

Program opens doors for civilians

Todd Usnik
Air Education and Training Command

RANDOLPH AFB, Texas — The Air Force Civilian Competitive Development Program provides future Air Force civilian leaders with the education and training required to move into positions of higher grade and responsibility.

CCDP is for people committed to the Air Force as a career. Similar to the officer career paths, candidates must be willing to relocate based on the needs of the Air Force.

Career broadening assignments outside the primary career field are often a key element of this program.

Each year the Air Force selects about 100 civilians in grades GS-12 through GS-14 for these select leadership and training opportunities.

Programs are broken into three broad categories: Professional Military Education, which includes Air Command and Staff College, Air Force Legislative Fellows Program, Air War College, National War College, Industrial College of the Armed Forces, and RAND Fellows; Academic Programs, such as attending Princeton University, Harvard University, Stanford University, Massachusetts Institute of Technology, Air Force Institute of Technology and the Sandia Nuclear Weapons Fellowship Program; and Experiential Programs like the Department of Defense Executive Leadership Development Program and the Council for Excellence in Government.

Each program is complimented by a follow-on assignment and can be a key stepping stone to future promotions.

Last year, AETC wings nominated 25 people to the AETC board. Nine applicants were selected to go forward to the Air Force-wide board. Seven of the nine AETC applicants were selected for a training program.

People selected will attend a yearlong program beginning this summer and, upon successful completion, will move to a new assignment tailored to utilize their newly acquired skills.

The annual call for applications begins in May each year; however, applications can take several months to coordinate. Academic programs require the submission of GRE or GMAT results and transcripts to AFIT for evaluation. People interested in any of the academic programs should begin preparing their applications now. Detailed information for all programs is available on the Web at <http://www.afpc.randolph.af.mil/cp/ccdp/> or by contacting the local civilian training office.



Airman Cecilia Rodriguez

Two star thanks Army troops

Army Sgt. James Taylor, Mississippi Army National Guard, greets Army Maj. Gen. James Lipscomb, Adjutant General of the Mississippi National Guard, at the front gate Jan. 9. General Lipscomb visited and thanked his troops for their hard work. The ANG were activated to help the 14th Security Forces Squadron.

Blood drive needs donors today

Airman 1st Class Boto Best
Public affairs

Columbus AFB team members are asked to support 2004's first blood drive from 8 a.m. to 4 p.m. today at the chapel annex.

"Our goal is to get as many people as possible to donate blood because supplies are at an all time low," said Tech. Sgt. Cory Santos, NCO in charge of lab services.

Anyone 17 years of age and older is eligible to give blood, and donors are pre-screened to determine eligibility. The drive also comes before a three-day weekend, enabling student and instructor pilots to give blood as well.

"The pain is not an issue to me if I can save someone's life," said Senior Airman Shawna Ortiz, a 14th Medical Support Squadron lab technician who gave blood in November.

Because of the typical shortage of blood supplies during the winter months blood service providers across the country have named January National Volunteer Blood Donor Month. Therefore United Blood Services, the organization sponsoring today's blood drive, is asking for all blood types, especially 'O positive' and 'O negative' so that hospital orders can be met.

A news release from UBS dated Jan. 7 called on Columbus AFB to

respond to this emergency "so that life saving surgeries and other treatments may continue without delay or cancellation."

Current blood levels in hospitals across Mississippi continue to dwindle, and the UBS reports their back-up supply is virtually depleted.

"It really moved me that blood supplies were so low," said Sergeant Santos, who also plans to give blood today.

The 14th Medical Group hopes to collect at least 100 units of blood from today's drive. Appointments are not required. For more information, call Ext. 2123.

Not all prepaid phone cards offer value

Master Sgt. Michael Briggs
Air Education and Training Command News Service

RANDOLPH AFB, Texas — Reports from United States Central Command indicate deployed military members have experienced problems when using prepaid phone cards in Operation Iraqi Freedom and Operation Enduring Freedom theaters, according to a recent Army and Air Force Exchange Service press release.

AAFES officials want to inform service members and their families about international telephone service and the benefits of AAFES global prepaid phone cards.

Prepaid phone cards allow people to pay in advance for telephone calls. Depending on how much the card costs, people receive a specific number of minutes of calling time. As they use the card, the minutes are reduced until they have used up all the time on the card.

Military members and their families should be reassured to know phone cards purchased at AAFES post exchanges, base exchanges, tactical field exchanges and Imprest Fund sites, which are unit-run exchanges, are not subject to connection fees or other hidden charges, officials said.

The abundance and variety of phone options available can be very confusing. Many prepaid phone cards sold in the United States are designed for use only within the 48 contiguous states.

AAFES prepaid phone cards, on the other hand, are designed for use on a global platform, which "is tailored to the unique needs of mobile service members," said Fred Bluhm, an AAFES spokesperson.

Before they buy a phone card, Mr. Bluhm cautions people to "read the fine print."

Many domestic or per-minute phone cards contain the phrase "International flat rates vary." While non-AAFES cards may look like a bargain, they can actually be more expensive to use.

