briefing at the Fire Station, Bldg. 810, from 8 a.m. - noon and Deployed Spouses Briefing from 6:30-7:30 p.m. All classes take place in the Family Support Center, Bldg. 722, unless otherwise stated. Sign up for classes by calling 494-5676.

**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.

**Get a scholarship**

The Air Force Aid Society's Gen. Henry H. Arnold Education Grant Program awards \$1,500 grants to sons, daughters and spouses of Air Force active-duty; Title 10 AGR/Reservists on extended active duty; Title 32 AGR performing full-time active duty; retired reservists with more than 20 qualifying years of service and deceased Air Force members. Applicants must be enrolled or accepted as a full-time student in the 2004-2005 academic year. Deadline for the preliminary application is March 12. Call Chrissy DeWitte at 494-5676 for more information.

**Roll up sleeves for event**

Volunteers are needed from Patrick Air Force Base and Cape Canaveral Air Force Station to participate in the 10th Annual "Men Cooking from the Heart" event Feb. 21, a fund-raiser for Big Brothers Big Sisters of Central Florida. To volunteer, call Capt. Alan Landis at 853-4503 by Feb. 18.

**Bridge closes for repair**

The Roy D. Bridges, Jr. Bridge (Banana River Bridge) is closed to traffic Monday - Friday, 8 a.m. - 3 p.m. through Friday to replace the bearing pads on the structure. The traffic detours north to the Saturn Causeway/Phillips Parkway (Beach Road at Launch Complex 39 Pad A) intersection during closure hours. The bridge reopens to traffic Feb. 14 in support of Titan launch criteria. After the launch, the bridge will once again close Monday - Friday 8 a.m. - 5 p.m. until Feb. 26.

**Overseas positions available**

Master sergeants may apply for a 179-day position as a bilateral affairs officer with the Office of Defense Cooperation. The nominee must possess a high level of interpersonal skills as well as exceptional maturity, flexibility and self discipline. Host country language skills are desirable, but not mandatory. Positions available include: the Ukraine, Albania, Bosnia, Moldova and Macedonia. A current security clearance and basic computer skills are required. Nomination packages are due for the Ukraine by Feb. 20, Albania by March 12, Bosnia and Moldova by April and Macedonia by May 14. For more information, contact 2nd Lt. Bernice Zollner or Master Sgt. Franca Connell-Stubs at 494-4252 or 494-6144.

**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.

**Mentors needed**

Two local elementary schools are looking for volunteers to mentor students.

One school, focusing on kindergarteners who are placed in an early intervention program needs people who can commit one hour a week to volunteering. These volunteer mentors will be assigned to two or three students who they would work with, one-on-one, once a week for 20-25 minutes. Training on how the program works will be provided.

The other school is looking for student mentors from kindergarten through sixth grade who are in need of additional support.

For more information, call the 45th Space Wing Public Affairs office at 494-5949.





# Annual Awards

## Company Grade Officer



**Capt. Joseph Pelouquin**  
Supervised 25 contract specialists who supported more than 30 wing agencies and set a record for the 45th Contracting Squadron with more than 1,050 actions awarded.

## Senior NCO



**Master Sgt. Johnny Fryer**  
Selected at command level as the Outstanding Security Forces Support Staff Senior NCO and orchestrated security for the 2003 air show.

## NCO



**Tech. Sgt. Alexander Del Valle**  
Awarded Bronze Star for superior leadership during Operation Iraqi Freedom, controlling more than 200 combat movements while deployed.

## Airman



**Senior Airman Kevin Malloy**  
Prepared 450 wing members for operation in a chemical environment while deployed and assisted in design of a mobile command post for the wing.

## Category III Civilian



**Ms. Sheryl McMullin**  
Dual-hatted as 45th Mission Support Squadron deputy and interim education flight chief. She also aided 260 Marines and 920th personnel who deployed in support of OIF.

## Honor Guard NCO



**Staff Sgt. Benny Windom**  
Devoted two weeks time to help train 40 new Honor Guard personnel and supported over 150 funerals.

