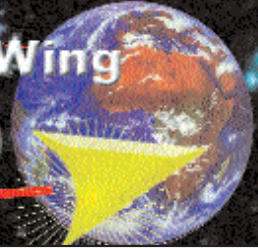


MISSILEER



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Stop diabetes



Education essential in prevention of growing epidemic
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Ascension Island is home to small outpost on the Eastern Range
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Photo by Jim Laviska

Col. Steve Bible, 45th Contracting Squadron commander, hands out a Mother's Against Drunk Driving "Tie-One-On-For Safety" ribbon. He joined with other 45th Space Wing commanders in the campaign to remind

base personnel to drive sober this holiday season and throughout the year. Wing leaders also reminded personnel to buckle their seat belts when driving. See story on Page 5.

Travelers may donate airline miles

By K.L. Vantran
AMERICAN FORCES PRESS SERVICE

WASHINGTON - Operation Hero Miles allows travelers to donate frequent-flier miles to help servicemembers on leave from Iraq reach their destinations.

Servicemembers participating in the two-week "rest and recuperation" leave program are flown free to airports at Rhein-Main Air Base, Germany; Atlanta; Baltimore; and Dallas, but

must pay for connecting flights from and back to those ports.

Launched by Maryland Congressman C.A. "Dutch" Ruppersberger, whose district includes Baltimore/Washington International Airport, the Hero Miles Web site lists participating airlines. It also provides information on how to donate frequent-flier miles and how servicemembers can receive complimentary tickets. The Web site can be found by logging on to

<http://www.heromiles.org>.

"I am getting a phenomenal response to Operation Hero Miles," Mr. Ruppersberger said. "So many Americans want to donate their frequent-flier miles to help our men and women in uniform in Iraq so (servicemembers) can spend quality time with their family and friends here at home."

According to the operations Web site, more than 60 million miles have been donated so far.

START ... Get it!



By Brig. Gen. Greg Pavlovich
45TH SW COMMANDER

The past several weeks in America's war on terror have been particularly trying. We continually hear tragic news about brave young Americans dying in Iraq while striving to keep the peace and stabilize the region. I cannot imagine the grief and anguish their bereaved families must be feeling. And although tomorrow is Thanksgiving Day, it is not hard to understand why some of them might feel they have no reason to be thankful.

But I really believe they do. While their loss is overwhelming and they should certainly continue to mourn the loss of their loved ones, they can take pride and consolation in the fact that they made the ultimate sacrifice for a just cause in the name of freedom. They can be thankful that they raised a son or daughter of principle and courage. They can be thankful that in their lost husband or wife they shared with the world a person with solid values, great strength, integrity and character. They can be thankful for the cherished memories of someone they loved who departed this life all too soon, but yet a hero and one of America's finest.

A man or woman can give no greater gift than his or her own life. We should all be thankful for and grateful to those who gave us that gift by perishing while fighting for us, our children and our way of life – as well as the good people of Iraq and against the scourge of terrorism. Their selfless service and sacrifice will never be forgotten. The things they lived and died for are certainly worth being thankful for – always!

All the conflict going on the world today brings to mind the words written by political writer Thomas Paine during the Revolutionary War period: "These are the times that try men's souls."

Indeed, these are trying times, but the war on terror must continue. As Secretary of Defense Donald Rumsfeld said at

Lackland AFB, Texas, on Aug. 25, the U.S. only has two options in its war on terror: Fight the terrorists where they live today or fight them in America tomorrow. That is why we cannot simply leave Iraq in the face of these guerilla tactics. This statement released recently by the White House summarizes the situation nicely: "The terrorists seek to kill coalition forces and innocent Iraqis because they want us to run, but our will and resolve are unshakable." America cannot and will not fold or tuck tail and run in the face of adversity. We have to stay the course, no matter how rough it gets.

If history has taught us anything, it is that Americans will bear any hardship, overcome any obstacle and conquer any foe in our pursuit of justice – for ourselves, our children, our countrymen and for those in foreign lands whose faces we have never seen or names we have never called.

We clearly won the initial phases of the war against Saddam Hussein's forces in Iraq very decisively. Keep the faith. It will not be easy and it most likely will not happen quickly, but we will secure the peace in Iraq as well because this is one of the major fronts on our ongoing war against terror. This is a battle between freedom and fear, and freedom must prevail. We can never forget what happened on Sept. 11. The memory of that infamous day should keep us focused and dedicated.

Thomas Paine also said, "... tyranny, like hell, is not easily conquered; yet, we have this consolation with us, that the harder the conflict, the more glorious the triumph ..."

Those sentiments resonate today and will especially ring true tomorrow. For those of us in the profession of arms, Thanksgiving Day is an opportunity to express our thanks for the legions of military men and women who have protected our nation's liberties and freedom throughout the years. It is a day to give thanks for the men and women in uniform who are standing watch on foreign soil, bringing food and medical supplies to people in distress, serving as peacekeepers in strife-filled areas or fighting our war on terrorism. Our ultimate victory over terrorism will indeed be a glorious triumph and will in itself be a day to give thanks.

For those of us here at Patrick and the Cape, deployments for both AEF rotations and War on Terror requirements will continue into the foreseeable future. Many of you



Photo by Jim Laviska

45th Space Wing senior leaders and Officers' Club members gather for a ribbon-cutting ceremony to open the newly-renovated Blockhouse Lounge. A crud tournament immediately followed the opening Nov. 21.

in the 45th Space Wing and our mission partners have already been deployed, some multiple times. I know the sacrifices for you and your families are many, but I cannot think of more noble undertakings than serving our nation and fighting for freedom and justice for people all over the world. My wife Deb and I routinely give thanks for you and everything you do for America.

Before I close, a hearty salute to Maj. Ken Bibee and Tech. Sgt. Scott Tzzen who run our operations downrange at Antigua Air Station. Thanks to their leadership and vision, Antigua won Space Command's Maj. Gen. Tim C. Padden Award in the small installation category. This award recognizes facilities excellence. I'm not sure how they celebrate Thanksgiving in Antigua, but Ken and Scott deserve an extra helping of turkey and dressing for their tremendous efforts. Well done!

I'll see some of you at the Riverside Dining Facility tomorrow. A reminder that only active duty and their families will be served between 11 a.m. and 1 p.m. Deb and I wish everyone a happy Thanksgiving. Make sure you let your family and friends know that you are thankful for them. Tell a veteran that you are thankful for his or her service.

Please keep safety a top priority whether you are traveling or staying in the local area. Have a great holiday and try not to eat too much turkey! God bless.



