


45th Space Wing MISSILEER



Vol. 46 Number 1

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

Jan. 9, 2004

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Photo by Jim Laviska

Frank De La Rosa, 45th Services Squadron, serves Staff Sgt. Institute student, a chili dog. The Riverside Dining Facility was named the best dining hall for Air Force Space Command in 2003.

Dining Facility wins AFSPC Hennessy Award

By Marla Holbert
45TH SERVICES SQUADRON

Patrick's Riverside Dining Facility has all the right ingredients for success. The 270-seat facility situated along the Banana River was recently named the Air Force Space Command's Hennessy Award winner for 2003.

The award, sponsored annually by the National Restaurant Association, recognizes outstanding Air Force dining facilities that exemplify excellence within the restaurant industry. More specifically, the award notes excellence in kitchen, service and dining operations; employee training; personnel readiness; sanitation and maintenance; and management.

"The Hennessy Award is the biggest one out there for food service," said Peter King, food service officer for the Riverside Dining Facility. "With more than 280 dining facilities Air Force wide, to be able to say that you are (one of) the best is a big honor - not just for people working in the dining facility but for our customers, as well."

Mr. King said one philosophy that makes Riverside successful is its ability to act on input from customers. He noted that a recently implemented program, "Take Your Boss To Lunch," was an idea offered by a senior airman who works at the Patrick Dental Clinic. Other examples that set Riverside apart from others include: movie nights, "create-

your-own-pizza bars" and a cyber café, he said.

Don Smith, Riverside manager, said one of the facility's most unique features is "Fit-To-Go," a satellite operation located above the Patrick Fitness Center. It is the only establishment like it in the Air Force and has peaked interest from other bases.

Still another innovation involves Riverside chefs cutting back on paper and ink costs by using computers to televise recipes.

The squadron's deputy commander, Bill DeCoux, said the next step for Riverside is competing against other bases in the Air Force-wide Hennessy evaluation.

START ... Get it!



By Brig. Gen. Greg Pavlovich
45TH SW COMMANDER

Happy New Year! I love ringing in the new year, because the start of a new year brings new hopes and challenges. It is a time of reflection on the accomplishments of last year and resolutions about making the upcoming year even better.

It has been easy to reflect on accomplishments of the past year, we keep getting honored



Photo by Master Sgt. Richard Woznick

Christmas giving

Senior Airman Darrel Dabeck, 45th Civil Engineer Squadron, helps load donated toys for the Department of Children and Families that gave 498 children presents over the holidays. Military, civilian and contractor personnel donated time and money to help supported a variety of local charities and state agencies this holiday season.

for them! Message traffic has been busy with annual award announcements from Air Force Space Command. First up were the contracting and quality awards. Ms. Gloria Hall from our 45th Civil Engineer Squadron was named the Outstanding Base-Level Quality Assurance Evaluator and Mr. Raymond Bohannon from the 45th Range Management Squadron was selected as the Outstanding Quality Assurance Specialist for the fiscal year 2003. Ms. Shelley Hall from the 45th Contracting Squadron was once again named the Outstanding Civilian of the Year at the GS-12 and above level. She has earned that title for two years straight.

The 45th Mission Support Squadron boasts the best military personnel flight in AFSPC, earning the Gerrit D. Foster Jr. Outstanding Military Personnel Flight Achievement Award for the first time ever. Also included in the 45th MSS award announcement was the news that Ms. Rebecca Lee is the outstanding civilian personnel specialist and Staff Sgt. Leenette Sablan is the outstanding military equal opportunity technician for AFSPC.

Finally, in a more thorough update about our 45th CES being named best in AFSPC, we also captured the Gen. Thomas D. White Natural Resources Conservation Award and Cultural Resources Management Award. Our 45th CES Compliance Action Team won the Environmental Quality Award, while our 45th CES Environmental Flight earned the Gen. Thomas D. White Restoration Award.

But that's not all for 45th CES. The operations flight was named the outstanding flight in the command with the Maj. Gen. Wright Award, the readiness flight won the Col. Fredrick J. Riemer Award, and the explosive ordnance disposal flight won the Senior Master Sgt. Gerald J. Stryzak Award.

And, as if that wasn't enough, we also got some good news about a recent graduate. Tech. Sgt. Joel Brown of the 1st Range Operations Squadron was named a distinguished graduate of the NCO Academy at Tyndall Air Force Base. Congratulations to him for ranking in the top 10 percent of the 187 graduates!

Whew! What a great way to start 2004. This slew of awards is not only a tribute to the fine work done by our people last year, but to the supervisors who took the time to write and painstakingly edit those packages. Thanks to everyone who has been going above and beyond in that effort - I know you "get" the R in START ... Recognize Achievement.

As we start the new year another you need

area to make sure you "get" is planning. The very first part of START - Synchronize Actions - is all about planning, and it is especially important now. Remember, the key is to begin with the end in mind. Right now there is nothing but possibility ahead of you. Think about what accomplishments you want to have behind you 11 months from now and begin working now toward those goals.

The wing leadership will be doing just that as the command chief, group commanders, squadron commanders, director of staff and myself have a focus day on Wednesday to fine tune the wing's course for the new year. We're going to review goals, discuss our strategy for implementing the new fitness program and make sure we are moving forward in line with our START performance plan.

Also next week we'll be starting the wing off on the right foot with our Jan. 16 Mentoring Day, a full day of professional development sessions to reinforce leadership traits and values that will help us grow as an organization. See Page 5 for a listing of the scheduled seminars.

Speaking of starting out right, I know there are lots of high hopes about the progress of our housing privatization. And while I share your excitement and enthusiasm, I want to make sure we lay out exactly what timeline has been agreed on by the base and contractor. It may be that some things get accelerated, but I want to make sure we're reading from the same script, since we have moved right on some dates.

Currently, the design plan is under way and is projected for completion mid-March. The good news is that demolition is scheduled to begin March 30, so the vacant houses will start coming down in less than three months. Construction of the model homes is slated to start May 1 with Phase 1 construction planned to begin Aug. 1. Phase 1 consists of 105 units, and it is anticipated that 16 units will be completed each month.

