

AETC commander directs safety day

Gen. Donald Cook, commander of Air Education and Training Command, directed a mandatory safety down day Thursday due to an increased number of accidents and mishaps affecting the command.

"We've suffered a number of tragic events in the last ten days, and I need your help in bringing this disturbing trend to a halt," General Cook said.

The safety day announcement follows the death of two pilots in a T-6 accident Saturday, an altitude chamber fatality, three motorcycle accidents with one fatality, one suicide and three attempts.

General Cook said a command-wide safety down day is a proactive step in the right direction.

Col. Stephen Wilson, 14th Flying Training Wing commander, held three wing commander's calls focusing on overall Air Force safety issues. Key themes included: Attention to detail, technical order compliance and safety during off-duty activities.

"Thursday was not a day off," Col. Wilson said. "It was a critical day to step back and focus on staying safe."

Individual squadron commanders then followed up with briefings on mishap prevention, driving safety, and flight, maintenance and air traffic control operations.

Emphasis was also placed on educating the motorcycle community on safety regulations, hazards and smart riding.

The general added that automobile drivers need to better understand how to coexist with motorcycle riders on the open road.

General Cook said, "The men and women in our command deserve to work and play in a safe environment. However, the events associated with the last ten days, which have devastated families, damaged equipment and impaired our missions, do not match this expectation. Let the message be loud and clear — safety is job one." (Courtesy of 14th Flying Training Wing Public Affairs Office)

Read more about Air Education and Training commander Gen. Donald Cook's mission safety message regarding the recent Air Force accidents and mishaps on Page 9 of the Silver Wings commentary section.



Airman Cecilia Rodriguez

Airman 1st Class Nita Crawford, Howard McCollum and Lt. Col. Stanley Spillers, 14th Flying Training Wing plans division, wrap up last minute details for Air Education and Training Command's first wing plans conference. Wing plans offices from all over the command will visit Columbus AFB Wednesday and Thursday.

CAFB hosts first AETC XP conference

Columbus AFB hosts the first Air Education and Training Command Wing Plans conference Wednesday and Thursday.

The idea for the two-day meeting stemmed from research by Lt. Col. Stan Spillers, 14th Flying Training Wing Plans chief, and Mr. Howard McCollum, operations plans chief, who were looking for better ways to improve communication with their counterparts throughout the command while enhancing day-to-day operations within wing plans.

"After talking with plans offices at each AETC base, it became apparent that the XP community could benefit from a meeting at a centralized location to discuss issues relative to wing plans," Mr. McCollum said.

To solve some of these issues, Colonel Spillers, Mr. McCollum and

Airman 1st Class Nita Crawford, wing plans information manager, proposed a gathering with their counterparts to share information.

The wing commander agreed to host the conference, and the XP team proceeded to organize it under the guidance of James Bishop, AETC Counter proliferation and Arms Control manager.

"This conference serves primarily two purposes," Mr. Bishop said. "First, wing XP personnel will get to meet their counterparts first hand. Second, it provides a great opportunity to standardize their functional roles and responsibilities command-wide. It also provides Headquarters AETC representatives a chance to brief new initiatives that will involve AETC installations."

Mr. Bishop's full support of this

effort has resulted in the development of an excellent forum for the latest information on issues affecting the plans community, Mr. McCollum said.

The conference will cover various plans-related topics.

"A few of the issues being discussed include information on updating base plans, base-wide training requirements, compliance with international treaties, and other issues that reflect how critical the wing XP office is to the installation," Mr. Bishop said.

All base personnel are invited to attend any part of the conference within their area of expertise. For more information call the wing plans office at Ext. 7012.

(Courtesy of Columbus AFB Wing Plans office)

Air Force announces Thrift Savings Plan open season

RANDOLPH AFB, Texas — Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the "open season" Thursday through June 30.

"The program offers great benefits and is easy to use," said 1st Lt. Steve Koester of the 14th Comptroller Flight. "It's a great way to balance out military or civilian retirement programs."

According to the Air Force Personnel Center, this open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons.

"It's also important to note that TSP is not limited to investing in stocks," said Senior Master Sgt. Felipe Ortiz, AFPC contact center superintendent. "People can choose safer government securities as well."

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

Eligible employees can take out loans and make in-service withdrawals from their TSP accounts and can keep them, even if they decide to leave military or federal civilian service.

"Investment money is deposited directly from each paycheck so you never have to think about it," Sergeant Ortiz said. "That makes it easy to 'pay yourself first' while only investing what you deem appropriate."

The five TSP funds are: the Government Securities

Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index Investment (S) Fund; and the International Stock Index Investment (I) Fund.

Financial experts say as with any individual retirement account, the sooner you begin contributing, the better.

Contribution elections or changes made between Thursday and June 12 will take effect June 13 for both military and civilian personnel. Changes made on or after June 13 will become effective at the beginning of the pay period following the one in which the election is made for civilians and the following month for military.

Some of the specifics of the program include:

Military:

— Military members can contribute up to 9 percent of their base pay, as long as the annual total of tax-deferred investment doesn't exceed \$13,000 for 2004. Airmen also have the ability to invest all or part of their bonuses or special pay.

— Those serving in tax-free combat zones are allowed up to \$41,000 in annual contributions.

— Military members can enroll through the Defense Finance and Accounting Service web site at www.dfas.mil/emss. They can also enroll by filling out a form TSP-U-1 at local military personnel flights, finance offices and family support centers.

— Specific TSP information is available for Air Force military personnel at www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm.

Civilian:

Contribution limits are based on the employee's retirement system. For the current open season, the following contribution rates apply:

— Federal Employees' Retirement System employees may contribute up to 14 percent of basic pay each pay period. Once eligible, the government provides matching funds of up to four percent as well as an automatic one percent each pay period, whether the employee contributes or not, making the government's contribution five percent.

— Employees covered by the Civil Service Retirement System may contribute up to nine percent of basic pay, but do not receive any agency contributions.

— The percentage FERS and CSRS employees may contribute will be restricted by the Internal Revenue Code's annual limit of \$13,000 this year.

— Specific information is available for civilian employees from the Thrift Savings web site at www.tsp.gov or the BEST homepage at www.afpc.randolph.af.mil/dpc/EBEST/menu.htm.

Columbus AFB personnel interested in enrolling in a TSP account can call Finance customer service at Ext. 2706. (Courtesy of the Air Force Personnel Center)

Columbus AFB parents, children welcome Spring season

1st Lt. Joseph Coslett
Public Affairs

Children lined up along the baseball field fence like horses at a starting gate for the word "go," and off they went hunting for Easter eggs at Freedom Park Saturday as part of the 2003 Spring Fling celebration.

The 14th Mission Support Group Services Division sponsored the event for base children and parents, who enjoyed games, a bouncy castle, face painting, and met with Sparky, McGruff and the Easter bunny.

"We do this every year and it's a nice welcoming to spring," said Terri Graves, youth center school-age program director. "The youth center enjoys doing things for the kids and their families."

The celebration also showcased several activities offered by the youth center, such as dance and guitar lessons.

