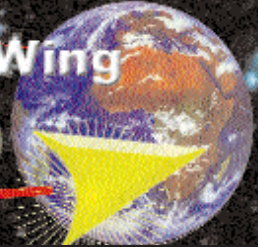


MISSILEER



INSIDE

Heroes' salute



This Memorial Day is a special, somber tribute
Page 3

Hurricane time



Preparation is key. Follow steps for a safe season
Page 10-11

B-ball star



Fitness Center employee earns college scholarship
Page 12

Medics, cops trickle back from war

By Sue Walden
45TH SW PUBLIC AFFAIRS

There are a lot more smiles lately at Patrick Air Force Base and Cape Canaveral Air Force Station.

Twenty-seven troops from the 45th Medical Group and 45th Security Forces have marched home from Operation Iraqi Freedom in the past two weeks and others are returning soon.

The 45th MDG deployment of more than 20 physicians and medical technicians Feb. 8 left a large hole in the Family Practice Clinic, impacting more than 50 percent of providers and nearly 17,000 health care beneficiaries. The members were given less than 24 hours to pack their bags and head to Southwest Asia.

The initial deployment restricted the clinic to care only for active-duty members and their family members. "But April 28, in conjunction with our TRICARE contractors, we brought two physicians and seven support staff on board in a resource sharing agreement and so we were able to bring back our retirees," said Lt. Col. Marlene Abbott, 45th MDG Operations Squadron commander.

She's proud of those who deployed and said they also left a large hole in their hearts. "We missed them a lot," she said. "Now as we get our folks back in and give them some time off, our current plan is to bring back all of our prime beneficiaries June 18 and our TRICARE Plus in mid-august."

Thirteen 45th Security Forces members came home Saturday morning returning from Kuwait on a commercial airliner after a nearly six-month deployment to Kuwait.

Cheers and tears from about 25 of their family members, comrades and commanders awaited them at the Melbourne International Airport. But, they weren't the only ones excited. "Oh, they were so happy to be home," said



Senior Airman Shane Cardines, 45th Security Forces Squadron, hugs his wife Ofelia Saturday night at Melbourne International Airport after a deployment to Kuwait. Dozens of troops from the 45th Medical Group and 45th SFS have returned home from Operation Iraqi Freedom in recent weeks and more are returning soon. (Photo by Emily Barnes, Florida Today)

Senior Master Sgt. Jerry Delebrea, 45th SFS acting first sergeant, who was also there to greet them.

The 45th SFS troops are trickling in a little at a time. One two-legged and one four-legged 45th SFS member returned Monday afternoon.

Their commander is also happy they're back. "I'm extremely proud of the work these professionals have accomplished in the war on terror," said Lt. Col. David Woods, 45th SFS com-

mander. "They faced some pretty tough times during their deployment but showed they are the most well-trained, best security forces men and women in the Air Force."

According to Senior Master Sgt. Delebrea, there are still 26 45th SFS members deployed, but will hopefully be back in the next month or so. One 45th MDG troop returns this week, with 11 still deployed. (Staff Sgt. Joel Langton contributed to this article.)

Outstanding is just the START!



By Brig. Gen. Greg Pavlovich
45TH SW COMMANDER

Memorial Day greetings everyone! This weekend is extremely important as we take time to honor those who've died for their country while defending the principles and freedom it was founded upon. In light of the fact our nation just recently lost more than 100 military members fighting to defeat evil in Iraq, I would hope Monday's Memorial Day would have special meaning to all of us who serve and served in the Department of Defense. I hope you take the time to pay tribute to our nation's heroes of the past 227 years.

Speaking of people and sacrifices, last Saturday another 13-person Security Forces team arrived home from the desert. Some of these people were gone more than 180 days, or put another way; they left for Southwest Asia when we were carving turkey for Thanksgiving. I know it was rough, but it is great to have them back safe and sound. We're going to throw a nice welcome home party for them and all of our deployed folks who've returned during the July 4 weekend, so look for more words on that in the future.

Back to Memorial Day for a moment — while I'm sure people will stop and pay tribute to heroes, I also know that with a three-day weekend, many people will hit the road or travel in the local area enjoying time off with family and friends.

I need everyone, before they depart, to stand back, take a deep breath and think about their trip and how they can do it as safely as possible. For example, starting with square one, make sure you get enough sleep before you depart. Anyway, there are numerous items that you should review.

To help us out, our wing safety office arranged for a motivational speaker to present you with a message that will inspire and motivate each of us to think safety in all our summer adventures. Capt. Pete Collins, a retired Mississippi highway patrolman, is nationally renowned for his humorous, yet tear-jerking messages that will have you laughing one moment and literally crying the next. His life long achievements include the Presidential Citation for Outstanding Law Enforcement Officer, Outstanding Citizen Award from AETC, recognition from the United States Navy for his outstanding contributions to their safety program and the

list goes on. The awards are long and prestigious, but the basic fact is Capt. Collins delivers a sobering message that won't be forgotten.

This is mandatory for all personnel and I want all to come and listen to Pete at one of his two presentations. He speaks today in Hangar F on Cape Canaveral AFS at 9 a.m. and at the Patrick Base Theater at 2:30 p.m. For those who cannot attend, turn your TVs to SharkVision.

To cap off the holiday weekend, don't forget about the tailgate party and free baseball game at Space Coast Stadium Monday. I'd like to invite all our active duty, Guard, Reserve and DoD civilians and their families to the game. The Brevard County Manatee baseball team is declaring the day "Military Appreciation Day," and there are several neat items in store for everyone who attends the game. The game starts at 1:05 p.m. Admission to the game, for all military, DoD civilians and their families, is free.

We'll start the tailgate party at 10 a.m. in the reserved parking area at the stadium the Manatees are roping off just for us. I'd like to thank our Brevard County Civilian Military Committee for sponsoring the party for us. We'll be serving burgers, brats, hotdogs and drinks for everyone. It'll give us a chance to all come together and celebrate all the good things about America while keeping in mind why our nation set aside the last Monday in May as Memorial Day.

And so we are on the same page, the food at the tailgate is the only food and drink free for the day. While parking and admission is free to the game and it's open seating, it's normal ballpark prices for food and drink once inside.

Our honor guard is presenting the colors and we'll have a military person sing the anthem and some airmen are throwing out the first pitch. I hope you can come out and join the party; it's going to be fun.

Congratulations to some of our civilian employees who've reached significant milestones in their careers during May or are hitting them in June. By June 20, Jacqueline Bloomquist and Easter Robinson, both with the 45th Contracting Squadron and Carol Chambers with the 45th Range Management Squadron will reach the 30-year mark for employment. Paul Huff, with Det. 3; Noel Knotts, 45th RMS; Robert Marzig, 920th Rescue Wing; Susan Blankenhagen, 45th Logistics Readiness Flight; Jimmy Harris, 45th Contracting Sq., and Jeffery Simpson, 920th RQW, all will hit their 20-year point in service. To all of them and to anyone else with 20 or 30 years of service, thanks for your continued dedicated service to our both our military and this great nation.

I hope all civilians are taking the time to review their retirement and savings plans with two important "open seasons" taking place now. The first is for the Thrift Savings Plan that has "Think Big" as its slogan and it's open until June 30. During the season, FERS employees can contribute up to 13 percent of their basic pay while CSRS employees may contribute up to eight percent.

At the same time, the Office of Personnel Management announced it's starting and initial "open season" for the Flexible Spending Accounts program and it runs until June 20. There are two types of FSAs: Health Care and a Dependent Care FSA. For more information, contact the base civilian personnel office at 494-8398.

I can tell from all the cartwheels I see the kids doing in base housing that school let out for the summer this week. For us drivers, this means about a 500 percent increase in the numbers of children playing in and around our streets in base housing. All of us need to have our situation awareness at its highest peak so we don't have a tragic accident. Fair warning now, I've instructed our security forces officers to strictly enforce our speed limits in these areas. Our kids deserve no less from us adults.

Memorial Day also starts the "unofficial" permanent change of station season whether people are moving to another base, retiring or separating from the service, military or civilian. And for the units on the Space Coast, we'll see the same changes whether in the wing or one of our 36 tenant units. If you are moving on this summer, for whatever the reason, I want to thank you for your service to the Space Coast community. The people are some of the hardest working anywhere and we all perform vital missions in defense of America.