What does all this mean? The first new units should be ready and available for occupants mid-to-late December. So, we have almost a full year ahead of us until we have our first residents in new homes. It is a tough wait, I know, but it should be well worth it. We'll continue to work with the contractor to minimize impacts on residents as much as possible as the work progresses.

As you can see, we have a lot to look forward to in 2004, and we're already off to a great start! God bless!



Missileer
1201 Edward
H. White II
Street
Building 423,
Room C-130
Patrick AFB,
FL 32925
(321)494-5922

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45th Space Wing

Brig. Gen. Greg Pavlovich
45th Space Wing Commander

Maj. Adriane Craig
Chief of Public Affairs

Sue Walden
Chief of Internal Information

Missileer Staff

1st Lt. Warren Comer
Editor

Airman 1st Class Shaun Emery
Associate Editor

Monique Seaman
Webmaster

Jim Laviska and Beth VonLaufen
Photographers

Delta II launch greatly enhances GPS network

By 2nd Lt. Kevin E. Coffman

45TH SPACE WING PUBLIC AFFAIRS

One hundred years after the Wright Brothers flew 120 feet, a Delta II rocket placed a Global Positioning System satellite into orbit from here Dec. 21.

Units involved in the launch included the 1st Space Launch Squadron, the Space and Missile Systems Center, Lockheed Martin and Boeing launched the 49th GPS satellite.

"The launch represents another milestone for the Delta II/GPS launch team," said Lt. Col. Brad Broemmel, 1st SLS commander. "This is the 302nd launch of the Delta rocket in our nation's space program. This mission brings a new capability to the fight — an enhanced antenna panel will increase the power output of the navigation signal, making it less susceptible to interference."

The newest GPS continues to help the people on the battlefield determine precise location and position information 24 hours a day, regardless of weather conditions, officials said.

The GPS satellite transmits a signal to a

receiving unit to any place on the planet. The receivers can be handheld or mounted on vehicles. GPS satellites are also used for intelligence surveillance, reconnaissance and Joint Direct Attack Munitions.

"This launch will replace a satellite starting to run low on power with an improved version, providing all users with increased positioning and timing accuracy," said Capt. Andy Wulfestieg, chief of Air Force Space Command's GPS operations section.

GPS satellites complete an orbit of Earth every 12 hours with signals so accurate, that location can be determined within 100 feet, officials said.

Once in orbit, personnel in the 50th Space Wing's 2nd Space Operations Squadron at Schriever Air Force Base, Colo., will operate the satellite. It will be monitored and navigated by five monitor stations and four ground antennas.

These monitoring devices currently control all of the GPS satellites in operation. GPS satellites have a life of eight to 10 years.

"It is undeniably worth its weight when it comes to providing users around the globe with great accuracy and exceptional timing," the captain said.

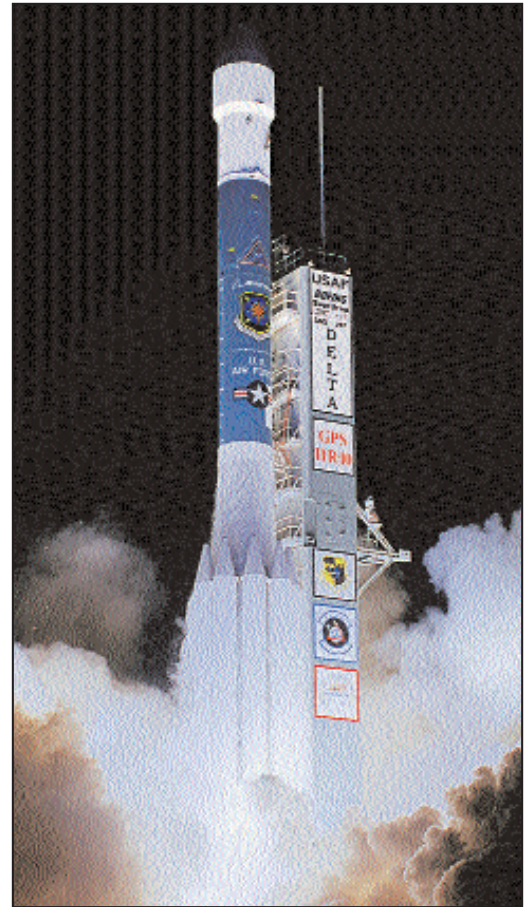
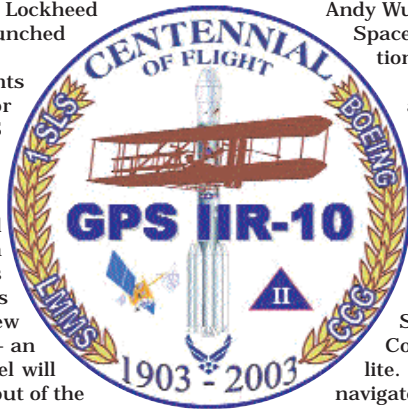


Photo by Carleton Baile

A Delta II rocket carrying a Global Positioning System satellite launches from Space Launch Complex 17 Dec. 21.



Commander Q&A: Lt. Col. Joe LaMarca 45th Mission Support Squadron

Q. What is the 45th Mission Support Squadron's mission?

A. The 45th MSS provides a full range of personnel support, at home or deployed, to our military, civilian and retired customers and their families. It's also important for people to realize our mission is more than just the military and civilian personnel. We focus on the member and their families through our Family Support Center, education and future development through the Education Center and Airman Leadership School.

Q. Why are personnel issues so important to the Air Force, today and in the future?

A. We are the world's greatest AF not because of our technology, but because of the people and the heart they bring to the fight. Our job is to make sure our people don't have "personnel issues," but if they do we help resolve them as soon as possible to allow them to focus their full attention on their primary mission areas.

Q. What should personnel do to prepare for possible deployments?

A. As part of an expeditionary Air Force, every airman should assume they will deploy at one time or another in their careers. Training and preparation is key to a successful deployment for both the member and their families. The FSC provides a deployment briefing that gives you the foundation for a very successful and less stressful deployment. Take advantage of this and include your family in your planning from the beginning.

Q. As a leader, what do you like to impress upon those in your squadron?

A. I think it's very important for people to take responsibility for their actions and I challenge my squadron daily to look for solutions, not excuses. Many people often times react too quickly in tough situations. My advice is to take a few extra minutes in these instances and let common sense be your guide. Finally, it's important to allow people to make mistakes as long as they learn from them.