"One week prior, my daughter talked of butterflies in her stomach and how she was dreading the dancing demonstration," said Lt. Col. Greg Schwartz, 14th Flying Training Wing chief of safety. "It was really rewarding as a parent to see how nervous Camilla was in the days leading up to the demonstration and then have her go out and perform with the resulting look of pride on her face. She made it through and learned a valuable life lesson about perseverance."

The exchange, commissary, family support center, 4-H Club and numerous volunteers made the many events possible, such as putt-putt gold, treasure wheel, basketball shot, milk bottle, ring toss, fishing booth, rubber-ducky float, face painting, and an arts and crafts booth.

"It was awesome," said Lt. Col. Frank Rossi, 50th Flying Training Squadron director of operations. "I can't think of anything I would have done better."



Courtesy photo

Donna Rhodes, produce manager, reads the Peter Rabbit story to a group of children at the commissary. The store tied in its Family Day with the youth center's Spring Fling. Customers hunted for the golden Easter egg and won prizes and shopping sprees.

Military identification cardholders are reminded that with limited exception, all tax payers must file their taxes on or before Thursday. Those who are not yet prepared to file must submit a request for an extension before Thursday. Tax payers are reminded that even if the request for an extension is approved, interest begins to accrue Thursday. The Volunteer Income Tax Center in State Village will hold regular hours until April 30 and will open from 8 a.m. to 8 p.m. Thursday. For more information, call the center at Ext. 7613.

Awareness can prevent sexual assaults

2nd Lt. Amber Millerchip
Air Education and Training Command Public Affairs

RANDOLPH AFB, Texas — In line with April's Sexual Assault Awareness Month, Air Force leaders encourage all Airmen to be knowledgeable about sexual assault risks, consequences and prevention.

"Sexual assault in an organization that depends on each individual in life and death situations is simply intolerable," said Gen. Don Cook, commander of Air Education and Training Command. "Our most important obligation to our Air Force people is to give them a safe and secure working, living and training environment. We will continue to do everything we possibly can to prevent such criminal behavior. Have no doubt, you and all Airmen are personally responsible for preventing assaults of any kind."

Sexual assault includes rape, attempted rape, assault, indecent assault and attempts to commit these crimes. According to the National Center for Victims of Crime, 1.3 women are raped every minute.

Some of these offenses require the actual use of force, where one person overpowers the other by whatever means, such as use of a weapon, strength or physically imposing size. Use of force also includes coercion, such as using rank or authority.

Women in their late adolescence and early adult years, particularly those drinking alcohol, are most at risk, said Capt. (Dr.) Julie Storey, life skills support center clinical psychologist at Randolph AFB.

"Many are on their own for the first time in their lives and do not have safety nets such as parents or guardians," Captain Storey said. "They make poor judgments, and the consequences of those judgments, at that age, are a lot higher."

Reactions of both victims and perpetrators of sexual assault are also affected by sexual assault mythology. Most myths blame the victim.

For example, "Women who are careful don't get raped, so therefore if I had been careful this wouldn't have happened to me," or "She secretly wanted to be raped."

An assailant who mistakenly believes these myths may think his actions were justified while a victim who believes them may delay or refuse to report an assault, Captain Storey said.

Believing the myth, "Only bad or provocative girls get attacked," can result in a false sense of security by women who are sure they don't fall into either category. Anyone can be assaulted, even the elderly. This is particularly true because attackers are often people known and trusted by the victim, not strangers, Captain Storey said.

According to the National Center for Victims of Crime, 40 percent of victims know their attackers.

"That sense of invulnerability is a big one," Captain Storey said. "You do things such as walk away and leave your drink sitting on a table or bar, go to a party and say, 'I'm going to get drunk because everyone else is getting drunk,' so nobody's really accountable for what's happening."

Captain Storey emphasized this doesn't mean not to trust one another.

"Trust each other, but don't trust drunk people," she said. "Some people actually change personality when drinking. Once alcohol enters into a situation, no one can predict how that alcohol will affect others or themselves."

According to the Texas Association Against Sexual Assault, 75 percent of perpetrators and 55 percent of victims are under the influence of alcohol at the time of an acquaintance rape.

Alcohol affects the way the brain processes things. It decreases inhibitions and impairs judgment on both the part of the victim and perpetrator, Captain Storey said. That impairment impacts the victim's ability to understand and detect danger. It also affects the perpetrator's social judgment, such as what's appropriate and what's not.

Women also need to learn the importance of reporting immediately.

"If attacked, regardless of any associated misbehavior, a victim should immediately report to the proper authorities so that medical assistance can be rendered and the investigative process can begin," said Tech. Sgt. Michael Rieger, 14th Flying Training Wing military equal opportunity specialist. "Air Force bases have programs, procedures and communication channels to report assaults and to provide victims with medical, legal, emotional and spiritual help."

See AWARENESS, Page 4

New jet refueling system saves wing time, \$1M

Project brings antiquated 1950s facility up to EPA standards, costing wing \$0

Base personnel activated a new state-of-the-art aircraft refueling facility March 24 on the flightline.

The new system is first and foremost a matter of environmental protection," said Mike Whipp, 14 Mission Support Group fuels quality assurance specialist. "It also saves time and money."

Pumphouse No. 1 stores roughly 400,000 gallons of JP-8 fuel in 8 tanks. Fuel is then transferred to the R-11 jet refueler trucks by way of two new fill stands.



Ruby Lowe, fuel operator, refuels her truck at the old pumphouse while other trucks wait in line. The new facility allows two trucks to refuel at a time.

"Findings from a June 2001 Environmental, Compliance, Assessment and Management Program rendered the project necessary," explained 1st Lt. Gary Moore, 14th Civil Engineering Squadron.

Environmental Protection Agency guidelines require spill containment construction be capable of holding the entire contents of a refueler.

The refueler area also requires secondary containment in case of a catastrophic failure during the fuel transfer, Lieutenant Moore said.

Until now, the antiquated 1950s pumphouse, used to fill trucks for jet refueling, had only had minor improvements. Columbus AFB was able to garner outside funding through the Defense Energy Support Center, and the \$540,000 facility cost the wing nothing.

"This is going to save CE time and money, since they will only have one system to maintain instead of two," Mr. Whipp said.

Previously, the base used two separate pumphouses with only a single fill stand.

The second pumphouse can now be eliminated, saving more than \$1 million in refurbishment costs to achieve current standards. That does not include future operations and maintenance costs.

"The funding gave us the opportunity to correct many deficiencies, add an additional off-loading area and bring the facility up to modern standards," Mr. Whipp said. "We now have in one system what we had in two."

Contractors on the flightline can now fill two fuel trucks at a time instead of one. The new facility also has a weather shelter.

Tech. Sgt. Brandon Sims, 14th MSG, Fuels Quality Assurance Office, and CE's Liquid Fuels Maintenance personnel advised Cape Environmental contractors along the way.

"This project will make a lasting impact on mission support for the 14th Flying Training Wing," Sergeant Sims said.

(Courtesy of the 14th Civil Engineering Squadron)



Paul Stewart, liquid fuels mechanic, tightens a high-level shut off alarm at the new pumphouse. It cuts off fuel flow at a certain level to prevent spillage.