So as you depart, I hope you look upon your time here fondly and I wish you the best of luck in your future endeavors. At the same time, if you've just arrived to either Patrick or the Cape, welcome aboard! I look forward to your tremendous contributions to the Space Coast team. You wouldn't be here if you weren't one of the best and I look forward to your daily contributions to the Best Space Team in the world.

Have a great weekend everyone and don't forget about our folks deployed. Yes, we have received many people home safe and sound, but between and active duty, Guard and Reserve, there are still approximately 250 people deployed overseas, separated from family and friends. Keep them in your prayers.

I hope to see you at the ballgame. Take care and God bless!



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This Memorial Day more somber time

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

This Memorial Day, as the flag gracefully soars to the top of the flagpole then solemnly lowers to half-staff, the loss of great Americans who have fallen in our country's battles weighs heavily on our hearts.

Memorial Day is our time to salute their sacrifices and remember their dedication to duty. We remember their humanity, dignity and nobility. We remember their laughter, their tears and their determination to serve a grateful nation.

This Memorial Day is indeed somber because members of our ranks have recently fallen in battle. They are the mothers and fathers of children who will forever mourn their absence, the sons and daughters of parents who grieve their death, the husbands and wives of spouses who yearned for their return and heroes to us all. Their sacrifice is fresh in our minds as we pay tribute to their memory. They served valiantly to secure freedom for millions who have never tasted the liberties we enjoy every day. Our nation's humble tribute this Memorial Day is a small measure of our enduring gratitude for their service.

From the Revolutionary War to the ongoing Global War on Terrorism, each generation that has answered our nation's call to arms has served with honor. Those who serve in our military are a part of a long tradition of sacrifice; those who give their lives are the standard-bearers for us all.

As is our earnest obligation, we accept the mantle of responsibility to uphold freedom from our fallen comrades and march forward, forever mindful of their sacrifice. God bless all who have gone before and made the ultimate sacrifice for our freedom. And may God continue to bless each of you and our great nation.

Gen. Lord: 'We must never forget'



Master Sgt. Jerry Deyoe of the 682nd Air Support Operations Squadron, leads a group of airmen carrying a flag-draped transfer case, containing the body of Airman 1st Class Raymond Losano, onto a C-130 Hercules at Bagram Air Base, Afghanistan. Airman 1st Class Losano, a tactical air command and control specialist assigned to the 14th ASOS at Pose Air Force Base, N.C., was killed April 25 in a firefight in Afghanistan near the Pakistan border. (Photo by Tech. Sgt. Adam Johnston)

By Gen. Lance Lord
COMMANDER, AIR FORCE SPACE
COMMAND

PETERSON AIR FORCE BASE, Colo. - Memorial Day, as the name implies, affords us an opportunity to remember those who have fallen in battle. This special day was officially proclaimed on May 5, 1868, and first observed on May 30, 1868, when flowers were placed on Union and Confederate soldiers' graves at Arlington National Cemetery.

The following words, inscribed there, are dedicated to those who gave the ultimate sacrifice:

"Not for fame or reward, not for place or rank, not lured by ambition or goaded by necessity, but in simple obedience to duty as they understood it, these men suffered all, sacrificed all, dared all — and died."

Many American families have

“ *Not for fame or reward, not for place or rank, not lured by ambition or goaded by necessity, but in simple obedience to duty as they understood it, these men suffered all, sacrificed all, dared all — and died.* ”

-Inscribed at Arlington National Cemetery

lost a loved one in the struggle to ensure freedom since the reading of the Declaration of Independence. From Valley Forge to Iraq, generations of Americans have been reminded of that struggle's price.

This is a time to remember all who died in defense of our great nation. It is also a time to reflect on those in uniform today — you and your comrades in arms — soldiers, sailors, airmen, Marines and Coast Guardsmen.

In Air Force Space Command, we serve in the missile fields providing the nation's strategic deterrence. We serve in mission control and operations centers around the globe, ensuring our country's space assets support the warfighter. We defend the nation through the control and exploitation of space. We are the "Guardians of the High Frontier." As you go about your holiday weekend, please take a moment and think of all those who died wearing our country's uniforms. On battlefields throughout our history, America's cherished sons and daughters gave their lives so we may remain free. We must never forget.

Military offered major summer discounts

By Maj. Cindy East
45TH SW PUBLIC AFFAIRS

With summer practically here, now is the time for planning some summer fun, especially with major deals being offered to military members, ranging from free theme park admittance to major discounts on lodging and airfares.

"The deals are unbelievable," said Terri Holst, Information, Tickets and Tours travel manager. "It's unprecedented how these companies are coming forward and offering major discounts and special deals to active duty, Guard, Reserve and in some cases, even retirees."

U.S. Airways Salute Fares offers lower last-minute fares in some markets. It is based on availability starting at \$158 round-trip plus tax.

For those wanting to stay closer to home, Disney's Armed Forces Salute Ticket, available now through Dec. 19, offers military members a free, five-day park hopper pass, which can be used non-consecutively. In addition, military members can purchase up to five additional multi-day tickets for family or friends for \$99 each. Admission is free to Disneyland and any park within Disneyworld, including the water parks and Pleasure



Island.

Disney also offers a 40 percent discount at all Disney resorts and hotels and half off on Disney cruises during select dates.

Tickets may be obtained at the park's main ticket windows and must be purchased by the military member or spouse. For more information, call (407) 939-7424.

Universal Studios has followed suit by offering free multi-day admission to Islands of Adventure, City Walk or Universal Studios theme park from

now through Dec. 19. Tickets are good for five consecutive days. Military members or their spouses may purchase up to five additional tickets for family or friends for \$50 plus tax. All Loews hotels, such as Portofino Bay, the Hard Rock Hotel and the Royal Pacific Resort, are also offering a 40 percent discount on select dates. For more information, call (407) 363-8000.

Sea World and Busch Gardens are offering a one-day free admission to any of their theme parks for four direct family members from now until Nov. 11.

"The timing of these offers couldn't be more perfect with kids getting out of school," said Ms. Holst. "It works out very nicely for families and is a wonderful tribute to the men and women serving in the armed forces."

For specific information, visit the ITT office or go to each theme park's Web site.

Disney: www.disney.com/military;
Universal Studios: www.universalstudios.com;

Anheuser-Busch: www.seaworld.com and click on Orlando and Operation Salute, or www.buschgardens.com.

Red Cross needs teen volunteers

The American Red Cross sponsors a Youth Volunteer program during the summer months for teens 14-18 years old.