Civilians see increase in pay

By Maj. John Thomas

AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

While a civil service pay bill awaits congressional action, Air Force civilian employees should see an average 2 percent increase in their January paychecks.

Air Force Personnel Center officials here said a 2 percent increase for general schedule employees will go into effect automatically and that they are ready to process an expected total 4.1 percent pay increase if and when it passes Congress. The additional 2.1 percent average pay increase would be retroactive to the effective date, which should be Jan. 11, officials said.

Officials here plan to work quickly to ensure individual personnel records are updated as soon as possible, they said.

"If the proposed increase in pay goes through, we're prepared to facilitate the change as soon as we get the go-ahead from DOD," said Charles Huerta, director of civilian personnel operations at the center. After that he said he expects people will see the increase, as well as any back pay, within two paychecks after the change is processed.

"This is not the first time this has happened, so we're confident we know how to update records accurately and fairly quickly," Mr. Huerta said.

Answers about individual civilian personnel records are available by calling (800) 616-3775 weekdays, 7 a.m. - 6 p.m. CST. Hearing-impaired employees may call the TDD line at (800) 382-0893, or commercial 565-2276 within San Antonio.

Officials examine anthrax decision

By Jim Garamone

AMERICAN FORCES PRESS SERVICE

The Defense Department has suspended anthrax vaccinations until the legal situation around a recent court decision is resolved, Department of Defense officials said.

Defense officials and lawyers with the Justice Department are examining a decision handed down by a federal judge in Washington on Dec. 22 that ordered the DOD to stop anthrax vaccinations for U.S. servicemembers without their consent, Pentagon officials said Dec. 23.

"The lawyers are examining it," Defense Secretary Donald H. Rumsfeld said during a Pentagon press conference Dec. 23. "And at the appropriate time, they will be making a recommendation as to the way forward."

DOD officials still consider anthrax vaccinations for servicemembers deploying to high-threat areas as crucial.

"This drug that we're using, the vaccine has been around for 40 years," said Chairman of the Joint Chiefs of Staff Air Force Gen. Richard B. Myers during a press conference. "It is not experimental. It's approved by the (Food and Drug Administration).

"And from a military standpoint, I think it's extremely important. As you know, when we went into Iraq, we had all the troops in their chemical protective gear, because we thought there was a very real threat of either chemical or biological weapons, and in particular, anthrax was a big worry."

Anthrax is still a worry in many parts of the world, Gen. Myers said.

"The one thing you can do to protect people is this vaccine," the chairman said. "From a military standpoint, I think it's very important we have this capability to protect our troops and enable them to do their job."

Dr. William Winkenwird, the assistant secretary of defense for health affairs, said the vaccines are needed to protect American troops. The FDA guides everything the department does, he said.

The FDA has licensed the product for all use, the doctor said.

The doctor said about 1 million American servicemembers have received the vaccinations since the program started in 1998. Of that number, only around 10 service members have refused to get the shots.

The FDA approved the vaccine in 1970. The District Court decision questioned the FDA contention that the vaccine was effective against aerosolized anthrax - the most likely bioterror weapon. This judge's decision is counter to the FDA's own decisions, the opinion of the National Academy of Sciences' Institute of Medicine and the judgment of the most eminent experts on this topic.

Dr. Winkenwird stressed that the department's paramount concern is for the safety of servicemembers. The vaccine has been put through the most rigorous testing, he said. The vaccine has very few side effects, similar to other vaccines, and these are mild and temporary, officials said.

Schedule of events

Patrick Air Force Base

6-7 a.m. - Wing-wide WarFit run
7:45-8 a.m. - Opening remarks/welcome
8-9:30 a.m. - Who are we? Who are you?
9:45-11:15 a.m. - Valuing Cultural Diversity
11:15 a.m. - 12:45 a.m. - Lunch
12:45-2:15 p.m. - Apples, Oranges and Silver
Bullets
2:30-4 p.m. - Take Care of Yourself (profession-
ally, financially, physically)

Cape Canaveral Air Force Station

6-7 a.m. - Wing-wide WarFit run
7:45-8 a.m. - Opening remarks/welcome
8-9:30 a.m. - Apples, Oranges and Silver Bullets
9:45-11:15 a.m. - Take Care of Yourself (men-
tally, financially, physically)
11:15 a.m. - 12:45 p.m. - Lunch
12:45-2:15 p.m. - Who are we? Who are you?
2:30-4 p.m. - Valuing Cultural Diversity

Rules of engagement

- Mentoring Day is a mandatory formation for all military and civilian personnel.
- Wing personnel must attend three of the four sessions offered throughout the day. This does not include the opening remarks session, which is required for all wing personnel.
- Attendees must bring a note pad and pen to all sessions.
- Sign in sheets will be distributed to track attendance and to provide feedback forms.
- Although all sessions will be broadcast on SharkVision, the telecast is to be used only for those personnel in mission-critical jobs that require them to be in their duty sections (e.g., Command Post, Fire Department, etc.) All others must attend in person.

Mentoring Day Jan. 16

Mentoring Day for the 45th Space Wing is scheduled for Jan. 16 and is mandatory for all military and civilian personnel.

There will be sessions held in Hangar F at Cape Canaveral Air Force Station, and at the Base Theater at Patrick.

Several speakers are lined up to present information including military equal opportunity, leadership and ethics, civ-mil comparison, and how to write a strong military package, just to name a few.

"The purpose of Mentoring Day is to educate our work force on mentoring through a variety of professional development sessions," said Brig. Gen. Greg Pavlovich, 45th SW commander. "The emphasis is on the wing performance plan - better known as START - and how it applies to everyone on a daily basis."

The day starts with a wing-wide WarFit run at 6 a.m. starting at the Fitness Centers at Patrick and CCAFS.

For more information about the day's events, contact Capt. Marlon Johnson at 494-6334 or Capt. Susan Romano at 494-7731.

Hoaxes affect government cards

By Staff Sgt. Melanie Streeter

AIR FORCE PRINT NEWS

A recent e-mail hoax targeted government purchasing cardholders in an attempt to gain vital account information.