For example, service members who use the AAFES prepaid card compared to other available prepaid cards receive three times as many minutes for calls placed from



Airman Cecilia Rodriguez

Army and Air Force Exchange Services global prepaid calling cards are available at the base exchange and shopette. AAFES encourages buyers to take note of international connection fees on other prepaid calling cards.

Kuwait to the United States. This equals a cost of 19 cents per minute less than a typical phone card.

In some cases, phone card companies commit fraud. Since start-up costs are low for prepaid phone card companies, many small firms, some disreputable, have been able to enter the market, according to Consumer Action, a consumer education and advocacy organization. In some cases, companies have taken customers' money and left them with worthless cards.

Some card providers fail to tell consumers about fees, surcharges and other costs, or hide them in small, hard-to-read print, according to Consumer Action.

People who are the victim of fraud while using a prepaid phone card should first talk to the company.

An industry association, the International Prepaid Communications Association, operates a toll-free hotline

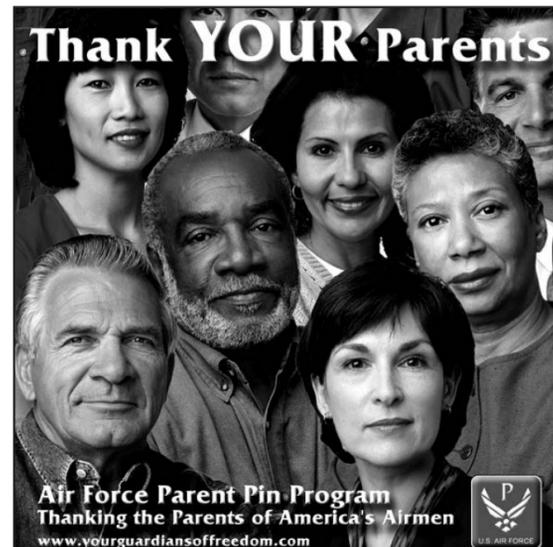
at (800) 333-3513 for customers who have problems with or questions about prepaid phone cards.

People can also get information on the Web from IPCA at www.i-pca.org or from Consumer Action at www.consumer-action.org.

"All phone cards are not created equal," Mr. Bluhm said. "It is important to let the troops and their loved ones know that cards from home may be subject to unforeseen charges."

AAFES prepaid phone cards are available, worldwide, at any AAFES retail location, through the AAFES catalog or at www.aafes.com.

AAFES prepaid phone cards are welcome at any of the 30 call centers AAFES operates in the OIF and OEF theaters. AAFES currently has five call centers in Iraq, eight in Afghanistan and 19 in Kuwait.



MONTHLY PROMOTEES

The following officers and enlisted people promote in January. The promotees are:

To captain: **Troy Arnold**, 50th Flying Training Squadron; **Jeffrey Banker**, 37th FTS; **George Garzon**, 37th FTS

To first lieutenant: **Bif French**, 14th Operations Support Squadron; **Michael Lynch**, 14th OSS; **Brian Meeker**, 50th FTS; **Anthony Murphy**, 14th Medical Operations Squadron; **Eric Vanveldhuizen**, 50th FTS

To master sergeant: **Trent Senneff**, 14th Flying Training Wing; **James Smith Jr.**, 14th Security Forces Squadron

To technical sergeant: **Preston Holt**, 14th SFS

To staff sergeant: **Michael Goodman**, 332nd Recruiting Squadron

To senior airman: **Jacqueline Andrews**, 14th OSS; **Phillip Delgado**, 14th OSS; **Vanessa Delgado**, 14th FTW; **Tara Goswick**, 37th FTS; **Hyun Park**, 14th Mission Support Group; **Jennifer Simmons**, 14th SFS

To airman first class: **Marquita Bridges**, 48th FTS, **Lashandra Cokely**, 14th Communications Squadron; **Justin Desorey**, 14th CS; **Amy Nicely**, 14th MDOS; **Sherri Tucker**, 41st FTS

To airman: **Bobby Evans II**, 14th MDOS; **Shane Vaughan**, 48th FTS

NEWS BRIEFS

HAWC closure

The health and wellness center is closed from 1 to 3 p.m. today for an official function. For more information, call Ext. 2477.

DPP update

The Columbus AFB Full Spectrum Threat Response Plan 10-2 is now available on the BLAZE Web. The plan provides guidance, procedures and directions for the recovery of Columbus AFB from a nuclear incident, natural disaster, major accident and terrorist incidents involving weapons of mass destruction. The plan replaces the Columbus AFB Disaster Preparedness Operations Plan 32-1.

Office furniture

The 48th Flying Training Squadron is giving away its office furniture. All furniture must be picked up by Tuesday. The squadron has conference tables, chairs and workstations. If any organization is interested in the furniture, call Ext. 2625.

Playgroup

A mommy and baby playgroup is from 9 to 10 p.m. Wednesdays at the youth center. This playgroup is for pre-walking babies. Babies observe, play and learn from one another. For more information, call 434-5210.