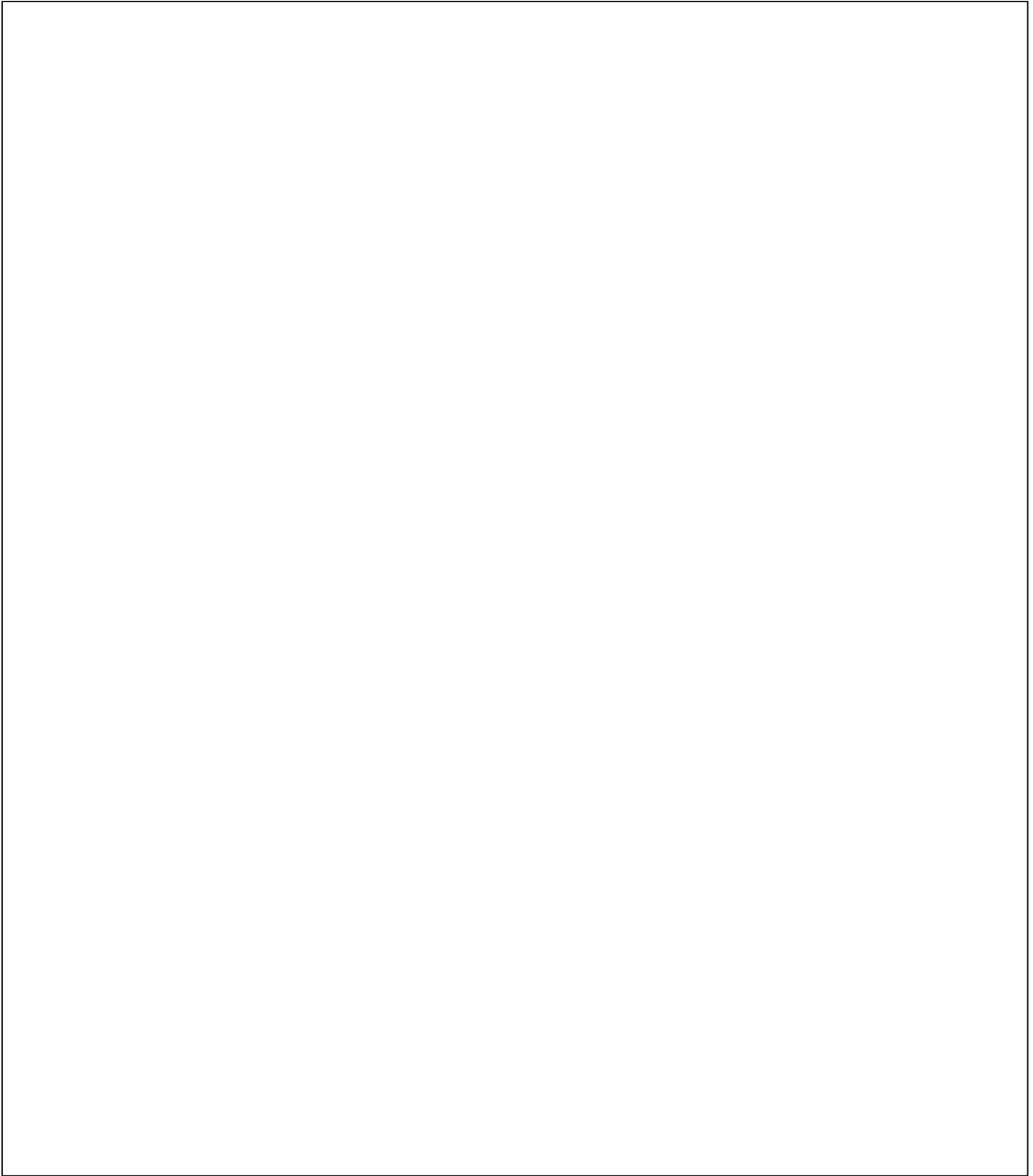
The next orientation is June 7, 10 a.m. at the 45th Medical Group Clinic in the Commander's Conference room.

Student volunteer hours are documented and can be used for scholarship purposes.

Volunteers must bring valid military ID cards and shot records to the orientation.

A parent or guardian must also be present to sign release forms for the students.

Students ages 14 -18 years old can register by calling the Red Cross office at 494-2402/8318.



Civilians eligible for flexible spending accounts

AIR FORCE PERSONNEL CENTER - Most Air Force civilian employees are now eligible to contribute to a flexible spending account which allows money to be set aside tax-free for certain health care and eligible family-member care expenses.

An open season enrollment period began Monday and runs through June 20. The effective date for Department of Defense employees is Sept. 1. Only expenses incurred September through December are reimbursable.

"FSA is a new employee benefit that allows federal employees to set aside dollars, on a pre-tax basis, for many common expenses not covered by the Federal Employees Health Benefit program or any other source," said Janet Thomas, human resources specialist here. "With an FSA, you can reduce your taxes and increase your take-home pay while paying for services you'd have to pay for anyway."

The Office of Personnel Management awarded the contract to SHPS, Inc., to administer the FSA program for federal employees.

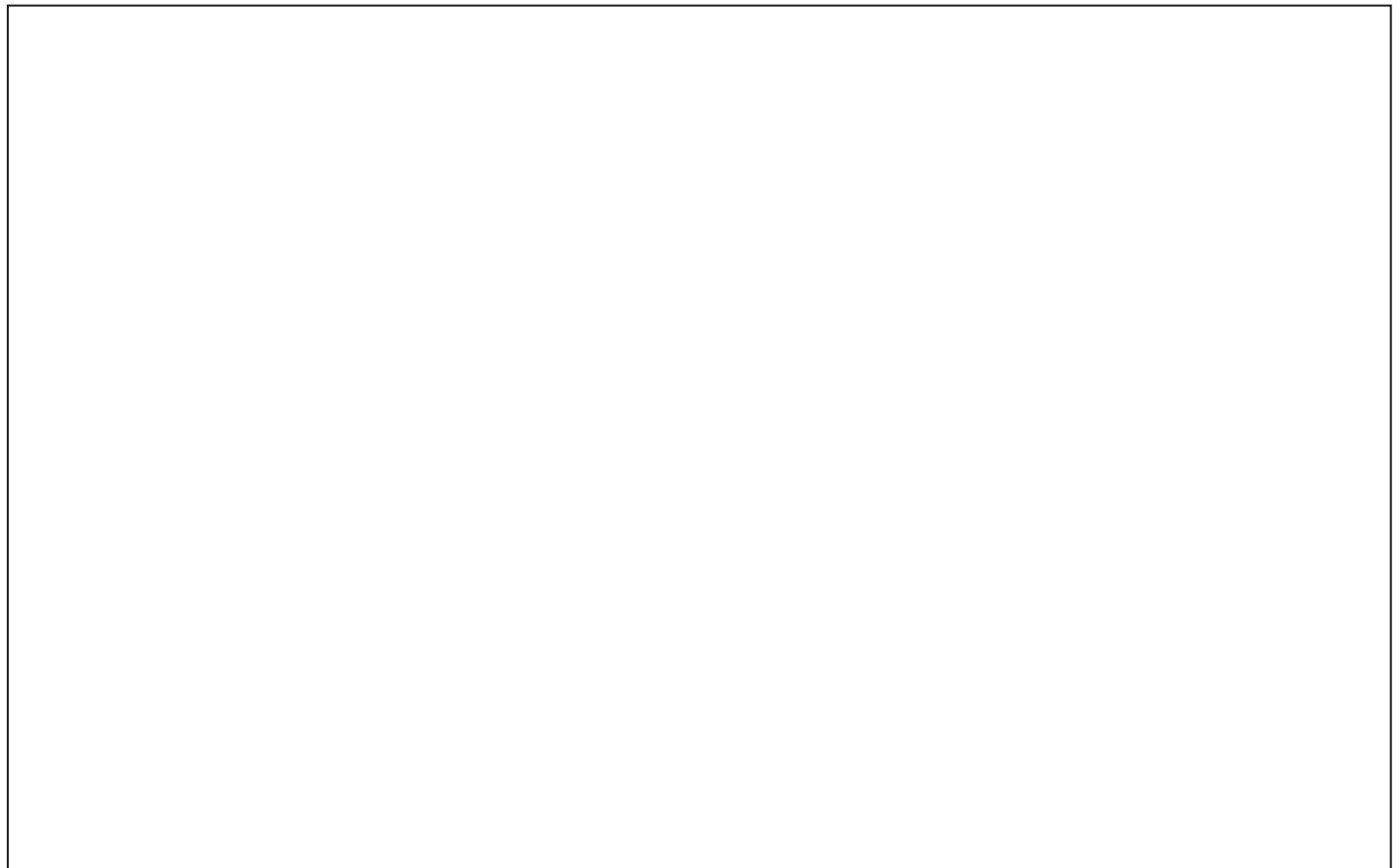
“ (FSA) allows federal employees to set aside dollars, on a pre-tax basis, for many common expenses not covered by the Federal Employees Health Benefit program or any other source. With an FSA, you can reduce your taxes and increase your take-home pay while paying for services you'd have to pay for anyway. ”

- Janet Thomas
AIR FORCE PERSONNEL CENTER

There are two types of FSA accounts:
Health Care FSAs — may be used to pay for health care expenses of employees and their family members not reimbursed by health insurance or any other source and not claimed on the participant's income tax return. Expenses include deductibles, co-insurance and insurance co-payments, as well as services not generally covered such as dental care, orthodontic treatment, hearing aids, physician-directed weight-loss programs and laser eye correction. To participate, federal civilian employees must be eligible to enroll in the FEHB program.

