

CAIB discusses improvements

Airman Cecilia Rodriguez
Public Affairs

The Community Action Information Board met Monday to review recent quality-of-life progress at Columbus AFB.

The board touched on several topics, including base program updates, Subway additions and education for base students.

The Columbus AFB community needs assessment completed last year went well, said Capt. Todd Tice, 14th Medical Operations Squadron. As a result, three areas of concentration have been determined as the focus for the Community Capacity Action Plan: sense of community, quality of life and work environment.

Guest speaker Lisa Williams of the crisis center Safe Haven spoke on the importance of assisting those who have been sexually assaulted. Ideas through which Columbus AFB can be of assistance to the program in the future are currently being coordinated.

Steve Peña, exchange manager, spoke on Army and Air Force Exchange Service updates.

Subway is now accepting phone-in orders at 434-5491 and faxed orders at 434-5687, except between 11 a.m. and 1 p.m. Phone-in and faxed orders should be given about 15 minutes to complete, and patrons picking up these orders are allowed to head straight to the register. In addition to new policies, Subway has also expanded its menu, adding "Atkins friendly" items such as low-carb wraps and salads, and increased seating, Mr. Peña said.

Suggestion box inputs resulted in a few new accommodations for the base populace.

A fenced free-run area for dogs will be designated near Capitol Housing in an effort to eliminate waste problems and provide a centralized gathering point for dog owners. The approximate cost for the approved site is \$6,000 to \$7,000.

AAFES is considering showing popular G-rated movies twice on Saturdays, at 2 p.m. and 7 p.m., to increase sales.

Also, AAFES has increased the number of concession stand employees and is working to sell advance movie tickets at the main store in order to avoid long lines.

The quarterly CAIB is open to everyone. The group's focus is on community issues and resolutions. The next CAIB meeting is scheduled for 2 p.m. May 17 at the Columbus Club.



Airman Alexis Lloyd

Advancing the mission

Maj. Bryan Stokstad, 14th Comptroller Flight commander, hugs his children, Shelby, 4, Bailey, 6, and Sean, 12, at the Golden Triangle Regional Airport before leaving for a deployment with a group of airmen Tuesday. About 50 airmen from various squadrons are scheduled to deploy with Aerospace Expeditionary Force 8.

Airmen take up charity for needy ones

RANDOLPH AFB, Texas — The Air Force Assistance Fund "Commitment to Caring" campaign runs through May 7, asking airmen to contribute to any of four Air Force-related charities.

The charities benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses and families. This is the 31st year of the fund drive. Charities receive 100 percent of designated contributions.

"Requests for assistance have continued at record levels since Sept. 11, 2001," said Lt. Gen. Mike McGinty, Air Force Aid Society chief executive officer.

People can contribute through cash, check, money order or payroll deduction to:

- The Air Force Aid Society, the official charitable organization of the Air Force which provides airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs.

- The Air Force Enlisted Villages in Fort Walton Beach, Fla., near Eglin AFB which provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older.

- The Air Force Village Indigent Widow's Fund in San Antonio, a life-care community for retired officers, spouses, widows or widowers and family members.

- The General and Mrs. Curtis E. LeMay Foundation, which provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities.

"I know that there were times when favors were done for me that I knew 'thank you' didn't cover," said Maj. Robert McGrath, Columbus AFB point of contact for the campaign. "This [campaign] has always been my favorite way to repay those type of favors, sort of a 'pay it forward' attitude. What better way to repay that favor than by helping out our Air Force family members who could really use the help?"

Contributions to the AFAF are tax deductible. For more information, visit <http://afassistancefund.org> or the Air Force Personnel Center's Voting and Fundraising web site at www.afpc.randolph.af.mil/votefund.

The Columbus AFB Air Force Assistance Fund campaign runs from March 10 to April 20. For more information on local procedures and goals, call Maj. Robert McGrath at Ext. 7188. (Courtesy of Air Force Personnel Center)

Columbus AFB hosts first IP of Year Banquet

1st Lt. Joseph Coslett
Public Affairs

More than 360 Columbus AFB and Columbus residents attended the first Instructor Pilot of the Year Banquet at the Trotter Convention Center in downtown Columbus Saturday.

Col. Mike Holmes, 14th Operations Group commander, hosted the banquet to honor the best instructor pilots of Columbus AFB.

The first awards were presented to the best major weapons system IP and the best first assignment IP for each flying training squadron.

"These instructors were selected for their instructor skills, leadership, attitude and knowledge," said Capt. Eric Zihmer, event coordinator.

The best major weapons system IP winners were: Lt. Col. Gary Lorimor, 37th FTS; Capt. Jimmy Gatch, 41st FTS; Maj. Phil Fleuren, 48th FTS; and Capt. Ollie Erickson, 50th FTS.

The best first assignment instructor pilot winners were: 1st Lt. Trevis Canty, 37th FTS; Capt. Bill Free, 41st FTS; 1st Lt. Josh Petry, 48th FTS; and Capt. Jeff Montgomery, 50th FTS.

The ceremony also honored the best Lear Siegler contract simulator instructors. They instruct students on basic flight deck, emergency, and basic and advanced instrument procedures among many other duties.

Billy Boyd, the Lear Siegler Services site manager, presented the awards to Tom Marsh, T-37

instructor, Bruce Strickland, T-1 instructor, and Mike Thomas, T-38 instructor.

Colonel Holmes and the 14th OG squadron commanders chose the final two award winners, the 14th Flying Training Wing Flight Commander and IP of the Year, whose names were forwarded to the 19th Air Force to compete at the next level of competition.