## Honor Guard Airman



**Senior Airman Sammy Hendrix**  
Trained 13 new Honor Guard members and supported more than 50 details for many wing events.

## First Sergeant



**Master Sgt. Robert Nutt**  
Supported his troops through daily face-to-face contact and led support efforts for families of deployed members.

## Soldier



**Staff Sgt. Robert Knuckles**  
Led squad of 13 troops in direct support of Operation Noble Eagle that enabled the 45th SW to operate.

## IMA



**Tech Sgt. Dennis McCarthy**  
Supervised 25 45th Security Forces personnel and volunteered to stay on Reserve duty during peak periods.



# Annual Awards



**Category II Civilian**



**Ms. Susan Snell**  
Saved \$400,000 for the 45th Medical Group during a triage demolition project and performed 150 emergency room referral follow-up calls to patients.

**Category I Civilian**



**Ms. Mary Seabold**  
Provided expert nursing care to 1,550 patients with complex conditions, helping recapture \$150,000 for the 45th MDG. She also saved a cardiac victim's life with quick response.

**Military Volunteer**



**Master Sgt. Jason Pillow**  
Helped raise more than \$16,300 for six charities and organizations. He also was a team leader for Special Olympics in Satellite Beach.

**DoD Civilian Volunteer**



**Mr. William Roeder**  
Briefed more than 4,000 people on lightning safety and helped the 45th Operations Group win \$40,000 in quality of life money for weather safety training during critical period.

**Civilian Volunteer**



**Ms. Patricia Spence**  
Red Cross volunteer completed medical training three weeks ahead of schedule and directed more than 100 Tricare beneficiaries to proper medical facilities.

**NAF Manager**



**Mr. Jim Hickey**  
Secured \$3.9 million from Air Force Welfare Board for construction of a new 12,000 square foot golf course clubhouse and organized numerous events.

**NAF Supervisor**



**Ms. Rebecca Whitaker**  
Effectively booked 850 special functions netting Air Force clubs \$712,900 and skillfully designed a calendar events scenario to balance limited time.

**NAF Supervisor**



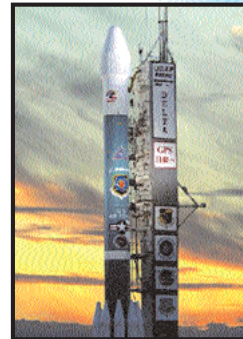
**Ms. Naomi Parish**  
Led 22 Fitness Center personnel. Synchronized actions with key personnel to lead first WarFit Challenge

**NAF Employee**



**William Baird**  
Played an instrumental role in the support of the air-show. Managed the new Deck House. Tasks ranged from purchasing supplies to overseeing construction.

**Team Excellence**



**Delta II team**  
Set many new processing records while managing the mission assurance of all \$130 million Delta II Global Positioning System Satellite launches.



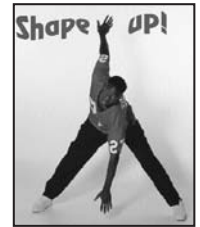


The 45th Space Wing training day "Shark Challenge 1" one-pitch single-elimination softball tournament and burger burn is Feb. 20 from noon – 4:30 p.m.

Teams include The Generals and Colonels, The Chiefs and First Shirts, Unit Commanders, Company Grade Officers Association, Top 3, Junior Enlisted Advisory Council, Brevard County Civilian Military Council, Military Affairs Council and The GS Civilians.

For more information contact Naomi Parish at 494-4534 or Ralph Robinson at 494-3187.

# Strong legs key to total body fitness



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

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

With more than 60 muscles, the legs are the largest muscle group in the human body. The dominant muscles in



Photos by Airman 1st Class Shaun Emery

**Leg muscles support the body while walking, running, climbing stairs and lifting.**

the legs are the quadriceps, or front thigh muscle, the hamstrings, or back thigh muscle and the calf muscles.

Legs support the body when walking, running, climbing stairs, squatting and lifting objects from the ground. More specifically, the legs help reduce lower back strain when lifting heavy objects.

