

Deployed airmen get 24-hour service

RANDOLPH AFB, Texas — Deployed personnel specialists now have around-the-clock assistance in performing personnel actions for deployed airmen that previously may have taken days to complete.

The Air Force Contact Center will now provide one-stop customer support for deployed operations, said Lt. Col. Jacqueline Harry, chief of the customer support branch at the Air Force Personnel Center here.

“We’re committed to supporting the warfighter by providing them with top-notch customer service at anytime, wherever they may be in the world,” said Colonel Harry. “It just makes better sense with ops tempo, time zone differences and varied schedules.”

While the contact center cannot yet fully replace a person’s servicing military personnel flight, it can accomplish much of the work currently done at home station, said the colonel. This includes coordination with owning commanders and updates to the military personnel data system.

Some specific ways the contact center will assist Personnel Support for Contingency Operation teams:

Update enlisted assignment preferences: PERSCO workers will be able to e-mail or fax an Air Force member’s preferences to the contact center to accomplish the update in the Military Personnel Data System. Contact center workers will maintain the e-mail/fax in the database for historical purposes.

Update life insurance forms: If airmen change their Servicemen Group Life Insurance or Family SGLI election while deployed, PERSCO teams will fax the signed form to the contact center for update into MilPDS. The fax will be maintained in the center for historical purposes. The original form must be mailed by the PERSCO team back to the home station for filing in the airman’s personnel folder. The Air Force Contact Center offers one-stop shopping service for personnel information and can be reached by calling (800) 616-3775.

Service is also available online at www.afpc.randolph.af.mil. (Courtesy of AFPC News Service)

Change of Command

Col. Steve Schmidt, 14th Flying Training Wing commander, will relinquish command to Col. Stephen Wilson, the Commander of the 608th Air Operations Group at Barksdale AFB La., in March.



Airman 1st Class Boto Best

Spouses new to Columbus AFB play an ice-breaker game at the Heart Link social Monday.

Program welcomes spouses to CAFB

Airman 1st Class Boto Best
Public affairs

Columbus AFB military spouses attended the year’s first Heart Link social Monday at the family support center.

“It is a spouse orientation party with games, fun and food, interspersed with knowledge,” said Lee Chouinard, event organizer.

Heart Link is a program designed to give new military spouses at Columbus AFB information on how and where to find the resources that are available to them on and off base.

“Even spouses of senior personnel come to the events and enjoy them,” Ms. Chouinard said. “It’s a networking opportunity.”

At the event, FSC staff and other base squadron representatives briefed the group and answered questions

about protocol, medical benefits, finance and other helping agencies available to them.

Between briefings, participants mingled, played games and won door prizes donated by the exchange.

Alicia Wittke, an Air National Guardsman whose husband is a student pilot, said she learned things about the Air Force at the event that she didn’t know before.

“Ms. Chouinard has a great way of breaking down the acronyms so that they’re easy to understand,” she said. “This is a great way of bringing spouses together and making them a part of the base family.”

After the briefings, other representatives from the legal office, life skills support center, fitness center, services and other agencies dressed up in choir gowns and played “What’s My Line?” They answered spouses’ ques-

tions about where to go for particular services.

At the end of the program, Col. Steve Schmidt, 14th Flying Training Wing commander, spoke to the group. He presented each of them with a ‘spouse coin’ for attending the event.

“You are an integral part of the equation,” he said. “We want to present the opportunity for you to have just as fulfilling a life as your spouse.”

Participants received a “graduation bag” containing a wealth of information, including the different agencies on base, ranks, acronyms and dress codes for military ceremonies and events.

The next Heart Link social is scheduled for March 22, and free childcare vouchers are available upon registration. For more information, call the FSC at Ext. 2790.

Fourth-quarter award winners announced

CGO of the Quarter

Capt. Averie Payton, 14th Operations Support Squadron, is CGO of the Fourth Quarter for 2003. Captain Payton personally staffed 47 orientation sorties including two generals, the Mississippi Governor and an astronaut. He flew 25 percent more hours than average T-1 instructor pilots. His flying exceeded requirements by almost 200 percent. Captain Payton completed four master’s degree classes at Mississippi State University while maintaining a 3.9 grade point average.



SNCO of the Quarter

The Senior NCO of the Fourth Quarter for 2003 is Master Sgt. Antonio Alston, 14th Security Forces Squadron. Sergeant Alston is the enlisted leader for 60 security forces troops, 30 Army National Guardsmen and 10 individual mobilization augmentees. He deployed to Al Udeid, Qatar, in support of Operations IRAQI and ENDURING FREEDOM. Sergeant Alston ensured accountability and documentation of 20 tons of arms and equipment from area of responsibility base closures.



NCO of the Quarter

Tech. Sgt. Brian Bailey, 14th Medical Operations Squadron, is NCO of the 2003 fourth quarter. Sergeant Bailey led seven team members in enabling three doctors to see more than 1,900 visits. He increased completion rates of new Department of Defense coding rules by 18 percent, becoming No. 1 in the Air Education and Training Command. He also guided troops through accelerated upgrade training. Sergeant Bailey engineered local food drives for Sunday school class. He collected more than 1,000 pounds of food for children in Iraq.