The e-mail message linked users to a Web-based form, which fraudulently requested key information such as Social Security number, credit card account numbers and expiration dates.

"This is really uncommon," said Josephine Davis, Air Force banking officer. "What you see most frequently is some organization trying to pick up a slogan or relationship with General Services Administration because GSA administers the government purchasing contract."

Though there were only a couple of e-mail hoaxes this year, Ms. Davis said there are a variety of methods used to get government travel or purchasing card information.

"It's not because they are travel or purchasing cards, but because they are credit cards," she said.

"Credit and charge card fraud costs card-

holders and issuers hundreds of millions of dollars each year," according to the Federal Trade Commission's Web site.

Both Ms. Davis and the FTC offer ways to avoid becoming the next victim.

"Be cautious," Ms. Davis said. "In general, unless you have initiated the transaction, nobody has any need to know your account number or expiration date. Banks don't even need that information to be able to find customers in the system."

The FTC backs up that advice.

"Don't give out your account number over the phone unless you're making the call to a company you know is reputable," recommends the Web site. "If you have questions about a company, check it out with your local consumer protection office or Better Business Bureau."

Any attempts to obtain government card information should be reported, Ms. Davis said.

"If you receive a hoax e-mail or any other fraudulent requests, contact your agency program coordinator," she said.

If it is too late, and fraudulent charges appear on a credit card statement, there are

still things cardholders can do to protect themselves, Ms. Davis said.

"Follow the standard information on the back of your credit card statement, and again, contact your agency program coordinator," she said.

While the cardholder is ultimately responsible for resolving the issue, the program coordinator can help work with the card company.

Once a card is lost or stolen, or any other type of fraud is detected, the customer should immediately call the credit card issuer, according to the FTC Web site.

"By law, once you report the loss or theft, you have no further responsibility for unauthorized charges," according to the site. "In any event, your maximum liability under federal law is \$50 per card."

Problems aside, the government travel and purchasing card programs are still a good thing, Ms. Davis said.

"The government charge card, though sometimes cumbersome, has been an effective program," she said. "It has saved time and money, and if used and safe guarded appropriately, is a good procurement tool."

DeCA: No beef involved in recall

By Bonnie Powell
DEFENSE COMMISSARY AGENCY

Officials at the Defense Commissary Agency are closely monitoring the ongoing situation involving a case of bovine spongiform encephalopathy, also known as "mad cow" disease, identified Dec. 23 in a single cow in Washington state.

Since Dec. 23 the U.S. Department of Agriculture has conducted a limited recall of 10,000 pounds of beef that may have originated from the infected cow and from cows slaughtered at the same time and location.

"No beef in any of our 275 commissaries worldwide has been involved in a USDA recall," said Col. Mark Wolken, chief of public health, safety and security for the agency. "The USDA has stated that the U.S. beef supply is safe and that the beef recall resulted from an abundance of caution, not fear that the meat is infected. Should the USDA make a determination that there is a danger, DeCA would be first to react to protect the health of our customers."

Since the first U.S. case of BSE was identified Dec. 23, commissary customers have raised questions about the safety of beef purchased at their local commissary. Questions range from "Should I return the ground beef I bought last week?" to "Has my commissary received meat from the infected cow?"

The answer to both questions is "no," said Col. Wolken, an Army veterinarian.

USDA investigators have determined that the recalled meat went to a few commercial markets in Alaska, Hawaii, Idaho, Montana and Guam as well as Washington, Oregon, California and Nevada.

"No commissaries received any of those shipments," he emphasized.

Customers who choose to return products to the commissary may do so for a full refund, he said.

For the latest developments on the current situation as well as for links to the USDA and other information on recalls and food safety, commissary customers can check the food safety link at <http://www.commissaries.com>.



Photo by Jim Laviska

Tax prep

Retired Air Force Col. William Britz, left, and 2nd Lt. Travis Longmire, 45th Weather Squadron, right, are instructed on how to fill out tax forms from Sheila Agee, an IRS tax specialist, Jan. 7 to work as tax representatives for base employees. Tax representatives will begin providing assistance the last week of this month.

Command Post airmen save boy

By Airman 1st Class Shaun Emery

45TH SW PUBLIC AFFAIRS

Two 45th Space Wing Command Post airmen just wanted to do some after-hours shopping Dec. 17, but they found more than they bargained for – a partially clothed 3-year-old boy running down the road.

“We were out looking after midnight looking for a 24-hour Walgreens to find some material for the dorm door decorating contest,” explained Airman 1st Class Alison Wagner, 45th Space Wing Command Post controller. “When I turned the corner my headlights reflected on something. When I looked closer I saw a semi-naked little boy running down the road, hiding in the bushes. I looked around for an adult somewhere but didn’t see one.”

Airman Wagner pulled the car over and dialed 911 while Airman 1st Class Alexandra Schlemmer, 45th Space Wing Command Post controller, took a towel from the vehicle and wrapped it around the little boy.

According to a Melbourne Police Department report, the boy had wandered from his house at about 1 a.m.

When the airmen asked the boy what he was doing, he explained he was looking for his father.

“He was a really smart little boy. He told us that his dad was at work,” said Airman Wagner.

According to the airmen, the boy was very calm and was very intent on finding his father.

When officers from the Melbourne Police Department arrived they used a dog to track the boy’s steps which led the officers to the boy’s house.

“In my opinion, these airmen should be commended for saving this child’s life,” said Sgt. Lewis Markline, public information officer for the department. “The facts of the matter are you had a 3-year-old boy in just a little T-shirt, walking on a cold, wet, windy night very close to railroad tracks, near the wooded area, no sidewalk on Babcock Street just as the bars are letting out.”

At 3 a.m. the airmen received a phone call from the police informing them that the child had been returned home safely.

“I believe that because of their job training in the command post where we deal with emergencies all the time, Airmen Wagner and Schlemmer

knew the best way to deal with the situation,” said Senior Master Sgt. David Hamilton, 45th Command Post superintendent of operations. “The way they responded was instilled to them in their training.”

“They are controllers on and off duty, and show the high standards we instill in our command post airmen,” said Capt. Todd Reynolds, 45th Command Post chief of operations.