All athletic activities, especially running sports, put a high demand on leg muscles. Strong muscles and joints keep athletes competitive.

"Strong knees depend on proper strengthening of muscles," said Mike Mendonca, Patrick Fitness Center's personal trainer. "Body weight is increased three or four times when running on concrete, adding more pressure to joints so knee strength is critical."

If they aren't due to age or injury, bad joints can develop from an imbalance of muscular strength, said Mr. Mendonca.

To ensure knee integrity it's important

See LEGS, next page

**LEGS, continued from Page 12**

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

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"Strong knees depend on proper strengthening of muscles," said Mike Mendonca, Patrick Fitness Center's personal trainer. "Body weight is



The leg press machine develops power in the lower body. Exercising large muscles increases speed and leaping ability.

increased three or four times when running on concrete, adding more pressure to joints so knee strength is critical."

If they aren't due to age or injury, bad joints can develop from an imbalance of muscular strength, said Mr. Mendonca.

To ensure knee integrity it's important to strengthen muscles and stretch.

"People trying to get into shape will find they'll have tight hamstrings and calf muscles. Stretching after a work out will help minimize tightness and the reduced range of motion," he said.

Mr. Mendonca notes that cycling is a superior leg exercise for knee strength.

"To develop strength in joints, opposing muscles should be at a correct ratio," he said. "The muscles where this is most important are the quadriceps and the hamstrings. The quadriceps should be about 20 percent larger than the hamstrings."

Legs are important for maintaining cardiovascular fitness, Mr. Mendonca added. The heart is a muscle too, and it can't stay at a high intensity unless legs are used.

In order to use all muscles in the body, a person must have a good cardiovascular system to supply oxygen to the rest of the body, he said.

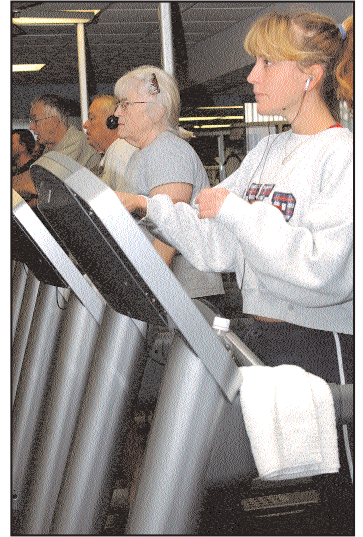
There are many ways people can work their leg muscles.

Squats and the leg press machine help develop power. Leg extensions and leg curls will help build the muscles around knee joints. Any kind of step-up exercise will help build strength.