Airman of the Quarter

The Airman of the 2003 Fourth Quarter is Senior Airman Landee Bowers, 14th Medical Operations Squadron.

Airman Bowers developed new patient care forms for the optometry department, improving documentation and speeding up the exam process by 20 percent.

She collected more than 250 used eyeglasses for the Lions Club, giving the gift of sight to many less fortunate. She also completed 7 hours toward her bachelor’s degree, maintaining a 3.8 grade point average.



Honor Guardsman of the Quarter

Airman 1st Class Amber Ashy, 14th Civil Engineer Squadron, is the Honor Guardsman of the Fourth Quarter for 2003. Airman Ashy was selected for this award for her excellent performance during 11 details over the quarter as well as her precision and performance during the honor guard board.

The honor guard award is based on how guardsmen perform in their primary positions as well as their performance in other honor guard duties.



Category I Civilian of the Quarter

Liz Merchant, 50th Flying Training Squadron, is the 2003 Fourth Quarter Category I Civilian. Ms. Merchant consolidated two network servers into one for Server Area Network conversion, during which there was no loss of critical information. She diagnosed hardware problems on squadron computers, ordered parts and repaired machines, saving Air Force funds. Ms. Merchant also raised more than \$600 for a Thanksgiving donation to the Bethany House Orphanage in Mexico.



Category II Civilian of the Quarter

The Fourth Quarter Category II Civilian for 2003 is Maria Schopper, 14th Contracting Squadron. Ms. Schopper assisted in evaluating a \$741,000 claim for a fuels contract by compiling documentation, legal ruling and recommendation to the Secretary of the Air Force for approval. She negotiated a \$6,500 contract wage increase mandated by the Department of Labor and obtained service cable television service for 24 temporary living facility rooms at no additional cost to the Columbus AFB.



Category III Civilian of the Quarter

Brenda Davidson, 14th Comptroller Flight, is the Fourth Quarter Category III Civilian for 2003. Ms. Davidson planned and programmed a \$23.5 million annual civil engineer budget. She identified and justified 49 Global War on Terrorism expenses for funding.

Ms. Davidson created spreadsheets for resource advisors to identify shortfalls upon distribution for fiscal year 2004 initial distribution. She also attended an advanced Excel course for financial managers to better serve base customers.



Volunteer of the Quarter

Andrew Pace is the 2003 Fourth Quarter Volunteer.

Andrew volunteered more than 60 hours of his time to the children of the Columbus AFB Youth Center.

He was a coach for the 2003 fall soccer league and served as master of ceremonies for the 2003 Family and Teen Talent competition in November.

Andrew volunteered to be “Santa” during the youth center’s Breakfast with Santa event, and he spent Christmas Eve delivering toys and games to children on base.



NEWS BRIEFS

Change of command

Lt. Col John Davidson is handing over command of the 41st Flying Training Squadron to Lt. Col. Jeffrey Kindley in a change-of-command ceremony at 2:41 p.m. Feb. 6 at Hangar 4. A reception will follow at the Columbus Club.

Office closure

The traffic management office is closed from 7:30 to 8:30 a.m. Wednesdays for training. For more information, call Ext. 2849.

HAWC closure

The health and wellness center is closed from 1 to 4:30 p.m. Feb. 6 for official functions. For more information, call Ext. 2477.

NCO retraining

Air Force officials have announced the start of the fiscal year 2004 NCO Retraining Program. The program will target about 1,100 NCOs from staff to master sergeants to retrain from Air Force Specialty Codes with NCO overages to AFSCs with NCO shortages. The voluntary phase of the program runs through Feb. 23. If necessary, an involuntary phase will run from March 8 to April 26. Some restrictions do apply, depending on grade and AFSC. For more information, call Ext. 2607.

Band spreads drug-free message

Tech Sgt. Jim Moser
Public affairs

A free concert by the U.S. Air Force Reserve Band, Reserve Generation, is at 10:30 a.m. and 1 p.m. Wednesday at Lee Middle School in downtown Columbus.

The band performs a blend of popular music selected for its positive drug-free message.

According to the group's web page, the show includes a dazzling display of laser-like lights and high-energy music that captures the attention of the audience.

"The 2002 show was spectacular and entertained more than 1,800 students and teachers energized by the drug-free message," said Julie Owens, 14th Medical Group demand reduction program manager. "The band's performance also provided base and local leaders an excellent opportunity to network for a drug-free Columbus community."

The 45-minute show features some of today's popular songs from well-known artists such as Monica, Whitney Houston and Kirk Franklin. Musical styles include hip-hop, rap, rock, rhythm and blues and even a few smooth ballads.

Reserve Generation represents the U.S. Air Force and the Air Force Reserve in locations throughout the country. They



Courtesy photo
Reserve Generation, the U.S. Air Force Reserve Band, entertains an audience.

entertain and educate thousands of elementary and middle school students each year in cities near military bases for active duty, reserve and national guard service members.

The band has entertained listeners of all ages throughout the United States including Philadelphia, Charleston, W.Va.; Greenbay, Wis.; Tupelo, Miss.; Atlanta;

New York and Miami. Sharing their drug-free message since 1990, the band has earned national recognition and the 1995 Department of Defense Anti-Drug Awareness Award.