“I’m just glad it was us that came along, not someone who might have reacted differently,” said Airman Schlemmer.

“This could have easily ended tragically, but the involvement of these airmen prevented that from happening,” said Sgt. Markline.

“They showed real care and concern for human beings.” That’s just the type of people they are. I wouldn’t expected anything less,” added Sgt. Hamilton.



Photo by Airman 1st Class Shaun Emery

Airmen 1st Class Alison Wagner, left, and Alex Schlemmer from the 45th Space Wing Command Post were surprised to find a young boy on the side of the road early Dec. 17. The two airmen contacted authorities, who returned the boy to his home.

Attend awards breakfast

The 45th Space Wing Quarterly Awards Breakfast is Wednesday at 7 a.m. at the NCO Club. Tickets for the event are \$5 for club members and \$7 for nonmembers. To purchase a ticket for the event, see a unit first sergeant.

MLK march, retreat Thursday

A march and retreat is Thursday at Patrick Air Force Base in memory of Martin Luther King, Jr.

Participants will assemble south of the Patrick Fire Department on S. Patrick Drive on the east side of the road near Maintenance Rd. at 3 p.m. The march will begin at 3:30 p.m. and conclude at Memorial Plaza. Busses will be available at 2:30 p.m. at Memorial Plaza to take those participating in the march to the start location as well as provide transportation to people who parked their vehicles along S. Patrick Dr.

The retreat ceremony will then take place from 4:30-5:30 p.m. with a number of presentations to include inspirational signing, a candle lighting ceremony and recordings of Martin Luther King's speeches.

For more information call Terry Hamric at 494-6992. The event is open to all military, DoD civilians, nonappropriated funds civilians, DoD contractors and their families. Uniform is uniform of the day.

CGO financial course offered

A company grade officer financial course is Jan. 27 from 12:30-4 p.m. at the Family Support Center, Bldg. 722. DoD civilians in grade GS-9 and above may also attend. For more information and to reserve a seat, call 494-5675.

Get W-2 on myPay Web site

All current myPay military users and who request or already have a myPay personal identification number and access to myPay are consenting to receive only an electronic W-2. Users may elect to receive a hardcopy W-2. All DoD civilians who use myPay may elect to receive an electronic W-2 in lieu of a hard copy W-2 through the myPay system.

MOAA offers scholarships

The Cape Canaveral Chapter of the Military Officers Association of America will award college scholarship grants from \$2000 to \$3000 to high school juniors and seniors in the local area.

An applicant must be the child of an active-duty, retired military, National Guard or Reserve member. Family members of deceased military members, National Guard and Reserve members who lost their lives on active duty may also apply. Applicants must also be a resident of Brevard County or a child of someone who is a member of the Cape Canaveral Chapter of MOAA.

Students entering full-time graduate studies may apply, but will only be awarded if there are an insufficient number of quali-

fied undergraduate students to meet the number of scholarships being awarded.

To request an application, send a self-addressed return business envelope to the Military Officers Association of America, Scholarship Selection Committee, P.O. Box 254708, Patrick Air Force Base, FL 32835-4708. Applications must be sent by May 31.

Luncheon scheduled

The Retired Officers' Wives luncheon is Jan. 23 at the Officers' Club. A social period starts at 11:30 a.m. to be followed by lunch at noon. During the luncheon, the Metro Crime Division of Florida will speak about how women should protect themselves from criminal activities.

Call Dean Pittman at 777-3044, Helene Suflas at 727-1146 or Gussie Reichel at 255-6997 for more information and to make a reservation. All reservations must be made by Jan. 21.

Take a class

An Information Fair is Wednesday from 11 a.m. - 1 p.m. On Thursday, a Fundamentals of Resumés class is from 9-11 a.m. and a Blended Families class is from 11 a.m. - noon. On Friday, a Pre-deployment Briefing is 8 a.m. - noon and a Deployed Spouses meeting is from 6:30-7:30 p.m.

All classes take place in the Family Support Center, Bldg. 722, unless otherwise stated. To reserve a seat or for more information, call 494-5675.

Author seeks military women

Author Bee Pederson is writing a book entitled, "Women Write the War" and is looking for first-person stories about war from a woman's perspective. This can include stories, poems, or letters to loved ones from women who were deployed, as well as from wives, girlfriends, mothers, and friends who were left behind. Those interested can send their submissions to bpedersen@austin.rr.com, or contact the 45th Space Wing Public Affairs office at (321) 494-7731.

Admiral Clubs open to military

American Airlines is now inviting U.S. military men and women under the Iraqi Freedom Rest and Relaxation (R&R) Program to spend time between flights at American's Admirals Club facilities worldwide. At airports where there is no USO, returning servicemen and women in uniform or with military ID can enter the clubs free of charge to wait for their flights, enjoy complimentary snacks and soft drinks, watch TV, use the Internet or just stretch out and relax.

The program runs for the duration of the R&R program. For more information, see http://www.amrcorp.com/news/de-cember03/12_military.htm. For more travel discounts, see <http://www.military.com/e-Commerce/DealIndex>.

The 45th Space Wing looks back at 2003



Photo by Delinda Karnehm, Florida Today

In April, the wing presented a spectacular air show featuring a rare threesome – the Air Force Thunderbirds, Army Golden Knights and Navy Blue Angels. The show was seen on- and off-base by more than 200,000 spectators. Diehard military air show fans came from hundreds of miles and many states.



Photo courtesy of NASA

Space Shuttle Columbia and its crew of seven astronauts were lost Feb. 1 upon re-entry. Members of the wing and some of its mission partners responded immediately. The nation and especially the Space Coast community mourned the astronauts in memorial services at Patrick, the Cape, NASA and in other events throughout the community.



Photo courtesy of NASA

Two NASA Mars Exploration Rovers lifted off from Cape Canaveral Air Force Station on Delta II rockets in June and July to examine the Red Planet and search for geological evidence of past water activity and environmental conditions hospitable to life. "Spirit," was the first rover to land on Mars last week. Its twin "Opportunity" will land in about weeks on the other side of the Red Planet.