Family Member Care FSAs — may be used to pay for eligible family-member care expenses when such care is necessary to enable the employee and spouse to work, or allow the spouse to attend school full time. Expenses can be paid for the care of children under age 13 and adults who qualify as family members. Temporary employees with no fixed work schedule whose tour of duty is six months or

less are not eligible.
Employees can enroll directly with the contract administrator at www.fsafeds.com or toll-free at (877) 372-3337 between 9 a.m. - 9 p.m. Eastern time, weekdays. After the initial open season, employees will need to make an election each year during the FSA open season that will coincide with the FEHB open season.
Program information is available from the contract administrator and OPM's FSA Web site at www.opm.gov/insure/pretax/fsa/index.asp.
Currently, retirees and military personnel are not eligible for either program.





**Brig. Gen.
Greg Pavlovich**
45th SW
commander

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, action@patrick.af.mil or click global at Action 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.

45th Mission Support Group
Col. Steve Werner
494-6607
45th Civil Engineer Squadron
Lt. Col. Chris Hazen
494-4041
Base Housing
Caroline Jamba
494-2593
45th Services Squadron
Lt. Col. John Sproul
494-8081
Military Personnel
Maj. Dianne Dzialo
494-2035

Commissary officer
Jerry Roberts
494-4060
AAFES
Mike Lovejoy
494-6455
Civilian Personnel
Robert Daniel
494-5238
Military Equal Opportunity
Capt. Marlon Johnson
494-6334
45th Security Forces Squadron
Lt. Col. David Woods

494-6202
Financial Services
1st Lt. Raymond Kipp Bradley
494-7171
45th Medical Group
Col. Charles Mackett III
494-8100
Ground Safety
Paul Compton 494-2202
Inspector General
Lt. Col. Ralph Gracia
494-2287

Q: It is frustrating when turning into the Main Gate off of A1A coming from the south when I have a green arrow to turn and people coming from the north turning right into the gate will not yield. Is it possible to put up a "No Turn on Red" sign?

Also, I find it very rude and inconsiderate when I'm waiting to show my I.D. and a Security Forces car ahead stops traffic to talk to the gate guards.

A: Thank you for your concern

with the traffic congestion at Patrick AFB's Main Gate. The Main Gate traffic problems are due to its close proximity to A1A. We have redesigned the entrance and the project should be awarded by June. The project includes building a new gate guardhouse farther west to allow more cars to line up on base instead of on A1A. I agree that a "No Turn on Red" sign may alleviate some of the congestion that occurs when both north and southbound traffic are turning onto the base.

When the project is completed, we will assess the situation and see if a sign is still needed. If so, we will coordinate with the Brevard County Department of Transportation since A1A is under their jurisdiction.

With reference to security personnel in patrol vehicles talking to the gate guards, thank you for bringing this to our attention. We will ensure security vehicles do not block traffic or spend excessive time in inbound lanes while other vehicles are waiting.

40th anniversary celebrates last Mercury flight

By Ida Barry
45TH SW PUBLIC AFFAIRS

The emotion and echoes of the last Mercury flight flown on May 15, 1963, by retired Col. Gordon Cooper could still be felt at Cape Canaveral's Air Force Station Complex 14. Forty years later, on Sunday, the 45th Space Wing and the Florida Space Coast History Project at the University of Central Florida commemorated the event with a celebration that reunited more than 150 alumni that assisted in the flight of the space flight capsule.

"It is hard to believe by listening to some of the stories shared this morning in the blockhouse that it has been that long," said Brig. Gen. Greg Pavlovich, 45th Space Wing commander. "Getting it right was Col. Cooper's legacy in space," said Brig. Gen. Pavlovich. "Col. Cooper was selected to be a trailblazer when he was chosen as commander of the Gemini GT-5 making him the first person to make a second orbital flight. During his two flights he logged 225 hours, 15 minutes and three seconds and it all started here at complex 14. It is an honor to have him back here to mark this historic occasion."

The ceremony's guest of honor was retired Col. Cooper, who piloted the Faith 7 capsule on that memorable day in May. He orbited the earth 22 times and logged more time in space than all five previous Mercury astronauts combined.

"I am just looking around to find all those youngsters that used to work here," said Cooper. "It is always a pleasure to get back and visit with old friends that I used to work with and put so many hours with together. All of you deserve the glory because you made all the decisions, ensuring that everything worked right. I think about the launches and how complex they are now and how much we know about all these things. I think back to those days when we would launch a flight by (God's grace)."

"Col. Gordon Cooper was one of the early pioneers in the space world. Without the commit-



Retired Col. Gordon Cooper, astronaut of the last Mercury mission, Faith 7, accepts a memento Sunday commemorating the 40th anniversary of his flight. (Photo by Craig Bailey, Florida Today)

ments of men like him we wouldn't be where we're at today," said Lt. Col. Thomas Eye, Detachment 1, Mission Support Group commander, Cape Canaveral Air Force Station.

"It is great to see old acquaintances being renewed and memories shared by support personnel who made his flight a reality."

Dr. Lori Walters, Florida Space Coast History Project at UCF, is the director of a project designed to preserve this area's unique space heritage ensuring our space programs history. "The 45th SW is critical to our efforts. It provides access to the Cape for our research group and access to their archival holdings. This

assists us in preserving and interpreting their historical resources," said Dr. Walters.

A time capsule has been designed to capture memories and revelations by individuals who worked on the Mercury programs. The time capsule will be sealed at a ceremony at the Space Walk of Fame Museum in Titusville July 21, the anniversary date of the launch of another Mercury astronaut, Gus Grissom.

The capsule will be stored for 35 years at Special Collections at the University of Central Florida's Orlando Campus.

"I plan on being there when it is opened," said Walters.

Get new meter

Patrick AFB will be changing to the new Precision Xtra Advanced Diabetes Management System. This new meter is easier to use, requires less blood and uses state of the art technology.

To get started on the new meter a doctor must write a new meter prescription. Call the Health And Wellness Center at 494-2660 to sign up for one of the training sessions offered June 2-3.

Have the new meter prescription filled at the base pharmacy before your class and bring these supplies to the training session.

Learn something new

Call the Family Support Center at 494-5675 for these classes: ABCs of Resumes, Wednesday 8-11 a.m.; Can't Cook Won't Cook (Homemade Sausage Gravy), Wednesday 11:30 a.m. - 12:30 p.m.; Pre-separation Briefing, Thursday 9:30-11:30 a.m.; Genealogy Software Problems,

Thursday noon - 1 p.m.; Intro to Computers, Thursday 5-6 p.m.

Dental office closed

The 45th Dental Flight will be closed Tuesday due to renovations. If you have a dental emergency, contact a Primary Care manager at 494-8241 for assistance.

Call 494-6366 for more information.

Vendor Expo held

The 45th Contracting Squadron sponsors a Vendor Expo at the Imperial Hotel on I-95 and Wickham Rd. June 3. Contact 2nd Lt. Gary Lehmann at 494-0449 for details.

Join VBS

The Patrick Air Force Base Chapel holds Vacation Bible School at the South Patrick Chapel June 2-6, 9 a.m. - noon for children in pre-school through 6th grade. "Super Cool

Underwater Bible Adventures" is the theme. Bus transportation is provided for Central and North Housing.

For more information and to R.S.V.P (limited space available) call 494-4073.

Finance office closed

The 45th Comptroller Squadron Customer Service, Support and Liaison section operation hours will be closed 7-11 a.m. May 30 for an official function. Plan your visit accordingly.

For emergencies, contact the Command Post at 494-7001, or 2nd Lt. Andrew Gmytrasiewicz's beeper at 690-5933.

Legal office restored

Beginning June 2, legal assistance will be available for all eligible beneficiaries at the Patrick and Cape Canaveral Air Force Station locations. For more information, call the Legal Office at 494-7357.

Be prepared for hurricane season

June 1 – Nov. 30

Storm categories

▶ Category 1 – Winds of 74 to 95 miles an hour; 4- to 5-foot storm surge; barometric pressure of 28.94 or greater. Causes minimal damage except in very low lying areas.

▶ Category 2 – Winds of 96 to 110 mph; 6- to 8-foot storm surge; barometric pressure of 28.50 to 28.93. Can cause moderate damage.

