

## 50th IP selected for Thunderbird semis

Tech. Sgt. Jim Moser  
Public Affairs

An instructor from the 50th Flying Training Squadron has been selected as a semi-finalist for the Thunderbirds, the Air Force Air Demonstration Squadron.

Capt. Shannon Griffiths will compete against 11 other pilots, including Capt. Andrea Misener, former Columbus AFB member, for the coveted position.

They are also the first female pilots to ever make it to the semi-finals.

She will fly to Nellis AFB, Nev., to interview with the Thunderbirds and then to Eglin AFB, Fla., to shadow the team at an air show.

"I'm very excited about the chance to fly with the Thunderbirds," she said. "I love to fly, and I love sharing my feelings about the Air Force and serving my country with others."

Her squadron commander feels she is just what the Thunderbirds are looking for.

"I believe Captain Griffiths' personality, ability and professionalism will make her an incredible asset to the Thunderbirds and a perfect Air Force ambassador," said Lt. Col. Dan Clark, 50th FTS commander. "I wish her only the best in this and all her endeavors."

The Thunderbirds squadron is an Air Combat Command unit comprised of eight pilots, six demonstration pilots, four support officers, approximately 120 active-duty, Air National Guard and Reserve enlisted personnel, and four civilians performing in more than 27 different career fields.

The pilots perform precision aerial maneuvers to exhibit the capabilities of modern high-performance aircraft to people throughout the world. The squadron exhibits the professional qualities of Air Force pilots, as well as maintain and support the aircraft they fly.

The squadron performs no more than 88 air demonstrations each year and has never cancelled a performance due to maintenance difficulty.

A Thunderbirds air demonstration is a mix of six aircraft, performing formation flying and solo routines. The four-aircraft diamond formation demonstrates the training and precision of Air Force pilots, while the solos highlight the maximum capabilities of the Lockheed Martin F-16 Fighting Falcon.

The pilots perform about 40 maneuvers in a demonstration. The entire show runs about one hour. The demonstration season lasts from March to November, and the winter months are used to train new pilots.



Elizabeth Davis

**Maj. Gen. James Sandstrom, 19th Air Force commander, hands the 14th Flying Training Wing guidon to Col. Stephen Wilson, the wing's new commander, as Chief Randy Auld, 14th FTW command chief, looks on.**

## BLAZE torch changes hands

Airman 1st Class Boto Best  
Public Affairs

Col. Stephen Wilson took command of the 14th Flying Training Wing from Col. Steve Schmidt in a change-of-command ceremony Wednesday at Ceremonial Plaza.

Colonel Wilson arrived at Columbus AFB from Barksdale AFB, La., where he was commander of the 608th Air Operations Group.

Colonel Schmidt's next duty station is the Air Education and Training Command headquarters at Randolph AFB, Texas, where he will serve as Director of Logistics, for 13 AETC bases.

During the ceremony, Maj. Gen. James Sandstrom, 19th Air Force commander, awarded Colonel Schmidt the Legion of Merit for his outstanding achievements here.

"Today we say good-bye to an outstanding leader," General Sandstrom said. "[Colonel Schmidt] and his wife Sarah have done an absolutely outstanding job here. Their footprints are everywhere." He thanked Colonel Schmidt and his wife on behalf of the command and congratulated the colonel on his upcoming promotion to brigadier general.

"The great news is that we welcome another great leader," General Sandstrom said. "Colonel Wilson is the right leader at the right time for the base. His reputation has been one of distinction wherever he has served."

General Sandstrom advised Colonel Wilson to enjoy his time at Columbus AFB.

"This team is rich in leadership ... take care of them and they'll take care of you."

In his departing speech, Colonel Schmidt thanked General Sandstrom for "this once in a lifetime opportunity to serve as wing commander here."

"It's been an honor to serve alongside the best of the best, and now it's time to move on."

He also expressed his confidence in Colonel Wilson's leadership abilities. "Columbus AFB will become the showplace of the South with Steve and Nancy leading the way."

In his remarks, Colonel Wilson said the opportunity to lead the BLAZE team is an honor both humbling and exciting. He said his mission statement is developing Airmen.

"Never has developing Airmen been more important than it is now," he said. "We are at war. How we train, educate and develop Airmen will play a direct role in the outcome of this war."

He said he also looked forward to working with the downtown Columbus community, many of whom were present at the ceremony.

Colonel Wilson earned his pilot wings at Laughlin AFB, Texas, in May 1982. He has served as instructor pilot, evaluator pilot and flight commander in the T-38 Talon and B-1 Bomber.

## 14 MDG ranked No. 5 in AF by surgeon general

The 14th Medical Group was recognized by the Surgeon General of the Air Force recently for being the fifth best out of 80 total medical groups in the Air Force.

The surgeon general said overall performance in 10 measures of quality care for the 2003 calendar year led him to the decision.

The 10 areas measured monthly are access, medical readiness, immunization rates, adult and children, documentation, maximum utilization, breast and cervical cancer screening and the treatment of asthma and diabetes.

The surgeon general also announced Columbus was rated No. 1 for breast cancer prevention screenings, No. 2 for immunization rates and No. 4 for diabetic retinal screenings.

According to Col. David Armstrong 14th Medical Group commander, Columbus AFB's success in immunization rates has been the result of every squadron commander and squadron health monitor throughout the base.

Additionally, the Medical Readiness program, along with the Air Force's first real-time medical readiness Web site, helped drive compliance rates even higher.

"We use a team approach here at Columbus," said Capt. Christopher Wynens, 14th Medical Group's public health officer. "The approach involves the squadron health



Airman Cecilia Rodriguez

**Capt. Phillip Sandlin, cadet commodant of Mississippi State University Air Force ROTC Detachment 425, receives help from Deborah Williams, 14th Medical Operations Squadron, about a records review for promotion.**

monitors, clinic medical teams and public health, to ensure our active-duty troops are identified early for the needed medical screenings required for their job."