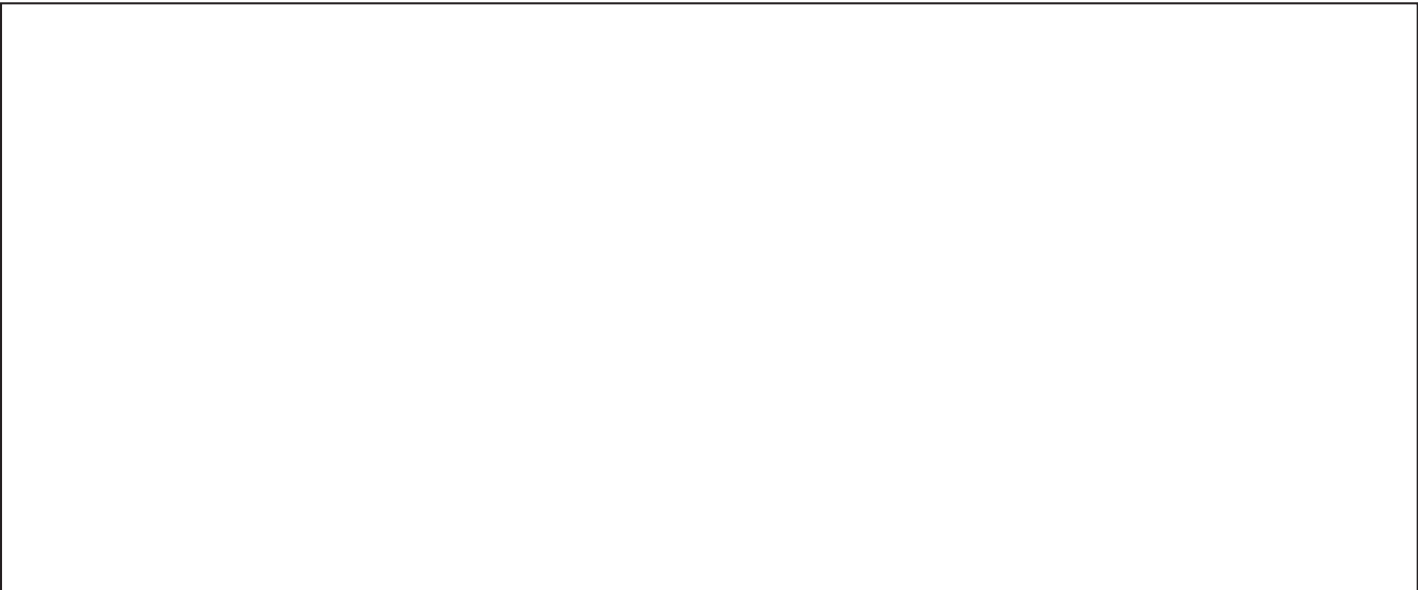
Calf raise make calves stronger, but according to Mr. Mendonca most people who bike or run will get a good calf workout.

High weights, low reps will help develop quickness. If a person does too much endurance lifting they may find they lose speed and power.

"Initially use a machine to train the primary movers of the legs - the quadriceps and hamstrings," said Mr. Mendonca. "To employ work of the muscles near joints, people should graduate to free weights or a combi-



Treadmills offer less impact on joints than running on concrete.



### Get military cruise rate

The Information, Tickets and Travel office offers special 2004 military cruise rate aboard Carnival Cruise Lines now through March 28.

Specials include seven different, seven-day cruises from Port Canaveral aboard the Carnival Glory. Rates range from \$429-629 a 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 subject to change without notice.

For more information contact ITT at 494-5158 or visit the Air Force travel Web site at <http://www.aftravelonline.com>.

### Movie tickets now available

Movie tickets for Melbourne's Cinemas World are now available for purchase through the Information, Tickets and Travel office for \$5.25 each. For more information contact ITT at 494-5158.

### Golf in tournament

Manatee Cove Golf Course has its annual two-player scramble Presidents Day Golf Tournament on Feb. 16. Cost is \$22 for annual pass/fee holders; \$32 for punch card holders; and \$35 for all others.

Sign up through Feb. 13 at the golf course Pro Shop. For more information call 494-7856.

### Bingo every Wednesday

The Officers' Club hosts consolidated bingo every Wednesday at 4 p.m. Members from either of Patrick's clubs are eligible to play.

Cost is \$22 and includes the early bird, regular, and four jackpot games. Jackpots range from \$150 - \$500. Consolation prizes are awarded. Eligible nonmembers and guests pay an additional \$5 entry fee.

For more information call the Officers' Club at 494-4012 or the NCO Club at 494-7491.

### Enjoy Valentine's buffet

The Officers' Club offers a pre-Valentine's Day buffet with live entertainment on Feb. 13.

Buffet includes medallions of pork loin, lobster Newburg, pasta with sun-dried tomato sauce and baked chicken in tarragon sauce. Pianist Tommy Giorgio is slated to provide live entertainment.

Three seatings available: 11 a.m., 12 p.m. and 1 p.m. Cost is \$13.95 per person. Members who show their club card receive \$2 off. Reservations accepted 9 a.m. to 4 p.m., Monday - Friday. Call 404-4012.