NEWS BRIEFS

Commander's photos

Col. Stephen Wilson's official 8 x 10 photos are ready for pickup at public affairs at Ext. 7068. For different sizes, call base visual information at Ext. 2444.

Commissary Easter hours

The commissary opens Easter Day from 10 a.m. to 6 p.m. For more information, call Ext. 7109.

Education center testing

There will be no testing at the center Monday through Thursday. For more information, call Ext. 2562.

Bowling center closure

The bowling center is closed Monday to Thursday for refurbishing. Hamburgers and hot dogs will be served outside on the grill from 11 a.m. to 1 p.m. for lunch. For more information, call Ext. 2426.

Boy scouts

Troop 52 meets at 8 a.m. Saturday at the Visitor Center to perform community service activities.

A meeting is scheduled for 6 p.m. Tuesday in Room 111 in the Military Personnel Flight building.

A boy scouts fundraiser is at 8:15 a.m. April 24 at the Whispering Pines Golf Course. For more information, call 343-5362.



Courtesy photo

It is not the Hilton but ...

Maj. Bryan Stokstad, 14th Comptroller Flight commander, shows off his bunk at a deployed location in Southwest Asia. About 50 Airmen from the 14th Flying Training Wing are deployed in support of operations around the world.

AWARENESS (Continued from Page 3)

Early reporting of sexual assaults is an important factor in gathering timely evidence related to the crime.

"Victims may spend a lot of time worrying about other peoples' opinions or the consequences of revealing their misconduct at the time," Captain Storey said. "The longer they wait, the less chance of a conviction."

Specifically, life skills center providers are available to provide individual counseling services to deal with some of the emotional consequences of what happened.

Life skills providers also encourage victims to seek group counseling from any available community rape crisis center.

According to Captain Storey, one of the components of recovery is for victims to realize they're not alone and to diminish the sense of isolation, embarrassment and shame. Community crisis centers allow victims to talk to other victims about their experiences, and begin to change their beliefs and normalize their reaction to the traumatic event.

In addition to life skills and community rape centers, the Victim Witness Assistance Program, a federally mandated program, is available on every Air Force installation through the base legal office.

The program assigns each victim a volunteer advocate to navigate the legal process and serves

as another part of the victim's support system.

At Columbus AFB, victims can call the law enforcement desk at Ext. 7128 or simply dial 9-1-1.

"Victims should also contact their first sergeants or commanders as soon as possible," said Maj. Walter Lassiter, 14th FTW staff judge advocate.

The Columbus AFB Victim Witness Liaison, Etha Brooks, can be reached at Ext. 7030 during duty hours and through the command post after-duty hours at Ext. 7020.

Victims can also contact the on-call JAG at 364-7030.

A life skills support representative is also on-call 24 hours a day at 364-2239.

"These agencies are available for assistance 24 hours a day, and will treat you with the utmost patience, dignity and respect," Major Lassiter said.

According to Lt. Col. Cheryl Thompson, chief of military justice at the AETC Directorate of the Staff Judge Advocate, prevention starts from within, with smart decision making, trusting instincts, developing situational awareness and having the confidence to not follow the crowd.

"We need to be responsible for ourselves and our friends," Colonel Thompson said. "We need to take care of and look out for each other."

April is ... Sexual Assault Awareness Month



SEXUAL ASSAULT
No one is exempt from being a victim.
**Regardless of race,
religion, gender or
age ..**

**Work as a TEAM
and stop sexual assault now!**

Call: _____ Ext. 7128 or 9-1-1

First impressions: 14 FTW commander praises BLAZE TEAM recipe for success

Col. Stephen Wilson
14th Flying Training Wing



First impressions. It seems like I've been inside a whirlwind tornado since I've arrived ... it's hard to believe it has only been a few weeks now since the change of command.

I'd like to start off by saying thanks to all of you — both from the base and downtown — who have made me and my family feel so at home. The reception has been overwhelming. As I mentioned in my change-of-command speech, the reputation of Columbus AFB is legendary in the Air Force; and now, having seen it first hand, I can see why!

I've had an opportunity to meet many of you in the last few weeks — and will continue to get out and about, meeting the rest of the Airmen in the coming weeks. The people I have met clearly embody our famous BLAZE motto — Building Leaders, Advancing Integrity, Service before Self and Excellence in all that we do. Many of the organizations I've visited appear to have created an environment where everyone knows he or she is respected; their inputs are valued, and leadership at all levels expects everyone to take an ownership role of the organization's mission. That's truly a recipe for success.

It's also clearly evident that to do our mission here, it takes a total TEAM effort. All the team members must pull together, constantly striving to improve and working towards a single goal. We are not in an individual sport ... The BLAZE TEAM can't do its mission with a single superstar, no matter how talented that person is. The great news is the 14th FTW is made up of many, many superstars.

Recently, I met Senior Airman Jason Stone from the 14th Operations Support Squadron, who just won the

John Levitow Award from Airman Leadership School. He is definitely a future leader in our Air Force. Then there is Sharon Moseley, who manages our base's Government Travel Card account program. She was singled out by the AETC Headquarters comptroller flight for having the best program in the command for the last 3 months. Over in the Military Personnel Flight, 1st Lt. Charlene Talafuse is doing incredible work leading her team. Her "can-do" attitude is absolutely infectious. Another young leader and warrior I met was 1st Lt. Daryl White who is chief of the lab services at our medical clinic. He trains all the wing self-aid buddy care instructors, spearheaded the base blood drive and was a distinguished visitor escort for the Tuskegee Airmen tribute.

As you can see, producing leaders, warriors and pilots doesn't only happen in one group. Our mission takes the whole BLAZE TEAM — every single member of the mission support group, medical group, operations group and all the talented and dedicated maintenance professionals. But it doesn't stop there.

Our TEAM also encompasses the local people in organizations such as the Chamber of Commerce, Military Affairs Committee, Base Community Council and School Board, who are out there helping Columbus AFB in so many ways. Accomplishing our mission of "Developing Airmen" to be the world's best leaders, warriors and pilots requires lots of moving parts. All are interrelated, and if any single area doesn't do its job properly, the overall mission suffers.

In my two weeks as your commander, my first impressions have been extremely positive. It's obvious our BLAZE TEAM is made up of many superstars. We have very talented leaders who have set high standards. There is rigor in our programs, and everyone is focused on "Developing Airmen." I'm extremely proud to be on your team. Together, let's keep producing the best leaders, warriors and pilots for the world's best Air Force!

STRAIGHT TALK LINE

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Messages are answered in the Silver Wings without names.

Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724.

People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main website at www.columbus.af.mil.

Questions and answers will be edited for brevity.

Availability of car decals

Question: When will the base be getting new Department of Defense stickers for our vehicles? I have a new car and it's getting very inconvenient to continuously update my temporary pass onto the base.

Answer: DoD stickers were in short supply Air Force wide. Fortunately, this shortage has subsided and decals are available at the Visitor Center. Stop by between 7:30 a.m. and 4:30 p.m. Monday through Friday to get your new sticker. Sorry for the inconvenience.