▶ Category 3 – Winds of 111 to 130 mph; 9- to 12-foot storm surge; barometric pressure of 27.91 to 28.49; Can cause extensive damage.

▶ Category 4 – Winds of 131 to 155 mph; 13- to 18-foot storm surge; barometric pressure of 27.17 to 27.90. Can cause extreme damage.

▶ Category 5 – Winds greater than 155 mph; 18-foot or greater storm surge; barometric pressure up to 27.17; Can cause catastrophic damage.

Watch vs. Warning

A hurricane watch is an announcement of specific coastal areas that a hurricane or an incipient hurricane condition poses a possible threat, generally within 36 hours.

A hurricane warning is a warning that sustained winds (74 mph or higher) associated with a hurricane are expected in a specified coastal area in 24 hours or less. A hurricane warning can remain in effect when dangerously high water or a combination of dangerously high water and exceptionally high waves continue, even though winds may be less than hurricane force.

Hurricane watch

- ▶ Fill up vehicles with gas.
- ▶ Get cash, including roll of quarters.
- ▶ Make sure your survival kit is full.
- ▶ Listen to NOAA weather radio or local TV and radio stations for updated information.
- ▶ Heed advice of local officials and evacuate if told to do so.
- ▶ Prepare your property for high winds.
- ▶ Make sure cell phones and other rechargeable appliances are charged.
- ▶ Turn refrigerator and freezer to coldest setting.
- ▶ Put valuables in a safe box.
- ▶ Turn off propane tanks.

Hurricane warning

- ▶ Listen to NOAA weather radio or portable battery-powered radio or TV.
- ▶ Close all interior doors. Secure and brace external doors.
- ▶ Put as many vehicles as possible in garage.
- ▶ Fill sinks and bathtubs for water supply.
- ▶ Cover pool pump filter and super-chlorinate pool.



This sailboat landed on a pier from winds and surf from Hurricane Marilyn Sept. 17, 1995, in St. Thomas. John and Bonnie Honer had been living in the boat and took shelter at a nearby hotel before the hurricane. (AP photo by Ricardo Figueroa)

- ▶ Put shutters (or plywood) on windows.
- ▶ Move things inside or tie down things outside that might fly away and cause damage.

If not advised to evacuate and the storm hits:

- ▶ Stay indoors on the first floor away from windows. A small interior room without windows is best.
- ▶ Have as many walls between you and the outside wind as possible.
- ▶ Be under something sturdy, such as a table to be protected from falling objects.
- ▶ Use flashlights; don't use open flames such as candles or kerosene lamps as sources of light.
- ▶ If power is lost, turn off major appliances to reduce surges and damage.
- ▶ Watch for flooding and be alert for tornadoes.

Pet evacuation

- ▶ If evacuating to a shelter, check with shelter to see if it accepts pets (most don't!).
- ▶ If evacuating to another location, bring your pet supplies:
 - ▶ Food, water, cage/carrier, veterinarian

records, pet medications, litter/litter box, collar, leash, muzzle, food/water bowls.

▶ In Brevard County, pet owners can contact the Brevard Humane Society at (321) 636-3343 to arrange for temporary care. Most kennels in the local area will also accept pets if military members are directed to evacuate the area but can't take pets to the shelter.

Evacuation places

Upon the direction of the wing commander, all 45th Space Wing personnel will be required to evacuate housing, billeting and transient quarters in hurricane conditions. Housing residents requiring transportation can ride the bus at the following locations:

- ▶ North Housing: Proceed to the intersection of Hopi and Riverside Trail (next to the playground).
- ▶ Central Housing: Report to the education Center (Bldg. 998).
- ▶ South Housing: Proceed to the Youth Center/South Chapel parking lot.
- ▶ Billeting/TLFs/Dorms/DEOMI students: Report to the parking lot opposite the billeting office (Bldg. 720, corner of Falcon and Atlas

Cont. on next page

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Avenue)

‣ Base residents who do not have an established evacuation location will be taken to Space Coast Middle School in Cocoa. SCMS does not allow pets at its shelter, so base residents with pets must make arrangements prior to evacuating to the designated shelter.

‣ Military personnel who don't live in housing have the option of evacuating to Space Coast Middle School or making other arrangements.

What to do before storm hits

‣ Protect all windows and garage door in your home. Use plywood, strapping tape or shutters.

‣ Trim all trees and shrubs around your home.

‣ Purchase enough food and water for 5-7 days for each member of your family.

‣ Keep your car fully fueled.

‣ Gather important papers and put them in a waterproof container. Include insurance paperwork and any photos you have of your valuables. This will help later on should you need to file an insurance claim.

‣ Before you leave your home, disconnect power from all appliances, except your refrigerator. Put refrigerator/freezer on coldest setting.

‣ Bring in all outdoor furniture, toys and garden tools and anchor anything that cannot be brought indoors.

‣ Strengthen garage doors. Many houses are destroyed by hurricane winds that enter through damaged garage doors, lifting roofs and destroying homes.

‣ Clear loose and clogged rain gutters and downspouts to prevent misdirected flooding.

‣ Lock your house when you evacuate.

What to take

‣ Sleeping bag/pillows/blankets
 ‣ Change of clothing
 ‣ Canned food/baby food — don't forget a good can opener!

‣ Battery operated radio
 ‣ Prescription medications
 ‣ Cash/travelers checks
 ‣ Personal hygiene items

‣ Insurance policies, valuable papers, deeds, medical records, photographs (keep them in a waterproof container)

What to keep in a home emergency kit

‣ Flashlight and extra batteries
 ‣ Portable, battery-operated radio and extra



A construction worker looks over the devastation left by a hurricane. (Photo courtesy of Federal Emergency Management Agency)

batteries

- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes and rain gear
- Plastic tarps and sheeting, plus nails and hand tools.
- Cleaning supplies such as a mop, bucket, cleansers and towels.
- Mosquito repellent
- Wood matches and charcoal, or a camping grill with butane or other fuel canisters to heat up or cook food until power is restored.
- Tape
- Foil and waterproof containers
- Nonperishable food for pets
- Plastic trash bags
- Bottled water for family and pets
- Spare contact lenses and eyeglasses
- Items to occupy time, especially if you have children. Items can be games, books, crayons, paper and toys.

Emergency numbers

- National Weather Service: (813) 645-2323
- State Hurricane Hotline: (800) 342-3557
- American Red Cross/Brevard: (321) 723-7141
- Brevard County Sheriff's Office: (321) 264-5100
- Florida Highway Patrol: (321) 690-3902

Emergency Management Office: (800) 621-3362
 45th SW Command Post: (321) 494-7001



A sailboat lies in a street of Charleston on Sept. 22, 1989, after it was washed ashore by Hurricane Hugo. (AP photo by Lou Krasky)

Fitness Center fixture garners scholarship

By Staff Sgt. Joel Langton

45TH SW PUBLIC AFFAIRS

The Patrick Fitness Center is losing its resident gym rat.

"I'm definitely a gym rat," said Danielle Quinn. Quinn is a 21-year-old self-confessed fitness junkie who's been working out at the gym since her junior year in high school. A year ago, she started working at the gym full-time. However, her time at Patrick will be limited when she starts school at Florida Institute of Technology.

F.I.T. is a local college that plays Division II women's basketball and has given the Space Coast standout a full scholarship. It's been a long road back to the Space Coast, after she left Cocoa Beach High School three years ago with a bright future.

"She's one of the best female players to come out of the Space Coast," said Barbara Caywood, Florida Today high school editor for the past 19 years. "She's very athletic, drives to the basket, can rebound and is an excellent shooter and ball handler, plus she's just a great all-round player."

It's not been an easy road for the multi-talented Space Coast star. She graduated from Cocoa Beach High School with a shelf full of honors, First-Team All-Space Coast and state's leading scorer were just a few of the trophies sitting on her shelf. She also led her team to the state semifinals twice and had a 64-5 record in her junior

and senior seasons.

Georgia Southern gave her a scholarship and she took her game across the state line. Since then, she's bounced around like a lotto ball. She played a year at Georgia Southern and then decided she needed to move closer to home so she could focus more on her studies.