January

The year began with a bang in the 45th Space Wing. Local troops were entertained by late night TV icon David Letterman and his crew at a base in Southwest Asia, while wing members were visited and lauded here by Chief Master Sgt. Steven Crocker, 14th Air Force command chief master sergeant. The 45th SW greatly enhanced the technology supporting the global war on terror when a Titan IVB carrying a Milstar 2 satellite launched from Space

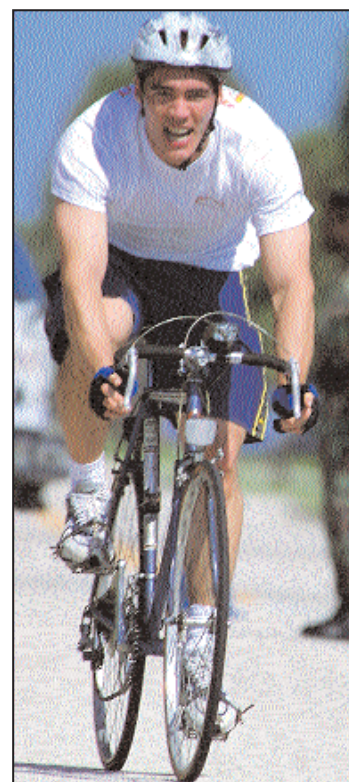


Photo by Emily Barnes, Florida Today

With new Air Force fitness standards going into effect in 2004, the 45th Space Wing made fitness a priority. In October, WarFit Challenge brought members throughout the wing and its mission partners together for some friendly competition.

February

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Launch Complex 40.

Continued on next page



Last year was marked by scores of deployments as the wing supported Operation Enduring Freedom and Operation Iraqi Freedom. Senior Airman Shane Cardines, 45th Security Forces Squadron, hugs his wife Ofelia May 17 after returning from his deployment to Kuwait.

Continued from last page

January

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February

The Space Shuttle Columbia and its crew were lost Feb. 1 and the nation, especially the 45th SW, its mission partners and the Space Coast community, mourned the tragic loss in memorial services at Cape Canaveral Air Force Station, Patrick Air Force Base and at NASA on the Cape. Members of the wing and some of its mission partners responded instantaneously when the accident occurred. In a brighter milestone, awards begin rolling into the wing - from Manatee Cove earning the clean marina award to Patrick's Child Development Center earning a five-star rating - the first in the country. The wing also rolled out the red carpet for the Air Force's top officials for CORONA for the second year in a row.

March

America's warfighters gained a critical global communications asset with the successful launch of the first military satellite on an Evolved

Expendable Launch Vehicle - a Boeing Delta IV rocket. Air Force Space Command cancelled the annual Guardian Challenge competition scheduled for May as Operation Iraqi Freedom began. More awards piled up in the wing, as the 45th Security Forces Squadron won top AFSPC accolades and the 45th Medical Group was commended by inspectors as one of the best in the nation.

April

Vital to the success of Operation Iraqi Freedom, a Milstar and a GPS satellite were launched within six days. The wing presented a breathtaking, record-breaking air show featuring a rare threesome - the AF Thunderbirds, U.S. Army Golden Knights and Navy Blue Angels. The wing's civilian workforce began building a more effective force as five civilians spearheaded the Civilian Oversight Recommendations Team - a volunteer group that worked on enhancing workforce objectives.

May

Medics and cops trickle back from war; some saw their newborns for the first time. Memorial Day took on a special meaning with on- and off-base commemorations. Loads more of awards were carried home to the wing, including the 45th Medical Group and the 17th Test Squadron, Detachment 3. Even a contingent from the wing won the community's annual Beach Bash title - again.

June

The first of two NASA Mars Exploration Rovers lifted off from the Cape to examine the Red Planet and search for indications of past possible water and life. Wing officials announced plans to privatize family housing at Patrick with the development of new military family homes in South Housing.

July

The First Term Airman Center presented its first graduates. The wing celebrated the nation's 227th birthday with a celebration full of entertainment and fireworks. A crowd at the event also celebrated the renaming of the Survival Area to Chevron Park. Twenty-five 45th SFS troops come home for OIF. The second NASA Mars Exploration Rover launched toward Mars.

August

AFSPC's Command Chief Master Sgt. Ronald Kriete visited Patrick and the Cape. Bronze Star winners came home and the base's 920th Rescue Wing rescued seven U.N. injured employees in Baghdad when a terrorist's bomb exploded. The wing cheered at the 300th launch of the Delta space launch vehicle and the beginning of a new era in infrared space exploration. The Commissary began its new facelift.

September

More troops came home from Iraqi war. The wing boasted two grand-prize winners of the annual Around the World in Ninety Days promotion. The Air Force Space and Missile Museum on the Cape expanded with the CX-19 two-story high white room from the historic Space Launch Complex 19.

October

The dental flight received major upgrades. The final Titan IVB arrived at the Cape from Vandenberg Air Force Base while another Titan IVB was moved to Space Launch Complex 40. The wing's Civilian Force Development Shark Team built more steps for civilians to succeed by creating a plan for career development, education and training and advancement opportunities. Troops got fit with WarFit Challenge, which included various events. More than 100 45th SW members traveled to Camp Blanding, Fla., to tackle a deployment exercise in preparation for deployments and the next

Patrick NCO gets promoted by father during Iraq deployment



Photo by Chenzira Mallory

David Hooper III, left, "tacks on" Master Sgt. David Hooper IV's new stripe during a promotion ceremony at Tallil Air Base, Iraq, in late December. Sgt. Hooper's father, who was working as a DoD contractor in a nearby camp, was able to attend the ceremony.

By Staff Sgt. Chris Stagner
332ND AEW PUBLIC AFFAIRS

Thousands of people are promoted in the Air Force every month.

From the young airmen putting on their first stripes to the senior NCOs who have been around the block a couple times putting on their last ones, promotion ceremonies are one of the Air Force's oldest traditions.

Promotion ceremonies, however, can lose their luster when the promotee is in a deployed environment.

The experience sometimes isn't the same when it can't be shared with family members and loved ones.

Master Sgt. David Hooper, 332nd Expeditionary Mission Support Group command section superintendent, deployed from the 45th Mission Support Group at Patrick Air Force Base, got a little taste of home when his father showed up for his promotion ceremony from technical sergeant to master sergeant at Tallil Air Base, Iraq.

