

Civilians' life insurance open season changes

By Master Sgt. Ron Tull
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Federal employees will have the chance to enroll or make changes to their group life insurance as part of a special open season from Sept. 1 to Sept. 30.

The event is in celebration of the program turning 50 years old.

"We estimate 127,000 Air Force employees will be eligible to enroll or increase their life insurance," said Maria Molly, chief of benefits and entitlements at the Air Force Personnel Center here.

"The last time federal employees were allowed to make these kinds of changes was five years ago," Ms. Molly said. "Normally it would take a 'qualifying life event' or the employee getting a physical at their expense. This open season doesn't require a physical or answering any questions about one's health."

The Federal Employees' Group Life Insurance program consists of basic life insurance coverage and three options that include coverage for up to five times an employee's base salary plus coverage for family members. In most cases, a new employee is automatically covered by basic life insurance. The types and amounts of coverages available are not changing.

Newly elected coverage won't be effective until after Sep. 1, 2005. The reason for the delay is to prevent employees increasing coverage only when they know they need it, resulting in a high number of immediate claims, according to the Office of Personnel Management. Such claims increase the program's costs.

Information about the FEGLI program and the open season is online at www.afpc.randolph.af.mil/dpc/best/menu.htm.

There's a calculator available to assist in computing premium cost at www.opm.gov/calculator/worksheet.asp.

Air Force-serviced civilian employees can make open season elections electronically via the Benefits and Entitlements Service Team automated Web or phone system. The web-based Employee Benefits Information System is located at www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm.

Employees in the United States can reach the automated phone system by dialing (800) 616-3775. Overseas employees will first dial a toll-free AT&T Direct Access Number for the country they are calling from and then enter (800) 997-2378.

Hearing impaired employees may reach a benefits counselor by calling toll-free TDD (800) 382-0893, or if located in the San Antonio, Texas area, (210) 565-2276. Benefits counselors are available weekdays from 7 a.m. to 6 p.m. Central Time.



Tech. Sgt. Jim Moser

Blast ...
Nick Yearby, 14th Civil Engineer Squadron, opens the valve for a fire hydrant line during hydraulic testing in housing Tuesday. Hydraulic testing ensures fire hydrants on base are in proper working order.

FSC helps families of deployed

Airman Alexis Lloyd
Public Affairs

The family support center offers varied activities to help deployed members' spouses and their families.

"[The FSC] contributes to the morale and welfare of families throughout the entire deployment process," said Master Sgt. Darryl Goodwin, 14th Mission Support Squadron.

The following are some of the programs provided by the FSC:

☐ Deployed spouses' group — Spouses are invited to join and take part in "Heart's Apart" socials usually held on the third Thursday of the month.

According to Sergeant Goodwin, this social provides meals and gives spouses and their children an opportunity to meet each other, network and exchange

ideas. The social gives the FSC the ability to assist families one-on-one with their needs while their spouse is deployed. It also helps the FSC promote, identify and aid attendees on the effects of separations on families, and the challenges and rewards of homecomings.

"These events contribute to the families' well-being and the reduced stress by using social cohesiveness and professional contact as a means of support," Sergeant Goodwin said.

☐ Heart's Apart morale calls — Each deployed member and their significant other is afforded one 15-minute morale call per week. This program ensures families are able to maintain close communication while they are separated.

See DEPLOY, Page 3

AF urges Airmen to register to vote before deploying

Master Sgt. Ron Tull
AFPC Public Affairs

RANDOLPH AFB, Texas — Airmen deploying between now and the general election Nov. 2 should consider registering to vote with their deployed unit address before departing according to voting officials at the Air Force Personnel Center.

Registration is accomplished by completing a Federal Post Card Application Standard Form 76.

Some states will accept the form electronically or by fax.

The form and all the state rules can be found on the Airmen Votes Web page, which is available at

www.afpc.randolph.af.mil/airmenvotes.

"Registering in advance means the balloting materials will be waiting for them at their forward location," said John Lowrance, Air Force assistant voting action officer. "Deploying members who do not yet know their deployment address or cannot release it, will need to take some additional steps.

"They'll need to file an SF 76 explaining in the remarks box that no address is available. This will prevent the state from sending balloting materials. All states are different, but many will not resend balloting materials," he said.

When people find out their address or if there is a

change of address while deployed, they will need to send another FPCA SF 76 with their new APO/FPO address checking off "Mail Absentee Ballot To" (item 4).

In the remarks section people should include the dates they will be absent, enter their old address and write in block letters the words "OLD ADDRESS."

Under the updated address the applicant should write in block letters "NEW ADDRESS."

"The bottom line is to know your state rules and not make your ballot come looking for you," Mr. Lowrance said.



Airmen can turn in applications to become physician assistants

RANDOLPH AIR FORCE BASE, Texas — The Air Force is taking applications for Physician Assistant Phase I training classes beginning January, April and August 2006.

Only active-duty enlisted Airmen are eligible for the program.

The selection board is scheduled to convene here March 22.

Completed applications must be sent by military personnel flight officials to HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB TX 78150-4729 no later than Jan. 28. Incomplete applica-

tions and those received after the cutoff date will be returned and will not meet the selection board, said Air Force Personnel Center officials here.

To be eligible, applicants must:

— Be on active duty in the grade of E-3 through E-8 with a minimum of two years and a maximum of 14 years active military service as of Aug. 31, 2006.

— Meet age limitations specified in Air Force Instruction 36-2005 for appointment as second lieutenant in the Biomedical Sciences Corps (Airmen who are less than 42 years old upon comple-

tion of Phase II Training).