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Antigua AS awarded for facilities excellence

45th Space Wing detachment lauded after upgrading Air Force Eastern Range location

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

One of the 45th Space Wing's detachments along the Air Force Eastern Range was recently awarded the Maj. Gen. Tim C. Padden award for the Facilities Excellence Recognition Program for 2003 in the small installation category.

The Air Force Space Command award was given to Antigua Air Station for superior achievement in turning the entire facility into a state-of-the-art complex, beating out three other small installations in the command.

"The location, people and their dedication to the mission are what makes Antigua a great place to work and live," said Maj. Kenneth Bibee, Detachment 1, Antigua AS commander.

Antigua AS, along with its sister unit, Detachment 2 at Ascension Auxiliary Air Field, provide tracking and telemetry

data to the 45th SW during space launches. Antigua is also responsible for providing command destruct capability for mission safety.

Two airmen and a large number of contractors, mainly from Computer Sciences Raytheon, operate the station.

"Our relationship with contractors is great here," said Maj. Bibee. "Our mission goals are the same."

According to Charlie Clinchard, 45th Civil Engineer Squadron range support chief, the real challenge was replacing old and outdated facilities with new ones.

"There has been an enormous amount of construction to rebuild and renovate the facilities, including landscaping to bring a vast majority of the buildings where they need to be," said Mr. Clinchard.

"Congratulations to the men and women of the 45th SW and Antigua AS," said Gen. Lance Lord, AFSPC commander. "This outstanding achievement also confirms what we already knew - the 45th SW's professionalism and dedication to the mission are second to none."

Special duty team visit Dec. 2

- Senior leader in-brief from 7:30-7:45 a.m.
- Senior leadership briefing from 8:30-9:30 a.m.
- Military Training Instructor/Recruiter briefing from 10 a.m. - noon.

New medal awarded for support to Kosovo

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

The Air Force Personnel Center at Randolph Air Force Base, Texas, recently approved the Air and Space Campaign Medal to recognize individuals who were not eligible for the Kosovo Campaign Medal or other Operation Allied Force campaign medals.



ASCM

The ASCM was specifically created to award individuals who supported operations in Kosovo from home station or outside the geographic area of combat.

An airman must have supported operations including Allied Force, Joint Guardian, Allied Harbour, Sustain Hope/Shining Hope, Noble Anvil and Kosovo Task Forces Hawk, Saber, Falcon and Hunter and those who supported operations for 30 consecutive to 60 nonconsecutive days.

If eligible for the ASCM, airmen should report to the 45th Military Personnel Flight. Members must provide documentation showing the number of days supporting operations, decoration citations, award citations, letters of appreciation, certificates of appreciation or a copy of temporary duty orders.

For more information, contact the 45th MPF's military personnel customer service section at 494-6144.



Commander Q&A:

Lt. Col. Kyle "Booee" Kuhn
45th Comptroller Squadron

Q: What is the mission of the 45th Comptroller Squadron?

A: Providing world-class financial management, budgetary analysis and customer service to 45th Space Wing personnel in support of launch and Eastern Range operations.

Q: How does the squadron impact people on a daily basis?

A: The most visible influence comptroller personnel have on the wing is ensuring our total work force receive timely and proper payment of military pay and travel entitlements. Other functions equally as important include budget formulation and execution, cost and economic analysis and oversight of non-appropriated funds operations. It's almost impossible to find an activity on PAFB or CCAFS that doesn't require operating funds to accomplish its respective mission.

Q: How does the MyPay Web site help service-members stay on top of pay issues?

A: MyPay is a reliable Web site that allows personnel to receive pay statements, tax forms and update various pay related items at their convenience. MyPay allows access to pay information from virtually anywhere, given our members have access to a computer with internet capability. Examples of products available to members include Leave and Earnings Statements (LES), Net Pay Advice (NPA), and Treasury Department (TD) W-2s.

Q: What is the biggest issue your squadron faces day to day?

A: Establishing and maintaining the highest level of customer service standards for our total force. We're constantly looking towards process improvements that allow us to achieve and sustain a world-class customer experience that isn't impacted while supporting AEF rotations. We're taking steps to assign appropriate levels of manning against critical functions to hopefully minimize disruptions of customer service in the future

Three win top MAC award

Military Affairs Council from Cocoa Beach Chamber of Commerce honors wing, AFTAC airmen for city service

By Ida Barry
45TH SW PUBLIC AFFAIRS

The Military Affairs Council, part of the Cocoa Beach Area Chamber of Commerce, honored three servicemembers from Patrick Air Force Base and Cape Canaveral Air Force Station at a luncheon last week for devoting their time and talents to their communities.

The Community Service Award winners were Tech. Sgt. Jack Caldwell, 45th Space Communications Squadron computer manager; 2nd Lt. John Distelhorst, Air Force Technical Applications Center acquisition support manager; and Master Sgt. James Sheldon, 3rd Space Launch Squadron NCOIC.

The annual award program honors service personnel who have excelled in civic and community service unrelated to professional perfor-

mance," said Leslie Ritter, chair of military affairs and council. "This year we honored 22 service members from the Coast Guard, Air Force and the Navy with plaques. Three of the 22 nominees were presented with a plaque plus a \$500 savings bond."

"There is such a wide spectrum of ways military members give of their valuable time - from 'Meals On Wheels', volunteer firefighters to church activities," said Ms. Ritter. "It's always tough to pick the top three winners."

"It's a great honor to receive this award," said Tech. Sgt. Caldwell. "It's very humbling. It makes me feel blessed for all the good things I have been given in order to help others."

To name of few of Tech. Sgt. Caldwell's volunteer activities, he cared for the abused, neglected and abandoned children at the Lakeland Children's Home, solicited Christmas gift bags for underprivileged children, spent countless hours each week at four local hospitals visiting patients battling illness and visited the elderly at local nursing facilities. Tech. Sgt. Caldwell is also a deacon in his church where he oversees programs dedicated to the spiritual, physical and emotional needs of the congregation.

Second Lt. Distelhorst was honored for his selfless volunteer time toward fostering goodwill locally, nationally and internationally. He spent

many days in Entebbe, Uganda, performing services on an international humanitarian team working with doctors assessing the needs of Acquired Immune Deficiency Syndrome patients and other diseases, assisted his church preparing the supply of kits needed to treat newborns in developing countries, applied medical skills to elderly and indigent patients at a family practice clinic and mentored a Brevard County Boy Scout troop.