"I didn't expect, ever, to see any of my

family here in the (Central Command) area of responsibility," said Sgt. Hooper.

"Being able to be here with my son, so far away from home, is an incredible experience," said Mr. David Lee Hooper III, a foreman for a defense contractor working in at Camp Nakamura, Iraq.

Communications between the two had broken off due to problems with telephone lines and e-mail, according to Sgt. Hooper, so he wasn't sure his father would make it.

When Mr. Hooper was finally able to respond to his son's request to attend his promotion ceremony, he said he'd be there, according to Sgt. Hooper.

"It was very surprising. I was very excited," he said. "I found out he was coming about two weeks ago."

"It's been an extraordinary experience to be in the same theater of operations as my son," said the elder Hooper.

"I've got so many (Air Force) experiences," said Sgt. Hooper. "This ranks right up there at the top."

Early starts could boost WarFit Challenge scores

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

When the second annual WarFit Challenge begins in October, many teams may already have an upper hand on the scoreboard. Beginning this month the Fitness Center will conduct monthly WarFit events with the points going toward the next challenge.

According to Naomi Parish, Patrick Fitness Center's assistant director, teams will be formed under the same group or mission partner as they were in the 2003 WarFit Challenge.

Points will be awarded in the same manner with first place receiving five points, second place receiving three points, third place receiving two points and fourth place receiving one point.

"We had great success with the first WarFit Challenge," said Ms. Parish. "We decided to hold monthly events that would build toward the

upcoming challenge because an event held only over a week didn't provide people with the mindset we're trying to prioritize, that's maintaining a workout regiment to stay in shape."

"Hopefully if we keep the idea of the challenge in peoples' minds it will help more people get involved," said Ralph Robinson, Patrick Fitness Center's intramural director.

If someone wasn't able to participate in last year's challenge, they have a chance to help their group gain some extra points, he said.

"We have scheduled enough events to where there is something for everyone," said Mr. Robinson. "With the variety of events people will be able to choose something they're good at."

Anyone interested can sign up for an event at the Patrick Fitness Center. For more information, contact Naomi Parish at 494-4534.

Sports briefs

Basketball Challenge

The Cape Canaveral Fitness Center will hold a three-on-three double elimination basketball tournament Jan. 12-16. To register call the Cape Fitness Center at 853-3966.

Baseball registration

Registration for the 2004 Little League baseball, girls' softball and tee ball programs end Jan. 16. To sign up, visit the Youth Center between 1:30-6 p.m., Monday - Friday. Practices begin late this month with opening day ceremonies scheduled for Feb. 28.

The program is open to children ages 4-16

(must be 4 years old by March 1 and not turn 17 by Aug. 1). All athletes must have a physical on file at the Youth Center prior to participating.

Coach youths

Patrick's Youth Program is recruiting volunteer adult coaches for the 2004 Little League baseball, girls softball and tee-ball programs.

Those interested must complete an application at the Youth Center and attend a mandatory training class, which includes cardiopulmonary resuscitation before the season practice begins. For more information, call the sports director at 494-3770.

Register for racquetball

The South Housing Racquetball courts are open. Reservations can be made Monday - Friday, 7 a.m. - 6 p.m. Call the Youth Center at 494-4747 to make reservations. Call Naomi Parish at 494-4534 for details.

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.

FDA warning individuals about dangerous dietary supplement

By G.W. Pomeroy

AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

Following a Food and Drug Administration alert, Air Force Medical Service officials are once again "strongly advising" airmen to contact their physicians or health care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

Food and Drug Administration officials have issued a consumer alert on the safety of dietary supplements containing ephedra that calls for consumers to immediately stop buying and using ephedra products.

"Dietary supplements may include the following substances: vitamins, minerals, herbs or other botanicals, amino acids, hormones, as well as product combinations," explained Lt. Col. James Carroll, 45th Medical Group aerospace physiologist. "These products are intended for ingestion as capsules or powders and not as they ordinarily occur in conventional foods, meals, or diets."

Besides issuing an alert, FDA officials are notifying manufacturers that they intend to publish a final rule stating dietary supplements containing ephedrine alkaloids present an unreasonable risk of illness or injury. The rule would have the effect of banning the sale of these products as soon as it becomes effective, 60 days after publication.

"FDA will publish a final rule as soon as possible that will formalize its conclusions that dietary supplements containing ephedrine alkaloids present unreasonable risks to those who take them for any reason," said Tommy G. Thompson, health and human services secretary.

"(The action) puts companies on notice of our intentions, and it tells consumers that the time to stop using ephedra products is now," Mr. Thompson said.

"We are taking action today to notify Americans about the unreasonable risk of ephedra as currently marketed in dietary supplements," said Dr. Mark B. McClellan, FDA commissioner. "Our action is based on diligent and thorough work by the agency as required by the challenging legal standard in the dietary supplement law.

"Unlike drugs, dietary supplements are not required to undergo rigorous scientific

studies to determine their effectiveness, safety, or appropriate dosages," added Col. Carroll. "While some supplements may have health benefits, others can actually be harmful. Some pose serious risks to aviation safety, alertness, or ability to tolerate stress."

"We worked hard to obtain and review all the available evidence about the risks and benefits of ephedra, including its pharmacology, studies of ephedra's safety and effectiveness, adverse event reports, and reviews by independent experts," Dr. McClellan said.

"When researching information on dietary supplements, be sure the information is provided by experts with credentials in medicine or pharmacology," said Col. Carroll. "Be cautious of herbal information on the Internet. Much of this information is unreliable and may be nothing more than disguised advertisements."

In February, a jury in Austin, Texas, determined that ephedra use was at least 50-percent to blame for the death of a 24-year-old Charles Bryant Scurlock II, of Round Rock, Texas. Mr. Scurlock collapsed and later died after a two-mile run for an Army National Guard physical fitness test in 1999. The jury awarded \$1 million to the plaintiffs. In September 2002, the Air Force surgeon general issued a revised policy covering dietary supplements containing ephedra that strongly discouraged the use of such supplements and highlighted associated risk factors.