Capt. Craig Allen, 50th FTS, won the 14th FTW Flight Commander of the Year.

"Captain Allen is involved in all aspects of his command including instruction, people and programs," said Lt. Col. Dan Clark, 50th FTS commander. "He is an outstanding officer, role model and an exceptional flight commander."

Capt. Averie Payton, 14th Operation Support Squadron, won the 14th FTW IP of the Year.

"Averie and I have had a lot of talks about 'what it takes' in the AF and about leveraging opportunity," said Lt. Col. Paul Judge, 48th FTS commander. "He has responded ten-fold."

"Congratulations to tonight's winners, and to all of our superb instructors," Colonel Holmes said. "The work you do truly lays the groundwork for the future of the U.S. Air Force."

The 14th OG's instructor pilots trained more than 460 student pilots in fiscal year 2003.

The instructor pilots guided those students through a grueling 52 week curriculum that boasts flying nearly 200 hours and more than 300 hours of flight related classroom instruction.



Tech. Sgt. Jim Moser

Capt. Averie Payton, Columbus AFB's 2003 Instructor Pilot of the Year, admires scale models of Tuskegee Airmen aircraft.

Senior leadership calls for re-energized suicide-prevention efforts

G.W. Pomeroy
Air Force Surgeon General Public Affairs

WASHINGTON — After 11 active-duty suicides since Jan. 1 and 14 during the final quarter of 2003, Air Force senior leaders are asking commanders and leaders across the service to assess and re-energize suicide prevention efforts at all levels.

The 2003 calendar-year suicide rate of 10.5 per 100,000 people was the lowest of all the military services and one-half the rate of a comparable civilian population of males between the ages of 20 and 50. As of Feb. 24, the service's suicide rate was 18.1.

In a letter sent to all major commands, the Air Force's acting assistant vice chief of staff urges all airmen to continue pitching in to reduce the number of suicides.

"Suicide is not stopped by medical personnel in emergency rooms; it is stopped by addressing quality-of-life issues in the unit on a daily basis," Lt. Gen. Richard Brown III wrote in the letter.

"The major components of the Air Force Suicide Prevention Program are active leadership involvement, an emphasis on

community involvement and a focus on prevention throughout the lives of airmen and their families, not just when they are suicidal," General Brown wrote.

"Pay special attention to the quality of your suicide-prevention briefings," General Brown wrote.

The Air Force requires active-duty and civilian personnel to attend suicide-prevention briefings once during the 15-month aerospace expeditionary force cycle.

In light of the recent suicides — none of which occurred during Operations Enduring Freedom or Iraqi Freedom — General Brown urged commanders to "review how well we continue to implement the 11 initiatives that serve as the foundation of the Air Force Suicide Prevention Program."

The 11 initiatives are outlined in Air Force Pamphlet 44-160, "Air Force Suicide Prevention Program: Description of Program Initiatives and Outcomes."

The 11 initiatives are: build community awareness; leadership involvement; investigative interview policy; professional military education; epidemiological database;

delivery of community preventive services; community education and training; critical incident stress management; integrated delivery system; limited patient-psychotherapist privilege; and unit risk-factor assessment.

"Columbus AFB approaches suicide prevention efforts at many levels," said Capt. Todd Tice, 14th Medical Operations Squadron clinical psychologist.

Suicide prevention strategies are developed through the Integrated Delivery System and implemented across base. IDS members, such as the chapel, family support center, life skills support center, family advocacy, and the Alcohol and Drug Abuse Prevention and Treatment program, are geared toward helping Air Force personnel in a wide variety of ways.

"A 4-Dimensions brief has been added to the LINK suicide prevention training, Captain Tice said. "These four broad categories include spiritual, emotional, physical, and social dimensions.

"The brief takes a 'holistic approach' by helping people understand key aspects of our lives. When one or more of these aspects is not going well, the risk of sui-

cide may increase."

Base personnel should attend LINK training during their birth month. Contact unit health monitors for times and places.

Columbus AFB is also working on Applied Suicide Intervention Skills Training, which is a new Air Force program that requires two days of instruction. The goal is for Air Force personnel to become better skilled at recognizing issues with peers who are struggling and help them with those issues through open communication.

Columbus AFB trained 30 people last year and is working on funding for more ASIST program training this year.

"We have been fortunate at Columbus during the past three years with no active-duty suicides," Captain Tice said. "However, this should be viewed as an ongoing campaign requiring constant vigilance, awareness of suicide prevention tools and resources, and caring about those with whom we work and live.

For more information about suicide prevention, call the life skills support center at Ext. 2239. (Courtesy of Air Force Print News)

NEWS BRIEFS

Steak sale

The Top 3 sponsors a steak sale from 11 a.m. to 1 p.m. Tuesday behind the community center. The menu is an 8 oz. marinated top sirloin, baked potato, beans, roll and a soft drink. Cost is \$7, and all proceeds benefit the Air Force Enlisted Foundation for their Assisted Living Facility. Prepaid customers have priority from noon to 1 p.m. For more information, call Tech. Sgt. Andy Williams at Ext. 2403.

Employment seminar

The family support center hosts a seminar on how to prepare for job fairs and employment expos from 10 to 11 a.m. Wednesday. A list of upcoming job fairs and Web sites is provided. For more information, call Ext. 2790.