### NCO Club has Valentine's dinner

Treat your sweetheart to a night of dinner and dancing at the NCO Club on Feb. 14. Dinner options include: prime rib/crab legs for \$19.95 per person; chicken cordon bleu for \$14.95 per person; and Chateaubriand for two for \$44.95 (advanced reservations required). A complimentary glass of champagne accompanies every meal. Members receive \$2 off per meal, \$4 off the Chateaubriand special.

Seating is limited. Members have priority. For reservations, call 494-7491.

### Bowling Center has V-Day value

Celebrate Valentines Day with a loved one at Rocket Lanes Bowling Center and enjoy two games and two dinners for just \$10. Meal choices include shrimp or baked chicken, coleslaw, baked potato and roll.

### Childcare slots available

The Child Development Center has several slots available for toddlers and preschoolers, ages 2-5. For more information call 494-7028.

### Couples needed for Fun Run

The Fitness Center's Valentine's Day "Turn Your Sweetheart Into a Healthy Heart" 3.1-mile run or 1.5-mile walk 11:30 a.m., Feb. 13 at Patrick and Cape Canaveral Air Force Station Fitness Centers. T-shirts awarded to the 1st, 2nd and 3rd place finishers in each category.

### Low carb food at Bowling Center

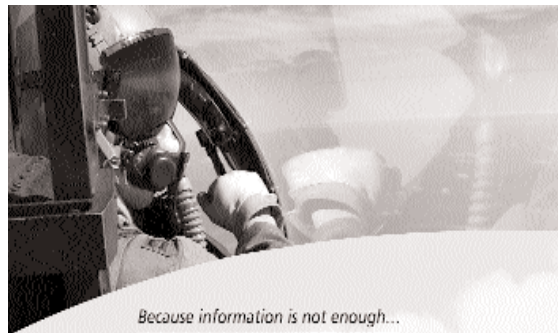
The Rocket Lanes Bowling Center now offers a new, low carbohydrate menu. Patrons may choose from the tuna and egg plate for \$4.50, chef salad for \$4.75, 10 oz. hamburger steak with cheese, grilled vegetable and a small salad for \$5.95, an 8 oz. salmon fillet or 8 oz. chicken breast with Caribbean vegetables and a small salad for \$7.25.

All low carbohydrate specials include unsweetened tea, diet Coke or bottled water.

### ITT has local attraction tickets

The Information, Tickets and Travel office sells local entertainment tickets at discounted prices for more than 90 local attractions, including Kennedy Space Center, Disney World, Universal Studios, Busch Garden, Seaworld of Florida, Daytona Speedway, Gatorland, Wet 'n Wild and Brevard Zoo.

For more information on ticket sales, call the ITT office at 494-5156.



Because information is not enough...

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U.S. AIR FORCE



## At the movies

**Friday** *Peter Pan* One night in their nursery, young London siblings Wendy, John and Michael Darling encounter a strange flying boy named Peter Pan who invites them to soar with him to Neverland. There they live among the Lost Boys without adult supervision and face down the nasty Captain Hook. Stars Jason Issacs and Jeremy Sumpter. Rated PG (adventure action sequences, peril) 105 min.

**Saturday** *Cheaper by the Dozen* When a football coach is offered the top job at Northwestern University, he sets out for Chicago with his wife and their 12 children. But when her writing career takes off, the two must balance their jobs and the chaotic task of parenting. Stars Steve Martin and Bonnie Hunt. Rated PG (language, thematic elements) 98 min.