The 14th MDG truly lives up to the phrase "An ounce of prevention is worth a pound of cure."

"We targeted these areas of prevention where we could make the greatest difference for all patients of the 14th Medical Group," said Maj. Beverly Sabourin, Health Care Integration chief, said. "Screening exams done for breast cancer and diabetic eye problems, as well as child and adult immuniza-

tions, save lives. These principles simply can't be stressed enough."

Breast cancer is the second most common cancer in women in the United States, after skin cancer. One out of nine women will develop breast cancer in their lifetime — a risk that was one out of 14 in 1960. A screening mammogram (a simple, low-dose x-ray) can detect breast cancer at its earliest and more treatable stage, up to two years before it is large enough to be felt by a medical professional.

"Annual screening mammography should begin at age 40, or as directed by a medical

professional, and continue as long as a woman is healthy and able to undergo the test," according to Dana Sparks, clinic mammogram program monitor. "If you are 40 or older and haven't had a mammogram, call your health care provider to make that appointment today."

Regular screening is also an important part of vision care.

"Diabetes mellitus is the leading cause of new cases of legal blindness in working-age Americans," said Capt. Casey Andrus, 14th MDG optometrist. "Most vision loss can be prevented or stalled if detected and addressed early. In the private sector, only about 44 percent of diabetics are screened nationwide."

At Columbus AFB, 85 percent of diabetics have been screened within the last year ranking No. 1 in Air Education and Training Command and No. 4 in the Air Force.

According to Colonel Armstrong, team work is the key behind meeting patients needs.

"The providers, nurses and staff meet daily to ensure that appointments are available when our patients need them," he said. "The 14th Medical Group remains at 98 percent for routine and 99 percent for acute appointments — just another indicator of our commitment to our patients." (Courtesy of 14th Medical Group)

## Six personnel services have Web-only access

**RANDOLPH AFB, Texas** — Airmen no longer have to stand in line to accomplish a personnel records review or several other common tasks.

Military Personnel Flight workers will point customers toward the Internet if they want to do any of the following six personnel actions:

- Update the Record of Emergency Data.
- Apply for a change to an assignment or change a report-not-later-than date.
- Apply for certain curtailments of date eligible for return from overseas.
- Accomplish a humanitarian or exceptional family member program application.
- Request a "proof of service" letter, often needed for home loans.
- Make simple updates to common information like home address, home telephone number, religious preference, race, ethnic group, foreign language self-assessment, duty and personal e-mail addresses.

The AFPC director of operations said this is part of an evolution in the way personnel services will be delivered to Airmen in the future.

Officials said they expect that more online services will mean less work on both sides of personnel flight help desks, and that they anticipate the average time spent waiting in line for other services will decrease for customers visiting personnel flights.

Airmen can access the vMPF through the Air Force Portal, at [www.my.af.mil](http://www.my.af.mil), by clicking on the "careers" tab. It is also available at [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil). For more information, call the Air Force Contact Center at (800) 616-3775. (Courtesy of AFPC News Service)



Tech. Sgt. Jim Moser

### Home Tweet home...

**Adam Jackson, DynCorp employee, removes the sling used to hoist a T-37 Tweet aircraft onto a cement pedestal at the corner of Highway 45 and County Road 786 Monday. The static display is on loan to Lowndes county from the Air Force Museum at Wright-Patterson AFB, Ohio.**

# NEWS BRIEFS

## 14th MDG closure

The 14th Medical Group will close today at 3 p.m. for an official function. This includes the pharmacy, dental services, health and wellness center services and all clinical functions.

## Customer service hours

Starting Monday, the education center customer services hours are 9 a.m. to 4:15 p.m. daily. Appointments are highly recommended for tuition assistance disbursements and education counseling. To schedule an appointment or speak to a counselor, call Ext. 2562.

## Women's History Month lunch

The Women's History Month luncheon is at 11:30 a.m. Wednesday at the Columbus Club. The menu is a mediterranean lunch buffet, and the guest speaker is former Chief Supreme Court Justice Lenore Prather. For more information, call Master Sgt. Shelli Fisher at Ext. 3134 or Staff Sgt. Rhonda Knipmeyer at Ext. 2311.

## CDC parent meeting

The child development center parent advisory board meeting is at 11:30 a.m. Wednesday at the CDC. Suggestions and concerns are welcome. For more information, call Chris Cannedy at Ext. 2479.

## Promotion ceremony

The April enlisted promotion ceremony is at 4 p.m. Wednesday at the Columbus Club. For more information, call Master Sgt. Emmette Bush at Ext. 7294.

## Congratulations

Congratulations to the base housing recyclers of the month: Capital Village, Capt. Eric Zihmer, 14th Operations Group; Magnolia Village, Tech. Sgt. Stephen Beaupre, 14th Operations Support Squadron, and Staff Sgt. Jennifer Beaupre, 14th Mission Support Group; and State Village, 1st Lt. Manny Gomez, 41st Flying Training Squadron.

## New fitness tracking software

The new Air Force Fitness Tracking Software is now available. Unit fitness program managers will input data until April 1. Once fitness data has been entered, people will have access to tools such as a fitness calculator, fitness data collection sheets and previous test results. For more information, call Maj. Nina Perino at Ext. 2235.