Youth center trip

The youth center sponsors a trip to the Alabama versus Louisiana State University Men's Collegiate Varsity Basketball game at 7 p.m. Jan. 31. Space is limited. Parent and child combinations are required. The bus will start loading at 4 p.m. and leaves at 4:30 p.m. Cost is \$20 per adult and \$10 for children 15 and under. Price includes ticket and transportation to the game. For more information, call Ext. 2504.

Base recycling collects state award

Airman Cecilia Rodriguez
Public affairs

The Columbus AFB recycling center recently received the Mississippi Recycling Coalition Federal Government Recycler of the Year award for its continuing efforts to create a better community by promoting environmental awareness through its programs.

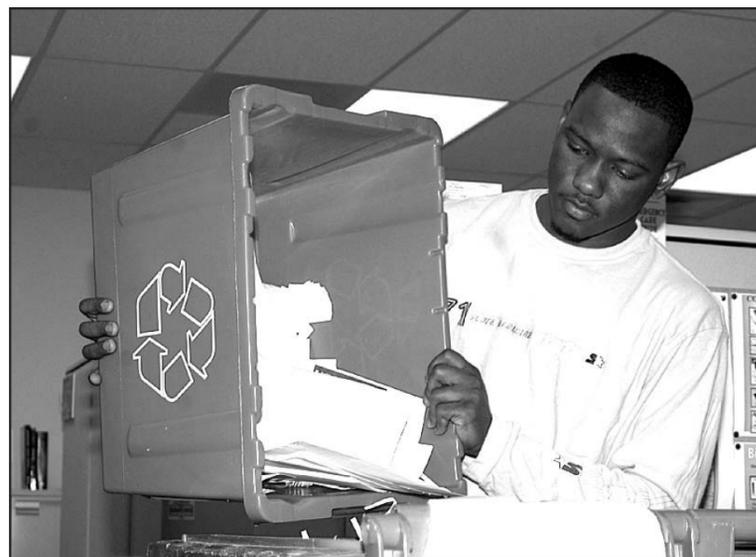
"The Columbus AFB Qualified Recycling Program is a model for all federal facilities and local communities throughout Mississippi," said Mike Smith, 14th Civil Engineer Squadron Environmental Flight chief.

The center's applauded programs include everything from tracking and improving participation to a countywide recycling fashion show.

In a joint effort with the city recycling office, an America Recycles Day Fashion Show has been sponsored by 14th CES Environmental Flight for the past two years. Participants modeled original clothing designs created from recyclables, and city and base leadership served as judges.

Another program sponsored was the Earth Day Education Fair in April 2003, during which about 300 Lowndes County third graders were invited to have fun and learn about the benefits of recycling. Students were visited by superhero "Michael Recycle," rotated through booths from local environmental organizations, treated to a hot dog lunch and given free time in the park after the learning stations were completed.

"Our goal is to spread the word about recycling not only to our own base family, but also the surrounding community," said Miranda Brannon, 14th Civil Engineer Environmental Flight pollution prevention chief.



Airman 1st Class Boto Best

Kellen Roberts, 14th Civil Engineer Squadron, empties a recycling bin.

In addition to multiple community outreach programs, the recycle center facilitates multiple programs on base.

Prior to 2001, the only direct involvement the environmental flight had with collecting recyclables was picking up cardboard from housing and industrial buildings, and taking them to the commissary for baling.

Since then, a state-of-the-art Material Recovery Facility has been constructed, complete with two balers, creating a base of operations and a means of processing materials.

"We strive to make recycling and materials separation as convenient as possible for everyone on base," Ms. Brannon said. "Each industrial building is equipped with numerous bins for collection of recyclables and large cardboard containers are placed in strategic locations around the base.

"Our latest initiative is the purchase of new recycling bins for military family housing. Each unit is a large bin with five smaller bins inside. Now, instead of lugging five separate bins down to the curb on recycling day, one large bin can be easily rolled down the driveway."

Even with the additional manpower and new equipment purchased to support its programs, the environmental flight is still achieving a cost avoidance for Columbus AFB.

In 2002, \$20,351.87 were saved in landfill tipping fees alone.

"The Columbus AFB Qualified Recycling Program is a perfect example of a community working together to ensure a better environment for generations to come," Mr. Smith said. "The commitment of the entire BLAZE team is evident both on the base and in the local community."

Noise exposure creates Air Force hearing-loss problem

Senior Airman Susan Stout
56th Fighter Wing Public Affairs

LUKE AFB, Ariz. — Noise-induced hearing loss is one of the most common occupational illnesses in the Air Force.

One of the goals of Air Force public health professionals is to inform people about the importance of hearing protection.

"Noise exposure may result in permanent damage to the auditory system and there is no medical or surgical treatment for this type of hearing loss," said Staff Sgt. Shahira Bennett, 56th Medical Group Public Health

technician. "Though the use of a hearing aid may provide some benefit, normal hearing will not be restored and other effects such as vertigo (dizziness) and tinnitus (noise in the ears such as ringing or buzzing) may occur."

According to the Occupational Safety and Health Administration, exposure to sound levels of 85 decibels and above — the level emitted by the average food processor — for eight hours a day, five days a week, eventually will cause permanent hearing damage.