— Have a combined verbal and math score of 950 on the Scholastic Aptitude Test.

— Have a minimum general score of 80 points on the Armed Services Vocational Aptitude Battery or Air Force Classification Test.

— Have 60 semester hours of transferable college credits and a grade-point average of 2.5 or better on a 4.0 scale. Math and science courses are mandatory and must be in classroom at an accredited college or university. A combined mini-

mum 3.0 GPA is required in those courses. Twenty-four semester hours may be met from Community College of the Air Force, Defense Activity for Nontraditional Education Support, U.S. Armed Forces Institute correspondence courses, end-of-course tests or specific-subject examinations.

For more information, contact the local military personnel flight, education office or visit www.afpc.randolph.af.mil/medical/bsc/Education/pa%20prog%2001.doc. (Courtesy of Air Force Personnel Center News Service)

New version of 'Tongue and Quill' guide now available online

Carl Bergquist
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. — What started as a research paper here nearly 30 years ago has become the Air Force's leading reference on writing and speaking.

In 1975, then-Air Command and Staff College student Maj. Hank Staley submitted as his research paper the first version of what is now "The Tongue and Quill."

The latest revision of the handbook is now available online, said Sharon McBride, an Air Command and Staff College writer and editor who headed the revision effort. A hardcopy version will not be published.

"School officials liked the work so well they continued using the paper as a course study project," she said. "Within a couple of years, the Air Force decided the 'T and Q' was valuable as an all-encompassing guide for the Department of Defense, and because it was born here, it stayed here."

For the most part, the 2004 edition retains most of the writing and speaking tips of past editions. Revisions include improved organization of the information; a rearranged layout; updated quotes, art and word lists, and new information on writing and speaking such as persuasive communications, meetings, briefings and electronic communications.

Ms. McBride said many changes came from reader feedback and talking with people who do a lot of writing and public speaking.

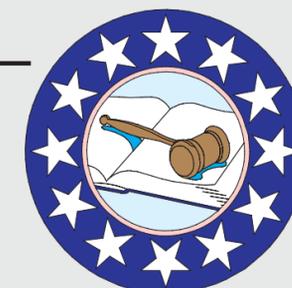
"I often get e-mails and feedback sheets from people saying, 'Sharon, we aren't doing it that way anymore,'" she said. "I encourage customers to use the feedback sheet found in the book to make suggestions that will help us produce a better product in the future."

Ms. McBride and a team of researchers in the department of communications studies at ACSC started work on the revision in 2000. The last version of "The Tongue and Quill," known formally as Air Force Handbook 33-337, was published in 1997 with 100,000 printed copies. The next revision is scheduled to hit the streets in early 2007.

The current edition is available online at the Air Force Publications Web site at www.e-publishing.af.mil.

UCMJ Files

A senior airman from the 14th Security Forces Squadron plead guilty to one charge and two specifications of writing nine insufficient checks at a summary court martial at the wing headquarters building Aug. 12. The summary court officer accepted the guilty plea and sentenced the Airman to 25 days in confinement, reduction to E-3 and a reprimand. The nature of the crime involved the Airman writing more than \$700 in bad checks.



NEWS BRIEFS

Education center closure

The education center is closed from noon to 1:30 p.m. Monday for an official function. For more information, call Ext. 2562.

19th Air Force commander calls

Maj. Gen. Edward Ellis, 19th Air Force commander, is having officer and enlisted calls Monday at the base theater. Officer call is at 1 p.m., and enlisted call is at 3 p.m.

Sports physicals

The 14th Medical Group conducts sports physicals from 1 to 4 p.m. Sept. 7. The physicals are for children who are playing fall or winter sports. For more information or to make an appointment, call Ext. 2273.

SLA announcement

Air Force Personnel Center headquarters has received several calls regarding special leave accrual carryover for home station support personnel who may lose leave on Oct. 1, 2004.

Air Force headquarters is still working the issue. Once a decision has been made, AFPC headquarters will release an official message with the details for the FY 04 program. As a reminder, commanders and supervisors are highly encouraged to allow their personnel to use their leave during the year it is earned. For more information, call Ext. 2626.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 25 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



DEPLOY (Continued from Page 1)

The FSC has video teleconferencing telephones that spouses can borrow. If there are VTC phones at their spouses' deployed locations, the families can use their 15-minute morale calls and see each other while they talk, even though they may be thousands of miles apart.

Car Care Because We Care — Spouses can receive a free oil change, lubrication and vehicle safety inspection

from this Air Force Aid sponsored program. The voucher is available at the FSC and can be redeemed at the auto skills center.

Give Parents a Break — Families are allowed up to six hours of free child care per month through the child development center for the duration of the deployment. Dates are pre-scheduled, and spouses can pick up the voucher at the FSC.

Financial assistance — This is offered for those who may need help with their budgets, check books or credit management.

Emergency Air Force Aid — These are interest free loans based on the applicant's financial need.

Goodies — The FSC routinely assembles and ships care packages to deployed servicemembers. Each person is

also given a \$20 phone card and one 15-minute international and domestic calling card from the local Veterans of Foreign Wars and Air Force Aid Society.

"It's all the little things that add up and create a sense of belonging and caring, which is very needed during deployments," Sergeant Goodwin added.

For more information about these programs, call the FSC at Ext. 2790.



Tech. Sgt. Jim Moser

Tech. Sgt. Stephen Bachant, exercise and evaluation team member, prepares a "casualty" for the exercise Wednesday.

Exercise hones CAFB's response skills

Tech. Sgt. Jim Moser
Public Affairs

The exercise and evaluation team put Columbus AFB emergency response teams through their paces with a severe weather exercise Wednesday.