Band members are professional Air Force musicians working in support of the Air Force Reserve Command Drug Demand Reduction Program.

Why is it Black History Month? — commander's view

Lt. Col. Cephas Franklin
14th Communications Squadron



In a couple of days, communities across America will begin to observe Black History Month. Over the years, I've had people ask me why we celebrate Black History Month. I replied with a smart answer, not because I didn't know, but because I thought it was something that all Americans should know.

This year I decided to approach the month from a different perspective. I decided to do my own research and share with others why we continue to observe and celebrate Black History Month, as well as explain the significance of observing it in February.

To begin, I reached back to the founding fathers and the Declaration of Independence.

In a recent article written by Dr. Williams Rogers of

Mississippi State University, he wrote, "The King Holiday affirmed the basic equality espoused by the founding fathers." He goes on to say, "The founding fathers launched a political revolution based on two principles: freedom and equality."

The Declaration of Independence written by these fathers proclaimed, "All men are created equal, that they are endowed by their creator with certain inalienable rights. Among these are life, liberty, and the pursuit of happiness."

If this were true and practiced by all Americans from the beginning of this country's history, then there would be no need for Black History Month.

However, Americans of African descent were not afforded the principles of freedom and equality. They were subjected to a second-class status and were treated

as property rather than people. While the founding fathers were brilliant in their endeavor to create a society that adopted and lived the values they so eloquently stated in the Declaration of Independence, it took more than 84 years for the

country to tackle this issue head on. That struggle led to the Civil War. Even after the Civil War and the changing of the Constitution to outlaw slavery, the Jim Crow laws of the south perpetuated and sustained racial inequality for another hundred years.

It wasn't until the Civil Rights Movement of the 1950s and 1960s that America's moral compass began to change. With this movement came the right to equal education, the right to vote and the right to equal protection from the law.

"February was chosen as Black History Month because of its enormous significance in history to the black community."

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Columbus AFB celebrates African-American History Month

Airman 1st Class Boto Best
Public affairs

As Columbus AFB celebrates African American History Month in February, several events are scheduled to take place on and off base.

The events have been organized by the multicultural committee and are as follows:

□ Tuesday — A 1.5-mile fun run is at 11 a.m. at the fitness center to kick off African-American History Month scheduled. Prizes are awarded.

□ Feb. 6, 13, 20 and 27 — Volunteers will read to children every Friday in February at 10 a.m. at the child development center and 4 p.m. at the youth center. The purpose of this program is to familiarize children with notable African-Americans, their history and their literary works. Age-appropriate short stories, poems and articles have been chosen for this event, and volunteers are still needed. To volunteer, call Ext. 2656.

□ Feb. 15 — A '70s party is planned 7 p.m. to 10 p.m. at the Columbus Club to celebrate the heritage of music in African-American history and culture. Dress code is '70s style and prizes are awarded for the best attire and dancer.

The entry fee is \$5. The event is open to the base population as well as Mississippi State University and Mississippi University for Women students. Designated drivers are needed. To volunteer, call Ext. 7333.

□ Monday to Feb. 19 — The youth center is hosting an essay contest for children between the ages of 9 and twelve. Participants may write about the meaning of African American History Month or a famous African American and his or her impact on American society. Entries are due Feb. 19 at the youth center. The winner receives a \$50 savings bond and will read their essay at the luncheon Feb. 24.

□ Feb. 19 to Feb. 21 — An educational health fair is at 10 a.m. to 2 p.m. in the exchange lobby. The event is open to BLAZE team members and retirees. Medical flight per-

sonnel will screen for glaucoma, blood pressure and educate on other medical and dental health risks that affect the African-American population.

□ Feb. 24 — An African-American History Month luncheon is at 11:30 p.m. at the Columbus Club. The event features guest speaker Col. Michael B. Hoyes, Air Combat Command chief of Scheduling and Aerial Events Division. Cost is \$11.95 for nonmembers and \$9.95 for members.

□ Feb. 26 — A dorm dinner and soul food taster for dorm residents is at 5 p.m. at the chapel annex.

"I see African-American History Month as an educational tool," said Capt. Charles Gilliam, the multicultural committee's point of contact for the events. "It is a chance for people to learn about a culture they may have only heard or read about."

Captain Gilliam encouraged the entire base to participate in the upcoming events. "Participation in these multicultural events betters the wing and brings home the family atmosphere of the Air Force. This is a great opportunity to highlight a culture that has given so much to this country since its founding, and to let the world know of the accomplishments and contributions that African-Americans have made to society."



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.

Handicap parking on Columbus AFB

Question: My wife is a double-amputee and is confined to a wheelchair. Our car is properly tagged and placarded to park in handicapped spots. On multiple occasions, I have seen and confronted base personnel parking in handicapped spots at the exchange and commissary that were not supposed to park there. The prevailing attitude of the people I have stopped seems to be that, "It's no big deal." It is a big deal. This type of behavior is inexcusable. I think the regulations concerning these parking spots need to be published in the base newspaper, the fines and penalties for parking in these spots increased, and that the security police should start enforcing these regulations.