"Studies have also shown that exposure to too much noise over a short period of time,

such as a typical rock concert of 120 decibels, can be just as damaging as chronic exposure to lower noise levels," Sergeant Bennett said.

People can protect themselves from hearing loss by recognizing hazardous noise and understanding the adverse effects of off-duty noise exposures.

"The best rule to follow is if you have to shout at arm's length to talk face-to-face, you are probably being exposed to hazardous levels of noise," Sergeant Bennett said.

Several products are available to provide

hearing protection. According to Staff Sgt. Elizabeth Lujan, 56th MDG Public Health technician, earmuffs provide better high-frequency protection and earplugs provide better low frequency protection.

"Selection of the proper device depends on your job, the amount of hazardous noise in your workplace and the protective gear you must use," Sergeant Lujan said.

Another device available is the one-size-fits-all Elvez Quattro earplugs.

The Elvez Quattro earplugs last from six months to one year making them cost effective for the Air Force, Sergeant Lujan said.

Career success relies on service, professionalism

Col. Steven Kwast
47th Operations Group commander

LAUGHLIN AFB, Texas — One of the most frequently asked questions I hear as a commander is, "What is the key to a successful career?"

The answer is simple: Keep in the front of your mind what military service means, and practice the simple rules your parents taught you when you were 5 years old.

Start by remembering military service is just that ... service. If you feel as though the military owes you something, like a certain job, a certain decoration or a certain promotion, you are setting yourself up for disappointment.

Thinking of military service as a privilege can take you halfway toward the goal of a successful career. The second half of the journey involves conducting yourself as a professional.

First, be respectful to others. If you ever have a question about how you ought to act

toward others, just act as you would if someone you admired and respected walked through your door. It doesn't matter if that person is an airman basic, a civilian or the wing commander.

Second, maintain your integrity. What I mean by integrity is that each of us examines our conscience and acts on what we know is the right thing to do in each situation. If you're ever unsure about what to do, just follow this simple rule: What would your most respected role model do in the same situation? If your role model would be ashamed of your action, or inaction, then you are probably compromising your integrity.

Third, have courage. It goes without saying that it takes uncommon courage to risk your friendships, and sometimes your job, to do what is right. We must remember our mission is to create a combat-ready force of professionals who produce airpower. That mission could never be accomplished if we didn't treat each other

with respect and have the courage to maintain our integrity.

It takes courage to hold each other to a higher standard, but that is what serving our country is all about. Service before self sometimes means putting the good of the Air Force ahead of our personal preferences. That takes courage.

These characteristics within the human spirit are the engine that makes an organization like the Air Force so great. If you develop and nurture these core characteristics in your personality, then any career aspirations you might have will take care of themselves.

There are also two secret weapons that help make these three characteristics more effective.

The first is a positive attitude. In a very profound way, a positive attitude can equal success. As a commander, I look for and notice attitude. It is a force multiplier when positive and destroys the mission when negative. A positive attitude includes

accomplishing the mission with a sense of enthusiasm.

The second secret weapon is humility. There is nothing more destructive to the mission than someone who thinks he is better than the rest. There is nothing more effective to the morale of a unit than when you give others the credit. If we display an attitude that reflects the reality that we are no better than anyone else, then we sustain an environment where no one's worth is diminished and everyone is allowed to contribute.

If these two secret weapons are sincere and applied to the three principles of respect, integrity and courage, you will be surprised at the sense of personal satisfaction you get from being a professional airman in the Air Force.

A successful career is getting to serve your country with honor and dignity. That's simple to say, but hard to do — but you already learned that when you were 5 years old.

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.

BMX bike riding at youth center skate park now allowed

Question: I am an airman living here in the dorms. For the last five years, all that I have done with my free time is ride my bicycle around the city and at skateparks. Once I heard that the youth center here on base was opening a skatepark, I was excited because I was told that they were also going to allow bicycles. On the day of the grand opening I went over with my bicycle, and one of the employees approached me to inform me that I would not be able to ride my bicycle because they believed it would be a safety hazard. Is it possible to set aside certain times for bicycle riders to use the skatepark?

Answer: The skatepark is a welcome addition to the 79 registered skaters that use the park. The majority of these skaters

are under 14 years of age, with many under the age of 10 years old. Mixing young, inexperienced skaters with bicycle riders is definitely a safety concern.

We are implementing a trial period for BMX riders to use the skatepark. BMX riders may use the skatepark until noon on Saturdays until March 27. BMX bike riders must use safety gear and have signed authorization forms on file at the youth center. Bikes used will be limited to those with no more than 20-inch wheel diameters.

The continuation or expansion of these hours will be reviewed by March 31.

*Col. Steve Schmidt
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.

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.

Silver Wings Editorial Staff

14th FTW commander

Col. Steve Schmidt
Chief, Public Affairs

Lt. Col. John Chandler

Editor

Airman Alexis Lloyd

Staff writers

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

Specialist steers through trees, trunks with GPS

Airman 1st Class Boto Best
Public affairs

The same Global Positioning System pilots use to navigate their way through the sky is being used to locate every tree on base.