"It's important to hold these exercises on a regular basis," said Lt. Col. David Franz, EET chief. "This type of event gives us a chance to look at what we do in a crisis situation — what works good and what needs tweaking — so we can have a solid response if a serious weather system or tornado hit the base."

The simulated severe weather, producing high wind gusts, damaged the base fitness center, civil engineer's readiness building, tipped over a small fuel storage tank near the Cardinal Inn Dining Facility causing a fuel spill and knocked out power to the wing headquarters building.

"We go to great lengths to make the scenarios as real as possible," Lieutenant Colonel Franz said. "Where it's feasible, we use role players and props to give the exercise a more real-

istic feel, but for some instances, like damaged buildings, we turn to technology."

While physically destroying buildings is out of the question, the team supplies responders with photo representation of what the damage would look like when they arrive at the scene.

The exercise also included one fatality and one injury.

The medical group handles injured personnel, but a special group is put together to notify the family of the decease — the casualty notification team.

"In light of what is happening in the world with the war on terrorism and ongoing combat in Iraq, it is very important we make sure our notification teams have the ability and the skills to interact with the grieving family," said Master Sgt. Tonya Noble, EET evaluator. "These exercises give them a chance to interact with a grieving spouse or family member in a situation as close to the real thing as possible."

The EET is required to create, conduct and evaluate realistic exercises to test the BLAZE TEAM's ability to react to and recover from any situation.

How to be good mentors — SNCO's view

Master Sgt. Bill James
345th Training Squadron

PORT HUENEME, Calif. — I recently started a regular fitness program to improve my overall health and well being, and because the Air Force said I have to. After much careful thought and consideration I decided to make running my method for achieving total force fitness. Also, because the Air Force said I have to. My goal is to not only run the mile-and-a-half within the prescribed timeframe, but to actually become physically fit. Realistic or not, it's my goal.

Now, I must give the good ol' Air Force credit. I'm allowed several chances to work out during duty hours, and since all my peers are in the same situation, I'm also

afforded the camaraderie of fellow running enthusiasts. These are runners that span all ranges of style and experience. Some are marathon class runners; they spend more hours per day running than I do watching television. No mean feat, I assure you. There are the sprinters. These people tear around the track at incredible speeds; fingers poised on their stopwatches to accurately record their efforts down to the millisecond. They work diligently on improving their time in a set distance.

Then there's my class, the newbie. I got the shoes and shorts, I know which direction to run on the track, but that's about it. I watch the other runners and try to figure out where I belong in the scheme of things. It will take too long for me to become a decent distance runner, so I'm thinking I should work on speed. Besides, those

folks look pretty cool as they whiz past everybody else on the track, and when they finish their run, they go home.

I get on the track and one of my buddies keeps pace beside me. Mind you, the course is crowded with all types of runners at many varying paces. We're jogging along and approaching a couple of runners. My friend starts calling out "C'mon, Bill, you can do it, pick up the pace, that's it!" As we pass the ladies, he turns around and starts running backwards, continuing to shout encouraging phrases at me like "Don't slow down, you can do it. Don't die on me, now! You should be able to keep up with me, I'm running backwards."

See MENTOR, Page 5

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.

Fitness center concerns

Comment: I have two concerns with the fitness center I would like to bring to your attention. First, I have noticed a large number of unescorted youths in the locker room and on one occasion playing tennis (with tennis rackets!) in the racquetball court. Second, the overall condition of the racquetball court is very poor. I have complained repeatedly to the fitness center staff about broken lights and unclean conditions in the courts. The rules about children using the fitness center need to be enforced and more attention paid to the condition of the racquetball courts. Thank you.

Response: Thank you for your concern and effort in helping us maintain our facilities. Our civil engineers have responded to

work orders for the racquetball courts and have replaced lights, ceiling tiles and repaired air conditioning units that were causing ceiling tiles to fall. I believe in continual improvement for all our facilities. Over time, we will make them all better.

Regarding your concerns about youth in our fitness center, Air Force Instruction 34-266, Air Force Fitness and Sports Programs, outlines general guidelines and minimum age requirements for youth to use the facility. While this document is regulatory in nature, the installation commander may supercede or amend the regulation as needed. In a policy letter dated 23 Dec 03, youth between 10 and 15 years old can use the cardiovascular equipment and weight room under parental supervision. The minimum age for youth to have unrestricted use of the basketball

court, racquetball court and locker rooms is 10 years old. These regulations are heavily enforced and we understand the importance of ensuring the safety of all of our customers. To date, there have been no safety-related issues noticed or brought to the attention of the staff regarding the use of tennis rackets in the racquetball courts.

Hourly inspections are conducted throughout the duty day. Our staff does not overlook the importance of using proper equipment nor tolerate those who violate the regulations set forth by the Air Force regarding personnel safety. However, we would appreciate it if any of our customers who notice a violation please inform us immediately, so we can correct the problem.

Col. Stephen Wilson
14th Flying Training Wing commander

SILVER WINGS

Published by the Commercial Dispatch Publishing Company, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14th Flying Training Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Silver Wings are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or

Service Publications, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 14th Flying Training Wing public affairs office of Columbus AFB, Miss.

All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Commercial Dispatch, advertising department, Columbus, Miss., phone 328-2427. Submit all editorial copy should to the public affairs office, Bldg.

724, Columbus AFB, Miss., phone 434-7068, 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.