*Col. Stephen Wilson
14th Flying Training Wing commander*

Key phone numbers

Base Exchange.....	434-6013
Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7370
Inspector General.....	434-2927
Legal Office.....	434-7030
Military Equal Opportunity.....	434-2546
Security Forces.....	434-7129
Shoppette.....	434-6026

724, Columbus AFB, Miss., phone 434-7069, or e-mailed to silverwings@columbus.af.mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

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'Developing Airmen' part of CAFB mission

Lt. Col. Jeffrey Kindley
41st Flying Training Squadron



I spent a great deal of time just wondering what subject to write about for this article. I kept coming back to the subject of leadership.

Our new wing commander, Col. Stephen Wilson, stated during his commander's call that one of the principle missions of the 14th Flying Training Wing was "Developing Airmen." So it is our responsibility to teach leadership, as well.

I attended the Airmen Leadership School graduation April 1. This school is a great opportunity for senior airmen and staff sergeants to begin their roles as leaders. Similarly, Squadron Officer School serves the same purpose for our junior officers.

These Professional Military Education courses serve as invaluable stepping stones in our careers, preparing us for future responsibilities. Due to our mission, I don't believe we, in the Air Force, always have the same leadership opportunities as our counterparts in the sister services.

I think this is especially true for Air Force pilots. As a Specialized Undergraduate Pilot Training wing, this is important for us to recognize. For example, let's compare an infantry officer in the Army.

After commissioning and a few months of training, an Army officer may lead a 50-man platoon into battle as a second lieutenant. As a young captain, he may assume the role of company commander, responsible for 250 people and millions of dollars of equipment.

By comparison, a typical Air Force officer in the aviation field will spend one year in SUPT after commissioning, followed by another year or so of specialized training to become mission ready. He arrives at his unit, about to pin on first lieutenant, as the new guy — inexperienced.

It will be three or four years before he gains enough experience to assume his first real leadership challenge, as a flight commander. This flight commander will be responsible for 10 to 30 people, as a mid-level captain. Compared to the company commander, you can see a huge difference in leadership opportunities between the two.

Although the pilot is perhaps required to attain a much higher degree of technical skill and knowledge, he is not charged with the same amount of leadership. Obviously, there are exceptions, but this is typical for an Air Force aviator.

Perhaps this is one of the reasons Air Force leadership emphasizes PME. But this education is not a substitute for leadership.

It is incumbent on us to teach leadership. The primary way to accomplish this is to mentor our people. Commanders must provide supervisors the opportunity to lead and the trust to make decisions, for all of us must be ready to lead when called upon.

We must develop our Airmen — it is part of our mission.

View from the Top — Safety focus must remain constant

Gen. Don Cook
AETC Commander



RANDOLPH AFB, Texas — Accidental deaths and severe injuries are plaguing our Air Force. Sadly, Air Education and Training Command has not escaped this alarming trend.

Last weekend alone we lost three Airmen in tragic accidents. Two instructor pilots perished in the crash of a T-6A trainer at Savannah-Hilton Head International Airport in Georgia, and a young Airman lost his life in yet another fatal motorcycle accident near Keesler AFB, Miss.

Compounding this situation is the sharp rise in other accidents resulting in serious and near fatal injuries.

The frequency at which Airmen in our command are killed and injured in private motor vehicle accidents, especially motorcycle accidents, is appallingly high. Within the first months of this year, we are well on our way to overtaking the precedent-setting number of fatal and serious injury-producing motorcycle accidents we had last year.

This heartrending loss of life and severe injury is simply intolerable.

One motorcycle accident death is one too many! There is no middle ground or room for compromise.

Safety considerations are critical in all you do at work, at home and during your leisure activities. But despite all our sustained best efforts to communicate this imperative; despite our robust mandatory safety training programs; despite people seemingly on board with the safety mindset, deaths and injuries continue to haunt us with increasing regularity.

Immediate action by every AETC team member to halt this unacceptable trend is the only solution. To get our focus squarely on safety as our No. 1 priority, I directed commanders throughout AETC to hold a safety "down day" Thursday. I wanted everyone in our command to get a collective shake of the shoulders and look in the eye from their commanders to ensure they received — again — a loud and clear message about the paramount importance of safety.

We've iterated our message consistently and frequently — safety and our reliance on operational risk management are absolutely crucial in all we do. Our message has not changed, and we will not stop delivering it at every opportunity possible. But it is up to each of you to respond to this call to preventative action.

Today — right now — each of you must center your focus on safety — not tomorrow, not next week and not when the "101 Critical Days of Summer" begin in May. Now is the time to take the brave, but necessary action to alter behavior that puts you, your family and your colleagues at risk. Recklessness, inattention and disregard for fundamentally safe behavior must be eliminated.

Dress for the crash, not the ride

Tech. Sgt. Juan Toledo
56th Operations Support Squadron

LUKE AFB, Ariz. — Motorcycle riders never want to crash, but true riders get ready to ride by selecting and wearing the right safety equipment for the crash and not the ride.

When I started riding some 34 years ago, I thought all I needed was a motorcycle and a helmet. Although a helmet is a great start, there are several other items of protective gear people should consider wearing.

In addition to a Snell and DOT approved helmet, I wear riding goggles, hearing protection, chest protector, riding jersey, riding gloves, Kevlar

reinforced riding pants with hip pads, riding shorts, kidney belt, knee braces, riding socks and top-of-the-line riding boots.

This was what I decided was important to me after doing my research.

I was glad I selected all of these items when I was involved

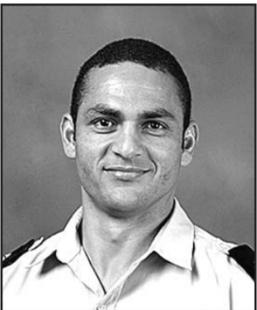
in a dirt bike mishap just four weeks ago. The bike high-sided and threw me off. After I flipped in the air, I landed on the back of my right shoulder. The next thing to hit was my helmet followed by my upper back. As my lower back and hip area hit the ground, I felt excruciating pain. It turns out my lower back landed on a boulder larger than a basketball.

I ended up in the hospital for a week with a fractured pelvis.

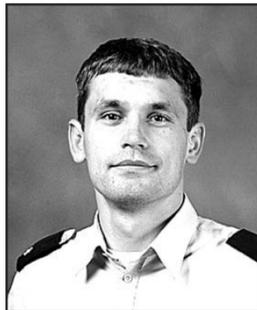
There is no doubt in my mind, although I suffered an injury, things would have been much worse if I had not been wearing my safety equipment, and I could be writing this from my new wheel chair.

This is my advice to you: When selecting a motorcycle or all-terrain vehicle, you must also consider, as part of your purchase, all of the safety gear required by the Air Force and the optional gear you consider important.

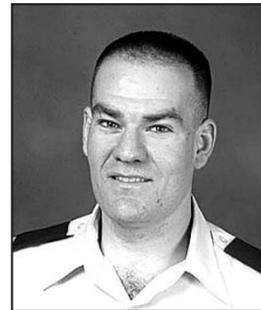
If you can only buy the motorcycle but can't buy the protective gear, then you can't afford the motorcycle.