Bearing a red backpack and antenna, Brian Darr, an environmental specialist hired by the 14th Civil Engineering Squadron Environmental Flight, is using the GPS system to take inventory of every tree species in the urban areas of the base.

Using a map, Mr. Darr identifies the location of the trees. Walking around to each tree, he uses a diameter tape to measure the circumference of the trunk.



Mr. Darr enters his findings from the tree into a Global Positioning System.

He enters the information into the GPS. Looking up, he estimates the height of the tree and how far its branches extend.

Having collected all of the data, he will submit his findings to Trees America, a nonprofit environmental organization. In turn, they will analyze the data and submit a report to Columbus AFB. The report will provide information that will allow the 14th CES Environmental Flight to develop a maintenance system for each tree.

"Our system will be computerized and a lot more interactive," said Sarah Fafinski, 14th CES natural resource manager. "For the first time, we will be able to go to the computer and pull up information on any tree on the base, including its maintenance needs. This will definitely help us take better care of our trees.

"Trees provide oxygen, shade and enhance the landscape of any location," she added.

But that's not all this effort will accomplish.

"It's also a safety issue," Mr. Darr said. "It's important to identify and remove dead tree trunks before they fall.



Brian Darr, environmental specialist, measures the circumference of the tree trunk.

We're also looking for a few hundred more spots where we can plant trees to add more shade and color to the base."

There are about 15 different species of

trees located on Columbus AFB. Crepe myrtles are the most prevalent, followed by oak trees, pine trees and Bradford Pears.

Photos by Airman Boto Best

16 year old brings home CAFB Youth of Year award

Airman Cecilia Rodriguez
Public affairs

Upon first glance, one might assume the dainty blond with a contagious smile is just like any other teenager and, in many ways, she is. She hangs out with friends, works out to stay fit and loves to shop. However, the poise with which she carries herself and the sparkle of determination in her light-blue eyes betray a far more conscientious young lady than most others her age.

Sixteen-year-old Deborah Garrison was recently recognized as Columbus AFB's Youth of the Year for her academic accomplishments, contributions to the community and drive to succeed.

"[Deborah] is very mature for her age, which was substantiated by her accomplishments to date," said Pam Wickham, one of five Youth of the Year judges. "She has an enthusiasm and self motivation I have never seen in a person of her age group."

To contend for the Youth of the Year competition, an award package was submitted in Deborah's name. The package included letters of recommendation, two essays, and highlighted different areas of her lifestyle such as



Deborah Garrison, Columbus AFB Youth of the Year, putties a frame at the skills development center, where she works part time to earn money for school.

Airman Cecilia Rodriguez

her goals, character and an atypical academic record.

While most others her age are sophomores, Deborah is not only a high school senior, but she is also enrolled at the Mississippi University for Women where she is studying physics and chemistry.

She is scheduled to graduate from high school May 15 and looks forward to starting the fall semester at

Deborah will also visit Washington D.C. this summer with youths from all over the nation to attend a ceremony recognizing all of the winners from the Air Force.

"She knows what she wants, and she is going for it," Ms. Wickham said. "Deborah is an example and a mentor for young people of all ages."

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.

AT THE MOVIES

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

Today

"The Haunted Mansion" (PG, frightening images, thematic elements and language, 100 min.)

Starring: Eddie Murphy and Jennifer Tilly.

Saturday

"Honey" (PG-13, for drug content and some sexual references, 94 min.)

Starring: Jessica Alba and Mekhi Phifer.

Jan. 23

"3Stuck on You" (PG-13, for crude and sexual humor and some language, 119 min.)

Starring: Matt Damon and Greg Kinnear.

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

CHANNEL 64

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

Call public affairs for more information at Ext. 7068.

Weekdays

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

Air Force Television News

Monday through Jan. 16

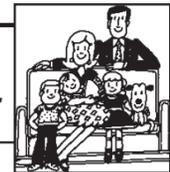
9:30 a.m., 12:30 p.m. and 2:30 p.m.

College Level Examination

Program Tapes:

No tape due to holiday

FAMILY SUPPORT



Emotional eating: A seminar on emotional eating and stress is from 11 a.m. to 12:15 p.m. Wednesday at the family support center.

The class will examine the relationship between eating and stress and provides alternatives to emotional eating for a healthier lifestyle. People must be registered by today. For more information or to register, call Ext. 2790.

Anger management: A seminar on anger management is from 1:30 to 3:30 p.m. Wednesday at the family support center. The class analyzes what causes anger and suggests ideas on how to better manage and control anger responses.

People must be registered by today. For more information or to register, call Ext. 2790.

Heart Link: The next Heart Link spouse orientation is from 8:45 a.m. to 12:15 p.m. Jan. 26 at the family support center. The event is for spouses new in the military or to Columbus AFB.

It will give spouses local information, a chance to meet other spouses, learn about protocol, finance, benefits and base agencies. Childcare vouchers are available for those attending.

Lunch is included. Deadline to sign up is Thursday, and seats are limited. For more information or to sign up, call Ext. 2790.