Airman First Class Boto Best

## All together, now!

**U.S. Senator Thad Cochran, Col. Steve Schmidt, former 14th Flying Training Wing commander, Col. Robert Keyser, Mobile District of the U.S. Army Corp of Engineers commander, Bill Canty, staffer for U.S. Senator Trent Lott, Ray Childress, W.G. Yates & Sons Construction vice president, and Brad Rogers, staffer for Congressman Roger Wicker, shovel dirt at the ground-breaking ceremony for the new control tower Friday. A ribbon-cutting ceremony for the new state-of-the-art Radar Approach Control facility was held prior to the ground breaking.**

# Warnings, watches, sirens: Oh my Knowledge of turbulent seasonal weather may save lives

**Airman First Class Amber Ashy**  
14th Civil Engineer Squadron

In Mississippi, there is a very high potential for severe thunderstorms and their related hazards.

Thunderstorms are most likely to occur in the upcoming spring and summer months, but can occur at any time.

A thunderstorm is formed from a combination of moisture, rapidly rising warm air and a force capable of lifting air, such as a warm front, cold front or a sea breeze. Thunderstorms can also be accompanied by lightning, heavy rainfall (with the possibility of flooding), harsh winds, hail and even tornadoes. It is possible that many severe thunderstorms can affect a single location over a short amount of time, causing great damage.

Lightning is another potentially dangerous attribute of severe weather. Lightning accounts for 300 deaths annually. Negative and positive charges within a thunderstorm result in an electrical dis-

charge. This discharge, when occurring between clouds and in contact with the ground, is commonly known as a lightning "bolt." The bolt's rapid heating and cooling of the air produces thunder.

Flooding is the most widespread and common of natural disasters besides fire. Flooding can be slow- or fast- rising, but generally develops over a period of days. Floods occur as a result of overflow of inland or tidal waters, unusual and rapid accumulation of water, run-off of surface waters from any source, or a mudflow.

A watch is issued when conditions are favorable for severe weather. A warning is issued when severe weather conditions are imminent or in progress. Individual actions are: be alert; follow instructions to take cover; evacuate to a safe location; or find shelter in a low place away from windows, such as a basement.

One notification of inclement weather on Columbus AFB is a three to five minute steady tone via the "Giant Voice" system. This indicates that a natural disas-

ter is about to occur or is in progress. If off base, the first notification is either a watch or a warning via television or radio broadcasts.

To prepare for severe weather, learn the danger signs. Some signs include dark, towering or threatening clouds, and distant thunder and lightning.

The following are basic items used to build a disaster kit, but people should tailor lists to meet individual needs:

- Flashlight with extra batteries
- Portable battery operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential Medicines
- Cash and credit cards
- Sturdy Shoes

For more information about inclement weather, call Ext. 3176.

*(Editor's note: Information for this article was obtained from the Federal Emergency Management Association.)*

# Anti-terrorism: Most effective when everyone's involved

**2nd Lt. Darrell Peek**  
14th Security Forces Squadron



The March 11 train bombings in Spain, occurring 911 days after September 11, 2001, as well as the daily bombings in Iraq, illustrate the unwavering resolve of terrorists to target and attack those they fervently hate.

In response to these and past terrorist attacks, a great deal of time, effort and money has been spent gathering intelligence and attempting to safeguard ourselves as well as others. Yet, lives are unfortunately lost to the perpetrators of terror almost daily. This leads many people to believe that if the terrorists really want to get us, they will — a rather fatalistic attitude, but pervasive throughout the world. So how do we protect ourselves from those determined to harm us? And what, if anything can we learn from all of this violence?

First, terrorists will continue to innovate and adapt in an effort to strike at the heart of their sworn enemies, regardless of gender, age, or military affiliation or non-affiliation. Their goal is to terrorize people into altering the way in which they or their governments do business. Inarguably, an election outcome was significantly affected by this event — chalk one up for the bad guys.

Moreover, terrorists are only limited by their own imaginations. Although improvised explosive devices, vehicular borne or hand-carried, seem to be the weapon of choice, you can bet terrorists are working on new methods to murder innocent people and destroy property. Trust me, terrorists are continually working on the next 9/11.

Second, the old paradigms of regulatory compliance and rapid adherence to Force Protection Condition checklists cannot, on their own, provide the basis for antiterrorism efforts. I'm not attempting to argue their value as a baseline — they are necessary. However, it is imperative we innovate and adapt as the terrorists do.

No longer can we rely solely on numerically sequenced directives in the hopes of sending the terrorists somewhere else. These people are smart, many holding advanced degrees. They will not attack us when we most expect it. We must continually evaluate our environment and become more innovative ourselves, to successfully combat those who seek to do us harm.

Finally, the most important thing we can learn is that anti-terrorism is everyone's responsibility. At least two of the unexploded devices found during the recent bombings in Spain were left in unattended backpacks. With a little vigilance or situational awareness, lives could have been saved. If you were standing outside the exchange and found an unattended bag, would you become suspicious? Would you report it or move people from the area?

Do you recall the Centennial Olympic Park bombing during the summer of 1996 in Atlanta? At a recent Anti-terrorism Level II course, I learned that people actually tried to walk off with the rucksack containing the bomb until they realized it was too heavy. Vigilance and a willingness to act are paramount if we are to render the enemy ineffective.

In every anti-terrorism class I've ever instructed, I repeat the same message — I'd rather be embarrassed to have reported something that turned out to be harmless, than to live with the fact that I could have saved somebody's life, and failed.

As a nation, the expectation that our government can stop every single act of terrorism is highly unrealistic. As Air Force members, the expectation that security forces, or the Air Force Office of Special Investigations, our counter-terrorism experts, can single-handedly thwart a well-planned terrorist event is similarly unrealistic. That doesn't mean we're incapable of protecting ourselves.

What we can and should do, is work collectively to identify and report incidents that raise our suspicions to stop the events before they occur and steal the initiative from the enemy.

As the wing's anti-terrorism officer, I've heard it said that with an infinite supply of money we could build domes over our installations, with stadium type roofs that open and close only for military aircraft, and biometric entry control points with integrated retinal scanners to keep the bad guys away. Or we can maintain our freedoms, keep the focus on the democratic principles that make our country great, and work together to win the war against terror through vigilance and action. I choose the latter. And you?