1st Lt. Heni Meddouri
Beja, Tunisia
F-5, Sidi Ahmed AFB, Tunisia



1st Lt. Marius Pupalaigis
Trakai, Lithuania
L-39, Siaulia AFB, Lithuania



1st Lt. Alex Waxman
Newbury Park, Calif.
KC-135, MacDill AFB, Fla.

SUPT Class 04-07 earns silver wings

Specialized Undergraduate Pilot Training Class 04-07 graduates at 10 a.m. today during a ceremony at the theater. Primary training takes about 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 flying hours. After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track. Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission. Advanced training for the fighter track is done in the T-38 Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes about 26 weeks and includes 381 hours of ground events, 31.6 hours in the flight simulator and 118.7 flying hours. The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place business jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and air-drop missions. Training takes about 26 weeks and includes 185 hours of ground training, 43 hours in the flight simulator and 104 flying hours. The class reunites on graduation day, when students receive the aeronautical rating of pilot and begin their careers as U.S. Air Force pilots.

Twenty-five officers prevailed during a year of training, earning the right to be Air Force pilots. The graduation speaker is Army Col. Robert Caslen, Jr., 3rd Infantry Division assistant division commander, of Fort Stewart, Ga. Students received their silver pilot's wings at today's ceremony, and students who excelled in their respective training tracks are recognized.

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Second Lts. Adam Bingham, T-1, and Lee Bryant, T-38, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes. The Air Force Association Award was presented to 2nd Lts. Mark Freitas, T-1, and Kevin Williams, T-38. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association — promoting aerospace power and a strong national defense. Lieutenants Bingham and Bryant were named distinguished graduates. The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the twin-engine, subsonic T-37 Tweet. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

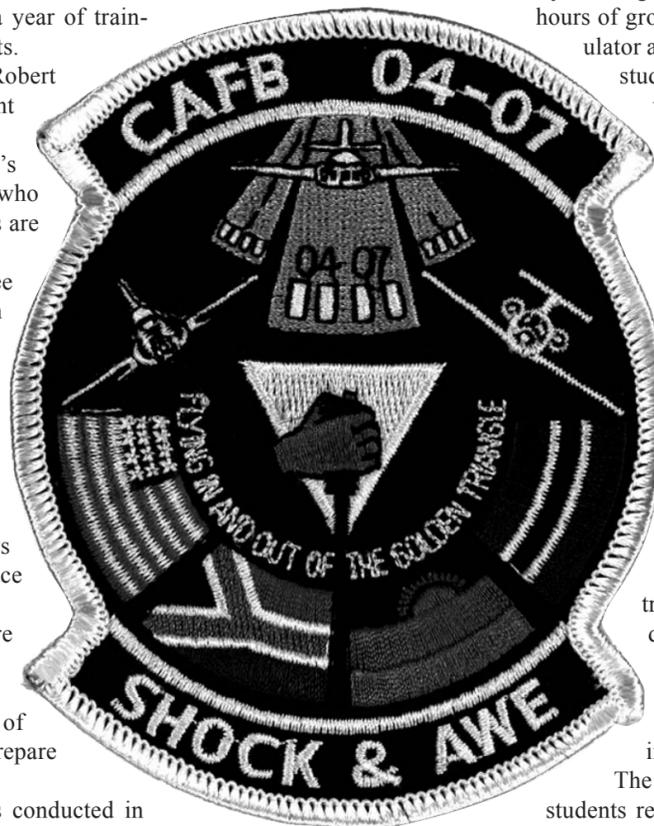
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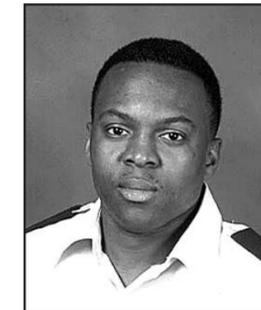
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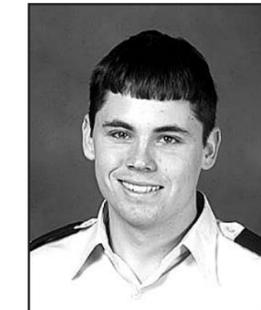
(Editor's note: The class's pilot partners are Microtek Medical and Trustmark Bank.)



2nd Lt. Adam Bingham
Roy, Utah
C-17, Charleston AFB, S.C.



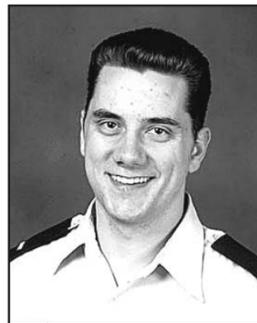
2nd Lt. Justin Bridges-Crawford
San Antonio, Texas
B-1, Dyess AFB, Texas



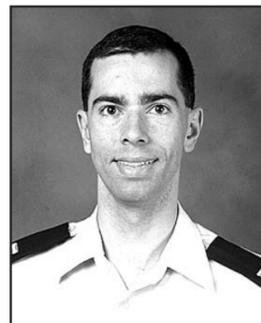
2nd Lt. Lee Bryant
Madison Heights, Va.
F-16, Luke AFB, Ariz.



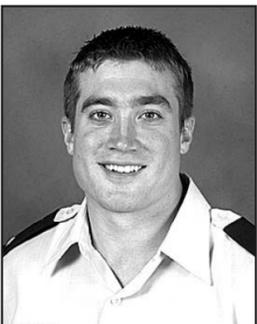
2nd Lt. Carlos Capriel
Guatemala City, Guatemala
A-37, Santa Elena, Peten



2nd Lt. Kevin Floyd
Shelby Township, Mich.
B-1, Dyess AFB, Texas



2nd Lt. Mark Freitas
Fresno, Calif.
C-5, Dover AFB, Del.



2nd Lt. Nathan Harrold
Minocqua, Wis.
T-38, Columbus AFB, Miss.



2nd Lt. Jason Hood
Knoxville, Tenn. (ANG)
KC-135, Knoxville, Tenn.



2nd Lt. Thomas Jackson, III
Tuscaloosa, Ala.
C-17, Charleston AFB, S.C.



2nd Lt. Anthony Garner
Bradford, Ark.
E-8, Robins AFB, Ga.



2nd Lt. Michael Garrott
Arnold, Md.
C-21, Yokota AFB, Japan



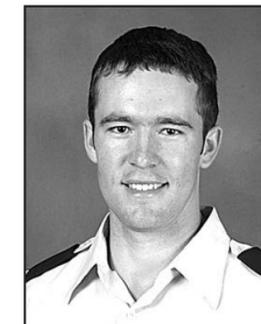
2nd Lt. John Gowring
Auburn, Calif.
KC-135, Mildenhall AB, United Kingdom



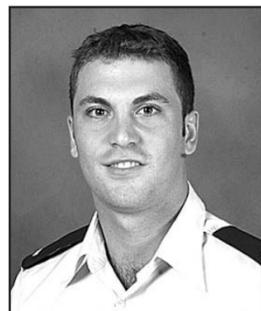
2nd Lt. John Kearns
Dallas, Texas (AFRC)
KC-135, Tinker AFB, Okla.