Time management: A seminar to help with time management is from 11 a.m. to 12:15 p.m. Jan. 28 at the family support center. The class will help people learn how to manage their time, break large projects into smaller ones, set priorities to meet overall goals and make more time for themselves. Deadline to enter is Jan. 27. For more information or to register, call Ext. 2790.

Remote/deployed briefing: Military people who are going remote or being deployed must attend a mandatory briefing offered at 9 a.m. daily.

For more information call Ext. 2794.

Video phone: The family support center offers video phones for people who have spouses deployed, TDY or on a remote assignment. For more information, call Tech. Sgt. Jamey Coleman at Ext. 2794.



Airman Cecilia Rodriguez

Educating CAFB

Tara Andrews, education specialist, helps Sharon Nichols, 14th Mission Support Group, file for civilian tuition assistance. For more information on programs offered by the education center, call Ext. 2563.

BASE NOTES



Feb. 18. The goal is to award at least one scholarship at every commissary location, depending on the number of qualified applicants and funding. For more information, call Ext. 7106.

IDEA Program: Members can submit their ideas to the Air Force Innovative Development Through Employee Awareness Program from any Air Force desktop computer.

The IDEA Program Data System is available 24 hours a day at <http://ideas.randolph.af.mil>.

People can help the Air Force save money and can earn money for their ideas. For more information, contact the base IDEA Program manager, Tech. Sgt. Nancy Burgess, at Ext. 2398.

OSC social: The Columbus Officers' Spouses' Club's next social is at 6:30 p.m. Feb. 10 at the Columbus Club.

The menu is a wine and cheese tasting and heavy hors d'oeuvres, and cost is \$8 per person. Members are invited to bring their spouses. Deadline to sign up is by noon Feb. 3. For reservations or more information, call 434-8723 or email airtex60@yahoo.com.

OSC scholarships: The Columbus Officers' Spouses' Club offers scholarships to graduating high school seniors and continuing education students.

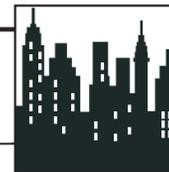
Each applicant must be a dependent of either an active duty, retired, missing-in-action, active-duty reservist or deceased military member associated with Columbus AFB. Applications are available at the education center, family support center or high school guidance offices.

Deadline to enter is Feb. 6. For more information, call 240-1519.

Commissary scholarship: A \$1,500 academic scholarship is offered to children of active-duty, retired, guard and reserve military members.

The deadline to submit an application is

AROUND TOWN



Bridal showcase: WCBI Television & Main Street Columbus present the annual Bridal Showcase beginning at 9 a.m. Jan. 24. The fashion show begins at 10 a.m. Doors will re-open at 1 p.m. for the fashion show at 2 p.m.

The event takes place at the Trotter Convention Center in downtown Columbus. Admission is \$2 per person. For more information, call 245-0156.

Services provides activities for base people

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.

All-ranks brunch: The Columbus Club offers a brunch from 10:30 a.m. to 1:30 p.m. Sunday.

Cost is \$8.95 for members and \$10.95 for nonmembers. Call Ext. 2489.

Holiday hours: The services division holiday hours for Monday are as follows:

The auto skills center is open from 11 a.m. to 6 p.m., the bowling center is open from 11 a.m. to 11 p.m, the Cardinal Inn dining facility is open from 9:30 a.m. to noon and 5 to 7 p.m., the fitness center is open from 10 a.m. to 6 p.m., the golf course is open from 9 a.m. to dusk and the Magnolia Inn lodging facility is open 24 hours a day. All other services activities are closed.

Silver Star casino trip: The information, ticket and travel office offers this trip Jan. 23.

Cost is \$15 per person and includes transportation and \$15 in coins. Call Ext. 7861 for reservations.

Italian lunch buffet: The Columbus Club offers this special lunch from 11 a.m. to 1 p.m. Jan. 28. Cost is \$5.95 for members and \$7.95 for nonmembers. Call Ext. 2490.

Youth trip to Hands On Museum: The youth center offers this trip Jan. 31 to Tuscaloosa, Ala.