*(Editor's note: Report all suspicious activities to the 14th Security Forces Squadron at Ext. 7128. For questions related to anti-terrorism, call 2nd Lt. Darrell Peek or Master Sgt. Charles Manders at Ext. 2576.)*

***"I'd rather be embarrassed to have reported something that turned out to be harmless, than live with the fact that I could have saved somebody's life and failed."***

## SILVER WINGS

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## Key phone numbers

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Shoppette.....	434-6026

**Do your part to stop terrorism**  
The first step is knowing what to look for. Always keep an eagle eye out for suspicious behavior. Call 24 hours a day (662) 434-7128.



# Former WASP still longs for flying

**1st Lt. Mike J. Tkacz**  
14th Contracting Squadron

It has been more than 15 years since she last sat in the cockpit of a plane, but the memory of flying does not easily die for Alma Genovese.

At nearly 80 years old, the silver-haired, slightly built 30th Civil Engineer Squadron office administration assistant has memories of aviation in its infancy not many others can share. Those memories include clandestine flying lessons against her family's knowledge, barrel rolls in fighters during her World War II training, and the day Gen. Henry "Hap" Arnold laughed at a Women's Air Service Pilot unit or WASP "stuck" to the tarmac.

Ms. Genovese's love and fascination for flying began at a young age. She grew up on her father's farm in Lancing, Ill., where her family went to an air show at the local airport. Although her father was not a pilot, the aerial maneuvers inspired him to pay the pilots to fly him over the Illinois countryside. After that, she spent hours at the airfields, watching pilots practice flying maneuvers.

"I rode my bike several miles to the local airport just to watch the aircraft fly," she said.

By age 21, those trips eventually led her to take flight lessons while keeping it a secret from her family.

"I knew that if I told my family that I was taking flying lessons that they would be terribly worried about me, so it remained a secret for many months," she said.

Her second training flight in a Piper Cub Cruiser was nearly her last.

"The instructor's control stick had come completely out," she said. "I didn't know what had happened at the time, but the plane's mechanic had failed to install a pin."

Her instructor told her to land the plane.

"I landed the plane without incident," Ms. Genovese said. Only after landing the airplane did she found out the instructor had no control of the plane.

Undeterred, the young flier knew she had to continue the adventure of flying.

"I usually flew on weekends and made low-level passes over my father's field after I was

able to solo," she said. "Later, after I came home, he'd complain about the same darn plane flying over his crops again. I could barely keep from laughing."

Even after years of flying, she learned to always expect the unexpected while flying. If she had ever forgotten to do that, an incident at the Air Reserve Center in San Jose, Calif., where she worked as the commander's secretary, reminded her to do just that.

"I was giving the commander's son a ride when the engine quit during landing," she said. "I remember how concerned I was at the time, flying the boss' son during an aircraft malfunction." Again, she landed the aircraft without incident.

"I was very surprised after the landing," she said. "The colonel's son thought it was so much fun that he wanted to do it again."

The son went on to become a Naval aviator.

When the U.S. entered World War II struck, men of all ages rushed to volunteer to serve their country. That exodus left General Arnold, then Army Air Corps chief of staff, searching for a way to move new fighter and bomber aircraft to port calls across the nation, where they would be shipped overseas to support the war.

His answer was the WASP program.

Volunteers were mothers, secretaries, waitresses, socialites and even actresses. Under the leadership of Jacqueline Cochran, founder and director of the WASPs and a famous female pilot, they flew many different missions including towing targets that were shot at by ground artillery for practice.

Ms. Genovese answered the call to be a WASP just after learning how to fly in 1942.

Before they earned their wings, the ladies went through six months of intense training at the 318th Army Air Force Flying Training Detachment at Avenger Airfield, Sweetwater, Texas.

Comparable to the training their male, active-duty counterparts received, the women learned flight theory, Morse code, flight instrumentation and physics.

Because they trained and worked under many hazardous conditions, safety was paramount.

"In those days of flying, many safety features that are incorporated into today's aircraft were nonexistent," the former pilot said. "We faced many more dangers every time we went up in flight."

One of those hazards was a defect in the seat restraint on the PT-19A training aircraft. That problem caused

many deaths during the war, including one of the WASP pilots who had slipped free of the restraints during flight.

"The instructor pilots became increasingly concerned about our safety and kept a close watch over us," she said. "During one of my training flights, my headset began to fall off while we were upside down. The instructor thought that I was falling out and did a 'split-S' maneuver to put the aircraft in an upright

position."

Following the daring maneuver, Genovese awaited her instructor's next command unaware that he had passed out during the move.

Once in March 1943, her unit took a break from training because the Army Air Corps chief of staff was visiting.

"We were all standing at attention waiting for General Arnold to arrive and inspect our unit," she said.

Standing on the tarmac for more than an hour, the women endured temperatures exceeding 112 degrees.

"When the general arrived, we were then given the order



Photo courtesy of the U.S. Air Force Museum

**Betty Gillies was the first pilot to be flight checked and accepted by the Women's Auxiliary Ferring Squadron.**

to march, but no one could move because our shoes were stuck to the melting tar on the tarmac," she said. "We discovered that day that General Arnold had a great sense of humor as he began to laugh uncontrollably."

She earned her wings with the WASPs after initial training but married in February 1944 before going on to advanced training. She had met her former husband, Wallace, at Avenger Field.

As it turned out, he tipped the scales of romance in his favor by owning his own airplane.

This gave Ms. Genovese more than enough time for flying.

In 1952 she joined the Civil Air Patrol in Fort Worth, Texas, where she flew air and sea search-and-rescue missions. She saved two boaters in one day while on patrol.