AFSA meeting

The Air Force Sergeant's Association Chapter 651 lunch meeting is at 11:30 a.m. Thursday at the Cardinal Inn Dining Facility. The association provides a voice to the legislature and needs support. For more information, call Master Sgt. Kevin Hawks at 245-5472.

Volunteers needed

Volunteers are needed for the Camp Henry Pratt clean up at 8 a.m. March 6. Camp Henry Pratt accommodates Boy Scouts, Girl Scouts and many special needs children's camps. Volunteers will participate in details such as raking and painting. To volunteer or for more information, call Master Sgt. Andrew McClinton at Ext. 2431.

Contracting announcement

The 14th Contracting Squadron's standard procurement system will be updated March 9 to March 20 and will only accept emergency Form 9s. SPS will not interface with the Automated Business Services System during the update, but this will not affect input requests in ABSS. For emergency requests, contact squadron contracting points of contact. For a list of points of contact and for all emergency requests, call Aubra Jackson at Ext. 7774 or Sharon Black at Ext. 7772.

AF seeks Lowry employees

The Air Force Real Property Agency wants to interview people who were employed or stationed at the former Lowry AFB in Denver to ensure all environmental conditions on the base have been investigated. To volunteer, call (800) 725-7617 or e-mail the AFRPA public affairs officer at doug.karas@afropa.pentagon.af.mil.

AETC command chief enlightens CAFB

Airman Cecilia Rodriguez
Public Affairs

Team BLAZE welcomed Chief Master Sgt. Karl Meyers, command chief master sergeant of Air Education and Training Command, Wednesday for a two-day tour of the base.

"Brigadier General select [Steve] Schmidt [14th Flying Training Wing commander] and Chief [Master Sgt. Randy] Auld [14th FTW command chief] created a great itinerary where I got to meet and see a lot of people in their work centers," Chief Meyers said. "Both of them and everyone I've met have been great hosts to me and made an outstanding visit."

During his stay, Chief Meyers shared his insight on a few changes the Air Force is currently facing.

He spoke on the fitness adaptation occurring throughout the force.

"Already, I see a new fitness lifestyle taking affect — from the increased standards of basic military training, to the further enforced standards of technical training that make our people fit for their first duty assignments, to the elevated fitness routines practiced by our senior ranking enlisted," Chief Meyers said.

"Just as important as getting fit, I see camaraderie, morale and esprit de corp rising as our units are getting fit together."

It's important to adopt a fit lifestyle because our jobs in the Air Force demand it, the Chief said. The Air Force sometimes endures difficult working environments and long hours, and a fit lifestyle improves its ability to handle the stressors that come with everyday jobs, as well as deployments.

Physical fitness also plays an important role in mobility readiness.

"Our future deployments and contin-



Airman Cecilia Rodriguez

Chief Master Sgt. Karl Meyers, command chief of Air Education and Training Command, learns about the Bauer compressor at the fire station from Airman 1st Class Heath Niemet, 14th Civil Engineer Squadron. Chief Meyers visited Columbus AFB Wednesday and Thursday.

gency lifestyle will undoubtedly continue, so we need to be ready for anything, anywhere at anytime," Chief Meyers said. "Besides being ready for duty, diet and exercise is proven to extend and better our lives. I think all of us deserve to live as long as we can — not only for ourselves and for our Air Force, but also for our families."

Chief Meyers also said preparation is the key to a more enjoyable deployment. "Rule No. 1 is to know your job," the Chief said. "Airmen should take what the Air Force has taught them and do their jobs the absolute best they can."

It's also imperative to make sure family is taken care of, he said.

"Any time I'm away from home, I want to know that my family is okay. Make sure to know where and who the key supporting agencies are on the base and what services they provide. A happy family always equates to a much happier

deployed servicemember."

The command has increased its numbers of people on unit tasking codes from 7,000 two years ago to almost 22,000 today.

"Our AETC mission of providing motivated and skilled professionals never stops," Chief Meyers said. "We send instructors out to the field to bring deployed and operational perspectives back to the classroom, and we think that's very important."

Chief Meyers had only compliments for the people of Columbus AFB.

"The airmen, NCOs, senior NCOs, officers and civilians of Columbus AFB have a critically important mission and huge responsibility to the Air Force," Chief Meyers said. "And from all accounts, their performance is outstanding. I've been impressed with everything and everybody I've met from the base and the community."



On March 5 and March 6, Columbus AFB will honor 11 Tuskegee Airmen, 10 from Mississippi and one long-term Columbus resident.

The event includes the dedication of a display case with model airplanes depicting planes flown by Tuskegee Airmen, static displays of vintage aircraft, a medal presentation to one of the families of a Tuskegee Airman and more.

For more information, call Lt. Col. Rick Johnson at Ext. 1103.

Minorities, diverse talents help Air Force excel

Col. Mike Holmes
14th Operations Group



We don't have to look very far to find examples of problems in our Air Force work environment today. The newspapers and television have highlighted sexual harassment and abuse problems at our Air Force Academy for months.

Instructor pilots have been punished for inappropriate sexual contact and unprofessional relationships with their student pilots. Columbus AFB personnel have filed complaints against other base personnel for rape and racial discrimination.

As I enjoyed the speeches and musical tributes at our recent Martin Luther King Jr. Day ceremony, I couldn't help thinking about how far our Air Force has come

since I joined in 1981, and how far we still have to go.

The Air Force has worked hard to make itself a great place to work, but it's not perfect. We wish it was, but it's not. We still deal with discrimination based on race and sex in the workplace. We still employ people who don't understand that because our tasks are increasing while our work force shrinks, we must get the most out of every Air Force person. That means everybody who learns to share our core values of Integrity first, Service before self and Excellence in all we do has a home here, regardless of their race, sex or religious preference.