Answer: Not only is unauthorized parking in a handicap space a violation of state and federal laws, it's wrong! Unauthorized parking can mean

anything from not having a certified disability (typically identifiable by a handicap sticker, placard or special license plate — such as a "Disabled Veteran" plate) to using someone else's handicap permit/placard when they aren't present in the vehicle. Columbus AFB Supplement 31-204, Air Force Motor Vehicle Traffic Supervision, states "Unauthorized vehicles parked in a handicap parking space will be cited by security forces via DD Form 1408, Armed Forces Traffic Ticket." This can lead to suspension or revocation of base driving privileges. If you notice an illegally parked vehicle, please call the law enforcement desk at Ext. 7128. Our security forces personnel will respond immediately. We apologize for your inconvenience, and ask the rest of our Air Force family look for opportunities to assist those less fortunate in our midst.

Col. Steve Schmidt
14th Flying Training Wing commander

SILVER WINGS

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Airman 1st Class Boto Best
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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

FTAC prepares airmen for Air Force life, success

Airman Cecilia Rodriguez
Public affairs

The walls of the first term airmen's center classroom are lined with framed motivational posters portraying teamwork, success, challenge, leadership and the Air Force core values.

However, the classroom is not just a decorated outlet for lectures and lesson plans. The FTAC room is where airmen will learn about the mission of Columbus AFB and the vital role they play for their unit, the base and the entire Air Force.

"FTAC is a structured program designed to transition first-duty station airmen from a training environment to a mission-oriented one, while streamlining base and unit in-processing," said Tech. Sgt. Jody Edwards, FTAC NCO in charge.

"Airmen are given information that most of us learned the hard way or after the fact. We are here to help them get their careers off to the right start."

Once a month, except twice a year when Airmen Leadership School is in session, airmen new to Columbus and the Air Force are brought together to listen to speakers from various agencies on base. Briefings include a wide range of topics, such as customs, courtesies and dress, military equal opportunity, health and wellness, the enlisted assignment system,

stress management and career advancement.

"We are an Air Force where career progression starts early," Sergeant Edwards said. "I think we show them the path to a successful career. The earlier you can put them on that path, the more successful they will be."

Agency staff members give tours of the medical group, family support center, chapel, military personnel flight, operations group, exchange and commissary to the airmen to help

familiarize them with their surroundings.

"I had no connection to the military before I enlisted," said Airman John Menendez, 14th Flying Training Wing. "I learned a lot of useful information, met a lot of different people and was able put names to a lot of familiar faces."

FTAC is a mandatory course for all first term airmen and governed by AFI 36-2252, which says the course must cover a minimum of 10 duty days. Many of the briefs given are mandatory, but one of the briefs special to the Columbus, and

not featured at many other bases, is the honor guard demonstration.

"We gained four of our newest honor guard members thanks to the FTAC demonstration," Sergeant Edwards said, who is also honor guard NCOIC. "It's important to expose the new airmen to as many base organizations as possible."

Another briefing unique to the FTAC program and implemented at Columbus AFB is the question and answer session between the airmen and the wing senior leadership — 14th Flying Training Wing commander and command chief.

"It's vital for the airmen to know they are an important part of this base," Sergeant Edwards said.

As each course progresses, airmen complete surveys that evaluate speakers and the content of the briefings. Survey results are reviewed by the command chief, and

feedback is used to tailor future FTAC sessions.

Many first-termers are appreciative of the information and opportunities shared with them in the FTAC course.

"My dad was in the Navy, so I knew a little about the military," said Airman Brandy Sizemore, 14th FTW. "But now, I've been exposed to a totally different side and learned a lot about the base organizations. FTAC has made my transition into the operational Air Force much smoother than I anticipated."



Airman Cecilia Rodriguez
A first term airmen's center class receives a chapel tour from Airman Manuel Avendano, 14th Flying Training Wing chaplain's assistant. The airmen tour various units on base.

HISTORY (Continued from Page 4)

You see, it took almost 200 years for America to right its compass; therefore, it's going to take more than 30 years to educate and properly document this time in our nation's history.

Therefore, the observance of Black History Month is, and should always be, a time for the greatest nation in the world to learn from one of the ugliest times in its history. For a nation that doesn't learn from its past is doomed to repeat it. So why is February dedicated to promoting the magnificent contributions that Americans of African descent have given to our society?

February was chosen as Black History Month because of its enormous significance in history to the black community. The birthdays of President Abraham Lincoln and Frederick Douglas, two key leaders who had great impacts on the black population, are celebrated in February. President Lincoln is heralded for taking a stand against slavery by signing the Emancipation Proclamation on Jan. 1, 1863. His actions abolished slavery, a cause he would later lose

his life for. Douglas, on the other hand, was known as the one of the greatest human rights leader of the 19th century. The 15th Amendment of the Constitution, which gave blacks the right to vote, was passed Feb. 3, 1870. The first black senator, Hiram R. Revels of Mississippi, took office Feb. 25, 1909, taking seat of the former President of the Confederacy, Jefferson Davis. W.E.B. Dubois, a civil rights leader and co-founder of the National Association for the Advancement of Colored People, was born. The NAACP, founded on Feb. 12, 1909, brought together a group of concerned white citizens and the Niagara Movement, an organization of black intellectuals led by Dubois, calling for full political, civil and social rights for black Americans. The coming together of these two groups created an interracial American organization working for the abolishment of segregation and discrimination in housing, education, employment, voting and transportation; to oppose racism; and to ensure blacks their constitutional rights. That's why February has become known as Black History Month.