"I didn't really have a firm Plan B," Quinn said. Daytona Beach Community College offered her a chance to play for them, but once she got there, some of her hours couldn't transfer so she put them in her rearview mirror.

Then, she was keeping score at a local Amateur Athletic Union tournament when the Brevard Community College coach saw her there and asked what she was doing.

The coach got her into BCC and she played there in the 2001-2002 season. Once again, her shelf of awards expanded as she nabbed top scoring honors in Florida again as well as All-State and All-American honors.

She took a year off from basketball to make sure her grades were where she needed them and that she was ready for her next step in academia, and maybe basketball. During the past year, she's worked full-time while going to school full-time, raising her grade-point average where it's now fluctuating between 3.4 and 3.5.

But she hasn't forgotten about basket-

See B'ball Star, next page



Danielle Quinn has been working out at the Patrick Fitness Center since her Junior year in high school and worked there for the past year is leaving now to take her game to Florida Institute of Technology. (Photo by Staff Sgt. Joel Langton)

B'ball Star, from Page 12

ball. Although she wasn't wearing anyone's uniform the past 12 months, she spent plenty of time on the hard courts, even here at Patrick. She can tell you when every gym in a 150-mile radius is open.

For example, when watching a group of teenagers go up and down the Patrick Fitness Center's court she tells you that the University of Central Florida gym is open from 8 a.m. to 6 p.m. on weekends.

If you want to stay close to home, you can play against guys at the Eau Gallie Civic Center, or against females at Merritt Island High School. It really doesn't make her that much difference, she'll play

against guys just as quick as females.

Now, after hitting the books, her future is brighter than ever and although basketball is important, she's as excited about the educational opportunity as the court time.

The F.I.T. offer came in with a number of others but F.I.T. fit best with her hopes, she said.

"They're offering me a \$72,000 education and it's hard to beat that," she said. "And I want to stay close to home." She's

going to major in forensic psychology.

"I feel like I have more doors open to me now than ever before," she said.

She said one of the reasons she's got so many doors open to her is because of the Fitness Center staff.

"The staff here really supported me," she said. "Luis Saez the director and Naomi Parish his assistant always knew that my books came first."

She's asked if Naomi was like a mom to her, ensuring that her homework was done. "No, more like a drill sergeant, making sure that I got it done," she joked.

"I just know that I'm blessed to have the support of the people here, or I wouldn't be where I am now. I'm happy and blessed."

Cape hosts tourney

By Staff Sgt. Joel Langton
45TH SW PUBLIC AFFAIRS

The Trojans beat the A-team 15-13 to rise to the top of the basketball heap at Cape Canaveral AFS, as they won the 3-on-3 basketball challenge that was part of May Fitness Month.

The Trojans consisted of John Ticken, Kerry Hammers, Mike Jackson and John Baker.

"We all work together or play basketball together during lunch," said Baker. "This is the second time that we've won the challenge."

Eight teams battled it out in a single-elimination tournament for top Cape honors, said Rafael Sanchez, Cape Fitness Center manager. "Next time it's going to be double-elimination."

"It was a great tournament, well-supported and it was a lot of fun," Sanchez added. "The people from Services really supported us and helped make this happen. The event was part of May's Fitness month."



Rozalyn Russ and Richard Owens battle for a loose ball during the 3-on-3 tournament held at the Cape Fitness Center as part of the May Fitness Month. (Photo by Mary Bell)



Pool opens for summer

Pool season opens Memorial Day with a free Pool Party May 26 from noon - 3 p.m. at the Outdoor Recreation Family Pool, located next to the NCO Club on State Road A1A. There will be games, prizes, and music.

The club also holds a Memorial Day Barbecue is 1-5 pm on the deck. Join the club for music, food, drink specials and games such as Hoola Hoop and a variety of contests with prizes.

Enjoy a barbecue chicken or rib platter, baked beans and potato salad for \$4.50. A hot dog with potato chips will be available for \$2. Admission is free.

ATWIND is coming

Around the World in Ninety Days is coming back this summer with a virtual computer adventure, chances to win cash, prizes and vacations. ATWIND is June 1 - Aug. 31. More details on the program will be announced soon.

Bid on bus

The 45th Services Squadron has a Ford 24-passenger bus up for sealed bids starting at \$7,500.

Known items requiring repair are the charging system, rust doorframes and a broken inside rear-view mirror. No express/implied warranties are made regarding vehicle conditions.

Money order, credit card, or cash is accepted (no personal checks, please).

Send name, address, phone and amount to 45 SVS/SVFL, Attn: VCO, Bldg 425, Room 2-690, 1225 Jupiter Street, Patrick AFB FL 32925.

Contact Ron Charbonneau at 494-7204 for more information. Owner reserves right to non-award when bids are completed.

Free child care available

Active-duty service members returning from Operation Enduring Freedom and Operation Iraqi Freedom are eligible to use 16 hours of free care for each child through the Family Child Care Office.

This program is not affiliated with the Child Development Center. For more information, call Tina Washington at 494-8381.

Learn to swim

Swimming lessons begin at the Outdoor Recreation Family Pool in June. Limited spaces are still available for the classes; however, classes fill up very quickly.

Morning and evening classes are available. The cost is \$25 for eight sessions, Tuesday through Friday, for two weeks. Walk-in registration Tuesday through Friday from 8 a.m. - 2 p.m. is suggested.

Call Terry Hamric at 494-9692 or Sue Kerr at 494-9625 for information.

Keep photos safe

Learn ways to keep photos looking their best

through Creative Memories classes.

Sign up for June 10, 11, 24 or 25 from 6-8:30 p.m. Cost for each class session is \$10.

Materials will be provided for your initial class.

Class size is limited to six students.

Learn to bowl

Bowling classes are Tuesdays from 1-3 p.m. and 5-7 p.m. at Patrick Lanes Bowling Center. Cost is \$5. Call to register.

Register for Camp Xtreme

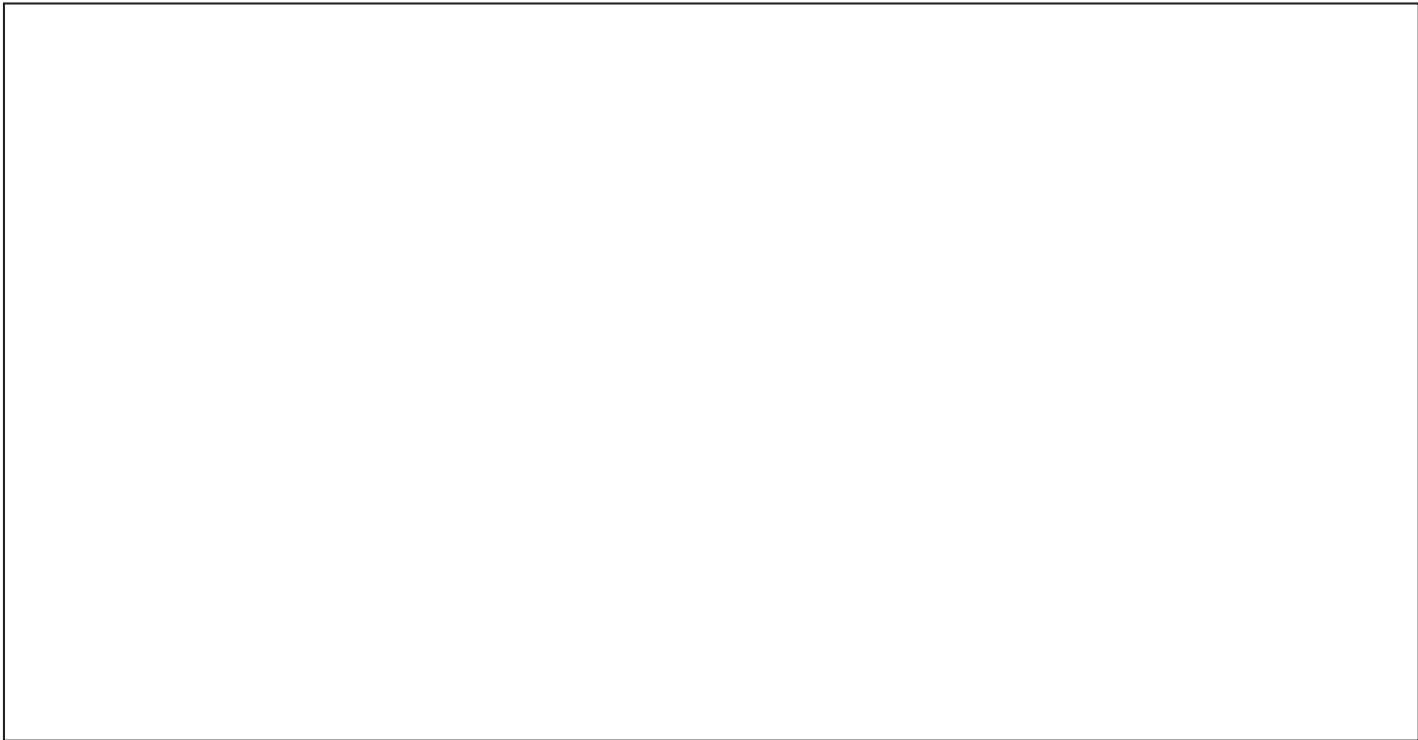
Parents may register their youth for Patrick Youth Center's Camp Xtreme, a summer camp for children who have completed grades 6, 7 or 8. Breakfast, lunch and an afternoon snack are served daily.