"He is a role model who's determined to make a difference," said Maj. Scott Sears, AFTAC squadron section commander. "He is never too busy to help others."

Master Sgt. Sheldon was lauded for dedicating tireless hours mentoring children and giving them the tools needed to excel in all aspects of life, working with area homebound elderly, devoting time to 'Meals on Wheels' and organizing events for the 45 SW Top 3 charities.

"He is an extraordinary person whose heart is truly for service," said Lt. Col. James Comfort, 3rd Space Launch Squadron commander. "He gives time to his church, community and his country."

The Military Affairs Council sends unit commanders a nomination packet asking them to nominate individuals for the Community Service Awards Program. For more information about the program, call Ms. Debra Reberry at 392-1628.

Stay safe this holiday season

By Airman 1st Class Shaun Emery

45TH SW PUBLIC AFFAIRS

With the holiday season quickly approaching, many members of the 45th Space Wing will be hitting the road to visit loved ones, while others may be spending their first holiday alone and away from their family. Being safe this holiday season means not only taking care of yourself by following good safety practices, but also watching out to ensure the safety of others.

Bill James, 45th SW Ground Safety occupational safety supervisor, explained that the first step to safety this holiday starts in the office.

"Everyone who has signed up to go on leave needs to have a supervisor pre-departure safety briefing," he said.

According to Mr. James, the holiday season is second only to the summer for vehicle fatalities. With so many people traveling, the roads get crowded and a person's exposure and risk go up significantly.

Being prepared for travel could save a person down the road.

"It's smart to check that your vehicle's safety features are working properly before you head down the road," Mr. James said.

Using the provided safety equipment could mean the difference between being injured in an accident and walking away unharmed.

"Seat belts reduce the chance of being injured by 55-60 percent," he said. "Add in airbags and that adds another 10 percent. Airbags alone are not adequate."

For members of the military, there isn't a choice whether to wear your seat belt or not.

"It's mandatory for all military, on or off base, to wear their safety belt," Mr. James said.

He recommends purchasing a booster seat for children whose seatbelt is uncomfortable or doesn't fit well. "In an accident a seatbelt that doesn't fit correctly could do more harm than good."

Unfortunately, even those who are extremely safe should be aware that they aren't the only ones on the road.

"During the holiday season there will be additional consumption of alcohol," said Mr. James. "People should avoid traveling between the hours of 10 p.m. and 2 a.m. when there is a greater chance of someone intoxicated being on the road. Daylight hours are safer, but that's not a guarantee."

This holiday season the 45th SW Ground Safety office is partnering with the national Mothers Against Drunk Driving "Tie One On" campaign.

"We want everyone to make a commitment to wear seatbelts and not to drink and drive. We'd like to see everyone on base with a ribbon tied to their vehicle."

Diabetes affects more than 18 million Americans

By Noreen Williams
45TH MEDICAL GROUP

November is National Diabetes Education Month and what better way to promote education than with some sobering statistics and predictions.

On Nov. 13, Secretary of Health and Human Services Tommy Thompson announced that there are now 18.2 million Americans with diabetes. Of these, only 13 million are aware that they have diabetes.

A few months earlier, the Center for Disease Control predicted that one out of three children born in the United States after the year 2000 will develop diabetes. The 16 million Americans with "prediabetes" is expected to take a 20 percent jump now that a fasting blood glucose over 100 (down from 110) is the new cut off point for diagnosis. Prediabetes is when fasting glucose levels go over 100 (but stay under 126). Diabetes can be diagnosed when the blood glucose hits 126 or above on two occasions. Both diabetes and prediabetes contribute to an increased risk of cardiovascular disease and if

ignored, prediabetes usually leads to diabetes.

About 95 percent of people with diabetes have type 2. Insulin, which normally works like a key to unlock cells so glucose can enter, does not work properly (insulin resistance). When this happens, the body compensates and produces large amounts of insulin (hyperinsulinemia) to try to maintain normal blood glucose. Eventually, the pancreas cannot produce enough insulin to meet the high demand and the blood glucose begins to rise. It is as if the locks on the cells become rusty and the insulin keys no longer work. Weight loss and exercise are like WD40; they help the keys open the cells for the glucose to enter. Whether the goal is diabetes prevention or diabetes management, these two lifestyle modifications provide far reaching benefits.

Here are a few reasons why diabetes education is critical:

☛ In 2002, diabetes and its complications cost the United States \$132 billion. According to the American Diabetes Association, health care costs per year for a person without diabetes runs about \$3000. For a person with dia-

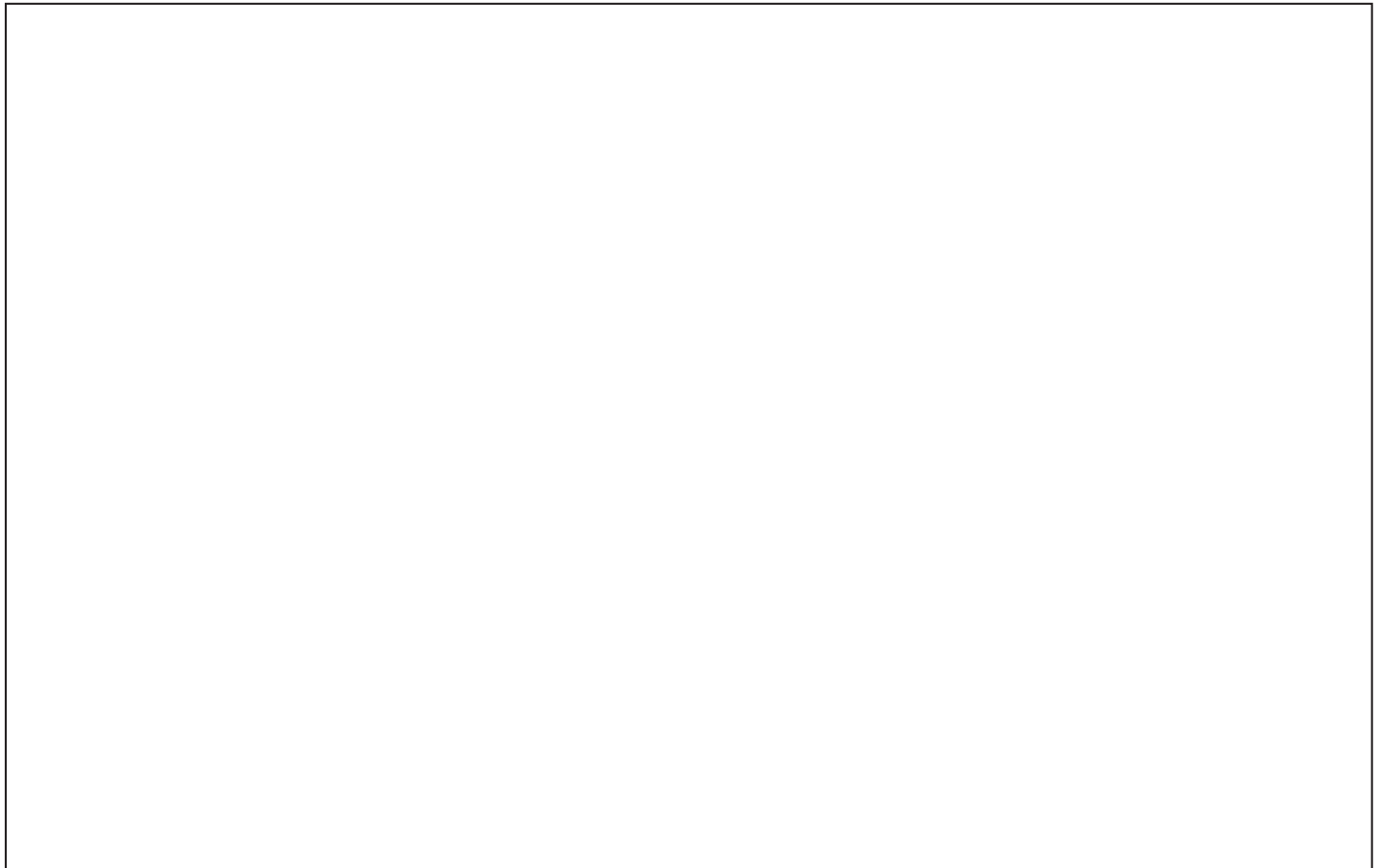
betes, this jumps to \$14,000 per year.