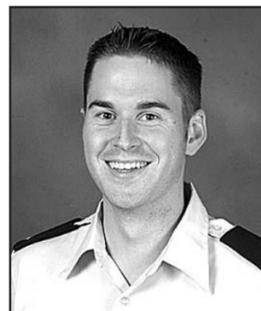
2nd Lt. Alvaro Lopez Cattebeke
Asuncion, Paraguay
T-27, Concepcion AFB, Paraguay



2nd Lt. Keegan Maple
Hilo, Hawaii
C-21, Ramstein AB, Germany



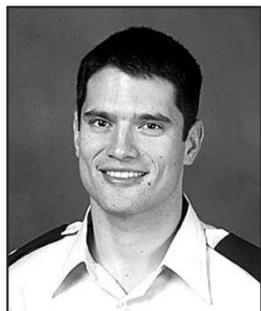
2nd Lt. Anthony Mione
Seminole, Fla.
C-21, Wright-Patterson AFB, Ohio



2nd Lt. Brant Reilly
Farmington Hills, Mich.
F-16, Luke AFB, Ariz.



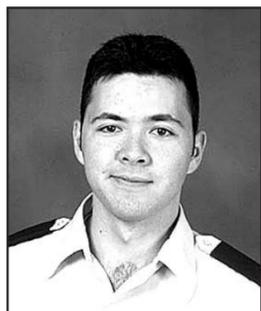
2nd Lt. Todd Salzwedel
Snohomish, Wash.
T-1, Columbus AFB, Miss.



2nd Lt. Philip Schembri, III
Phoenix, Ariz.
E-8, Robins AFB, Ga.



2nd Lt. Matthew Slager
Chicago, Ill.
C-21, Andrews AFB, Md.



2nd Lt. Scott Snider
Plymouth, Mass.
T-37, Columbus AFB, Miss.



2nd Lt. Kevin Williams, Jr.
Wixom, Mich.
F-15E, Seymour-Johnson AFB, N.C.

AT THE CHAPEL

Catholic**Today:**

Noon — Good Friday service

Sunday activities:

9:15 a.m. — Mass
(No 5:30 p.m. Mass)

Protestant**Sunday activities:**

6:30 a.m. — Easter sunrise service
at the Walker Center

10:45 a.m. — Combined traditional
and contemporary worship

Tuesday

Noon — Lunch and Bible study

Wednesday

5:30 p.m. — Dinner and Bible study
7 p.m. — Choir rehearsal

Jewish

April 17 — Passover observance at
8 p.m. at Temple B'Nai Israel, 717
2nd Ave. North, Columbus, Miss.

For other services, call the chapel
at Ext. 2500.

AT THE MOVIES

All movies are shown at 7 p.m.,
unless otherwise noted, at the theater.

Today

"Twisted" (R, violence, language
and sexuality, 99 min.)

Starring: Ashley Judd and Samuel
L. Jackson.

Saturday

"Confessions of a Teenage Drama
Queen" (PG, mild thematic elements
and brief language, 90 min.)

Starring: Lindsay Lohan and Adam
Garcia.

April 16

"Stargate" (PG-13, drug
content, sexual situations, partial nudi-
ty, language and some violence, 100
min.)

Starring: Ben Stiller and Owen
Wilson.

For more information about movies,
visit www.cafbgrapevine.com.

CHANNEL 64

BLAZE 64 offers announcements
for people living in base housing or
the dormitories.

Call public affairs for more infor-
mation at Ext. 7068.

Weekdays

9 a.m., noon and 2 p.m.
Air Force Television News

FAMILY
SUPPORT

(Editor's note: All activities are
offered at the family support center
unless otherwise specified. For more
information, call Ext. 2790.)

Positive thinking videos: A video-
based program on reducing stressors is
from 11 a.m. to 12:30 p.m. Wednesday. It
teaches ways to start the day off right and
deal with negative situations and behav-
iors using positive self-talk and relax-
ation audios.

Hearts Apart social: A social gather-
ing for families of deployed or remote
personnel is Thursday at 5:30 p.m.
Information, refreshments and prizes are
provided.

Credit class: A class on how to establish
and manage credit is at 11 a.m. April 20. It
also discusses the advantages and disad-
vantages of credit cards.

Managing stress: A seminar on man-
aging stress is at 1 p.m. April 21. It iden-
tifies current communication skills,
teaches new skills and how to manage
stress by proper communications.

Interpersonal communications: This
seminar is at 3:15 p.m. April 21. It uses
interactive role-play to identify and prac-
tice effective communication skills using
assertive versus aggressive techniques.

Remote/deployment briefing: Military
personnel going remote or being deployed
must attend a mandatory briefing held
daily at 9 a.m.

BASE
NOTES

OSC social: The Columbus Officers'
Spouses' Club holds its next social at the
Columbus Club at 6:30 p.m. Tuesday,
hosted by the spouses of the 14th Mission
Support Group. Scholarships for the
2003-2004 school year will be awarded.
The menu includes prime rib with



Airman Cecilia Rodriguez

Swingin' spring break

Katelynn Brooks, 5, Amanda Brewer, 19, Calvin Cody, 9, Emily Cody, 7, and Ryan Clark, 12, enjoy the spring weather at Freedom Park. For \$15, the park pavillion area can be reserved for half a day, or a whole day for \$25. Reservations for official squadron functions are free. For more information, call Ext. 2505.

roasted new potatoes. Cost is \$13.50 per
person, and club members receive a \$2
discount. New members are welcome.
For reservations, call 434-8723 or e-mail
airtex60@yahoo.com by noon Tuesday.

Holocaust remembrance day: A lun-
cheon in honor of Holocaust remem-
brance day, Yom HaShoah, is noon April 16
at the chapel annex. A light lunch will be
provided at no cost, and the guest speak-
er is Dr. Thomas Velec. Seating is limit-
ed. For reservations, call Mike Meggs at
Ext. 2116 by April 13.

Earth Day event: An Earth day event
is from 9 a.m. to 1:30 p.m. April 16 at
Freedom Park. More than 400 Columbus
3rd graders are expected to attend.

Environmental professionals will set
up learning stations to teach children how
to care for the environment. For more
information, call Ext. 7406.

Relay For Life: The 12-hour Lowndes
County Relay For Life starts at 6 p.m.
April 16 and ends at 6 a.m. April 17.
Teams of eight to 15 people camp out and
take turns walking around the Saunders
Field on Highway 45 next to the Master
Host Inn hotel in Columbus. The Relay
For Life is an event sponsored by the
American Cancer Society to raise money
for the fight against cancer. The goal is
for each team to raise \$1,000 dollars, and
there is no registration fee. For more

information, call 1st Lt. Ariol Paz at Ext.
2666.

International women's group: A
women's group for wives of international
military members at Columbus AFB
meets from noon to 2 p.m. April 19 at the
chapel annex. A meal is provided, and
international dishes are welcome, as well.
This is an opportunity for international
women to gather and share a culturally
diverse experience. For more informa-
tion, call Liisi Herring at 356-9267.