But even though we haven't figured out how to make the Air Force perfect, we can be proud that we work for an organization that will not get used to or tolerate discrimination, harassment or abuse. The Air Force will continue to train us and teach us to uphold our values better and will also continue to address our shortcomings.

Many of these shortcomings can be addressed on the

spot. If you encounter discrimination or inappropriate behavior, you can usually stop it by speaking out.

Speaking out is the first line of defense. It takes courage, but it lets everybody know that most of us, the people of the Air Force, are committed to our values and will not tolerate discrimination or abuse. If that doesn't work, I encourage you to work through your chain of command to solve the problem. You will find that someone, if not everyone, in your chain is trained and committed to eliminating these offenses in the work place, and that someone has resources, like the military equal opportunity office, to help them champion this goal.

If you find yourself in a situation where your supervisor is part of the problem, or you do not feel comfortable working through your chain of command, there are still things you can do.

You can raise your concerns or complaints directly to

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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.

New pharmacy check-in process to curb wait time

Question: I recently went to the pharmacy to get a prescription filled. When I turned in the prescription, I was told the wait would be approximately 20 minutes. The waiting room at the pharmacy was very crowded. After 40 minutes, the pharmacist came out to the window and announced 10 to 12 names at once. If during that time she had called out 4 to 5 names, and then went back to filling prescriptions, the waiting room would not have gotten so crowded. Is it possible to change the procedure so that the pharmacy technicians call names more often and avoid big crowds in the waiting room?

Answer: Thank you for the suggestion. An "approximate" wait time is given depending on the amount of prescription

traffic. Delays occur when prescription problems arise requiring clarification, calls to respective physician offices and also during minimal staffing or lunch. We routinely call out prescriptions as they become available.

Unfortunately, this incident occurred during a lunch period of low manning with a higher than normal volume of prescription activity. We have introduced a new pharmacy check-in process that ensures priority service to our same-day appointment and drop-off prescription customers. We are also time-stamping all new prescriptions when received to better accommodate wait times.

Col. Steve Schmidt

14th Flying Training Wing commander

SILVER WINGS

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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.

All advertising should be submitted to the Commercial Dispatch, advertising department, Columbus, Miss., phone 328-2427. All editorial copy should be submitted to the public affairs office, Bldg. 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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Chief, Public Affairs

Lt. Col. John Chandler

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Airman 1st Class Boto Best
Airman Cecilia Rodriguez

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

AF Safety: The goal is zero mishaps

Gen. John Jumper
Air Force Chief of Staff



Over the past 10 years, we have prevailed in combat in Kosovo, Bosnia, Afghanistan and Iraq. We have toppled dictators, provided opportunities for democracy to flourish and destroyed terrorist networks. We have demonstrated time and time again that we are the greatest Air Force in the world. I am very proud of our record in combat and in securing our nation's safety. But we aren't doing enough to keep our airmen safe.

During those same 10 years, the Air Force has lost more than 1,000 airmen in accidents that shouldn't have happened and could have been prevented. People are our most important resource and our greatest investment.

We have to protect them. It is tragic to lose a fellow airman, and every time we do, we also lose a piece of our combat capability. We can do better.

I have rarely heard of an accident that couldn't have been prevented, and I'm asking for your help in reducing our mishap rate by at least 50 percent over the next two years. Secretary of Defense Donald Rumsfeld shares this goal, and he established the Department of Defense Safety Oversight Council to review our safety practices DOD-wide. But real change has to start with

each of us individually. Commanders and supervisors are accountable for safety practices and performance and must take action to reduce mishap rates. Leaders have to make sure risks are balanced against mission requirements and mitigate the risks or stop operations when those risks become too great. Most importantly, we all have to get rid of the idea that safety is a concern only when "on-duty." Safety has to be part of every airman's daily life — in combat, on the commute to and from work, at home and on vacation — anywhere you might be.

Our ultimate goal is "zero mishaps." Some people may think "zero" is simply too hard to be a realistic goal. To my way of thinking, however, any goal other than zero implies that some mishaps are acceptable. But no mishap is.

The moment we stop pressing forward, we start falling back. Over the past decade, despite some excellent safety programs, we haven't made much progress in making the Air Force more safe. Instead, we've been moving in the wrong direction. Another program, procedure or lecture won't help, but each of us paying attention will. The right attitude about safety in peacetime is no different from how we feel about surviving in war. Any loss of people or equipment in peacetime means that they will never get to the war.

We know that the mission always comes first, and our environment will always be "high-risk." Plus, the Air Force cannot become so risk averse that we jeopardize the mission. But we cannot fall into the trap of accepting accidents as a cost of doing business, and

almost all accidents are preventable. First, we have to turn around the trend in motor vehicle collisions. Off-duty private motor vehicle accidents have steadily risen since 1998 and remain the number one killer of our people. We're taking action to raise motorcycle safety awareness and skill level, but success depends on our people embracing and then practicing safe riding habits. We also have to decrease the rate of aviation accidents. Midair collisions, controlled flight into terrain and engine failures consistently drive mishap rates. We'll do our part to ensure that you get the training and the technology, but you have to put it into practice. Seat belts don't work if you don't buckle them; helmets don't save lives if you don't wear them.

Motor vehicle and aviation accidents drive the statistics, but accidents occur everywhere, like in the workplace and on the sports field.