To me, Black History Month is a time for educating not a time for reliving the atrocities. Since 1926, Americans have annually observed black history, first as "Negro History Week" and later as "Black History Month."

The significance is that at the time of its birth, there was no place in the country accurately documenting the contributions of Americans of African descent. As referenced in history, black history had barely begun to be studied or documented, even though blacks had been in America since Colonial times.

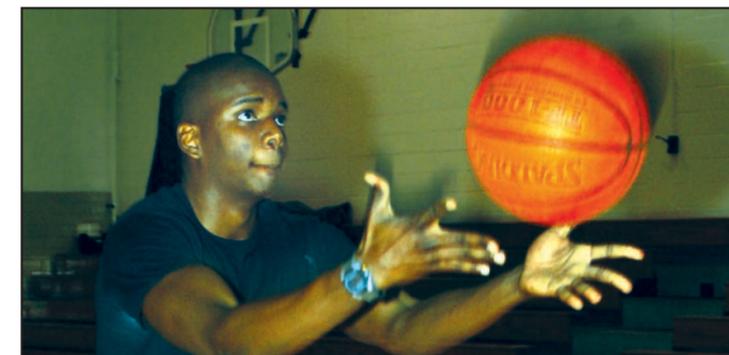
So as we enter February, let's remember the reason we observe Black History Month. It's a time set aside to educate and reflect on the contributions to our society by Americans of African descent.

According to A. Phillip Randolph, "Freedom is never given; it is won." In the case of black history, the winning is in educating for some and remembering for others African Americans' fight for freedom and equality. That's what our forefathers embraced in the Declaration of Independence.



Photos by Airman Cecilia Rodriguez

Top: Airmen 1st Class Nicole Scharff, 14th Operations Support Squadron, and Airman 1st Class Nicole Paille, 14th Medical Operations Squadron, get ready to compete in the three-legged race. Right: Airman 1st Class Xavier Coley, 14th Medical Operations Squadron, throws a granny shot at the basketball hoop.



BATTLE OF THE DORMS

Airmen join together for friendly competition, prizes

Airman Cecilia Rodriguez
Public affairs

About 45 Columbus AFB airmen had plenty to do during the holiday season thanks to the base's first Dorm World competition.

The Air Education and Training Command organized the program in an effort to keep young airmen busy during a time of the year when some are left lonely and away from loved ones.

"The program encouraged dorm residents to become involved with the base through volunteering, participation in various programs, events and services," said Linda Vail, 14th Services Division. "[It] provided an avenue for camaraderie, an awareness of opportunities on base, a chance to win prizes and have fun competing against one another."

Five teams kicked off the competition with a bowling tournament held Dec. 15 and Dec. 17 at Strike Zone Lanes. Team 2, led by team captain Airman 1st Class Andrea Shircliff, 14th Communications Squadron, proved victorious and bowled the highest score.

The next competition was a puzzle race. Teams were given 1000-piece mosaic puzzles and spent weeks completing the brainteasers before Team 5 submitted the first complete puzzle.

Team players also earned points for participating in the holiday fun run and for volunteering for base projects such as the youth center's Breakfast with Santa.

Dorm World wrapped up Jan. 14 with the Battle of the Dorms. The teams gathered at the fitness and sports center to face off in a three-legged race and free throw

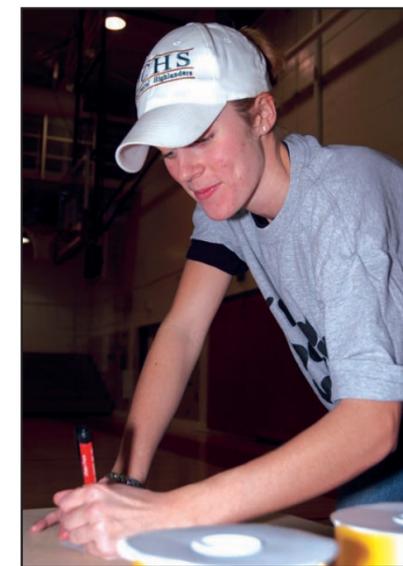
competition in the gym.

"I only made one out of three shots during the free-throw contest and had expected to do a lot better than that," said Airman Jean-Baptiste Museau, 14th Mission Support Squadron. "We had to shoot granny shots, so that made the shots much harder. But it was a good experience, and I got to meet a few new people."

Prizes were distributed not only to the winning team, but every airman participating in the Battle of the Dorms event, as well.

"I received a gift bag full of goodies, and also had fun watching the teams work together and show their enthusiasm during the final competition," said Airman 1st Class Nicole Sharff, 14th Operations Support Squadron. "This year was the first time Columbus AFB participated in Dorm World, and I'm confident that next year's [program] will be even better."