☛ Diabetes is a greater risk factor for heart disease than smoking, hypertension, or high cholesterol. In fact for someone with diabetes, the risk of having a heart attack is as great as the risk of someone who has already had a heart attack, having another one.

☛ Diabetes is the leading cause of blindness - 12,000 people each year, kidney failure - 27,900 people per year and amputations - 56,000 per year.

Know you're ABCs - Hemoglobin (A1c), blood pressure and cholesterol level. Have a dilated eye exam annually. Education is also paramount in the prevention and maintenance of diabetes. The HAWC offers several classes on a regular basis: Diabetes Prevention, Diabetes Survival, Comprehensive Diabetes Self Management Education and a Meter Training Healthy Heart Class. Since 1998, more than 1,000 people have taken diabetes education classes at the HAWC with an average drop in hemoglobin from 7.4 to 6.3.

For more information or to register, call 494-2660.



Hot line for harassment, discrimination available

RANDOLPH AIR FORCE BASE, Texas — The Air Force's hot line for reporting unlawful discrimination and sexual harassment remains open for business.

The quickest method to resolve complaints is by visiting the local base military equal opportunity or the equal employment office, Air Force Personnel Center officials said.

"But the hot line is here for anyone who thinks they need to call, whenever they need to call," said Greg Den Herder, the personnel center's executive director.

"We take the Air Force's 'zero-tolerance' policy for sexual harassment and discrimination very seriously," said Lt. Col. Lee Shick, chief of center's field activities.

The phone numbers are toll free (800) 616-3775, DSN 665-5000 or commercial (210) 565-5000. People overseas without easy access to overseas lines can e-mail contact.center@randolph.af.mil, visit www.afpc.randolph.af.mil to send Web mail or chat live with a customer service representative. Letters can also be sent to the MEO office at HQ AFPC/DPSFOS,

550 C Street West Post K, Randolph AFB, TX 78150.

Officials said they accept calls from active-duty airmen, their family members, retirees, civilian employees and cadets at Air Force commissioning sources.

Callers with a discrimination or sexual-harassment concern are forwarded to a qualified military equal opportunity counselor. The counselor explains the options to pursue a complaint. All complaints are channeled to the proper authority, officials said.

Cases can be referred for investigation — in most cases to the local commander and MEO or EEO office officials.

Counselors take calls Monday through Friday, 7:30 a.m. to 4:30 p.m. CST. After hours voice mail takes messages. Counselors return phone calls the following duty day, officials said. For emergencies, people should contact a supervisor, commander, command post or the police, officials said. (*Air Force Press News Service*)

Presidential retirement letters processed quicker

By Tech. Sgt. David A. Jablonski
AIR FORCE PRINT NEWS

Airmen and civilian employees can now get presidential retirement letters processed more quickly through an information manager in the legislative liaison office at the Pentagon.

People serving more than 30 years on active duty, as civilian employees, or a combination of both, can request a Presidential Letter of Appreciation for retirement from the Air Force office of legislative liaison's congressional inquiries division, said Monika Krese. She is the sole contact for processing retirement-letter requests.

Until Sept. 1, requests were made via facsimile transmission or by mail. Now there is a Web-based application system that cuts processing time from weeks to just a few days at most, she said.

"It's working very well," Mrs. Krese said. "It takes only a day or two to get the requests to the White House. It used to take several weeks and two or three people, based on the workload. It's also very

efficient because I can screen and verify applications much faster."

Prospective retirees can register for an account through either the military or civilian personnel flights. Customers enter personal data into that account. Applicants must provide full name, rank, title, years of service, home address, retirement address, retirement date and ceremony date. They must also state their component: active, Reserve or National Guard. Information must then be approved by a military or civilian personnel office and submitted over a military network.

The process virtually eliminates applications being rejected by White House staff, Mrs. Krese said. Still, she said, retirees can plan on a six- to eight-week wait for the White House to process each request.

"Retirees should plan early if they want a letter from the president at their ceremony," she said.



Photo by Airman 1st Class Shaun Emery

Preparing a feast

Chef John Martin prepares a turkey for Thanksgiving at the Riverside Dining Facility. Brig. Gen. Greg Pavlovich, 45th Space Wing commander; Chief Master Sgt. Tony Manson, 45th SW command chief master sergeant; and other wing leaders will serve Thanksgiving meals to patrons of the Riverside Dining Facility, from 11:30 a.m. – 12:30 p.m. Thanksgiving Day. A traditional Thanksgiving meal of turkey, mashed and sweet potatoes, gravy, cornbread stuffing, vegetables, cranberry sauce and assorted cakes, pies and cookies will be available. “With our airmen serving continuously overseas fighting terrorism and putting their lives on the line, the least I could do is show them our appreciation by serving them a Thanksgiving meal,” said Brig. Gen. Pavlovich.