I have established the Air Force Operational Safety Council, chaired by the Vice Chief of Staff of the Air Force, to oversee safety matters. The AFOSC will monitor safety performance, examine new or emerging technologies from both the operational and safety perspectives, and direct required changes in Air Force policy, programs and investment.

But all the oversight in the world won't help if our airmen don't take each other's safety — their survival — seriously. I need your help — let's get it right on safety.

(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.)

DIVERSITY (Continued from Page 4)

You can raise your concerns or complaints directly to the equal opportunity office or the 14th Flying Training Wing inspector general. There are professionals in both offices that have been trained to evaluate discrimination and abuse issues and elevate them to a level where they can be solved. Our boss, Col. Steve Schmidt, 14th FTW commander, has taught us that commanders solve these problems by first finding out what really happened, then digging deeper to determine the root cause of the problem, and finally taking the appropriate action. Sometimes commanders can solve these problems by directing counseling and training. Sometimes the problems must be addressed with judicial or non-judicial punishment.

I believe you can trust our wing. It has a good record of dealing with discrimination and abuse. But we can only solve problems if you make sure we know about them.

I believe the Air Force requires all of us to stand up and speak out when we find things are wrong, and I believe the Air Force will take care of us when we do. I believe we won't be perfect until we all understand that we need every person in the Air Force to perform

to the best of his or her abilities, and we all realize that our people cannot deliver their best if they are abused or discriminated against. Every person that serves in the Air Force has the right to be treated like we want our family members to be treated.

Finally, if you are one of the people who think, "We don't need women here," or, "We don't need minorities here," or, "We don't need [fill in the blanks] here," — you are wrong. Our doors are open to everybody who pursues our values, and we're glad they're here. We're not "tolerating them because we have to" or learning how to mask our feelings "to stay out of trouble." We need them here. We're glad they're here. Their talents make our Air Force the best in the world. Don't let discrimination, harassment or abuse prevent us from being the best.

(Editor's Note: If you are victim to discrimination or sexual harassment in the workplace, call the Air Force Discrimination/Sexual Harassment hotline at (800) 616-3775. For help while on-duty, call the chaplains' office at Ext. 2500, life skills support center at Ext. 2239 and MEO at Ext. 2656. For after-duty hours help, call the command post toll free at (800) 982-4247.)

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Columbus AFB celebrates African-American History Month

African-American History Month Spotlight



Tech. Sgt. Raymond Hackler
14th Security Forces Squadron

Hometown: Robbins, Illinois
What African-American History Month means to me: The first thing that comes to mind when I think of this special month is all of the contributions of African-Americans. Rosa Parks, Rev. Martin Luther King Jr., Frederick Douglass, Booker T. Washington and Sojourner Truth just to name a few. Schools and organizations throughout our country are participating in activities that highlight my culture. Activities of this nature enhance my pride.

Throughout the years, African-Americans have overcome so many struggles and barriers in life. I am pleased to take an active role in celebrating our heritage because it keeps me in a positive state of mind and lets me know that, "I am somebody."



Master Sgt. Curtis Chiles, 14th Medical Operations Squadron, and Col. Mike Holmes, 14th Operations Group commander, finish the fun run, one of the events held in honor of African-American History Month.

Airman 1st Class Boto Best Public Affairs

Afros, athletics, soul food, soul train, music, family, tradition, achievements — all of these aspects of African-American culture came into play as Columbus AFB, along with the rest of the nation, celebrated African-American History Month in February.

Thirteen percent of the American population is African-American. Statistics show that an equal 13 percent make up the military.

But that did not happen as part of the natural ebb and flow of life. Many hurdles had to be overcome and many lives given in a fight to overcome prejudices and misconceptions to prove that they were Americans, and that they too had as much ability and intelligence as any other race to contribute to making America what it is today.

To celebrate this heritage, Columbus AFB's multicultural committee organized a number of activities and events.

One of the events was the weekly reading of African-American literature to children at youth and child development centers.

"As the country becomes more and more diverse, so too do our children's classrooms," said 1st Lt. Chandra Peek, military equal opportunity chief. "It is therefore important to read to children about not only their own heritage, but also about the histories of their friends and classmates.

"It gives them a sense of pride in who they are and a

greater appreciation for people of different cultures."

Other activities included a three-day health fair, a '70s party and a youth essay contest.

To end the month-long celebration, an African-American History Month luncheon was held at the Columbus Club Tuesday. The guest speaker, Col. Michael Hoyes, Air Combat Command chief of scheduling and aerial events, brought two exhibits to share with the audience. The first was a salad bowl.

"Without any one of these ingredients, this would no longer be a salad," he said. "We don't try to make the cucumber a tomato or the lettuce a cucumber. We include all of the ingredients. The message of love is older than any of our core values."

Colonel Hoyes said his parents never raised him as a black man. "In fact, they never even told me I was black. They raised me as member of the human race and a child of God."

In March, Columbus AFB along with the downtown Columbus community will host several events celebrating the achievements of the Tuskegee Airmen, particularly the 10 who came from Mississippi. They were some of the first African-American combat pilots in the military.

"These airmen fought two wars," Colonel Hoyes said. "One over the skies against enemy fire and one on the ground because of their skin color. But by attaining a most outstanding record, they proved that the antidote to prejudice — is excellence."



Photos by Airman 1st Class Boto Best

Col. Michael Hoyes, chief of Scheduling and Aerial Events Division at Air Combat Command, shows the audience a piece of the Berlin Wall, a token of the part he played in that effort as an American soldier. He was the guest speaker at the luncheon held in honor of African-American History Month Tuesday.