Dorm dinner: April's dorm dinner is at
5 p.m. April 22 at the chapel annex. The
menu includes hamburgers and hot dogs
grilled by the Top 3 members.

To donate a side item for the dinner,
drop it off at the chapel by 4:30 p.m.
Thursday. Door prize drawings will be
conducted and a Bible study will follow
the dinner for those who would like to
attend. For more information, call the
chapel at Ext. 2500 or contact a first
sergeant.

Thrift shop: The thrift shop, located at
Building 345 C Street, is open Tuesdays
from 3:30 p.m. to 6:30 p.m. and
Thursdays from 9 a.m. to 1 p.m.

Spring and summer items are now
being accepted, and consignments are
taken until one hour before closing.
Volunteers are welcome. For more infor-
mation, call Ext. 2954.

Variety of programs available to base families

Catfish buffet: The Columbus Club
offers an all-you-can-eat catfish buffet
from 11 a.m. to 1 p.m. Fridays. Cost is
\$5.95 for members and \$7.95 for non-
members. Customers may still order off
the a la carte menu. Call Ext. 2490.

Club card drawings: The Landing
Lounge and enlisted lounge offer a club
card drawing for cash every Friday night
at 6:30 p.m. Cardholders must be pre-
sent to win. Call Ext. 2490.

Disc Jockey Maze: The enlisted
lounge features the music of DJ Maze
from 9 p.m. to 1 a.m. today. Call Ext.
2490.

Play NTN games: The enlisted lounge
now offers free NTN games for members
and \$2 for two hours for nonmembers.
The lounge is open Friday nights. Call
Ext. 2489.

Spring break dance: The youth center
offers this dance from 7 to 10 p.m.
Saturday. Cost is \$1 for members and \$2
for nonmembers. Bring a guest and
receive half price admission. Call Ext.
2504.

Birmingham shopping trip: The
information, ticket and travel office
offers a trip to Birmingham, Ala., to the
Riverchase Galleria Mall and Water Mark
Outlet Mall Saturday. Cost is \$15 and
includes transportation. The bus departs
at 9 a.m. from the community center
parking lot and returns at 6 p.m.

The next scheduled shopping trip is
May 6 to the Canton, Miss., Flea Market.
Cost is \$20 and includes transportation.
Call Ext. 7861.

Easter brunch: The Columbus Club
offers a special Easter brunch from
10:30 a.m. to 1:30 p.m. Sunday. Cost is
\$10.95 for members and \$12.95 for non-
members.

Menu choices include but are not limit-
ed to sliced ham with pineapple orange
sauce, sliced top sirloin, herbal roasted
potatoes, antigua vegetable medley,
omelet and waffle station, and much
more. Call Ext. 2489.

Adult and youth crafts classes: The
skills development center offers classes
for adults on Tuesday and for youth on
Wednesdays. A display of the crafts pro-
jects are available at the center.

Classes include, but are not limited to,

making door bunnies, using the jigsaw,
making a mosaic clay pot and ribbon-
woven pillow.

Youth classes include making silver
bunnies, a bunny box, a mosaic patio
stone and a grass bug. Call Ext. 7836.

Silver Star Casino trip: The informa-
tion, ticket and travel office offers this
trip April 16. Cost is \$15 per person
and includes transportation and \$15 in
coins. The bus leaves the community cen-
ter parking lot at 5:30 p.m. Call Ext. 7861
for reservations.

Poetry contest: The base library offers
this annual contest April 18 to April 24.
The poem's theme must relate to "Vote 4
Books, Elect 2 Read" and must be a min-
imum of 30 words.

Contest categories are grades 1 to 3,
grades 4 to 6, grades 7 to 12 and adults.
Registration starts April 18, and all
entries are due by 5 p.m. April 22. Entries
will be displayed for public voting April
23 to April 25.

Type or print all entries on an 8.5 x 11
inch sheet of white paper and should be
submitted without names. Each entry will be
assigned a number. One winner will be
chosen for each category. Call Ext. 2934.

Family fun day: The information, tick-
et and travel office offers a family fun trip
to Tuscaloosa, Ala., April 24 to visit the
Children's Hands on Museum and Chuck
E. Cheese.

Cost is \$20 per person and includes a
ticket to the museum and transportation.
The bus departs at 9 a.m. from the com-
munity center parking lot and return at
4 p.m. Call Ext. 7861.

Beale Street Music Festival: Register
early for this trip to Memphis, Tenn.,
May 1 and May 2. Cost is \$125 per per-
son and includes transportation and two
nights' lodging (double occupancy).
Concert tickets are sold separately. The
bus leaves the community center park-
ing lot at 9 a.m. A \$50 deposit is required
upon registration. Call Ext. 7861.

Air Force Space Camp: Applications
for the Air Force Space Camp held at the
U.S. Space and Rocket Center in
Huntsville, Ala., are available at the
youth center. Teens interested in fun, edu-
cational experiences in space science and
aviation should apply.

The camp is divided into two age divi-
sions: ages 12 to 14 to participate in the



Pam Wickham

Mixin' it up

Scott Vanderplas mixes "techno" sounds at the enlisted lounge. The next "techno" night is from 9 p.m. to 1 a.m. April 16 with an '80s theme. Wear a favorite outfit from the '80s. For more information, call Ext. 2490.

Space Academy held Aug. 1 to Aug. 6,
and ages 15 to 18 participate in the
Advanced Space Academy held July 31 to
Aug. 6.

The deadline to submit an application
for this camp is April 20. This program is
offered to family members of active duty
military personnel assigned or living on
an Air Force base, Air Force retired mili-
tary, civilian employees, guard and
reserve members. Call Ext. 2504.

Drop-in care: The child development
center offers drop in care Monday

through Friday from 6 a.m. to 6 p.m. Cost
is \$3 per hour. For reservations, call Ext.
2479.

Birthday parties: Strike Zone Lanes
offers three different birthday party pack-
ages ranging in price from \$3.50 to \$4.75
per person. Stop by to pick up a brochure
on what is offered with each package.
Call Ext. 2426.

Quick shot bingo: The bowling center
offers quick shot bingo anytime during
business hours. Cash prizes are awarded.
Cards are \$1 each. Call Ext. 2426.

Spring Pilgrimage: The city of Columbus is celebrating its 64th annual Spring Pilgrimage with a number of events through Sunday. Events include riverboat cruises, historic carriage rides, guided walking tours, musical and dance performances, candlelight narrative tours of Friendship Cemetery, and more. For more information, call 329-3533, or visit www.columbus-ms.org/Calendar/Basic.Cfm.

Air show: "Wings Over Meridian" takes place April 17 and April 18 at Meridian Naval Air Station, Miss. Gates open at 9 a.m. to the public, and admission is free.

The show features the Navy's Blue Angels, the Black Daggers of the U.S. Army Special Operations Command Parachute Demonstration Team, the Pitts Specials Formation Aerobatic Team, the Air Force's Air Combat Command A-10 and P-51 Heritage Flight, and more. For more information and directions, visit www.meridianair-show.com.

Mothers of Preschoolers: MOPS moms gather at Hope Community Church twice a month for encouragement and socialization. Meeting dates for this year are Tuesday, April 27 and May 11 from 9 to 11 a.m. Childcare is provided for children up to 6 years old. To make reservations, call 434-6862.