Silver Wings Editorial Staff

14th FTW commander

Col. Stephen Wilson
Chief, Public Affairs

Mr. Rick Johnson
Editor
Airman Alexis Lloyd

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

Chief of Staff Sight Picture

Exercise your right to vote, make a difference

Gen. John Jumper
Air Force Chief of Staff



Around the world, the Airmen of our U.S. Air Force make a difference. From the collapse of the Soviet Union and Desert Storm more than a decade ago to our global planning and execution of air and space power today, Airmen have done more than their part for our nation. In the coming months, we need to make a difference in another way. We all need to exercise the privilege only enjoyed by free nations — the privilege of voting.

Most of you have been deployed in an Air Expeditionary Force since you have been in the Air Force. You have seen our way of life compared to others in troubled parts of the world. While we as Americans are not without our problems and issues, if all the borders of all the nations of the world were open to all people, where do you think most would choose to reside? There is little doubt that it would be in the Land of the Free.

There have been many books written in recent years about our founding fathers - the men who wrote the powerful words that forged a new nation. In our Declaration of Independence, Thomas Jefferson penned a phrase that is the cornerstone of our democratic institutions and makes us unique among nations. He wrote, "...Governments are instituted among men, deriving their just power from the consent of the governed." It is this idea of the "Consent of the Governed" that empowers each of us in the form of our vote.

Many of us have experienced some obstacles to voting while serving in the armed forces. The absentee voting system has traditionally been fraught with challenges, but we have been working hard to minimize the red tape. With Airmen and their families serving around the globe, many suffer from delays in mail service — another obstacle to registering and voting. Our leadership in the Department of Defense has worked with the U.S. Postal Service to give priority to voting materials in the mail system.

To facilitate the voting process, we have also created a user-friendly voting link called "Airmen Votes" on our Air Force Link Web site for you and your families to use. The "Airmen Votes" icon on the Air Force Link Web site, www.af.mil, will guide you to all

the information you need to register to vote, file an absentee ballot request and send in an absentee ballot. In most cases, all you need to do is fill out a postcard and mail it in.

Guidance is available for all states and territories and for those Airmen living overseas. Your family members who are eligible to vote can use this Web link as well, including children away from home while attending school. If you still have questions, contact your voting assistance officers — they are available to address your voting questions or concerns. We want to make voting as easy as possible.

The Secretary of the Air Force, Dr. James Roche, and I are dedicated to ensuring every eligible Airman has the opportunity to vote. As Airmen, we have all taken an oath to support and defend the Constitution that guarantees our right to vote. As a nation, we accept divergence of opinion and candidates with different views. I encourage you to avail yourself of the right to vote for candidates and on the issues of your choice. No other single act is so fundamental to our form of government. Please register. Please vote.

(Editor's note: This article is the latest Air Force Chief of Staff Sight Picture and may be accessed from the Air Force issues Web page at www.issues.af.mil.)

MENTOR (Continued from Page 4)

After we get some distance from them he turns around to the front and runs normally. We approach another group of runners and he sprints around them, telling me to "keep up", "No pain no gain", et cetera.

We finished our workout and went home. The next day I felt sore from overdoing it. My buddy laughed about it and said I needed to get into shape, but then he managed to beg off from our next run with some excuse about finishing up paperwork. Yeah, right. Paperwork. Judging by the amount of Ben-Gay fumes wafting off him, I think he was just as sore as me.

Even though his intentions were good, I don't think my friend is much of a running mentor. His skill level isn't much better than mine, he likes to show off, and his pace isn't right for me. A good mentor would be interested in helping me improve my skills. He would have stayed at my pace and made sure I was doing everything properly, keeping my head and eyes up and looking through the turns as I

go around the track. That means he might not be running at his full potential, but it would surely benefit me. A good mentor should stay at the newbie's pace until the run is over, and then take an extra lap or two to keep his skill level on par. After we run together a few times, my pace will improve.

Before you know it, my skills will have improved to the point that my mentor and I can both enjoy a good run. A mentor also needs to remember that acting recklessly or showing off does nothing to improve my limited skills. I can guarantee that if I tried running backwards when passing other runners, I'd trip over my feet and crash right beside them. Heck, I might even knock one of them down too, and that's not cool.

My mentor should not rush me or push me to run beyond my limits. I'll get there eventually. Besides, I'm using a decent cross trainer shoe for now, but I plan to work up to a full-blown running shoe with air cushioning and a custom insole as soon as I get some miles under me and a

little more money saved up. I might not be as fast as everybody else, but I'm learning and having a good time, too. My mentor shouldn't make fun of my shoes or make me feel I need a better pair to be a real runner. It shouldn't matter what I run in, just that I run. Some guys own one or even two pairs of the finest, most expensive running shoes ever made and only take them out once a month for a little stroll. Mostly, they like to buff them off and just be seen wearing them. Posers.

A good mentor has a lot of responsibility, but it's not all on him. As a newbie, I need to take responsibility for my learning. I need to be willing to listen to his advice, even if it sounds like criticism. I need to take him seriously. I need to ask questions, and not be afraid to ask again if I don't quite understand. Above all, I need to make sure I have the right mentor.

If I'm running with a mentor that makes me feel uncomfortable, I need the guts to tell him to slow down to a safer pace. There's a lot going on while running and

you need to be on top of it. An experienced runner can handle most problems as they occur and adjust to them. A newbie can't. If I'm straining past my limits to keep up with a mentor and my shoelace comes untied, I'm probably going to lose it in the turn. Even if I'm not hurt, my shoes will be scuffed up and I'll have to repair the shoelace. And my confidence level will reset to zero. Rather than chancing that type of incident, I may just have to say thanks, but I'd feel better running with another mentor.