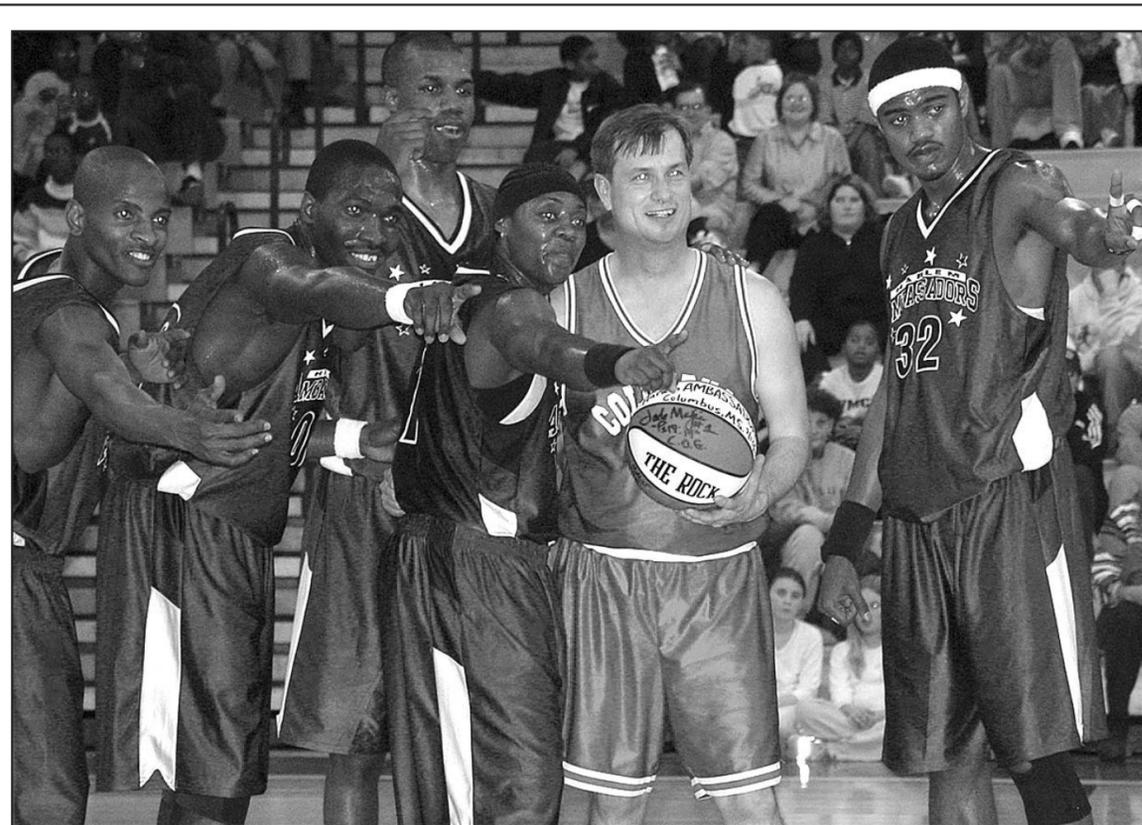
The van departs at 9 a.m. and returns at 4 p.m. Cost is \$9 per person. Must have 10 registered by Jan. 27 to offer. Call Ext. 2504.

Adult and youth crafts classes: The skills development center offers classes for adults on Tuesday and for youth on Wednesdays. A display of the crafts projects are available in the center.

Call Ext. 7836.

Italian lunch buffet: The Columbus Club offers this special lunch from 11 a.m. to 1 p.m. Jan. 28. Cost is \$5.95 for members and \$7.95 for nonmembers. Call Ext. 2490.

Keystone Club: The youth center



Pam Wickham

Make the shot!

Lade Majic and the Harlem Ambassadors give Col. Steve Schmidt, 14th Flying Training Wing commander, some pointers on making his free throw shot. The Harlem Ambassadors return to Columbus Feb. 5. Game time is 7 p.m. at the Columbus High School gymnasium. Advance tickets are \$4 each and can be purchased at the information, ticket and travel office. Tickets at the door are \$5 each. The Harlem Ambassadors will also present a free "Stay Off Drugs, Stay In School" program at 5 p.m. Feb. 4 at the youth center. For more information, call Ext. 2337.

offers this program at 4:30 p.m. Jan. 28. The Keystone Club focuses on building productive teens, leaders and citizens. Some of the other areas are education, leadership, life skills and many other related topics. Call Ext. 2504.

Membership night: The Columbus Club offers its semi-annual membership night from 5 to 8 p.m. Jan. 30.

A mechanical bull will be available for entertainment. A waiver must be signed prior to riding the bull.

Free food and beverages will be available for this members- only event. Call Ext. 2490.

Youth/adult college basketball trip: The youth center offers a trip to the Alabama versus Louisiana State University men's college basketball game at 7 p.m. Jan. 31.

Space is limited and parent/child combinations are required.

The bus will depart at 4:30 p.m. Cost is \$20 per adult and \$10 per child (15 and younger).

Price includes ticket and transportation to the game. Call Ext. 2504.

2004 Air Force Worldwide Talent Search: Active-duty military interested in competing in the Air Force Worldwide Talent Contest and available to tour with Tops In Blue 2004 may submit an application as an entertainer or for technical positions by Feb. 2.

For those submitting an application as an entertainer, a video tape must accompany the application. For applications or additional information on how to fill out the application, call Ext. 7450.

Mardi Gras trip: The information,

ticket and travel office offers this trip to New Orleans Feb. 14 to Feb. 16. Cost is \$165 per person and includes transportation and two nights lodging at the Holiday Inn. A deposit of \$50 is required when registering. Call Ext. 7861.

2004 teen aviation camp: The youth center is accepting applicants until March 1 for the teen aviation camp June 5 to June 11 at the Air Force Academy in Colorado. The program is open to teens who will be in the 10th or 11th grades in the 2004 to 2005 school year and who would like to explore the Academy as a possible college choice.