Stations of the Cross: Downtown churches will perform a dramatic reenactment of Christ's final days beginning at 3 p.m. today and Sunday at the Lowndes County Courthouse. Viewers will then proceed across Main Street, turn right on College Street and end at St. Paul's Episcopal Church. Fourteen stations will be observed along the way.

The tomb will be opened at St. Paul's on Easter morning. For more information, call St. Paul's Episcopal church at 328-6673.

Columbus District LitFest: Starkville's first literary festival will take place April 22 to April 23. The event is co-sponsored by the Starkville Public Library. It features authors and experts in fields ranging from Southern culinary culture, to poetry and how to get published.

Registration takes place from 11 a.m. to 12:30 p.m. April 22 at the library and sessions are conducted both days. For more information, call 323-2766 or e-mail kidsbooks2002@yahoo.com.

Decoration Day ceremonies: Area residents observe Decoration Day at 4 p.m. April 25 at Friendship Cemetery. The event commemorates the original Decoration Day, which honored Union and Confederate

soldiers and was a precursor of national Memorial Day.

Sesame Street Live production: The Mississippi State University Music Maker Production presents Sesame Street Live's "Everyone makes music" at the school's Humphrey Coliseum April 30 at 7 p.m., May 1 at 10:30 a.m. and 2 p.m., and May 2 at 2 p.m. All seats are reserved, and tickets are on sale now. Tickets can be bought at different locations in Columbus, Starkville and Tupelo, Miss. For more information, call 325-4201 or visit www.humphreycoliseum.msstate.edu.

McRae's charity sale: Specialized Undergraduate Pilot Training Class 04-05 is participating in McRae's Spring charity sale from 7 to 11 a.m. May 1 at the store in downtown Columbus. Tickets are \$5 and include \$5 off a \$25 purchase coupon, good through May 5, a free gift wrap coupon and a chance to win a \$100 merchandise certificate. Ticket holders will have exclusive access to sales and specials throughout the store for this event only.

Ticket sales and part of actual merchandise sales will be donated to charity. For more information or to buy tickets, contact Lisha Peacock at 434-8703.

For more event listings, visit www.columbus-ms.org.

Air Force Reserve troops begin fitness testing

2nd Lt. Lance Patterson
Air Force Reserve Command Public Affairs

ROBINS AFB, Ga. — Air Force reservists across the country are under the new Air Force fitness-testing standards as of April 1.

Previously, fitness was measured by height-based weight restrictions, and reservists were tested on aerobic health through a 3-mile walk.

The new standards include a waist measurement, push-ups, crunches and a 1.5-mile run.

"Our emphasis is on the overall health and wellness of our members' lifestyles," said 2nd Lt. Eric Doggett, Air Force Reserve Command headquarters unit fitness program manager. "Being physically fit paves the way for more rewards than a passing score; it promotes a more productive and energetic way of life."

About 75,800 reservists train on full- and part-time duty. Since Sept. 11, 2001, about one in four reservists has been activated and about 6,000 are currently mobilized.

"Air Force reservists play an integral role in our national defense and are vital to the effectiveness of our military in combat," said Maj. Richard Watson, 951st Reserve Support Squadron commander. "Having our people physically fit not only helps them stay healthy, but it also ensures the Air Force Reserve Command mission is a success."

In February, key members of the command staff were tested under the new standards.

"In a climate with a high-operations tempo, we just need to be better fit," Major Watson said.

All Airmen are expected to meet the new physical-fitness program standards.

People who score above 90 are considered in excellent

health. A total score of 75 to 89.99 is good; 70 to 74.99 is marginal; and less than 70 is poor.

The scoring is broken down by age and gender. Beginning with "under age 25," the charts go up every five years for both men and women.

As an Airman's age progresses, the number of push-ups and crunches required for a 100-point score goes down, and more time is allowed for the run.

However, the waist-measurement standard remains constant, no matter what the Airman's age.

"Abdominal circumference is the only chart that doesn't allow for age," Lieutenant Doggett said. "For men, a top score of 30 points means a measurement of less than 32.5 inches, whether you're 18 years old or 55. For women, it's 29.5 inches."

For more information on the new fitness program visit wwwmil.afrc.af.mil/hq/sg/FitnessProgram/PhysicalFitness.htm.

SHORTS

Masters pick golf tourney

Whispering Pines Golf Course hosts this stroke-play event with handicap tournament Saturday and Sunday. Players must select a Professional Golf Association tour player by 9 a.m. April 10. Entry is \$10 per player plus greens fees. The winner is determined by the net score and the pro's score for 36 holes. Call Ext. 7932.

Summer bowling league

A sanctioned summer bowling league begins May 17 and ends Aug. 21. Cost is \$10 per night. Call Ext. 2426.

Sunday golf scramble

Whispering Pines Golf Course offers a scramble at 1 p.m. every Sunday. Players must register by 12:30 p.m. Entry is \$5 plus greens fees. Call Ext. 7932.

Easter fun run

The fitness center offers this event at 11 a.m. April 16. Call Ext. 2772.

Cosmic no-tap bowling

This family fun bowling event is from 7 to 10 p.m. April 16. Players must register by 6:45 p.m. Cost is \$10 per person. Call Ext. 2426.

Honorary commanders' tournament

A three-person team honorary commander tournament is at 12:30 p.m. April 17. Entry fee is \$25 per player but does not include carts. Register by April 15 at the golf course. Call Ext. 7932.

BLAZE sports day

A base-wide sports day event is at 12:30 p.m. April 21 at Freedom Park. Some events include a 10K bike race, 5K combat run, stretcher carry relay and fire truck pull. To sign up, contact a unit sports representative. Call Ext. 3134 or Ext. 2316.

Family bowling

The bowling center offers family bowling all day Sundays and Wednesdays. Cost is \$1.50 per game and shoe rental is free. Call Ext. 2426.

Rugby festival

Mississippi State University in Starkville hosts Ruck 'em Up Fest, a rugby festival, at 11 a.m. April 17 and April 18 at The Sportsplex on Lynn Lane in Starkville, Miss. They are currently seeking rugby enthusiasts to referee games. No certification is needed. Teams from colleges such as Louisiana State University, University of Southern Mississippi and Arkansas State will be represented. For more information, call Sara Mize at (662) 312-7272 or Miranda Bast (662) 372-0041.

Volleyball season

Support the Columbus AFB volleyball intramural season. Games are Tuesdays and Thursdays at 6 and 7 p.m. at the fitness center.



Airman Cecilia Rodriguez

Hoopin' it up

Byron Travers and Burnell Domino catch a lunchtime workout playing basketball in the fitness center gym. The center is open Monday through Thursday from 5 a.m. to 11 p.m., Friday from 5 a.m. to 9 a.m., and Saturday and Sunday from 8 a.m. to 8 p.m. For more information, call Ext. 2772.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets

Print advertisement: _____

Name: _____

Home Telephone #: _____ Duty Telephone #: _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes No
What would you like to see more of in the newspaper? News Sports Photos
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.