Force Development team visits Dec. 2-3

Air Force Space Command’s “Spread the Word” Force Development briefing team visits Patrick Air Force Base and Cape Canaveral Air Force Station Dec. 2 and 3.

The briefing, which is mandatory for all officers, is Dec. 2, 9 a.m. in Hangar F at the Cape, and Dec. 3 at 1:30 p.m. in the Base Theater.

The team, led by Col. Robert Worley, AFSPC mission support director, has been visiting AFSPC bases since October. The team’s goal is to ensure all officers and their supervisors understand the concept, policies and procedures of the force development initiative – designed to assist officers pursue assignments, education and training opportunities that will better prepare them to meet Air Force needs.

Force development is a total force initiative including officers, enlisted members, career civilians and Reserve and National Guard forces.

For more information on Force Development, go to the Web sites: www.dp.hq.af.mil-afslmo/fd or www.afpc.randolph.af.mil/afas.

Come to holiday party

The 45th Space Wing holds a Tropical Holiday Party Dec. 13 at the Patrick Officers' Club.

Cocktails start at 6 p.m. at the MECO Beach patio with dinner at 7 p.m.

Menu consists of Caribbean "island style" heavy hors d'oeuvres and entertainment of a live steel drum band and Karaoke.

The event is \$20 for club members; non-members pay \$22 and those E-1 to E-5; GS-01 to GS-05 and NF 1 and 2 pay \$10.

Dress is sharp Florida casual (collared shirt/khakis for men and pantsuit/dress for ladies).

Tickets must be purchased in advance and the last day to purchase tickets is Dec. 10.

Purchase tickets through unit first sergeants. For more information contact the Protocol Office at 494-4511.

Santa needs toys, elves

The 4th Annual Santa's Workshop is Dec. 13 from 10 a.m. - noon in the Family Support Center. Santa is looking for toy donations and stuffed animals (new or used in very good condition). Drop them off at the Family Support Center, Bldg. 722 next to the library. Cape personnel can drop off items in the E&L building. Call Jocelyn Branson at 853-5705 for more information.

Santa is also looking for three more elves to work the 11 a.m. - noon shift. Call Larry Fulk at 494-5676.

Annual children's holiday party set

The Space Coast Association of Chief Master Sergeants hold its annual Children's Christmas Party Dec. 13, 9 a.m. - 1 p.m. in the NCO Club. Children and grandchildren of active-duty and retired members of the NCO Club and children of all deployed troops are invited.

Each child will visit with Santa, get a photo taken with him and receive a gift. There is no charge, but registration is essential.

Call Joe Pannitto at 253-2629 or Chief Master Sgt. John Baker at 476-2911 or 752-4019 after hours.

Take a class

The Family Support Center offers the following classes: Single Parents Meeting Dec. 3, 11 a.m. - noon; Healthy Cooking "Crock Pot Lasagna" Thursday, 10 am. - noon. To sign up, call 494-5675.

Housing Office closes

The Housing Office will be closed Thanksgiving and Friday for the holidays.

Christmas trees for sale

The Space Coast Company Grade Officers Association holds its annual christmas tree sale Nov. 29 - Dec. 19 at the South Housing Sports Complex. Hours are Monday - Friday 5-8 p.m., Saturday 9 a.m. - 6 p.m. and Sunday noon - 6 p.m. Trees are \$7 per foot. Proceeds benefit Special Olympics.

The association is recruiting volunteer for the

sales. Reserve a time slot by calling 2nd Lt. Elizabeth Kreft at 494-5959.

Santa visits families

Santa makes a special stop at the Family Support Center for family members of deployed members Dec. 6 from 10-11 a.m. Children will have their photo taken with Santa and they will make frames.

The Family Support Center will send the photos in the frame to the deployed member. Bring in the address of deployed spouse.

Sign up for this event by by calling 494-5676 by Monday.

Enjoy free dinner

American Legion Post 200 in Satellite Beach holds a free Thanksgiving dinner for all active-duty and retired military members and their families Thanksgiving at 2 p.m.

The post is at 105 Ocean Blvd. No reservations are needed.

For more information, call 773-5151.

Family Support Center closes

Due to an official function, the Family Support Center will be closed Dec. 15 at noon.

Painter to sign Hummels

M.I. Hummel artist Thomas Gunter will appear at the Main Exchange Dec. 19 from 10 a.m. - 1 p.m. to demonstrate the art of painting hand-crafted Hummel figurines.



Far end of the Eastern Range

Story and photos by 1st Lt. Warren Comer
45TH SW PUBLIC AFFAIRS

Making sure a rocket launches into the correct orbit takes thousands of people in many locations throughout the world using sophisticated tracking and telemetry equipment in areas normally requiring airlift and sea-faring vessels for re-supply.

One of those locations is Ascension Auxiliary Airfield, located at Ascension Island on the Mid-Atlantic Rift between South America and Africa in the South Atlantic Ocean.

Operated by two Air Force personnel and a cadre of DoD contractors from Computer Sciences Raytheon and other subcontractors, they keep the 45th Space Wing in the know during space launches.

"It's like being deployed," said Maj. John Lansberry, Ascension AAF commander. "You have to think about things such as receiving mail, getting in spare parts and food supplies. It doesn't matter what it is, everything has to be delivered to you."

Ascension AAF receives needed supplies by contract and Air Force aircraft weekly and also has a re-supply ship come in every two months.

While unit's primary mission is maintaining and operating communications and tracking links for space launches, also operates Wideawake Field. As Ascension Island is a territory of the United Kingdom, a Royal Air Force contingent also bases themselves from the field and provides fueling operations and other services while Ascension AAF personnel are in charge of the control tower and fire support.

It's a symbiotic relationship between two military forces, said Maj. Lansberry. More often than not, overseas bases usually have a number of cooperative efforts taking place between military forces to get the job done.

The two airmen work as the clearing-house of operations at Ascension AAF, overseeing contractors and subcontractors to ensure facilities are maintained as well as review any new construction on the field.

"I provide quality assurance on construction at Ascension AAF to service needs provided under contract for award fee inputs," said Tech. Sgt. Rob Padar who normally works in a civil engineer squadron. "Being someone with limited time here (on a short tour duty), people still value your input. Our relationship is great because the contractors have an ability to adapt to the input, take it and make it work."

The biggest problem they have is corrosion control, said Tech Sgt. Padar.