There are lots of mentors out there willing to meet your terms. Don't limit yourself to just one mentor, either. You can learn a lot from different sources. And the good mentors are always willing to run at your pace and build your skills gradually. By choosing a good mentor, your skill and confidence will improve every day. Before you know it, you'll be an experienced runner. By learning from good examples, you will become an excellent mentor for some future rider. I mean runner.

AT THE CHAPEL

Catholic

Sunday:
9:15 a.m. — Mass
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

Sunday:
9 a.m. — Sunday school
10:45 a.m.— Traditional worship
1 p.m. — Contemporary worship
Tuesday:
10:30 a.m. — Ladies Bible study
Noon — Lunch and Bible study
Wednesday:

5 p.m. — Bible study potluck
6 p.m. — Bible study, Pioneer Clubs, teen ministries

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

AT THE MOVIES

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

Today

"Catwoman" (PG-13, action violence and some sensuality, 104 min.)

Starring: Halle Berry and Sharon Stone.

Saturday

"A Cinderella Story" (PG-13, mild language and innuendo, 95 min.)

Starring: Hillary Duff and Jennifer Coolidge.

Sept. 3

"Bourne Supremacy" (PG-13, violence and intense action, brief language, 108 min.)

Starring: Matt Damon and Frank Polente.

For more information, visit www.cafbgrapevine.com.

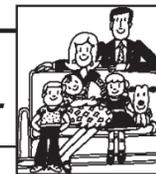
CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories. For more information, call 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 about any of the activities listed, call Ext. 2790.)

Sponsorship training: A workshop designed for all unit introduction monitors is at 9 a.m. Tuesday. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Employment expo prep: A workshop discussing how to prepare and effectively market oneself at an employment expo is from 9 to 10 a.m. Wednesday.

Deals on Wheels: A workshop with information on buying and leasing vehicles is from 11 a.m. to noon Sept. 9.

Predatory Lending: A workshop explaining predatory lending, potential targets, warning signs, avoidance and assistance is from 2 to 4 p.m. Sept. 9.

Air Force Aid Society: The AFAS offers 24-hour emergency assistance. Possible aid includes interest-free loans, grants, food, utilities, car repairs and emergency travel.

Free oil change: The Air Force Aid Society's "Car Care Because We Care" program is available to Airmen enrolled in the First Term Airmen's Center and spouses of active-duty Air Force members deployed or remote for more than 30 days. Call Ext. 2855.

BASE NOTES



Brownie meeting: Brownie Troop 323 meets at 6:30 p.m. Thursdays at the community center. Girls in grades first through third or ages 6 to 9 are invited to attend. For more information, call Amanda Fitzhugh at 434-5179.

Bible study: The chapel begins a bible study class called "Raising Children From a Biblical Perspective" at 6 p.m. Wednesday in the chapel's conference

room. For more information, call the chapel at Ext. 2500.

Case lot sale: A case lot sale is from 10 a.m. to 4 p.m. Sept. 3 and from 9 a.m. to 4 p.m. Sept. 4 at the commissary.

Sale products include baking mixes, cookies, snacks, paper products, laundry detergent, pizzas, soups, juices, canned vegetables, cereal, granola bars, crackers and pet food. For more information, call Ext. 7109.

OSC social: The spouses from the 41st Flying Training Squadron sponsor a Columbus Officers' Spouses' club social mixer at 6:30 p.m. Sept. 14 at the Columbus Club.

The menu is roasted strip loin of beef. Cost is \$11.50 per person, and club members receive a \$2 discount. New members are welcome. Call Brandi Diaz at 329-1955 by noon Sept. 9.

Thrift Shop: The Thrift Shop, located at Building 345, C Street, is open from 3:30

to 6:30 p.m. Tuesdays and from 9 a.m. to 1 p.m. Thursdays. Consignments are accepted until one hour before closing. Volunteers are welcome. For more information, call Ext. 2954.

Pharmacy equipment upgrade: Due to an upgrade in pharmacy technology, patients are asked to call in refills at least two days in advance; the pharmacy is unable to accommodate same-day refills.

Customers are also asked to check in at the pharmacy after a doctor's visit or telephone consultation. Wait times will increase until the new system is in place. For more information, call Ext. 2168.

Pharmacy formulary change: As a result of a mandated change in pharmacy formularies Air Force-wide, Allegra is no longer available at the pharmacy, and patients currently taking Allegra should switch to loratadine. Other options exist for patients desiring medications no longer available at the pharmacy. For more information, call Ext. 2168.