In November 2002, the Air Force's surgeon general issued a notice to airmen on the potential risks associated with dietary supplements containing ephedra, following the death of a young airman. These medical notices are released by the AFMS clinical quality management division to disseminate lessons learned from medical incident investigations and other pertinent events.

(Airman 1st Class Shaun Emery contributed to this article)

See educational basketball event

The Harlem Ambassadors, a Colorado-based sports entertainment basketball team, takes on the Patrick Sharks (varsity team) at 7 p.m. at the Patrick Fitness Center.

The show features high-flying slam dunks, dazzling ball-handling and hilarious comedy routines. The team offers a fresher, hipper, younger approach to traditional basketball, while being led by female coach and player Lade Majic.

In addition to being well-traveled in military circles, the organization also sends a message to youth: stay in school, set personal goals and stay off drugs.

This is the third visit the team has made to Patrick. For more information call the Patrick Fitness Center at 494-4534.

Anglers test skills in tournament

Outdoor Recreation presents a land and water fishing tournament from 7 a.m. to 11 a.m. Jan. 17. Contestants can fish from the Outdoor Recreation

docks, pier or land. Canoes are also available. Adults must hold a proper license. Call 494-9691 to register.

Play paintball

Outdoor Recreation offers a new bus trip to Space Coast Paintball in Titusville Jan. 31. Cost is \$50 per person and includes all necessary equipment, including 500 rounds of paintballs. Participants under 18 (must be at least 10 years old) must sign two waivers and be accompanied by a parent or guardian. Sign up no later than Jan. 17. For more information call 494-9692.

Framing classes resume

There will be three framing courses held this month. The first is Monday from 9 a.m. - 4 p.m., second from Jan. 20-21 from 6-9 p.m. and the third Jan. 26 from 9 a.m. - 4 p.m.

Cost is \$25 plus materials. Registration must be made 10 days prior to start of class. For more information call 494-4270.

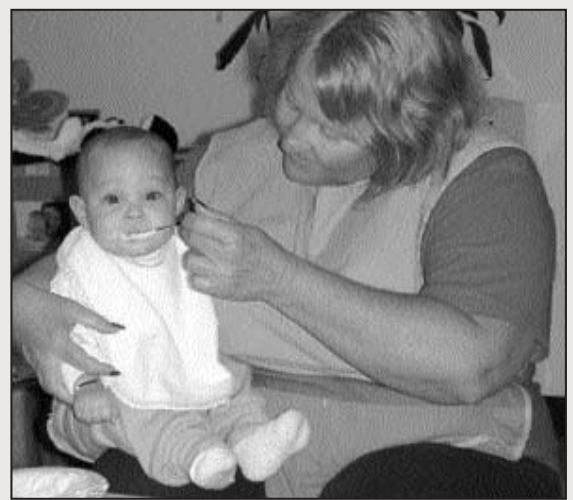


Photo by Marla Holbert

Yummy in the tummy

Mary Leroux, Child Development Center program assistant, feeds rice cereal to Taloric Crafton. On an average day, the CDC cooks and serves more than 350 meals.



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.

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

At the movies

Friday Time Line In France, Professor Johnston, his son Chris, and a team of archaeology students are working on the ruins of a 14th-century castle. Kate and Andre make a startling discovery: They find an old bifocal lens and a letter from professor Johnston. It turns out that the head of the corporation running the dig, Robert Doniger, opened up a wormhole leading to the 14th century. Johnston is now trapped in history, and it's up to his students to find a way to get him back. Stars Paul Walker, France O'Connor. PG-13 for intense battle sequences and brief language.

Saturday Tupac: Resurrection This is the first authorized biopic of the late rapper-actor Tupac Shakur. It includes poetry readings, musical clips, and video from his life, including various interviews, private home movies, and previously unreleased concert footage. Tupac Shakur stars. R for strong language and images of drugs, violence and sex.

Sunday Gothika Criminal psychologist Miranda hears confessions from a satanic patient Chloe and later has an experience with a mysterious woman. This leads to nightmares, but her life really becomes horrific when she wakes up and discovers she's been locked in her own sanitarium, for a murder that she can't remember committing. While trying to figure out what's happened and separate fact from fiction, her colleague Pete Graham wonders whether she's finally gone crazy. Starring Halle Barry and Robert Downey Jr. R for violence, brief language and nudity.

Thursday Time Line see Friday's synopsis.

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

Saturday Brunch - Cajun meatloaf, crispy baked chicken, ribeye 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 - Southern style catfish, barbecue ribs, southern fried chicken, pork chops

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

Thursday Lunch - Barbecue chicken, barbecue ribs, steak, grilled sausage

Thursday Dinner - Pepper steak, Mr. Z's finger lickin

chicken, ginger pot roast

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

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

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

Riverside Dining Menu





Events

Saturday. - Feb. 29, 1-5 p.m., Selections from the NASA Art Program at the Brevard Museum of Art and Science in Melbourne. Entrance fee to the exhibit is \$5 for adults, \$3 for seniors and \$2 for students. Call 242-0737.

Saturday, Noon - 3 p.m., Martin Luther King Celebration at the Cocoa West Community Center. Call 633-1987 for more information.

Feb. 7, Noon - 5 p.m., Snow Fest 2004 at Sand Point Park, Titusville. Event features tons of snow and loads of fun for all ages. Enjoy romping in the snow or shopping and browsing through the crafts fair. Charge is \$5 for participation in the

snow, rock climbing, face painting and Make & Take Craft. No fee to watch or shop. Call 264-5105.

Festivals

Feb 28, 9 a.m. - 3 p.m., Orlando Wetlands Park Festival near the Ft. Christmas Park in Christmas. Event features guided tours, bird banding and mist-netting, rappelling police canine and Native American demonstrations plus historic reenactments, wildlife shows and live music. Admission is free. To get to the park, take S.R. 50 to Christmas, Fla. Turn north onto 420, Ft. Christmas Rd. and travel 2.3 miles, then turn right onto Wheeler Road and travel 1.5 miles. Call (407) 568-1706.



Photo by Tech. Sgt. Brian Davidson

Bridging boundries

Chief Master Sgt. Timothy Snyder visits with a child in Jangadam Village, Afghanistan, during a 455th Air Expeditionary Wing humanitarian supplies delivery Dec. 31.