**Sunday** *Cheaper by the Dozen* See Saturday's synopsis

**Thursday** *Peter Pan* See Friday's synopsis

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



### 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.

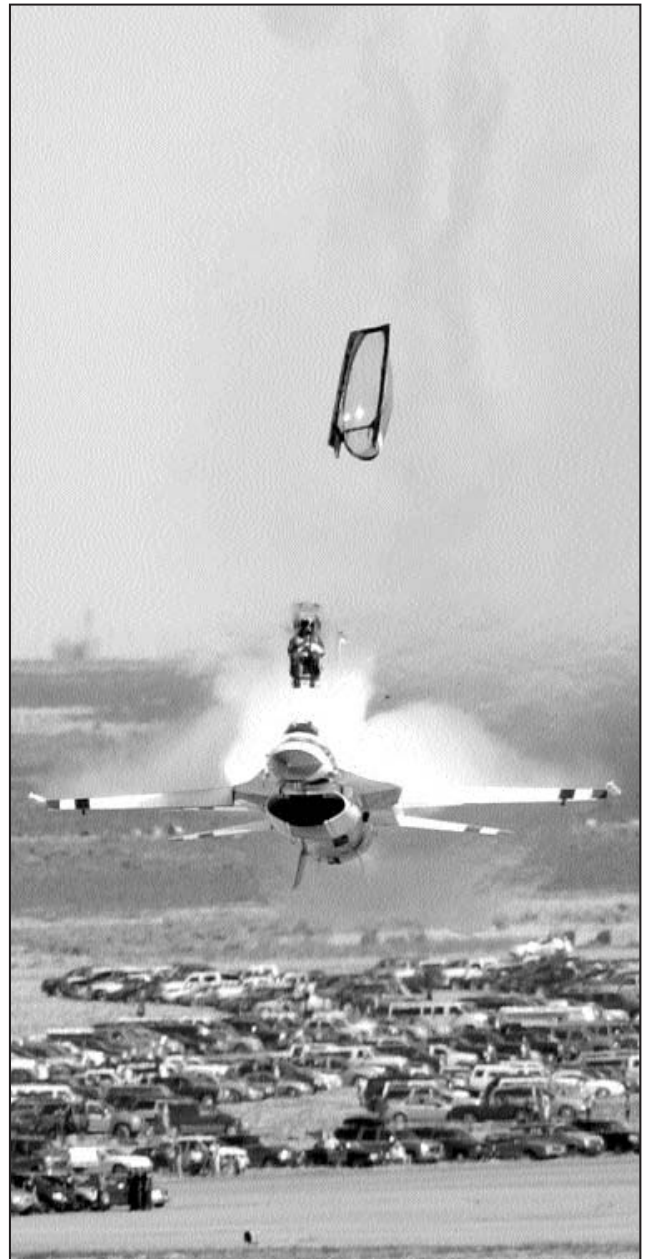


Photo by Staff Sgt. Bennie J. Davis III

## Close call

MOUNTAIN HOME AIR FORCE BASE, IDAHO - Capt. Christopher Stricklin ejects from the USAF Thunderbirds number six aircraft less than a second before it impacted the ground at an air show Sept. 14. Capt. Stricklin, who was not injured, ejected after both guiding the jet away from the crowd of more than 60,000 people. The accident report, released Jan. 21, cited pilot error as the cause of the crash. The ACES II ejection seat performed flawlessly.

## 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](mailto: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

<b>45th Mission Support Group</b> Col. Steve Werner 494-6607	<b>AAAFES</b> Jim Finley 494-6455
<b>45th Civil Engineer Squadron</b> Jack Gibson 494-4041	<b>Civilian Personnel</b> Robert Daniel 494-5238
<b>North and Central Housing</b> Caroline Jamba 494-2593	<b>Military Equal Opportunity</b> Capt. Marlon Johnson 494-6334
<b>South Housing</b> Dan Brown 777-8282	<b>45th Security Forces Squadron</b> Maj. Lynden Skinner 494-6202
<b>45th Services Squadron</b> Lt. Col. John Sproul 494-8081	<b>Financial Services</b> 1st Lt. Reina Chaperon 494-7171
<b>Military Personnel</b> Maj. Dianne Dzialo 494-2035	<b>45th Medical Group</b> Col. Gilbert Hansen 494-8100
<b>Commissary officer</b> Ronald Rogers 494-4060	<b>Ground Safety</b> Paul Compton 494-4023
	<b>Inspector General</b> Lt. Col. Frank Miles 494-4373

## Riverside Dining Menu



Saturday Brunch - Cajun meat-loaf, **crispy baked chicken**, ribeye steak

Saturday Supper - Fish almandine, **pork chops with mushroom gravy, stir fry chicken with broccoli**