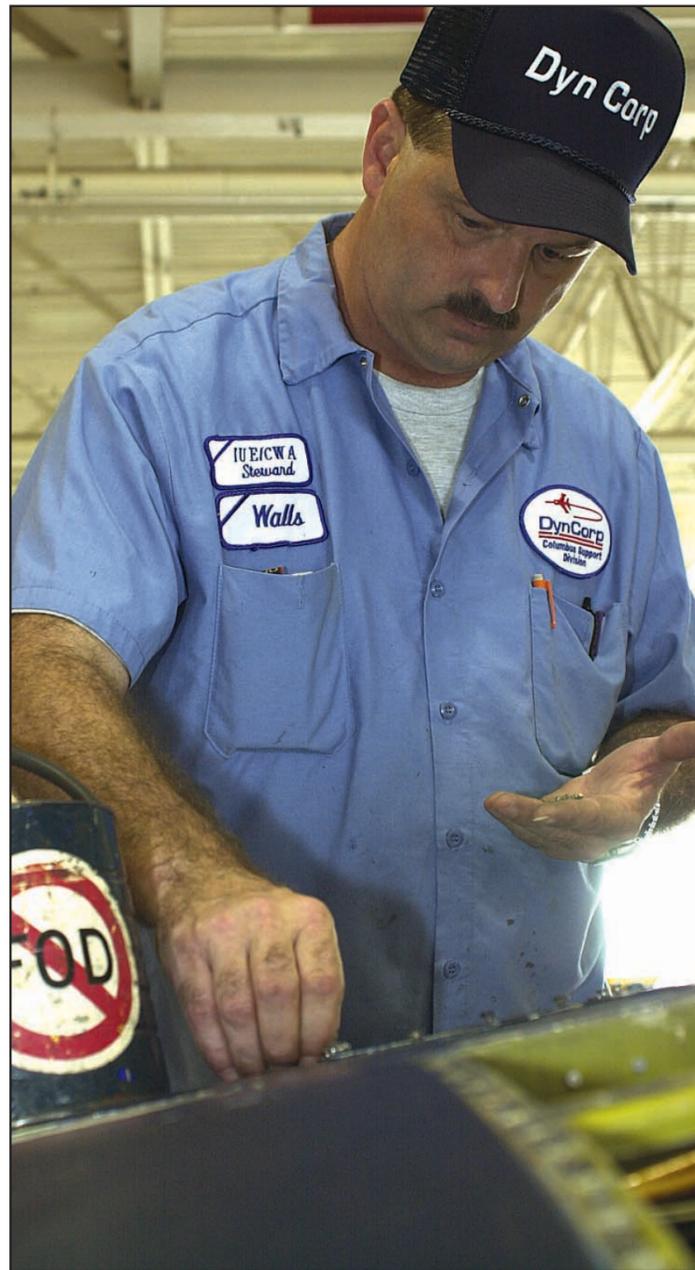
Airman Alexis Lloyd

Under his wing

Col. John Burgess, 14th Flying Training Wing vice commander, gives Maj. Alessandra Stokstad, 14th Mission Support Squadron, pointers on how to trap shoot at the skeet range here. Commanders and division chiefs from around the base participated in trap shooting as a team building activity.

Speakers are needed for the Columbus AFB Speaker's Bureau. Anyone interested in speaking about the Air Force or their career field at civic clubs, career fairs, science fairs, elementary schools or high schools in the Golden Triangle area can come to the public affairs office and fill out an application. Call Ext. 7068.

DynCorp maintenance upkeeps CAFB's aircraft

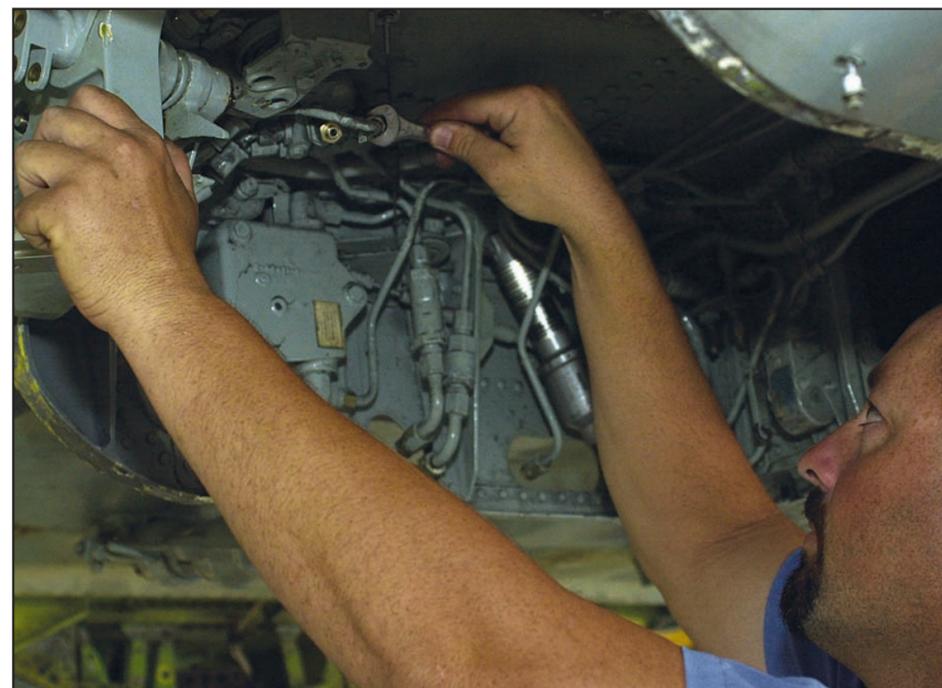


Emile Hughes, DynCorp, clears the wing area before lowering the flaps in a T-38C Talon. DynCorp has about 530 personnel working on three shifts in more than 40 buildings around Columbus AFB.



Mike Jenkins, DynCorp, removes a panel on a T-1A Jayhawk engine. DynCorp maintains and repairs assigned aircraft, engines and associated ground equipment.

Photos by Tech Sgt. Jim Moser



Top: Mark Walls, DynCorp, replaces a T-37 Tweet panel. Right: Steve Hammack, DynCorp, adjusts a T-38C up-lock shaft after installation. DynCorp has five staff functions including management, maintenance operations control, plans and scheduling, quality control and training.



Left: William Walls, DynCorp mechanic, installs a shimmy damper on a T-38C nose's landing gear. There are more than 40 different job specialties working on base.

Air Force club membership drive kicks off Sept. 1

Pam Wickham
Marketing specialist

Air Force Clubs are asking servicemembers to "Get In On It" during this year's annual membership drive.