Through the CAP, she achieved the rank of captain and kept her love of flying alive and continued to fly at different aeronautical clubs whenever she had the opportunity.

But even the ardent love of flying cannot stop the sands of time.

The last time she flew was just after heading west to work at Vandenberg AFB, Ca., in 1986.

After many years in the air, Ms. Genovese felt compelled to stay on the ground.

"Since then, there hasn't been a time that I see an airplane and don't miss flying," she said.

*(Editor's note: This article is in honor of Women's History Month.)*

# DeCA commissaries are benefits, not businesses

**Bonnie Powell**  
Defense Commissary Agency

**FORT LEE, Va.** — No pain, no gain is a common expression. Bargain hunters go from grocery store to grocery store seeking the best buys — but they may also end up paying more for other items that aren't on sale. A lot of pain, not much gain. Why do all that when Defense Commissary Agency commissaries sell groceries at cost, saving authorized customers an average of 30 percent or more over commercial grocery prices?

Commercial stores are profit-motivated. They can offer popular items at below cost to get customers in their store — and make it up on other items that are priced much higher. There's nothing wrong with that, and it has a name: loss leader.

That's how the commercial businesses work.

"But commissaries are a benefit, not a business, and sometimes people lose sight of that," said Maj. Gen. Mike Wiedemer, DeCA director. "It's true we operate in a business-like fashion, but our sole reason for being here is to deliver the benefit. Our cost is your cost."

The prices paid by commissary customers for grocery items equals the government's cost for those items.

"Because we sell at cost, and the U.S. government covers the expenses associated

with providing the benefit, that allows us to achieve an overall average customer savings of 30 percent or more over commercial grocery stores," General Wiedemer said.

That's a benefit that is now worth about \$2,700 a year to a military family of four that shops regularly at a commissary.

Put simply, "We're here to save military families as much as we can — not make money," General Wiedemer said.

Like any commercial grocery store, commissaries also have unadvertised sales on hundreds of products on any given day, according to Scott Simpson, DeCA chief operating officer.

"One of the many reasons

we don't have a 'frequent shopper' card is simply that everything we sell is already at cost. Your military ID is the only 'special card' you need," he said. "If an item is on sale, it's on sale for every authorized shopper who walks into the store."

Sometimes getting sales information to customers about what's on sale at the commissary is difficult. Commissaries are not allowed to advertise product prices. But private vendors and manufacturers doing business in the commissary system can, and increasingly do, advertise products and prices. Many installation newspapers now carry monthly commissary shopping circulars; other vendors distribute sales information direct to the doorways of military families in housing areas. Still more hand out circulars and coupons at the door of the local commissary.

Customers can also find out what's on sale at their local commissary by accessing the savings aisle in the shopping section of DeCA's Web site at [www.commissaries.com](http://www.commissaries.com). Prices aren't listed, but are normally below average commissary prices and well



Photos by Airman Cecilia Rodriguez

**David Mooney, Air Force retiree, gathers coupons while he shops at the Columbus AFB commissary. Mr. Mooney travels approximatey 90 miles from Boonesville, Miss., to shop on base.**

below commercial grocery store prices.

Commissary customers get an additional break by not paying any sales tax when shopping at the commissary. In some locations, that can amount to sizeable savings.

There is one cost born by customers. A five-percent surcharge, mandated by Congress, is added at the register on the total grocery bill before coupons are deducted.

"We're frequently asked about the surcharge because people feel like that's part of the cost of the groceries or some sort of profit," General Wiedemer said. "The surcharge funds have nothing to do with making a 'profit.' The 5-percent surcharge goes right back into the military system to fund the building of new commissaries and the improvement of existing stores for our customers."

Commissary customer satisfaction surveys consistently rank the commissary as the No. 1 military benefit, and military quality-of-life surveys consistently rank commissaries among the top two benefits, General Wiedemer said.

"But yet, there still seems to be a lack of realization that at the heart of their benefit is the ability to buy groceries at cost," he said. "Our intention is to spread the word and make sure the commissary benefit is being fully used by active duty, guard, reserve and retired military families. It simply doesn't make sense for anyone to spend valuable

time and gas running all over town to save on a few items when shopping regularly at the commissary can result in savings of 30 percent or more."

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



**Jackson Hoekstra, 4, and his brother Robert, 2, enjoy the sights and sounds of the commissary from a toy cart.**

# CADETS BRAVE HEAT, TOUGH COMPETITION AT JROTC DRILL MEET



Lexington High School cadets demonstrate precision movements while twirling rifles during the armed exhibition portion of the drill team competition.

**Airman Cecilia Rodriguez**  
Public Affairs

The heat rose from the asphalt and seeped into the navy blue uniforms and black boots as though it belonged within the crisp pant creases and shiny shoes. Covers kept bodies over-heated and faces flushed, but the scorching sun was no match for the sharp choreography and skilled rifle manipulation found on the drill pad that day.

Five high school JROTC detachments battled the unseasonably warm weather and each other during a drill meet Saturday at the SAC Alert facility.

Mississippi high schools from Columbus, New Albany and Lafayette, and Tennessee high schools from Lexington and Northside competed in eight different categories for which they were awarded up to 30 points.

Teams competed for the title of overall champion and runner up in the categories of armed and unarmed regulation, and color guard.

"I was impressed by all of the teams' performances," said Airman 1st Class Nicole Paille, Columbus AFB honor guard member and drill competition judge. "I can tell by their efforts that a lot of hard work was put into preparation for the meet."

The armed and unarmed exhibition, individual knock-out drill and physical fitness portions were categories awarded prizes, but not counted toward the overall competition scores.

Unanticipated warm weather posed challenges for the cadets throughout the physical fitness portion of the

competition. During the four-person two-mile relay, the heat overcame three different cadets.