On an island surrounded by salt water and salty air, it constantly eats at the buildings and causes new problems once others have been solved. Maj. Lansberry, Tech Sgt. Padar and contractors regularly meet to discuss issues as well as find the best solutions to corrosion prevention with



Greg Peters, driver/operator with the fire department at Ascension AAF loads fire hoses onto a fire truck after a fire exercise. Personnel from Computer Sciences Raytheon fill a number of jobs at Ascension. The Air Force has placed more and more value on relationships between DoD contractors and military personnel, directly influencing the ways mission success can be translated through a spectrum of employees.

See Ascension, next page

ASCENSION continued

available materials.

Ascension Island is also volcanic in origin, making for a bad mixture of acidic soil that can eat through vehicles and cause numerous problems with anything metallic.

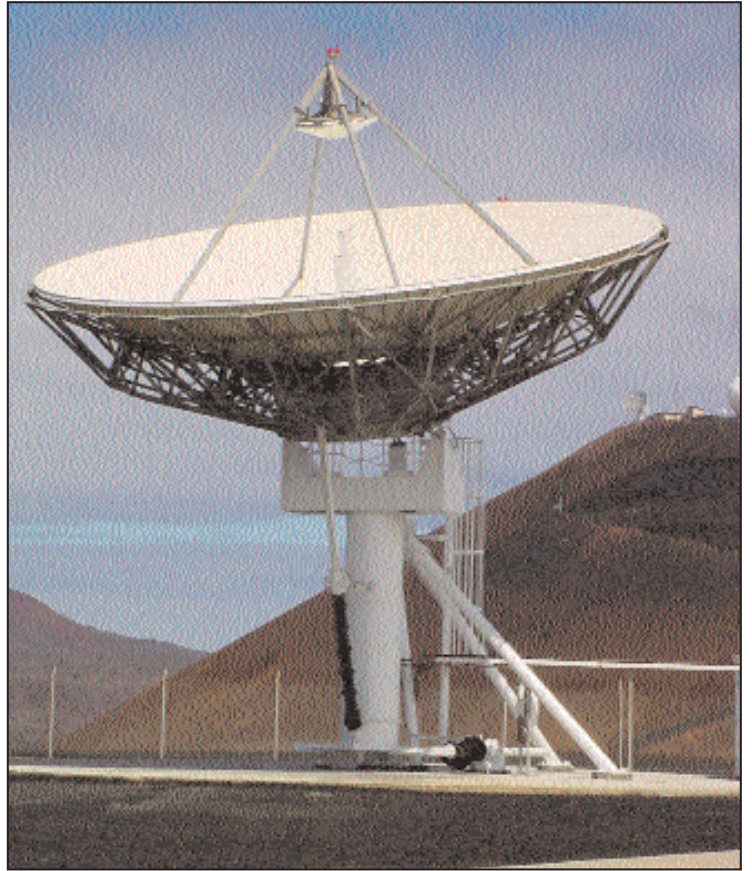
For both Maj. Lansberry and Tech Sgt. Padar, finding something to do on their off time and looking for new and improved ways to do things keeps them from counting down the days until their short tour at Ascension is complete.

"You have to be self-motivated and more self-sufficient than at home," said Maj. Lansberry. "We have to be able to figure out ways to accomplish the mission without constant direction (from home station) and very limited resources."

Ascension AAF, while a remote location, still provides airmen and contractors with an experience of a lifetime. The island is an important link to the Air Force's Eastern Range and with the efforts of dedicated airmen and contractors, will continue to be for the foreseeable future.



A British Royal Air Force Tristar cargo jet lands at Wideawake Field. In a cooperative effort, Ascension Auxiliary Airfield is in charge of the runway, control tower and fire service while the RAF supports fueling operations. The airfield was built during World War II for Allied campaigns into Africa and hosted more than 20,000 transient aircraft.



Detachment 2 at Ascension AAF is responsible for providing the 45th Space Wing with tracking and telemetry data during space launches from Cape Canaveral Air Force Station and Kennedy Space Center. Located nearly 5,000 from Patrick Air Force Base, Ascension AAF is the wing's farthest outpost on the Air Force's Eastern Range.



Left, Maj. John Lansberry, Detachment 2 commander at Ascension Auxiliary Airfield, points at locations on a map while discussing new force protection standards with the Ascension Island administrator and other government officials on the island. The wing farm (above) was recently constructed to provide Ascension Island with electrical power production. Ascension AAF personnel maintain many different facilities throughout the island allowing them to be self-sufficient and less dependent on outside sources for some support functions.

Fitness program showing results

By Tech Sgt. David A. Jablonski
AIR FORCE PRINT NEWS

Airmen have been filling fitness centers and burning up running tracks in preparation for the new, tougher fitness-testing standard set to begin Jan. 1.

Direct, immediate and overwhelming feedback from the field says that airmen are taking the new fitness challenge seriously, said Air Force Chief of Staff Gen. John P. Jumper. He talked about fitness Nov. 17, while participating in the Air Force Doctrine Summit IV here.

"We may be healthy, but we're not as fit as we should be," Gen. Jumper said.

Months before the change was for-

mally announced, rumors about the new program encouraged airmen to get fit fast.

"Already, the feedback is overwhelming," he said. "I've been very surprised so far from the positive e-mails. We've had a 30-percent increase in the use of our fitness centers in the last three months. We've also seen remarkable progress in the number of people who quit smoking in the last three months. The only complaint that I've gotten is that people (have) to wait in line to get onto the machines in the fitness centers."

Gen. Jumper said he has not only heard about the improvements through e-mail feedback, he has also seen it firsthand.

"I've seen squadrons out exercising

in the morning as units; people running as groups with their squadron banners flying," he said. "I see people proud of what they're doing."

"These are the kind of results I'm looking for," Gen. Jumper said. "I want us to be a fit and healthy force ready to deploy, fit to fight."

The new fitness plan puts commanders in charge of the fitness of their airmen rather than within the medical community. It has also been made more of an individual responsibility, officials said. The new standard includes a 1.5-mile timed run, push-ups, crunches and waistline measurement.

Sports briefs

Got hoop dreams?

Try-outs for the Patrick's Varsity Basketball Team are Dec. 6, from 12-3 p.m. at the Patrick Fitness Center. For more information contact Tech. Sgt. High Smith at 494-2687.

You make the calls

Officials are needed for Patrick's youth/intramural basketball. New and experienced officials must be at

least 16 years old. For more information, contact Michael Green at 537-5808 or Sam Hall at 536-0097.