Members of the West Lowndes High School JROTC group perform a flag folding ceremony at the luncheon.



Capt. Charles Gilliam, 48th Flying Training Squadron check pilot, and his wife Jennifer party on the dance floor at the '70s party held at the Columbus Club in honor of African-American History Month.



Tech. Sgt. Patanya Garrett, 14th Medical Operations Squadron, reads to a class of pre-schoolers at the child development center. Throughout February, volunteers read to children at the CDC and at the youth center to acquaint them with African-American writers and their works.

AT THE CHAPEL

Catholic

Sunday activities:

9:15 a.m. — Mass
10:30 a.m. — CCD
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Wednesday

11:30 a.m. — Mass

Protestant

Sunday activities:

9 a.m. — Sunday school
10:45 a.m. — Traditional worship
1 p.m. — Contemporary worship
Tuesday
Noon — Lunch and Bible study
Wednesday
5:30 p.m. — Dinner and Bible study
7 p.m. — Choir rehearsal
For Islamic, Jewish, Orthodox or other services, call the chapel at Ext. 2500.
All movies are shown at 7 p.m., unless otherwise noted, at the theater.

AT THE MOVIES

Today

“Along Came Polly” (PG-13, sexual content, language, crude humor and some drug references, 90 min.)
Starring: Ben Stiller and Jennifer Aniston.

Saturday

“Big Fish” (PG-13, a fight scene, some images of nudity and a suggestive reference, 110 min.)
Starring: Ewan McGregor and Albert Finney.

March 5

“Cold Mountain” (R, violence and sexuality, 154 min.)
Starring: Jude Law and Nicole Kidman.

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

CHANNEL 64

Weekdays

9 a.m., noon and 2 p.m.

Air Force Television News

Monday through March 5

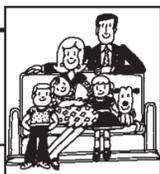
9:30 a.m., 12:30 p.m. and 2:30 p.m.

College Level Examination

Program Tapes:

Introduction to Management

FAMILY SUPPORT



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

Medical Transcriptionist: Registration is open for classes in medical transcription and terminology. Each course lasts about nine weeks. Pre-requisites apply.

Health benefits seminar: A seminar on health benefits available to personnel who are separating or retiring is from 3:30 to 4:30 p.m. March 10. Tricare and Medical Group personnel will be available to answer questions.

State employment agency: An information session on services available to veterans with the Mississippi Employment Security Commission or employment agencies in other states is at 10 a.m. March 11.

Veterans' benefits: An information session on veterans' benefits is from 10:30 a.m. to 12 p.m. March 11. Family support center staff and Department of Veterans Affairs personnel will be available to answer questions.

Recipes needed: The family support center is collecting favorite “quick and easy” recipes from base personnel to create a newcomers' cookbook. Categories include appetizers, soups and salads, vegetables, main dishes, breads and desserts. Drop off recipes with name, organization and phone number, or e-mail them to FSC@columbus.af.mil. This is open to all Columbus AFB personnel.

Small business development: A workshop on starting one's own business is from 1 to 1:30 p.m. March 11.

Federal Employment: A workshop on federal employment and how to apply is from 1:30 to 3 p.m. March 11.

Heart Link: An orientation program for spouses newly married or new to Columbus AFB is at 8:45 a.m. March 22. Games, prizes, childcare vouchers, lunch and an opportunity to meet other spouses are provided.

Auto buying/leasing: An information session on learning the ins and outs of purchasing or leasing a vehicle is from 11 a.m. to noon March 16.

BASE NOTES



Education center: The center is closed today for in-house training. Normal operating hours resume 7:30 a.m. to 4:15 p.m. Monday to Friday. Due to manning limitations, appointments are highly encouraged.



Tech. Sgt. Jim Moser

Star Party

Col. Steve Schmidt, 14th Flying Training Wing commander, and his wife Sarah cut a cake at a party celebrating his selection for brigadier general.

Regular DANTES subject, Professional Military Education and distance learning tests are offered at 8 a.m. and 1 p.m. Mondays and Thursdays. Special tests such as the Graduate Management Admissions Test and Graduate Record Exam are not offered on base, but students may arrange to take them at Mississippi State University. For appointments, call Ext. 2562 or Ext. 2572.

Tuition assistance for both military and civilian personnel is issued from 9:30 a.m. to 2:30 p.m. Tuesday through Thursday. Appointments are not needed. Students report to the center with appropriate paperwork. The process takes 10 to 15 minutes.

People wanting to find out more information about education programs may make appointments with the center's counselors at Exts. 2562, 2563 or 2565.

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 downtown Columbus.

Each team is asked to have a representative on the track at all times during the event.

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.

Live entertainment, games and lots of fun are provided through the night. For more information, or to volunteer as a team captain, call 1st Lt. Ariol Paz at Ext. 2666.

Lifeguards wanted: Positions are open for supervisory recreation, lead recreation, recreation assistant and recreation aid lifeguards. All positions are being advertised through June 25. Applicants may visit www.afpc.randolph.af.mil/dpc.

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 nonmembers.

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 between 4:30 p.m. and 6 p.m. Card holders must be present to win. Call Ext. 2490.

Techno night: The enlisted lounge offers techno night starting 9 p.m. today. Call Ext. 2490.