"Get In On It" means we're encouraging new and existing members to take advantage of all that their club has to offer," said Brenda Freeman, Columbus Club manager.

The 2004 Air Force club membership campaign kicks off Sept. 1 and runs through Nov. 30. As always, the goal is to increase worldwide club membership and inform the Air Force community about the benefits of club membership, as well as the various activities the club has to offer.

The "Get In On It" campaign offers free cash rewards to both existing and new members. Bank One, the Air Force club card sponsor, offers a free cash reward program.

Members earn two points for services activity and base exchange purchases. They earn one point for any purchase made off base.

As points accumulate, members can redeem points for selected merchandise.

"Each major command is awarding six prizes for new members and six prizes for

current members, including a \$3,000 grand prize, two \$1,000 cash awards and three \$500 awards," Ms. Freeman said.

The Columbus Club offers a free membership night and tailgate party at 5 p.m. Sept. 8. Squadrons are invited to enter the "decorate a football" contest to win \$100 toward their next squadron function at the club.

Participants must register at the marketing office by Sept. 1. Entries will be judged by popular vote at membership night.

Members can also take advantage of the Air Force's Football Frenzy program, sponsored in part by Miller Lite, Doubletree Atlanta Hotel, and American Airlines.

The program starts Sept. 13 at the enlisted lounge and is open to all-ranks. The lounge will be open every Monday at 5 p.m. until the game ends.

Club members register every week for the chance to win prizes, including a plasma television, tickets to the Atlanta Falcons and Tampa Bay Buccaneers game in Tampa Bay, Fla., tickets to the pro bowl in Honolulu, Hawaii, or a trip to the Super Bowl in Jacksonville, Fla., along with drawings



Athena Brimer

Pamela Peoples, Columbus Club waitress, brings a food order to 2nd Lt. Tywann Telfair, 14th Civil Engineer Squadron, and 1st Lt. Michelle Jones, 14th Medical Group. The club offers a breakfast buffet for lunch every Tuesday starting Sept. 7. Call Ext. 2490.

for t-shirts, hats, coolers and more.

Members may also enter the hardest-working-fan contest, where members "clock in" each time they participate in the Football Frenzy program, and the fan who

clocks in the most wins an X-box game system at the Super Bowl party in January. (Federal endorsement of sponsors not intended.)

For more information, call Ext. 2490.

Many programs available

Massage therapy: The community center offers massage therapy Tuesdays, Thursdays and Fridays by appointment only. Costs range from \$15 to \$60 depending on the type of massage desired. Ear candling services are also available for \$35. For appointments, call Ext. 7450.

Family child care provider training: This free, entry-level class is the first step for becoming a licensed family child care home provider. The first course lasts from 6 to 8:30 p.m. Tuesday through Thursday at the child development center training office. For more information, call Ext. 3041.

Dance classes: Register now through Sept. 7 for the fall semester of dance classes at the youth center. Creative movement, ballet, tap, jazz and adult classes are offered for ages 3 and older. Classes begin Sept. 7.

Cost is \$35 per month with a one-time \$10 registration fee. For more information, call Ext. 2504.

Southern Living at Home: Join the community center staff for this Southern Living at Home party from 6 to 8 p.m. Sept. 14. Activities include a taste of foods from many Southern Living cookbooks, entertaining ideas for everything from a football party to a formal Christmas party, holiday gift ideas from the Southern Living catalog of home decor items and door prizes. For more information, call Ext. 7540.

Canoe trip down the Luxapalila: Outdoor recreations offers this cold-water canoe trip Sept. 18. Cost is \$15 person and includes transportation, guide and a lunch. For more information, call Ext. 7861.

Pro football trips: The information, ticket and travel office has several trips available to New Orleans, La., for games against the Seattle Seahawks, Tampa Bay Buccaneers, Minnesota Vikings, Kansas City Chiefs, Denver Broncos and Carolina Panthers. For more information, call Ext. 7861.

Dresden exhibit: The last day for active-duty servicemembers and their dependents to visit the Glory of Baroque Dresden exhibit in Jackson, Miss., free of charge is Tuesday. The \$9.8 million exhibit features a 41-carat green diamond, marble and amethyst statues, Rembrandts, Vermeers, jeweled swords and armor. For more information, call the Jackson Art Museum at (601) 960-9900.

Blues jam: A blues jam begins at 9 p.m. today at the Stage Door Coffee House with hosts Dennis McKay and Double Shot. The event features musical stylings from Cat Diddie. Cost is \$3 per person. For more information, call 327-6789.

Toastmasters: The Professional Link Toastmasters meet at noon every second and fourth Monday at Master Hosts Inns and Suites in Columbus.

Participants learn to effectively develop public speaking skills. Call 328-0943.

Volunteers needed: Brickyard Properties needs about 50 volunteers for stage set up/tear down and traffic control for Shoutfest 2004 Sept. 5.

The set up/tear down crew will work before and after the event. Brickyard properties will work volunteers in shifts and each volunteer is given a free ticket to the event. To volunteer or for more information, call Bill Walker at 327-4676.

Tennessee Williams Tribute: The Tennessee Williams Tribute and Tour of Historic Homes is Sept. 9 though Sept. 12 in downtown Columbus.

Exhibits, luncheons, book signings, plays, socials and tours are available. Some events require tickets. Call (800) 327-2686, 327-5071 or e-mail spatkaye@ecicom.net.

Community chorus: The Starkville Community Chorus rehearses at 7 p.m. Mondays in the Mississippi State University choral building.

All choral enthusiasts are invited. Directions to the choral building can be found on the campus map at www.msstate.edu. For more information, call Ron Losure at 324-1995.