After the points were tallied, Team 2 was declared the winner and recipient of an \$800 dorm party. All dorm residents are invited to eat, drink and dance with Disc Jockey "Big E" and friends at 8 p.m. Feb. 13 at the enlisted lounge.



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
“*Something’s Gotta Give*” (PG-13, sexual content, brief nudity and strong language, 119 min.)
Starring: Jack Nicholson and Diane Keaton.

Saturday
“*Mona Lisa Smile*” (PG-13, sexual content and thematic issues, 125 min.)
Starring: Julia Roberts and Julia Stiles.

Feb.6
“*Cheaper By the Dozen*” (PG-13, strong language and some thematic elements, 99 min.)

Starring: Steve Martin and Bonnie Hunt.
For more information about movies, visit www.cafbgrapevine.com.

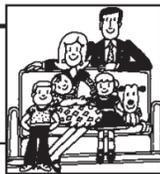
CHANNEL 64

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 Feb. 6
9:30 a.m., 12:30 p.m. and 2:30 p.m.
College Level Examination Program Tapes:
Social Science

FAMILY SUPPORT



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

Panic disorder: A discussion and video about panic disorder awareness and its symptoms as well as effective treatments is from 1 to 2 p.m. Wednesday. A minimum of five sign-ups is required no later than Monday.

Building self-esteem: Parents and caregivers can attend the class from 2:30 to 4:30 p.m. Wednesday that examines present communication patterns and interaction. It teaches positive quality reinforcement skills to increase self-esteem. A minimum of five sign-ups is required no later than Monday.

Resumes: A resume workshop is from 10 to 11 a.m. Thursday. The seminar discusses different types of resumes in the workforce and tips on preparing a resume.

Money and marriage: A workshop on money and marriage is from 4 to 5 p.m. Feb. 10. The seminar goes over checkbook maintenance, budgeting, financial goals, credit buying and other things for people about to get married, newlyweds and any others who wish to attend.

Scholarship: The General Henry Arnold Education Grant Program’s deadline for its scholarship is March 12. The scholarship is for family of Air Force active duty, retired and reservists on extended duty. Grants are awarded up to \$1,500. Applications are available at the family support center.

BASE NOTES



Bible study: A midweek Bible study is from 5:30 to 7 p.m. Wednesdays in the chapel annex. The focus of the study is the video series “The Measure of Spiritual Maturity,” and dinner is provided.

A Bible study is held at noon Tuesdays



Airman Cecilia Rodriguez

Training session

Staff Sgt. Rhoda Ellis, Senior Airman Jennifer Morgan and Staff Sgt. Shawn Naus, 14th Mission Support Squadron command support center, explain the duty status sign-out log to a customer. The 14th MSS staff has now become the orderly room for all 14th Mission Support Group and wing staff agencies personnel.

in the chapel annex. The focus of the study is the Fruit of the Spirit Bible series: Building Healthy Relationships.

A teen Bible study is held from 5:30 to 7 p.m. Wednesdays in the chapel annex for ages 12 to 19. “Crossroads” is the focus of the study, and dinner is provided. For more information, call Ext. 2500.

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 Tuesday. For reservations or more information, call 434-8723 or e-mail airtex60@yahoo.com.

Scout trip. Troop 52 will work on their tree merit badge Feb. 7 at Camp Henry Pratt. For more information or to join the Boy Scouts, call Wayne Boswel at Ext. 2611 or Greg Johnson at Ext. 7871.

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.

Pancake breakfast: Specialized Undergraduate Pilot Training Class 04-05 spouses have a pancake breakfast from 7 to 9:30 a.m. Feb. 8 at Applebees.

Tickets are \$5 for adults and \$3 for children 8 and under. Tickets may be purchased at the door. All proceeds go to the spouses’ graduation fund for Class 04-05. For more information, call 434-5313.

Spouse award: The nominations for the 2004 Joan Orr Air Force Spouse of the Year award are due for the 14th Flying Training Wing by Feb. 16. The award period is Jan. 1, 2003, to Dec. 31, 2003.

The award recognizes the significant contributions made by spouses of Air Force military members. The nominee’s husband or wife must be serving in the Air Force, including reserve components. Active duty or reservists are not eligible for the award. For more information and regulations, see Air Force Instruction 36-2805, Special Trophies and Awards.

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 Feb. 18. For more information, call Ext. 7106.

Services provides base people with choices

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

A mechanical bull is 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.

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.

Youth member appreciation night: The youth center offers this program to youth center members from 5 to 7:30 p.m. today. Call Ext. 2504.

Family skate trip: The youth center offers this trip from 4 to 6:45 p.m. Feb. 7. There must be 10 registered by Thursday to offer the trip. Transportation is free. Call Ext. 2504.

African-American Heritage art contest: The youth center offers this contest at 4 p.m. Feb. 12, but deadline for entries is Feb. 9. Drawings must pertain to African-American Heritage. Submit entries with name, phone number and title of drawing. Awards are given in three categories: ages 6 to 8, 9 to 11 and 12 to 15. Call Ext. 2504.

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

Spend the day with your sweetheart: The Columbus Club and Whispering Pines Golf Course are offering a package deal for Feb. 14. Make reservations for the Sweetheart Dinner at the club for \$40 a couple and receive a \$10 discount on the couples golf scramble at noon Feb. 14. Regular entry is \$30 per couple. Call Ext. 2490 or Ext. 7932 for more information.