Basketball League forming

The Patrick Fitness Center is organizing the Intramural Over 30 Basketball League to commence with a pre-season tournament Jan. 5, with the regular season following on Jan. 12.

Entries must be submitted to the Fitness Center no later than Dec. 5. An organizational meeting to

include all team coaches or representatives will be held Dec. 5.

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

Get WarFit in water

The Patrick Fitness Center offers Waterfit classes. The classes are every Tuesday and Thursday from 9-10 a.m. at the Fitness Center Lap Pool. The classes are designed for all fitness levels. Aqua-joggers and waterbells will be supplied.

Show of force

Kirkuk, Iraq – A pilot in an A-10 Thunderbolt II drops flares Nov. 17 during Operation Ivy Cyclone. The operation is a combined-arms operation designed to root out and crush insurgents in Iraq. The aircraft is from the 74th Fighter Squadron at Pope Air Force Base, N.C.



U.S. Air Force photo by Staff Sgt. Jeffrey Wolfe



Photo by Airman 1st Class Shaun Emery

Winner takes all

Nile Finney (left) and Shaquetta Bert go head-to-head in a game of NFL Gameday 2004 during the 989 Sports Lockerroom challenge Sunday in the parking lot of the Patrick Base Exchange. The challenge travels around the country showcasing products and holding tournaments.

News News News
Got a story for the Missileer?

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

News News News

Treat family with holiday buffet

Enjoy Thanksgiving at the NCO Club Thanksgiving buffet. Those with reservations will be seated at noon and 3 p.m. Walk-in members and guests will be seated on a space-available basis.

The traditional buffet features turkey, ham, roast beef, mashed potatoes, gravy, stuffing, sweet potatoes, green bean amandine, buttered corn, fresh baked dinner rolls and an assortment of desserts.

The cost is \$15.95 for an adult buffet, \$7.95 for children ages 5 to 12 and free for kids under age 4. Those showing a club card will receive a membership discount on all meals in the party. Call 494-7491 for more information.

Dining facility serves up tradition

The traditional Thanksgiving meal at the Riverside Dining Facility will be served 11 a.m. - 12:30 p.m. for all active-duty personnel and their family members only.

Active-duty members, retirees and their family members will be served from 12:30 - 6 p.m. Call 494-4248 for more information.

CDC has openings

The Child Development Center has full-time vacancies in the preschool and toddler programs. This program is DoD certified and nationally accredited by the National Association for the Education of Young Children.

Active-duty members, DoD civilians and DoD contractors are eligible to use the facility. The CDC is open from 6:30 a.m. - 5:30 p.m., Monday through Friday.

Fees range from \$55.50 - \$114, based on your total family income. All meals are included. Call the CDC at 494-7028 for more information.

Sign up for Little League

Register for the youth 2004 Little League baseball, girl's softball and tee ball programs on Dec. 1. Family members ages 4 - 16 of active

duty or retired military, DoD personnel, nonappropriated employees and DoD contractors are eligible to participate.

Children must be 4 years old by April 1 and not turn age 17 by Aug. 1 to be eligible to participate. Register at the Patrick Youth Center weekdays from 1:30-6 p.m.

The fee for tots tee ball for youths ages 4-5 is \$30 for Youth Center members and \$40 for nonmembers.

The payment for tee ball for youths ages 6-7, baseball for youth ages 8-16 and girl's softball ages eight to 16 is \$40 for members and \$50 for nonmembers.

Practice begins in January and opening day activities are scheduled for Feb. 28. For additional information, call the Youth Center at 494-4747 or 494-3770.

Coach youths

Patrick Youth Program is recruiting volunteer adult coaches for the 2004 Little League baseball, girl's softball and tee ball programs. Those interested are required to complete an application at the Youth Center and attend a mandatory training, which includes cardiopulmonary resuscitation before the season practice begins.

For further information, call 494-3770.

Bowl by mail

The Youth Center is sponsoring an Air Force Bowl-By-Mail event at Rocket Lanes Bowling Center Dec. 16 and 17 from 3-5 p.m. Participants may bowl on one of the two days listed.

Family members ages 5-18 of active-duty or retired military, DoD personnel, nonappropriated employees and DoD contractors are eligible to participate.

The cost for each participant is \$5, which covers three games and shoe rental. The top three scores for high series and high games are to be forwarded to Air Force to be matched against scores from other Air Force bases.

The top three scores for high series and high game Air Force-wide will be awarded trophies.

Participants are required to register at either the Patrick Youth Center or Rocket Lanes Bowling Center.

For more information, call the Youth Center at 494-4747 or 494-3770.

Get on the TRAIL

Youth Program is introducing a new teen program called "TRAIL," which stands for Training Responsible Adolescents in Leadership. TRAIL offers activities and outdoor recreational events encouraging the development of leadership skills, self-esteem and team work.

The program is open to teens 12-18 of active-duty or retired military, DoD personnel, nonappropriated employees and DoD contractors are eligible to participate.

The Youth Center is recruiting teens interested. An initial general meeting is in January. Adult volunteers are also needed.

Teens and adult volunteers interested in attending the meeting are encouraged to call the youth center at 494-4747 or 494-3770 for more information.

Golf winter league plays

Winter Intramural Golf League is every Wednesday from 11:30 a.m. - 12:30 p.m. The league is not playing on Dec. 24, 31 and Jan. 28. Call 494-7856 for more information.

Register for fun run

An end-of-year "Jingle Bell" fun run starts at 11:30 a.m., Dec. 5 at the Patrick Fitness & Sports Center. Participants may run a new course and dress up in their favorite holiday attire.

Prizes are to be awarded to the first-place male and female winners and the best festively dressed runner.

A grand prize drawing for tires worth \$500 will also be given away.

There will be a grand prize drawing for tires valued at \$500 donated by a local sponsor.

For more information contact the Fitness Center at 494-4947.





At the movies

Friday *Beyond Borders* Sarah, a sheltered American socialite meets Nick Callahan, a renegade doctor. His commitment to humanitarian efforts in war-torn nations moves her deeply. Driven by her passion for Nick and his life's work, Sarah risks everything to embark on a perilous journey that leads to the volatile far corners of the earth. Stars Angelina Jolie, Clive Owens. Rated R (language and war-related violence). 128 min.

Saturday *Lost in Translation* Bob may be a big American star, but in Tokyo, his fame's only as good as the whiskey he sells. While in Japan, he finds a kindred spirit in Charlotte, the equally lonely wife of a successful fashion photographer. Together they strike up an unusual friendship, one that provides a welcome escape from their boredom and loneliness. Stars Bill Murray, Scarlet Johansson. Rated PG-13 (some sexual content). 102 min.