Applicants will participate in a wide variety of outdoor and classroom activities in the camp including piloting an aircraft, swimming and horseback riding. Application forms are available at the youth center. Call Ext. 2504.

10 tips for sticking to fitness resolutions

Courtney Campbell
5th Services Squadron

MINOT AFB, N.D. — It happens every New Year. The gym fills up and aerobic classes overflow with new faces eager to make a change. Thousands of Americans will decide to get fit and lose weight in 2004, and what better time because the New Year is a time for new beginnings.

But by the time February rolls around, most of these New Year’s “resolutionaries” will give up and wait to try it again next year. Why does this happen to so many people every year?

We’re a society that demands instant gratification and results, but deciding to make fitness a part of a New Year’s resolution has to be a lifestyle change.

Sorry, but there are no short-term get-fit-quick plans.

Here are some tips to help you fight the urge to give up on this resolution.

❑ Change your attitude about fitness. All too often, people think of exercise as punishment — painful, time consuming and obligatory. If this is how you feel, you have already set yourself up for failure. Instead, think of it as a chance to unwind from a stressful day; a little time all to yourself and a way to improve your quality of life.

❑ If you are a beginner, start small. Try walking for 30 minutes three or four times a week. Take the stairs instead of the elevator and park in the back row of the parking lot. If you’re looking to up your current fitness level and need more of a challenge, pick a sport or activity that piques your interest. Try a kickboxing class, use a rock-climbing wall, or train for a five- or 10-kilometer run.

❑ Choose an exercise buddy who will hold you accountable and help motivate and encourage you. If your buddy can’t make a workout session, you should still go. Stay the course and get your workout done. Experts say anything done for 21 days is habit forming and when done for six months, it becomes part of your personality.

❑ Schedule your workouts as you would any other appointment and commit to them. Make it a convenient time like when the kids have left for school or as soon as you get off work. If your job allows you time to work out during the day, take advantage of the time. You will go back to work feeling rejuvenated.

❑ Use the facilities you have around you, like the base gym and its excellent equipment. The base offers a variety of group fitness classes, including step aerobics, spinning, kickboxing, yoga and Pilates.

❑ Set attainable goals for yourself and write them in a

journal. Track your progress, workouts and meals in it. This gives you a visual record of your strengths and weaknesses and acts as a guide to show you where you need to work a little harder or make course corrections.

❑ Reward yourself after attaining your goals. Buy a new pair of shoes for sticking to your first week of workouts, get a massage after you’ve lost your first five pounds, buy a new outfit for working up to 25 push-ups and take a vacation for dropping two dress sizes. You deserve this.

❑ If your goal is to lose weight, avoid getting on the scale day after day. Your weight fluctuates as much as eight pounds between morning and night. You may be retaining water or it may be that you have added on lean muscle mass, which weighs more than fat. Do an initial weigh in and taping, then repeat this every six weeks to check your progress. In between weigh-ins, depend on the mirror and the way your clothes fit to see if you’re making positive strides.

❑ Be prepared to work out whenever you have time. Keep a gym bag packed and readily accessible so you don’t have to scramble before a workout. Pack your lunch to avoid the trip through the fast food drive through. If you get the munchies halfway though your day, load your office fridge with healthy snacks and water. Be prepared for minor setbacks that can hinder your workout and diet, like sickness or schedule changes. Make adjustments if you can, or simply pick back up where you left off.

❑ Learn healthy eating habits. Eat at least five servings of fruits and vegetables and drink eight eight-ounce glasses of water a day. Switch to whole wheat and whole grain breads, rice and pasta. Also, eating a variety of healthy, natural foods helps the body to recover from workouts faster and allows you to train harder. Don’t skip meals. It can slow your metabolism and hinder weight loss. The health and wellness center has pamphlets on healthy eating.

The next step is up to you. Go check out what the gym has to offer, pick a couple of group fitness classes to



Airman 1st Class Boto Best

Dervis Brann, base resident, runs seven to eight miles at the fitness center every day to help maintain a health lifestyle.

participate in and stock your cabinets and refrigerator with healthy food choices. Don’t be afraid to ask questions.

If you’re unsure about exercises or machines at the fitness center, ask the staff for help. If you’re not sure which aerobic class is for you, ask an instructor.

Now go and do it. You’ll love the way you feel.

SHORTS

Skeet range

The skeeting and trap range has open shooting at 5:30 p.m. Wednesdays.

The range is located next to the golf driving range toward the SAC Alert Facility. For more information, call outdoor recreation at Ext. 2507.

Spin class

Spin classes are at 11 a.m. Tuesdays and Thursdays at the fitness and sports center.

The class is a one-hour self-paced training session of sprinting, resistance climbing and jogging accomplished on a

stationary bike. For more information, call Ext. 2772.

Nine-pin no-tap

A nine-pin no-tap tournament is scheduled every Friday except when cosmic no-tap is happening. It starts at 7 p.m. at

the bowling center. Sign up by 6:30 p.m. The center will pay for one place for every four entries and there will be both a men’s and women’s division.

Entry is \$10 per person. For more information, call Jennie Hodges at 434-6723.