Valentines Day dance: The youth center offers a dance from 7-10 p.m. Feb. 14. Cost is \$1 for members and \$2 for nonmembers. Members who bring a guest will be admitted for half price. Children under 13 years of age must depart at 9 p.m. Call Ext. 2504.

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.

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.

2004 Air Force Worldwide Talent Contest: 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 for an entertainer or a technical position by Monday.

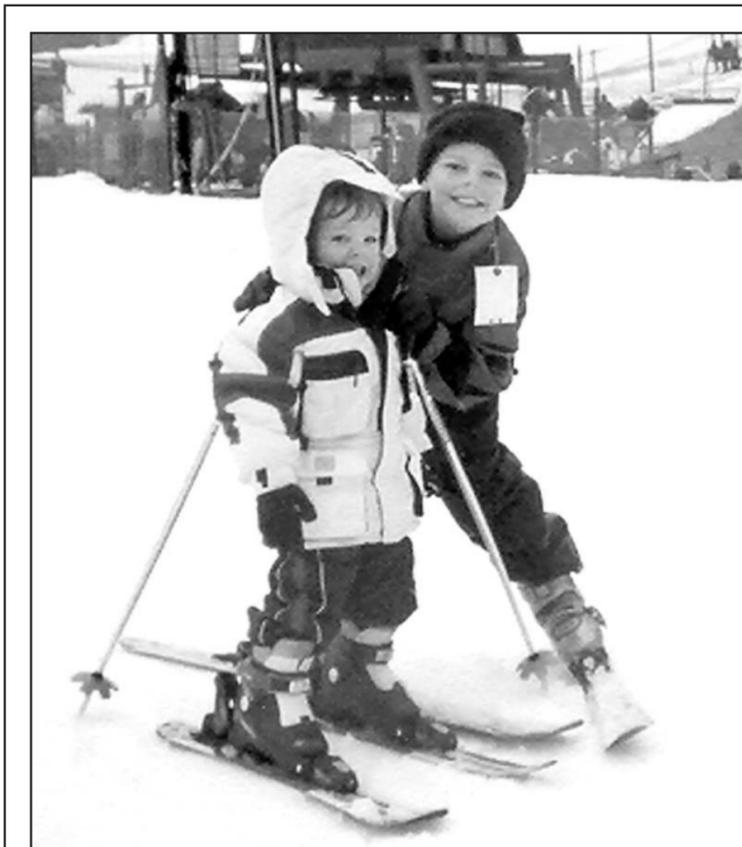
For those submitting an application as an entertainer, a video tape must accompany the application. For applications and additional information, call Ext. 7450.

Midday bingo: The Columbus Club offers this program at noon Mondays. Two \$25 games and a \$50 progressive game that starts at 48 numbers are played. Cards are \$1 each for the two \$25 games and \$1.50 for the \$50 jackpot game. Call Ext. 2490.

First Look at services: All newcomers to the base are invited to this seminar on programs and activities offered through the services division at 5 p.m. Tuesday. Call Ext. 2337.

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.

2004 teen aviation camp: The youth center is accepting applications 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 are in the 10th or 11th grades and would like to explore the Academy as a possible college choice. Applicants will participate in classroom and outdoor activities in the camp including piloting an aircraft, swimming and horseback riding. Application forms are available at the youth center. Final selections will be announced by April 9. Call Ext. 2504.



Courtesy Photo

Ski buddies

Luke Evans, 3, and Ryan Evans, 10, prepare to ski the slopes of the Smoky Mountains on an information, ticket and travel office trip to Gatlinburg, Tenn. The ITT office offers a variety of trips, tours and cruises. Call Ext. 7861.

Harlem Ambassadors
Basketball Game & Show
Feb. 5 at 7 p.m.
Columbus High School
Tickets \$4 In Advance from ITT
or \$5 at the Door

“Stay Off Drugs, Stay In School” Program presented by the Harlem Ambassadors at 5 p.m. Wednesday in the youth center It’s free!

Horse park: The Mississippi Horse Park in Starkville, Miss., features many events. The park has an indoor motorcross Saturday for \$12 for adults and \$10 for children.

An intercollegiate rodeo, the Block and Bridle Bulldog Stampede, is Thursday to Feb. 7. Cost is \$8 for adults, \$6 for children and free for children 6 and under. For more information, call (662) 325-9350.

Bluegrass: A bluegrass concert featuring Rhonda Vincent and the Rage is at 7 p.m. Saturday at Rent Auditorium on the Mississippi University for Women campus. The Golden Triangle's own Nash Street, Mississippi State Fair and Neshoba County Fair talent winners will open. Tickets are \$20 per person. For more information, call 328-2787.

BSA events: The Black Student Alliance at Mississippi

State University has many events scheduled in honor of African-American History Month.

A 'Bring a Kid' Day is at 2 p.m. Feb. 8 at the women's basketball game at the Humphrey Coliseum. Children get in free.

An Ebony Fashion Show is at 7:30 p.m. Feb. 9 at the Union Ballroom. Admission is \$3 per person.