Sunday *Good Boy* Owen adopts a scruffy mutt he names Hubble. Both boy and dog get more than they bargained for when Owen wakes up one morning to discover he can understand every word Hubble says. Owen learns that dogs came to Earth thousands of years ago to colonize and dominate the planet. Hubble has been sent by the powerful Greater Dane on a mission from the Dog Star Sirius to make sure dogs have fulfilled this destiny. Hubble soon discovers the awful truth about Earth dogs: They're all pets. Stars Molly Shannon, Liam Aiken. Rated PG (for some mild crude humor). 100 min.

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

Riverside Dining Menu



Saturday Brunch - Cajun meat loaf,

*crispy-baked chicken, rib eye steak

Saturday Supper - *Fish amandine, 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 - Pork schnitzel, sauerbraten, Reuben sandwich, bratwurst

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

Dec. 5 Lunch - Beef and corn pie, pea and pepper rice, *seafood Newburg, veal paprika steak

Dec. 5 Dinner - Yankee pot roast, simmered corn beef, pineapple chicken

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



Events

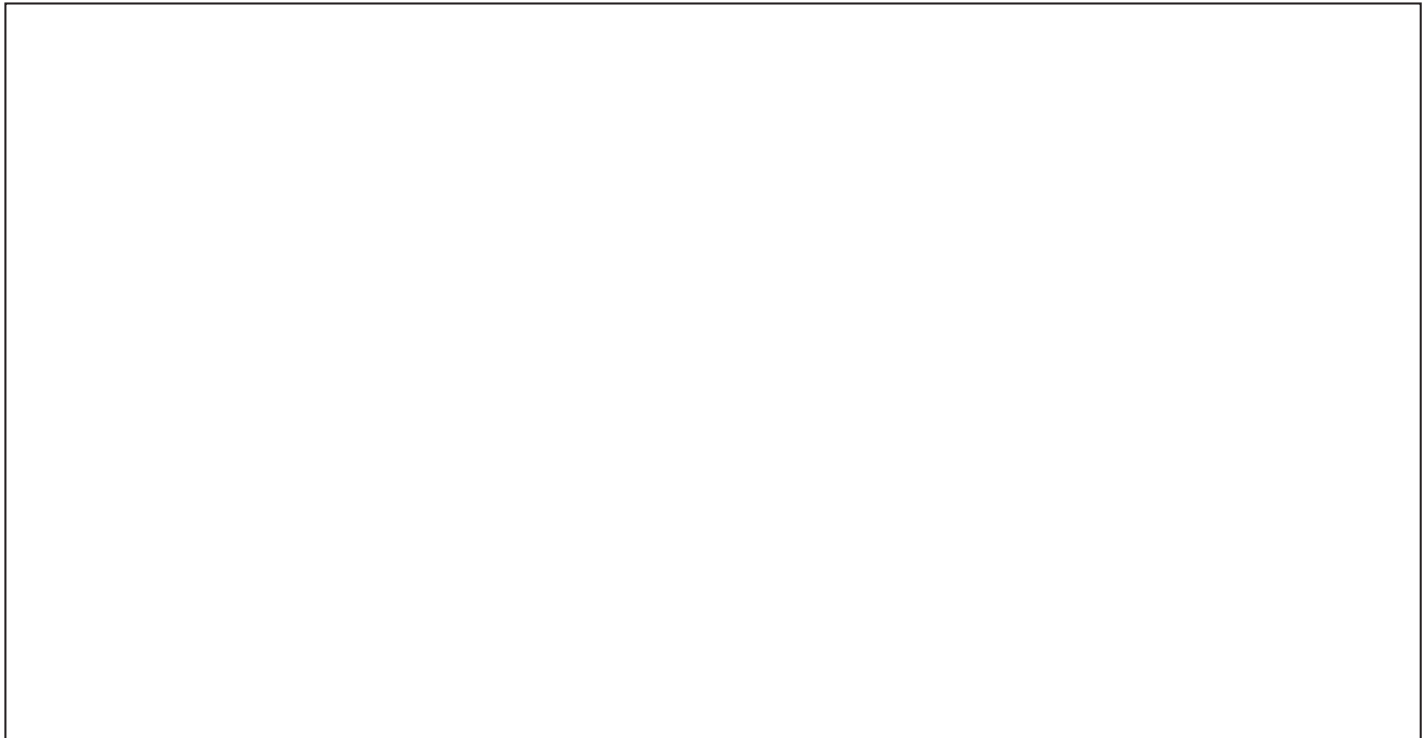
Dec. 6, 7 p.m., "Light Up Palm Bay Holiday Night Parade." The parade will start at the intersection of Minton and Malabar Roads and head east on Malabar.

Dec. 6-7, Holiday Craft Fair in downtown Cocoa Village. One of the largest craft fairs in Florida with more than 350 craft exhibitors. Event is free. Call 631-9075.

Festivals

Saturday and Sunday, Artworks of Eau Gallie Fine Arts Festival at Highland Ave. in the Olde Eau Gallie Riverfront Business District. Sidewalk art show featuring 90 artists demonstrating their skills, student high school and community college art show, porcelain show, live entertainment and food court. Event is free.

Sunday, 11 a.m. - dusk, Musical Medley & Art Festival in the Park at Taylor Park, Rockledge. Local artists, rides on the trolley, animal display, student art, music and food. Admission is free.



Action Line: 494-6550

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

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

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

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



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

45th Mission Support Group
Col. Steve Werner
494-6607

45th Civil Engineer Squadron
Jack Gibson
494-4041

North and Central Housing
Caroline Jamba
494-2593

South Housing
Pam Brown
777-8282

45th Services Squadron
Lt. Col. John Sproul
494-8081

Military Personnel
Maj. Dianne Dzialo
494-2035

Commissary officer
Ronald Rogers
494-4060

AAFES
Mike Lovejoy
494-6455

Civilian Personnel
Robert Daniel
494-5238

Military Equal Opportunity
Capt. Marlon Johnson
494-6334

45th Security Forces Squadron
Maj. Lynden Skinner
494-6202

Financial Services
John Brett
494-7171

45th Medical Group
Col. Gilbert Hansen
494-8100

Ground Safety
Paul Compton 494-4023
Inspector General
Lt. Col. Frank Miles
494-4373



Catholic

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

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 in the Seaside Chapel.

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

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

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

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