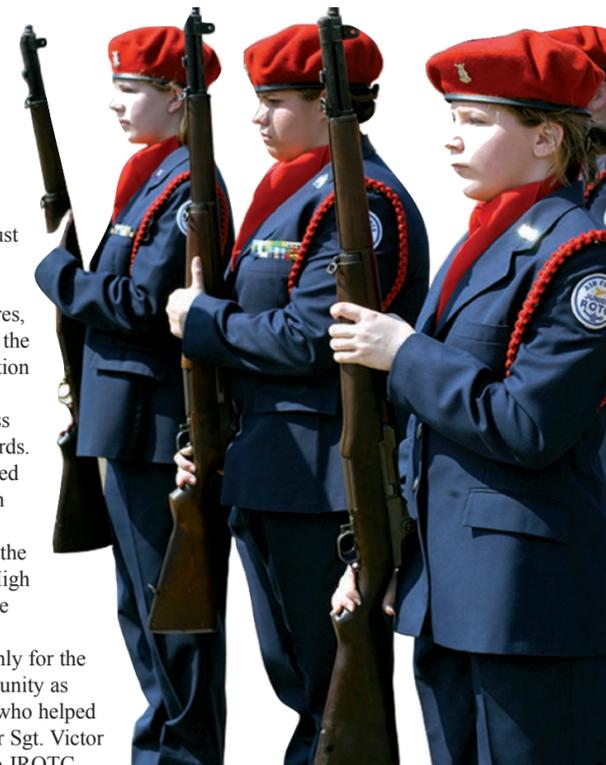
"Fire department personnel moved the students to a cooler area, checked blood pressure and sustained breathing," said Assistant Fire Chief Rick Songer, 14th Civil Engineer Squadron. "But everyone recovered just fine and no one was hurt."

The physical fitness portion originally counted toward overall scores, but in light of the weather conditions, the drill team administrators and competition coordinators reached a different consensus. Instead, the physical fitness scores counted toward individual awards.

Despite the warm weather, intensified by the black tarmac, cadets pressed on and saw the competition to its end.

New Albany High School captured the first place overall award. Columbus High School seized overall runner up for the competition.

"This project was a big event not only for the cadets, but for the base and the community as well," said Tech. Sgt. Jody Edwards, who helped coordinated the drill meet with Master Sgt. Victor Tennant. "Our involvement with these JROTC organizations may be the difference in some of these young men and women deciding to become the future leaders of our Air Force."



Photos by Airman Cecilia Rodriguez  
Lafayette High School JROTC cadets Melissa Pierce, Samantha Sims and Marsha Pierce maintain their military bearing while performing an armed regulation drill.



Top: New Albany High School, Saturday's drill meet champion, reports in to the drill meet judges during the unarmed exhibition competition.  
Left: Cadets Justin Williams, Patrick Stevens, Michael Lobb and Arthur White, Columbus High School color guard team, stand tall as they present the colors.



The Northside JROTC drill team puts their hand-eye coordination to the test as they exchanges rifles.



Awards were distributed for overall drill meet champion and runner up, and 1st, 2nd and 3rd places were given for individual events.

AT THE CHAPEL

**Catholic**

**Sunday activities:**  
9:15 a.m. — Mass  
(Father Hurley)  
10:30 a.m. — CCD  
5 p.m. — Confessions  
5:30 p.m. — SUPT Mass  
(Father Vollar)

**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**

“Catch That Kid” (PG, some language, thematic elements and rude humor, 92 min.)

Starring: Kristen Stewart and Corbin Bleu.

**Saturday**

“Miracle” (Showing at 2 and 7 p.m., PG, language and some rough sports action, 136 min.)

Starring: Kurt Russel and Patricia Clarkson.

**April 2**

“50 First Dates” (PG-13, crude sexual humor and drug references, 96 min.)

Starring: Adam Sandler and Drew Barrymore.

CHANNEL 64

For more information about movies, visit [www.cafbgrapevine.com](http://www.cafbgrapevine.com).

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 April 2**

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

*College Level Examination Program*

*Tapes:*

Humanities

**FAMILY SUPPORT**



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

**Letters for jobs:** A class teaching people how to write cover letters, thank-you letters and other letters associated with jobs is at 10 a.m. April 7.

**Time management:** A class on how to get better organized for efficiency and less stress is at 11 a.m. April 8.

**Positive thinking videos:** A video-based program on reducing stressors is from 11 a.m. to 12:30 p.m. April 14. It teaches ways to start the day off right and deal with negative situations and behaviors using positive self-talk and relaxation audios.

**Hearts Apart social:** A social gathering for families of deployed or remote personnel is April 15 at 5:30 p.m. Information, refreshments and prizes are provided.

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

**Managing stress:** A seminar on managing stress is at 1 p.m. April 21. It identifies current communication skills, teaches new skills and how to manage stress by proper communications.

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

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

**AFSA:** The Air Force Aid Society is available to provide financial assistance in the event of sudden emergencies.

**Calling cards:** Free \$20 value calling cards, sponsored by the Air Force Aid Society, are offered to all personnel going on contingency tours of duty for 30 days or longer. These must be issued to the military member.



Airman 1st Class Boto Best

**Budding artists**

Jason Townsend, 2, carefully paints a picture in the toddlers' class at the child development center as classmate Billie Ferrell, 2, watches. Openings are available for ages 25 to 36 months. For more information, call Ext. 2479.

**BASE NOTES**



**Boy Scouts:** Troop 52 has its weekly meeting Tuesday at 6 p.m. at the military personnel flight building, room 111. For more information, call 343-5362.

**Women's History Month Luncheon:** This event honoring the accomplishments of women is at 11:30 a.m. Wednesday at the Columbus Club. The menu is a Mediterranean buffet. The cost of members is \$9.50 and \$11.50 for non-members. For more information call Ext. 3134 or Ext. 2311.