All-ranks brunch: The Columbus Club offers a brunch from 10:30 a.m. to 1:30 p.m. March 7. Cost is \$8.95 for members and \$10.95 for nonmembers. Call Ext. 2489.

Midday bingo: The Columbus Club offers bingo at noon Mondays. Two \$25 games and one \$50 progressive game are played. There must be a minimum of ten players to offer this program. Cards are \$1 each for the two \$25 games and \$1.50 for the \$50 jackpot game. Call Ext. 2490.

Auto shop special: Starting Monday the auto shop offers a brake special for \$25. This service is usually \$30. For appointments, call Ext. 7842.

Keystone Club: The youth center offers this program at 4:30 p.m. Wednesdays. The Keystone Club focuses on building productive teens, leaders and citizens. Other areas of focus are education, leadership, life skills and many other related topics. As a Keystone Club member, there will be travel opportunities. Call Ext. 2504.

Women's History Month events: Men and women compete against each other in a “closest to the pin” golf contest from 11 a.m. to 1 p.m. March 9 and a game of bowling from 11 a.m. to 1 p.m. March 11.

Each event entry is \$2. Register by 4 p.m. March 7 for the golf event and by 4 p.m. March 10 for the bowling event. Call the golf pro shop at Ext. 7932 or the bowling center at Ext. 2426.

Give parents a break: The child development center and youth center offer this program from 9 a.m. to 3 p.m. March 13. Parents must register children by March 10. For more information, call the CDC at Ext. 2478 or the youth center at Ext. 2504.

Canoe trip: Outdoor recreation offers a trip to the Luxapalila River March 13. Cost is \$15 per person and includes transportation, lunch and canoe rental. Call Ext. 7861.

2004 chess tournament: The 2004 chess tournament for active-duty personnel is March 13 to March 14 at Maxwell AFB, Ala. Transportation is provided to and



Pam Wickham

Do-it-yourself

Michelle Petry builds a wall hanging with help of craft instructor Vanessa Jones during a skills development center craft class. The center offers classes for youth and adults on Tuesdays and Thursdays. A display of upcoming craft projects is located at the center. For more information, call Ext. 7836.

from Maxwell AFB for participants.

Participants must be members of the U. S. Chess Federation to compete in this rated tournament. To register, call Ext. 7450.

Theater camp: The Air Force Community Center Program is offering a special theater camp for ages 14 to 18. The camp is held in Missoula, Mont., July 26 to July 30. Submit camp applications to the youth center by March 15.

Thirty-two chosen teens participate in a week full of specialty classes in voice, dance, stage presence, acting, arts and crafts, waterfront activities and campfires. All transportation to and from Montana is provided, as well as all meals, lodging and activities.

The rules and entry forms are placed on the Services Family Members Program Agency Web site at www-p.afsv.af.mil/FMP/SpecProj.htm. For more information, call Ext. 2504.

Silver Star casino trip: The information, ticket and travel office offers this trip March 19. Cost is \$15 per person and includes transportation and \$15 in coins. The bus leaves the community center parking lot at 5:30 p.m. For reservations, call Ext. 7861.

Dance classes: The youth center offers dance classes in tap, jazz and ballet. Ages 5 to 7 may register for the preparatory dance classes offered Mondays at 4:30 p.m.; ages 8 to 13 may register for the Jazz II classes Tuesdays; ages 3 to 4 may register for the creative movement classes at 4:30 p.m. Thursdays; and adults may register for the jazz dance classes at 5:30 p.m. Thursdays. Call Ext. 2504.

Drop-in care available: The child development center offers drop-in care Monday through Friday from 6 a.m. to 6 p.m. Cost is \$3 per hour. To make reservations, call Ext. 2479.

Script reading: A staged reading of “The New Que” by Harrison Key is at 7:30 p.m. today at McComas Hall Lab Theater on the Mississippi State University campus. The event will allow audiences to watch the developmental process of a new script. Admission is \$2. For more information, call 325-2323.

Health fair: Mississippi University for Women hosts its annual health fair from 10 a.m to 2 p.m. Wednesday on the second floor of the Hogarth building on the MUW campus. Various health screenings for blood pressure, blood sugar, stroke and body mass index are available, and most screenings are free. Elevators are available. For more information, call Dr. Joyce Yates at 241-7669 or 329-7225.

Baptist Memorial volunteers: Baptist Memorial Hospice continues a new series of volunteer training sessions at 3 p.m. Thursday on the third floor solarium of

Baptist Golden Triangle’s Willowbrook building. For more information, call Hospice at 243-1173.

Support groups: A Lupus support group meets at 6 p.m. March 5 on the third floor solarium of the Baptist Golden Triangle Willowbrook Building. For more information, call Rashell Hopkins at 327-2784.

A head injury support group meets at 7 p.m. March 9 at the Baptist Memorial Hopsital’s boardroom. For more information, call 327-4614.

A stroke support group for stroke survivors and caregivers meets at 10 a.m. March 15 on the third floor solarium of the Baptist Golden Triangle’s Willowbrook building. For more information, call Sandy Cunningham at 328-4430.

Arts auction: The Columbus Arts Council sponsors its 20th Annual Arts Auction Gala March 6. The fundraiser theme is “Decades” and features a silent auc-

tion, live auction, dinner, open bar and awards for best performances. For more information, call the Columbus Arts Council at 328-2787.

Speedway: The 3rd Annual Rebel Challenge begins at 7:30 p.m. March 12 at the Columbus Speedway. Grandstand tickets are \$15 per person and pit passes are \$25 per person. Ages 10 and under are free when accompanied by an adult. For more information, call 241-5004.