Sunday Brunch - **Chicken parmesan, sauerbraten, tuna and noodles**

Sunday Supper - **Fried shrimp, ginger barbecue chicken, spinach lasagna**

Monday Lunch - Baked chicken, **simmered knockwurst, Swiss steak with tomato sauce**

Monday Dinner - **Roast turkey, baked ham, fish and fries**

Tuesday Lunch - **Grilled Salisbury steak, onion-lemon baked fish, yakisoba**

Tuesday Dinner - **Barbecue beef cubes, paprika beef, pork chop suey**

Wednesday Lunch - **Lasagna, spaghetti with meatballs, chicken**

**cacciatore, Italian sausage, pasta primavera**

Wednesday Dinner - **Country style steak, fried chicken, pita pizzas**

Thursday Lunch - Liver with onions, orange-spiced pork chops, tempura fried fish

Thursday Dinner - **Pepper steak, Mr. Z's finger lickin' chicken, ginger pot roast**

Friday Lunch - **Beef and corn pie, pea and pepper rice, seafood Newburg, veal paprika steak**

Friday Dinner - **Yankee pot roast, simmered corn beef, pineapple chicken**

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

*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*



## Events

Sat., Noon-5 p.m., Snow Fest 2004 at Sand Point Park, Titusville. Event features tons of snow and loads of fun for all ages.

Enjoy romping in the snow or shopping and browsing through the crafts fair. Charge is \$5 for participation in the snow, rock climbing, face painting and Make & Take Craft. No fee to watch or shop. Call 264-5105.

Sat. - Feb. 29, 1-5 p.m., Selections from the NASA Art Program at the Brevard Museum of Art and Science in Melbourne.

Entrance fee to the exhibit is \$5 for adults, \$3 for seniors and \$2 for students. Call 242-0737.

Feb. 16, 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. 27, 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@artsbrevard.org.

## 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

Fri, 5:30-7:30 p.m., Jazz Friday at the Brevard Museum of Art and Science.

Free to members, \$10 for nonmembers.

Sat. 7, 8 p.m., Quartets Concert by the Society of Preservation of Barbershop Singing at Bernard Simpkins Fine Arts Auditorium at BCC Campus, Cocoa. Call 636-0900.

Tue. and Thur., 7:30 p.m., Enjoy the classy classics of the Swingtime Dance Band at Melbourne Auditorium. Event is free. Call 768-6289 or 724-0555.

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.

## 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.

Feb 28, 9 a.m. - 3 p.m., Orlando Wetlands Park Festival near the Ft. Christmas Park in

Christmas. Event features guided tours, bird banding and mist-netting, rappelling police canine and Native American demonstrations plus historic reenactments, wildlife shows and live music.

Admission is free. To get to the Park, take S.R. 50 to Christmas, Fla. Turn north onto 420, Ft. Christmas Rd. and travel 2.3 miles, then turn right onto Wheeler Road and travel 1.5 miles. Call (407) 568-1706.

Feb. 28, Mardigras Festival at Historic Downtown Cocoa Village in Cocoa.

Street party with six stages of live entertainment, parade of floats, food vendors and traditional bead-flinging.

Feb. 28-29, 11 a.m. - 5 p.m., Annual Grant Seafood Festival at Grant Community Center Festival Grounds off U.S. 1 in Grant. Admission and parking are free. Dinner tickets include fish, hushpuppies, beans and coleslaw. Ala carte items are also available.

## Theater

Fri. - Feb. 22, Cocoa Village Playhouse presents "Children of Eden." Call 636-5050 for ticket and times.

Fri.-Sun., 13-15, Bayside Players perform "There Goes the Bride" at BCC Palm Bay Campus. Call 729-8435.

Wed., Children's theater "Mike Mulligan and His Steamshovel" at the Henegar Theater in Melbourne. Call 723-8698.

Feb. 26-29, Experimental theater - Playwrights' Workshop Performance by the Brevard Community College Playwrighters at the BCC Campus, Cocoa. Call 724-1252.