Martin Luther King III will speak and answer questions at 7 p.m. Feb. 10 at the Union Ballroom. Admission is free.

A formal dance is at 8 p.m. Feb. 12 at the Hunter Henry Center. The Mahogany Ball: Unified Expressions of Love is \$5 in advance and \$7 at the door.

For more information on any of these events, call 325-3917.

Science fair: Heritage Academy hosts a science fair March 2 and is looking for volunteer judges. Volunteer

forms are available at the public affairs office. People are needed to sign up by Feb. 13. The judges are needed from 9:30 a.m. to noon. For more information, call Ext. 7068.

Weekly events: Every night is military identification card night with a 10-percent discount at the Princess Theatre and the Stage Door Coffee House.

Tuesdays are Ladies' Nights with specials all night at the Stage Door Coffee House.

Thursdays are Open Mic Nights at the coffee house at 9 p.m. For more information, call 327-6789.

Overseas returnees: A local Columbus eating establishment, Fleet's Eats, offers a free lunch to the sponsor and family when a military member returns from overseas. The restaurant is open for lunch from 11 a.m. to 1 p.m. and is located at 576 West Lowndes Drive. For more information, call 328-5747.

Dining out made simple: Tips on how to eat healthy

With the convenience of eating out and restaurants available around every corner, it is becoming less appealing to prepare home-cooked meals. Luckily, for those who eat out two or more times a week, eating out can be made healthy and tasty when following a few simple rules.

When eating out, the primary objective should always be portion control. It acts as a tool to manage calories consumed throughout the entire day. Ask for a doggy bag or split the food with your companion when eating out to control portions and calories consumed.

Better yet, ask for a child-size plate or ask the waiter or waitress to only give you half of the food and bag up the rest before it is served. Portion sizes are generally about the size of the palm of your hand and should be the first thing on your mind when eating out.

Another rule of thumb when eating out is never go out to eat on an empty stomach. If this occurs, chances are you may not only order an entrée, but have an appetizer, too. To control hunger, begin by having a light snack, such as a piece of fruit or bowl of cereal, before going out to eat.

When at the restaurant, instead of reaching for the appetizer, try drinking fluids such as water or diet sodas to curb the appetite. Finally, when the entrée does arrive, try to eat slowly. It takes about 30 minutes for your stomach to signal

to your brain that you're full. Try chewing your food about 10 to 20 times per bite to savor the taste. This will psychologically satisfy you and may prevent you from reaching for more.

Just as important as the tactics discussed above are the types of food a person orders, especially if you eat out frequently. Below are some basic guidelines for the most commonly eaten foods.

In a Chinese restaurant:

— Ask for less oil to be used in stir-fry and lift the food out of the sauce while eating.

— Pick dishes with plenty of vegetables and be sure meats are not breaded.

— Ask for minimal peanuts, almonds, and cashews or leave them out completely.

— Remember that noodles, such as chow mein or lo mein, are fried.

— Use steamed rice rather than fried rice. One cup of fried rice has 13 grams of fat.

— Be sure to wrap egg rolls in a napkin to absorb the excess grease before eating.

— Order a clear soup first to curb the appetite before the entrée.

In an Italian restaurant:

— Ask for less cheese on a pizza and add more vegetables.

— Try to eat only two slices of pizza.

— Order tomato-based pasta sauces. Creamed-based sauces are very high in fat and calories.

— Ask for unbuttered breadsticks.

In a Mexican Restaurant:

— Grilled fajitas are a better choice because a person can control what they put on them.

— Use fresh salsa as a condiment instead of sour cream or guacamole.

— Try soft shell tacos instead of hard, fried shells.

— Ask for corn tortillas instead of flour, as they are lower in fat and higher in nutrients.

— If ordering a salad, don't eat the fried shell.

— Leave off the cheese, sour cream and guacamole or have them on the side.

— Watch out for tortilla chips. Each chip has about 1 gram of fat.

Remember, eating out should be enjoyable, but can be healthy, too. Using these tactics, people can still lose weight when eating out. For more information on healthy ways to dine out, call the health and wellness center at Ext. 2477.

(Courtesy of the HAWC)

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.



Airman Alexis Lloyd

Circuit stations

Amber Milne, Amy Retherford and Monica Reinhart, circuit training class attendants, work out at certain stations during the class. Each person stays at a station for one minute and then rotates. For more information and class times, call Ext. 2772.

SHORTS

Holiday fun run/walk

A 1.5-mile run or walk is at 11 a.m. Feb. 3 at the fitness center. The event is in honor of African-American Heritage Month. Participants of all ages are welcome. For more information, call Ext. 2772.

Caledonia sports

Youth baseball and fast-pitch softball registration for Caledonia Sports Association begins Saturday. Registration is held every Saturday through Feb. 28 at the Caledonia Community Center from 8 a.m. to noon. Fee is \$40, and a copy of a birth certificate is required. Ages for registration are 4 to 6 for T-ball, 7 to 8 for coach pitch, 9 to 12 for baseball, and 10 and under and 11 to 12 for fast-pitch softball. For more information, call (662) 386-0336.

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 all on a stationary bike. For more information, call Ext. 2772.