**Commissary family day:** The commissary has a family day from 10 a.m. to 2 p.m. April 3. Activities include a Golden Easter Egg hunt, Marmee Rabbit telling the Peter Rabbit story, shopping sprees and an appearance by Mr. Kool Aid.

There will be demonstrations and items on sale throughout the store. For more information, call Ext. 7106.

**OSC social:** The Columbus Officers' Spouses' Club holds its next social at the Columbus Club at 6:30 p.m. April 13, hosted by the spouses of the 14th Mission Support Group. The 2003-2004 scholarships will be awarded. The menu includes prime rib with roasted new potatoes. Cost is \$13.50 per person, and club members receive a \$2

discount. New members are welcome. For reservations, call 434-8723 or e-mail [airtex60@yahoo.com](mailto:airtex60@yahoo.com) by noon April 6.

**Thrift shop closure:** The thrift shop, located at Building 345 C Street, is open Tuesdays from 3:30 p.m. to 6:30 p.m. and Thursdays from 9 a.m. to 1 p.m. Spring and summer items are now being accepted, and consignments are taken until one hour before closing. The shop will be closed April 5 to April 9. Volunteers are welcome. For more information, call Ext. 2954.

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

Environmental professionals will set up learning stations to teach children how to care for the environment. Activities, games and lunch are provided. For more information, call Ext. 7406.

**Relay For Life:** Relay for life: The 12-hour Lowndes County Relay For Life starts at 6 p.m. April 16 and ends at 6 a.m. April 17. Teams of eight to 15 people camp out and take turns walking around the Saunders Field on Highway 45 next to the Master Host Inn hotel in downtown Columbus. Each team is asked to have a representative on the track at all times during the event.

The Relay For Life is an event sponsored by the American Cancer Society to raise money for the fight against cancer. The goal is for each team to raise \$1,000 dollars, and there is no registration fee. For more information, call 1st Lt. Ariol Paz at Ext. 2666.

**Services provides base with variety of entertainment**

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

**Club card drawings:** The Landing Lounge and enlisted lounge offer a club card drawing for cash every Friday night around 6:30 p.m. Card holders must be present to win. Call Ext. 2490.

**Disc Jockey Big E:** The enlisted lounge features Disc Jockey Big E at 9 p.m. today. Call Ext. 2490.

**Midday bingo:** The Columbus Club offers bingo at noon Mondays. Three games are played — two \$25 games and a \$500 progressive jackpot game with a \$50 consolation prize if the coverall game does not go in 52 numbers or less. Cost is \$1.50 for 3-on-1 cards for the \$25 games and \$2 each for the jackpot game. Call Ext. 2490.

**Youth center burger roast:** The youth center offers this program from 5 to 6 p.m. April 2. Cost is 50 cents for members and \$1 for nonmembers. Call Ext. 2504.

**Spring Fling:** The youth center's annual Spring Fling is from 9 to 11:30 a.m. April 3 at Freedom Park. Activities include egg hunts, children's games, instructional class demonstrations, and appearances by Sparky, McGruff and the Easter Bunny. Egg hunt times are 9 a.m. for ages 1 to 2, 9:30 a.m. for ages 3 to 5, 11 a.m. for ages 6 to 8 and 11:30 a.m. for ages 9 to 10 and ages 11 and older. Children should bring their own Easter baskets. Volunteers are needed to help with this program. To volunteer, call the youth center at Ext. 2504.

**Bowling center closed for renovation:** The bowling center will close April 5 to April 8 for installation of carpeting, tile and furniture. During the closure, burgers and hot dogs from the grill will be served outside during lunch. It will reopen at 4 p.m. April 8. Call Ext. 2426.

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

**Birmingham shopping trip:** The information, ticket and travel office offers a trip



Athena Brimer

**Safety first**

Billy White, outdoor recreation mechanic, checks the oil in a lawn mower that will be used for the lawn care service now offered by the outdoor recreation program. Fees range from \$20 to \$50 depending on the size and condition of the lawn. Basic service includes mowing, edging, bagging and disposal. For appointments, call Ext. 2505.

to Birmingham, Ala., to the Riverchase Galleria Mall and Water Mark Outlet Mall April 10. Cost is \$15 and includes transportation. The bus departs at 9 a.m. from the community center parking lot and returns at 6 p.m.

The next scheduled shopping trip is May 6 for the Canton, Miss., flea market. Call Ext. 7861.

**Easter brunch:** The Columbus Club offers an Easter brunch from 10:30 a.m. to 1:30 p.m. April 11. Cost is \$10.95 for members and \$12.95 for nonmembers. No reservations are required. Call Ext. 2489.

**Silver Star Casino trip:** The information, ticket and travel office offers this trip April 16. Cost is \$15 per person and includes transportation and \$15 in coins. The bus leaves the community center parking lot at 5:30 p.m. For reservations, call Ext. 7861.

**Family fun day:** The information, ticket and travel officer offers a family fun trip to Tuscaloosa, Ala., April 24 to visit the Children's Hands-on Museum and Chuck E. Cheese. Cost is \$20 per person and

includes ticket to museum and transportation. Bus will depart at 9 a.m. from the community center parking lot and return at 4 p.m. Call Ext. 7861.

**Beale Street Music Festival:** Register early for this trip to Memphis, Tenn., May 1 and May 2. Cost is \$125 per person and includes transportation and two nights lodging (double occupancy).

Tickets are sold separately for the concerts. Bus will leave the community center parking lot at 9 a.m. A \$50 deposit is required when registering. Call Ext. 7861.

**National Library Week poem contest:** The base library offers this annual contest April 18 to April 24. Poem themes must relate to "Vote 4 Books, Elect 2 Read" and must be a minimum of 30 words. Contest categories are grades 1 to 3, grades 4 to 6, grades 7 to 12 and adults. Registration starts April 18 and all entries must be received by 5 p.m. April 22.