Children’s photography class: The Art of Photography I is from 10:30 a.m. to 12:30 p.m. March 13 at the Rosenzweig Arts Center in downtown Columbus. Tuition is \$20 per student for all four sessions. Ages 8 to 11 are welcome. For more information, call the Columbus Arts Council at 328-2787.

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 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.

Diet and exercise key to stopping obesity epidemic

The Air Force is combating a weighty issue — too many servicemembers are heavy. Although most people consider the military to be lean and fit, a surprising 54 percent of active-duty members are either overweight or obese, according to Air Force nutritionists. This is shockingly similar to the 64.5 percent of the American population that is overweight or obese. Although obesity is significantly lower among active duty compared to nationwide figures, the impact of excess weight is costly.

The rising incidence and array of consequences associated with being overweight and obese pose serious problems for both the nation and the Air Force. Just consider the facts known about excess weight. Obesity is associated with type two diabetes, high blood pressure, stroke, certain types of cancer, heart disease and depression. Individuals who are obese based on body mass index have a 50 to 100 percent increased risk of premature death from all causes compared to individuals with a healthy weight. Even moderate weight excess of 10 to 20 pounds for a person of average height increases the risk of death, particularly among adults aged 30 to 64 years. Over 300,000 deaths each year are attributed to obesity. According to the Surgeon General, the economic cost of this disease in 2000 was \$117 billion.

“Diet and exercise go hand in hand,” said Master Sgt. Gilbert Shrieves, 14th Medical Operations Squadron nutrition specialist. “Even if you’re exercising regularly, too many fatty foods pose an overload for the system.”

Excess weight is the leading predictor of low fitness for men within the Air Force, regardless of any other behavioral factor. Each year, the Air Force spends about \$28 million on medical costs and productivity losses, not to mention loss of valuable airmen who do not maintain weight and body fat standards. The key to stopping this epidemic is prevention.

For each individual, body weight is the result of a combination of genetic, metabolic, behavioral, environmental, cultural and socioeconomic influences. Behavioral and environmental factors offer the greatest opportunities for change. Armed with

this information and a mission to prevent weight gain, Air Force health and wellness experts have developed *Shaped Your Future Your Weigh!* in an effort to prevent weight gain.

‘*Shape Your Future*’ signifies the vision that all individuals have the power to get and stay in shape. Achieving and maintaining a healthy weight will shape an individual’s future by decreasing health risks and enhancing fitness, confidence and readiness.

‘*Your Weigh*’ implies that a unique, healthy weight exists for every individual and maintenance of that weight is important. It means that there are a variety of healthful and effective methods to choose from to reach and maintain that weight. It is all about the individual and the personal path chosen to follow.

Due to the magnitude of the problem, it is highly unlikely this epidemic of weight gain will be resolved in the near future. The intent of the *Shape Your Future Your Weigh!* campaign is to implement progressive phases, each targeting different aspects of military life that may impact weight gain and its prevention. Recognizing and offering helpful solutions to factors that often contribute to weight gain, such as deployments, injuries and stress may make it easier to reach the goal of achieving or maintaining a healthy weight.

Once fully implemented the *Shape Your Future Your Weigh!* campaign will provide the missing link between awareness and action necessary to maintain a fit and healthy force, ready to face the current and future demands of the Air Force. This responsibility lies not with a select group of people but with each individual. *Shape Your Future Your Weigh!* is designed to make this goal an individualized reality.

March is National Nutrition Month, and information on diet improvement will be available at the health and wellness center.

A lunch and learn is also scheduled for March 12 at the center. People can bring their lunch and learn about how to change their eating habits.

For more information, contact the health and wellness center at Ext.2477. (Courtesy of the health and wellness center.)



Airman 1st Class Boto Best

Gary Moore, 14th Civil Engineering Squadron, works out three times a week at the fitness center with his squadron.

SHORTS

Spring adult soccer

Sign-ups are being accepted for the spring adult soccer league. The games are held Sunday afternoons. The season is approximately eight weeks long with full FIFA regulation matches. The league is open to all interested adult players of any ability. Sign-ups are being accepted via the league Web page at www.geocities.com/columbusfutbol.

Spring youth soccer

Children ages 3 and older may register for

spring youth soccer through today. Cost is \$25 for members and \$35 for nonmembers. Participants must have a current physical on file or obtain one prior to the start of the season. A late fee of \$10 will be assessed after today. Volunteer coaches are needed. For more information, call Ext. 2504.

Tennis

Any military or civilian ladies interested in playing on a ladies 3.0 or higher tennis team can contact Debby Gray at 328-5387, 327-5270 or e-mail at dgray@telott.com.

All star basketball camp

Applications are now being evaluated for the Ten Star All Star Summer Basketball Camp. The camp is by invitation only, and boys and girls ages 10 to 19 are eligible to apply. Players from 50 states and 11 foreign countries attended the 2003 camp. Past participants include Michael Jordan, Tim Duncan, Vince Carter, Grant Hill and Antwan Jamison.

College basketball scholarships are possible for players selected to the All-American team. Camp locations include Lebanon,

Tenn., Atlanta, Hickory, N.C., and Blacksburg, Texas.

For a free brochure, call (704) 373-0873.

Fitness 101

People who want to get in shape but aren’t sure how to use all the fitness and sports center’s machines can schedule a Fitness 101 class.

The center shows people how to find their target heart rate and to use all of the equipment. Classes are by appointment only. For more information, call Ext. 2772.