Twenty-four slots are available each week on a first-come, first-served basis. Register for as many weeks as desired. Payment for the first week is required at registration.

Family members of active-duty or retired military, DoD or NAF employees and DoD contractors are eligible. Participants must be a youth center member or purchase a membership when registering.

Activities include sports, bowling, fitness, swimming, skating, golf, photography, art, music, community service, career exploration, computers, health and safety, special events and life skills development.

For more information, call Lynne Phillips at 494-4748.



Special Events

Monday, 10 a.m. - 5 p.m. Memorial Day at Brevard Zoo at 8225 N. Wickham Road in Melbourne. Free admission to active-duty and retired military members with ID. Call 254-9453.

June 5, 10 a.m. - noon. Gardening program at Mims/Scottsmeer Library a Horticultural Agent will offer a class entitled "Earth Friendly Pest Control." Class is free. Call 264-5080.

June 15, 10 a.m. - 5 p.m. Father's Day at Brevard Zoo at 8225 N. Wickham Road in Melbourne. Free admission for fathers when accompanied by their children (any age). Call 254-9453.

Festivals

Saturday - Sunday, 12-8 p.m. Miss Latina Festival and Pageant at Wickham Park Pavilion



in Melbourne. Features cultural events, music, Spanish food for sale. \$8 in advance for both days; \$5 per day at the entrance. Call 253-0363.

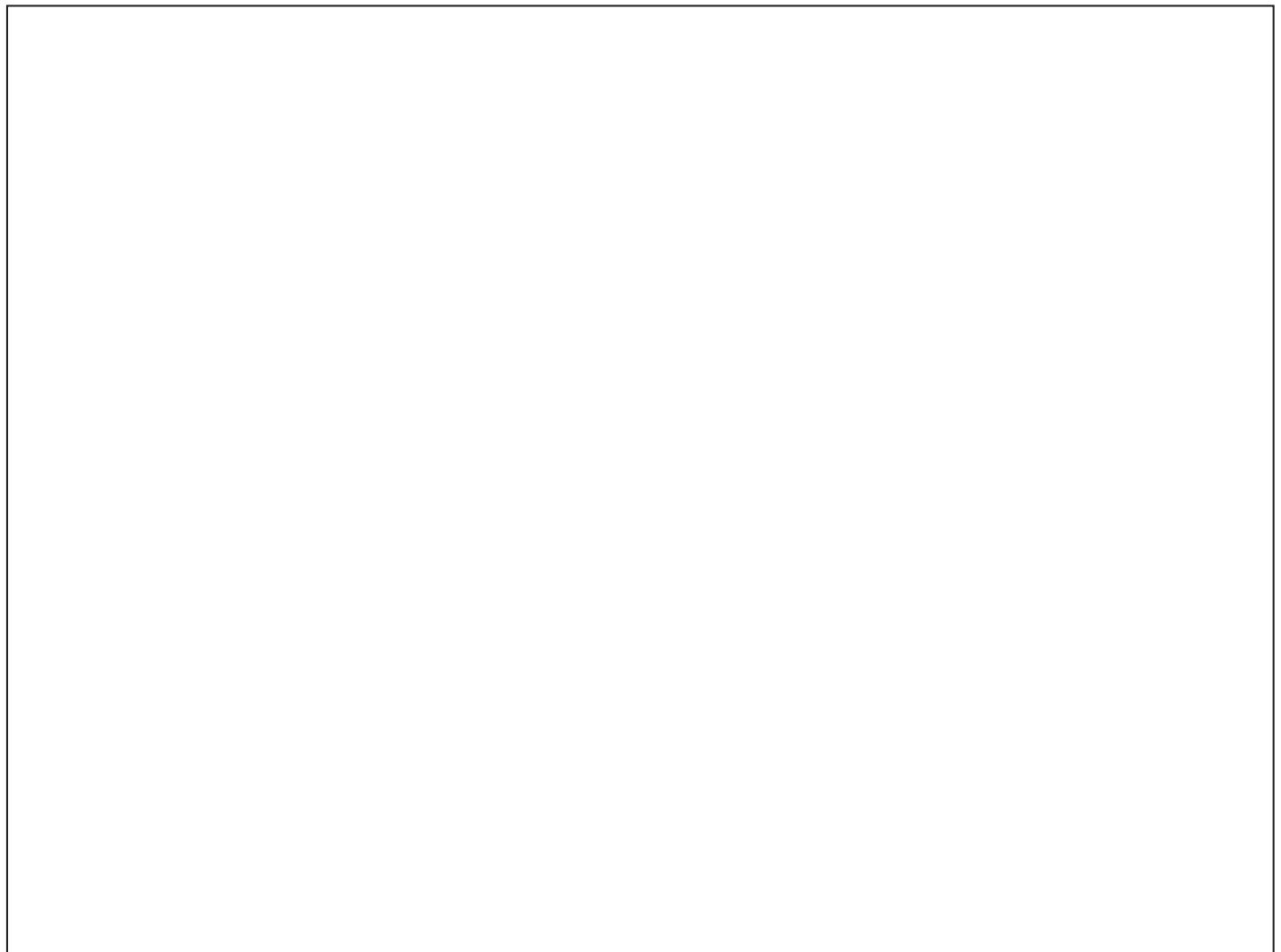
Saturday - Monday, all day. Beach Fest 2003 at Cocoa Beach Pier. An annual music festival premiering the best in local and national

bands. The festival features free concerts and military beach competitions

Sunday, 1-6 p.m. "The Art of Harleys" festival of bikes located on Wickham Park (off Parkway Drive) in Melbourne. Event includes bands and big fun. Call 690-6817.

June 6, 6 a.m. - 10 p.m. "Titusville Nights" Street Party at Downtown Titusville. Shops are open, bands are playing, entertainment, street vendors. Just a really good time! Free admission. Call 267-3036.

July 4, 7:45-9:15 p.m. Titusville Florida's Fourth of July Celebration at Sand Point Park. Patriotic concert and grand fireworks display. Free admission.





Friday Phone Booth

A ringing public phone demands to be answered, but when Stu Shepard takes the call, he finds himself hurtled into a tortuous game. Hang up, says the caller, and you're a dead man.

Stars Colin Farrell and Forest Whitaker. (R for pervasive language and some violence)

Saturday Free admission 2 p.m. matinee - *The Italian Job* Mastermind thief Charlie Croker pulls off an amazing gold bullion heist from a heavily guarded palazzo in Venice, Italy, only to be double-crossed by one of his crew. The crew tries to steal the gold back in downtown Los Angeles. Stars Mark Wahlberg, Edward Norton, Charlize Thero. (PG-13 for violence and some language). Free tickets may be picked up at the B.X., Customer

Service Area, MCSS or Burger King.