Online practice tests: All branches of the Columbus-Lowndes Public Library offer interactive online practice tests based on official school exams such as the ACT, SAT, GED and ASVAB, and career exams for firefighters, police officers, paramedics, postal workers, cosmetologists, real estate agents, brokers and more. Log on to www.LearningsExpressLibrary.com at the library or at home with a Columbus-Lowndes Public Library card.

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

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 resubmit 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.



Pam Wickham

Cruisin'

Joe Caldiero, 14th Services Division, invoices a cruise package for a customer. The information, ticket and travel office offers a cruise seminar from 11 a.m. to 1 p.m. Sept. 9 at the Columbus Club. Participants learn about the best times to cruise and savings available through the ITT office. Participants also receive a 50-percent discount on the cost of lunch at the club that day. Call Ext. 7861.

New employees ensure fitness mission continues

Airman 1st Class Cecilia Rodriguez
Public Affairs

Fitness center enthusiasts may have noticed unfamiliar, but friendly faces with cheerful smiles and pleasant greetings upon entering the fitness and sports center recently.

The BLAZE TEAM has welcomed nine new civilian employees to the center staff in an effort to support the deployment void left by 14th Services Division troops.

“[The new staff] is built up of former active duty, dependents and a couple of people who grew up around Columbus AFB,” said Lisha Peacock, fitness center program director.

“We all have a goal to build from and improve upon the great service provided by our military members,” she said.

The new staff wants to add to the fitness center’s orientation, exercise education and wellness programs throughout their time here.

“We will be here for four to five months,” Ms. Peacock said. “It depends on when the military troops



Airman Alexis Lloyd

Rachael Hill, 14th Services Division and fitness instructor, leads a step aerobics class at the fitness and sports center. Ms. Hill is one of the nine employees hired at the center to help fill the shortage caused by deployments.

get back from their deployments and have time to transition back into their jobs.”

The fitness center will still uphold it’s customer service.

“Our customers will still be provided the same level of customer service and personal attention the fitness cen-

ter has always tried to provide and make the change over as seamless as possible” said Rob Wilburn, fitness center director.

The staff is also looking forward to adding some spouse and dependent friendly programs for the base.

“We’re learning all the day-to-day operations from the military members so we can get to the point where we can add new items,” Ms. Peacock said.

“The base should see the new programs filter in within the next month.

“We have a higher number of fitness professionals hired who have had years of experience as fitness instructors, personal trainers and wellness educators.”

The staff is very excited to be working in the fitness center where they are surrounded by people who are respectful and honest.

“People here are doing their jobs to make their community and country a better place,” Ms. Peacock said. “We are here for those people to help them improve their morale and their fitness.”

The fitness center is currently reorganizing their fitness schedule. For more information, call Ext. 2772.

Mouth guards help prevent oral injuries during sports

Capt. Mark Halversen
47th Aeromedical Dental Squadron

LAUGHLIN AFB, Texas — Recent studies have found that one in four individuals in the United States will suffer from an oral injury in their lifetime.

Many of these injuries occur during violent sports like football, boxing and hockey. Additionally, a high percentage of teeth get knocked out during bike riding, baseball, soccer, volleyball, skateboarding and basketball.

With this in mind, dentists have started recommending mouth protectors during any type of sports activity.

It is highly recommended that athletes wear a mouth guard during both practice and competition in contact and collision

sports because without it, damage to the teeth increases sixty-fold. The NFL, NHL and all boxing organizations require the use of a mouth protector to prevent injury to the mouth, teeth, lips, cheeks and the tongue. In addition, a mouth guard can cushion the blows that might cause concussions or jaw fractures.

Remember, the presence of a mouth guard does not guarantee a tooth will not be lost, but it generally decreases the likelihood of tooth loss as a result of sports injuries.

There are three different types of mouth guards.

❑ Stock mouth protector — This type is readily available in sporting goods stores. After purchasing, it’s ready to be placed in the mouth. The draw back with this type is

it can be bulky and can restrict the ability to communicate or breathe.

❑ Boil and bite — This is also commonly available in athletic stores. This type requires the user to place the protector in boiling water to soften it and then place it in his or her mouth. If someone chooses to use this, follow the manufacturer’s instructions closely to avoid making an ill-fitting mouth guard.

❑ Custom fitted — The custom fitted type allows for easier communication and breathing. Many people get discouraged

when they hear the prices of the custom-fitted mouth guard, but just think about the money it will save if it prevents having a tooth knocked out or possibly even a jaw fracture.

Remember, a mouth protector is not a nuisance but serves as a preventive piece of equipment in addition to the other protective equipment that you have to wear for your particular sport. Whether you’re young or old, wearing a mouth guard during practice or competition makes good sporting sense.

With the new school year rolling around as well as intramural football starting up, the dental clinic is giving away “boil and bite” mouth guards beginning Wednesday. For more information, call Ext. 2250.

SHORTS

Golf club championship

The Whispering Pines Club championship is Sept. 4 through Sept. 6. Entry is \$35 plus greens fees. Participants must register at the golf pro shop. Call Ext. 7932.

through Sept. 15 at the youth center. Cost is \$25 for members of the center and \$35 for nonmembers. Coaches are also needed. Call Ext. 2504.

Karate

Karate classes are offered from 6 to 7:30 p.m. Mondays and Wednesdays at the community center. Cost

is \$45 per month. All ages are eligible to participate. Call Ext. 7450.

Judo classes

The community center offers Judo classes from 4 to 6 p.m. Thursdays. Cost is \$35 per month. For more information, call Ext. 7450.