Saturday *The Italian Job*. Free admission 7:30 p.m. (See above synopsis)

Sunday *Basic* The last thing the government wants is a rogue Drug Enforcement Agency agent investigating the disappearance of four soldiers on a mission. As the investigation unfolds, the rogue agent is placed in direct conflict with the Army's official investigating officer and nothing is, as it seems. Stars John Travolta and Samuel L. Jackson. (R for violence and language)

Thursday *Head of State* When a presidential candidate dies unexpectedly, and Washington, D.C. alderman, Mays Gilliam a complete unknown is thrust into the international spotlight of presidential politics. Stars Chris Rock and Bernie Mac. (PG-13 for language, some sexuality and drug references)



Catholic — Daily Mass 11:30 a.m. in the Seaside Chapel.

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

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

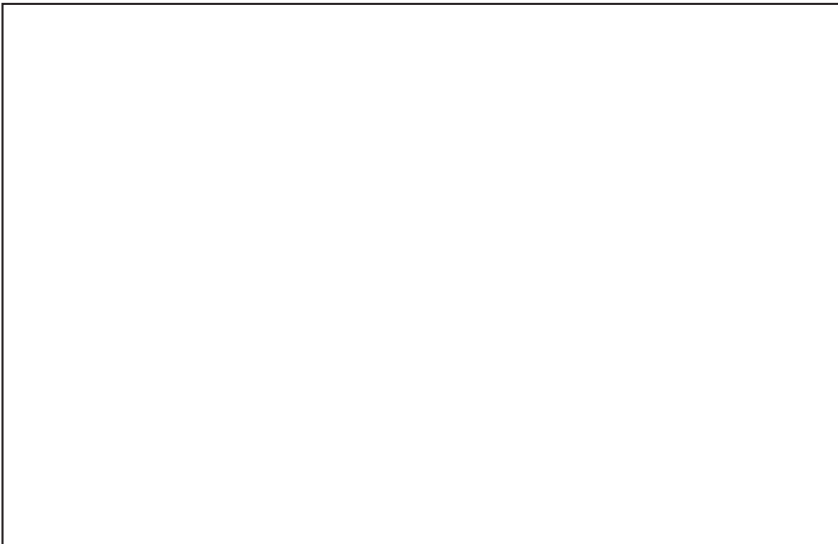
Protestant — Sunday: 8:30 a.m. traditional worship in the Seaside Chapel. At 9:45 a.m. Adult Sunday School in Seaside Chapel. Grades K-12 at South Patrick Chapel. At 11 a.m. Inspirational Service in the South Patrick Chapel. On Wednesday: 5:30 p.m. fellowship dinner in the South Patrick Chapel.

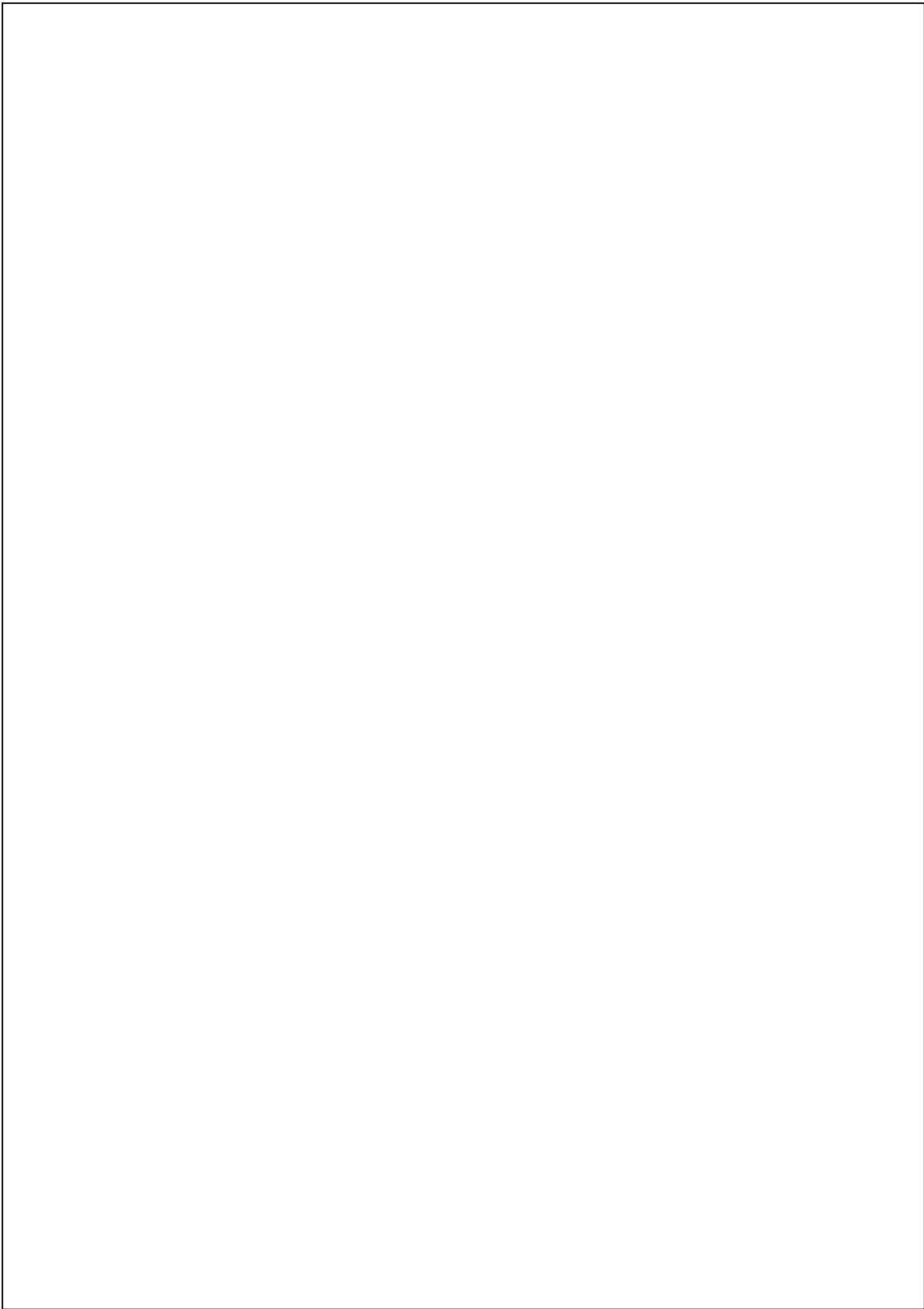


Riverside Dining Facility Menu

Saturday brunch - Creole shrimp, doubly-good chicken, #savory baked chicken, meatballs
Saturday supper - #Baked fish, barbecue chicken, goulash
Sunday brunch - spareribs, grill mustard chicken, oven-fried fish
Sunday supper - Steak, stir-fry beef with broccoli, turkey nuggets
Monday lunch - #Baked fish, fried chicken, barbecue pork ribs
Monday dinner - Cannelloni beef, #chili mac, fried chicken
Tuesday lunch - Salmon cakes, #teriyaki chicken

and veal parmesan
Tuesday dinner - #Country captain chicken, meat loaf, turkey a la king
Wednesday lunch - Lasagna, spaghetti with meatballs, chicken, Italian sausage, pasta primavera
Wednesday dinner - Ribs, #lemon-herb chicken, stuffed pork chops
Thursday lunch - Baked chicken, fried catfish, stuffed cabbage rolls
Thursday dinner - #roast loin of pork
May 30 lunch - Mexican-baked chicken, stuffed green peppers, Swiss steak with tomato sauce





**AAFES Memorial Day
holiday hours**

Main Store,
10 a.m. - 6 p.m.

Mall Concessions,
10 a.m. - 5 p.m.

Taco Bell,
11 a.m. - 5 p.m.

Wetzel Pretzel,
9:30 a.m. - 5 p.m.

Burger King,
10 a.m. - 5 p.m.

Class Six,
7 a.m. - 10 p.m.

MCSS/Mini Mall
Shoppette,
10 a.m. - 3 p.m.

The following listed facilities will be closed:

- Administration Office
- Mini Mall Food Court
- Mini Mall Concessions
- Service Station
- Cape Food Court
- Cape Shoppette
- Cape Barber Shop
- Main Store Anthony's
- Main Store Robin Hood
- Main Store Optometry
Clinic
- Main Store Optical Shop