Entries will be displayed for public voting April 23 to April 25. All entries must be typed or printed on a 8.5 x 11 inch sheet of white paper.

Do not write names on entries, as each

entry will be assigned a number. Each age category will have one winner. Call Ext. 2934.

**Adult and youth craft classes:** The skills development center offers classes for adults on Tuesdays and for youth on Wednesdays. A display of the craft projects are available in the center. Classes include but are not limited to making a bunny door decoration, using the jigsaw, making a mosaic clay pot and ribbon-woven pillow. Youth classes include making silver bunnies, a bunny box, a mosaic patio stone and a grass bug. Call Ext. 7836.

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

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

**Red Cross concert:** A fundraising gala featuring the Chuck Wagon Gang and the McAdams Quartet in concert is at 7 p.m. today at the Princess Theatre located at 5th Street South in downtown Columbus. Tickets are \$12.50 per person and may be purchased at the door or ordered in advance. To purchase tickets or for more information, call 328-5710.

**Barrel race:** The March Madness International Barrel Racing Association Super Show Barrel Race is today through Sunday at the Mississippi Horse Park. Hundreds of contestants from all over the Southeast will compete for a chance to win cash prizes. Racing starts Friday at 6 p.m., Saturday at 10:30 a.m. and Sunday at 9:30 a.m. Admission is free. For more information, call (662) 325-0508 or visit [www.ibramississippi.com](http://www.ibramississippi.com).

**Clean up:** The Franklin Academy spring clean up begins at 9 a.m. Saturday. Volunteers are asked to bring rakes, shovels, gloves and other cleaning material to help clean the

school campus and playground. For more information, call Michelle Robinson at 434-0310.

**Revival:** Piney Grove United Methodist Church holds a revival at 7 p.m. Sunday through Tuesday. Rev. Chris Young is the guest speaker. The church is located at 102 Fernbank Road, Steens, Miss. For more information, call 328-3207.

**MUW concert:** The Mississippi University for Women's MUWsic Fest is April 3 at the MUW campus. Gates open at 1 p.m. and the show starts at 2 p.m.

Two stages will feature the music of bands such as Galactic, 12 Stones, Friday Night Gigolos, Garrison Starr and others. Tickets are \$17.50 in advance and \$19.50 the day of the event.

Tickets may be purchased at Be-Bop Record Shop in Starkville, Miss., Bryan Records in Columbus and Ticket Alley in Tupelo, Miss. For more information, call 241-6974 or visit [www.muw.edu/muwsicfest](http://www.muw.edu/muwsicfest).

**Air show:** The "Wings Over Meridian" air show is April 17 and April 18 at Meridian Naval Air Station, Miss. Gates open at 9 a.m. to the public and admission is free. The show features the Navy's Blue Angels, the Black Daggers of the U.S. Army Special Operations Command Parachute Demonstration Team, the Pitts Specials Formation Aerobatic Team, the Air Force's Air Combat Command A-10 and P-51 Heritage Flight, and more. For more information and directions to the air show, visit [www.meridianairshow.com](http://www.meridianairshow.com).

**Weight management:** Take Off Pounds Sensibly meets from 5 to 6 p.m. Thursdays at the Lowndes County Volunteer Fire Station next to Antioch Baptist Church. These meetings are for people interested in learning how to lose weight and keep it off permanently. The first meeting is free to anyone who attends. For more information, call Bettye Leftis at 356-6625 or Marj Bryde at 329-2825.

For more event listings, visit [www.columbus-ms.org](http://www.columbus-ms.org).

# Warning: Exercise can be habit forming

Despite all the facts on the merits of exercise and activity, exercising regularly can be a difficult habit to maintain.

Physical activity is proven to be the single most important factor in successful weight maintenance.

Without exercise, weight loss progress may be agonizingly slow. Passing the annual fitness test is taxing at best without participation in regular aerobic exercise.

Finally, exercise helps lessen one's stress level and reduces the risk for many health problems such as high blood pressure and high cholesterol. So, why is making exercise a priority so difficult?

One of the most commonly cited reasons for lack of physical activity is the inability to find the time and motivation due to busy lifestyles. Among adults in the United States in 1997, 40 percent were found to be physically inactive.

One might say surely the military does a better job of keeping fit. It may be surprising to learn that the rate of inactivity in the military mirrors that of civilians. A recent study found that among Air Force members, 50 percent exercised less than three times a week. In fact, according to the same study, the Air Force exercised less than any of the other military services.

One possible reason for this inactivity could lie in the large number of military members in clerical or administrative positions.

But starting and maintaining a fitness routine is not impossible. There are many strategies to incorporate exercise into a part of one's day. Here are some tips for making exercise programs last:

- Find a work out partner, someone at a similar fitness with similar goals.

- Write down the goal and keep it in a readily visible spot like in a day planner, on a computer or desktop or on the fridge.

- Determine a set amount of time in which to reach that goal. Then plan a reward once that goal is met — for example, a new pair of workout shoes, a body massage, a movie or a new exercise outfit. For those who are trying to lose weight, rewards should probably not be food related. Otherwise budget and imagination are the only limits.

- Focus on the benefits of exercise — the feeling and the changes being made.

- Don't get bogged down if the results are slow in coming. Try to stay focused on the long term.

- Those who find it difficult to make exercise fit into their day can block it out in their calendars as if it were an important meeting to attend, and not let anything interfere with that "appointment."

- Start slowly. Don't risk getting injured. An injury will certainly slow progress toward one's goals, and that could be very discouraging.

- Those who have medical concerns or are taking any medications that might impact their heart rate or ability to



Airman 1st Class Boto Best

Adam Asleson and his wife, Cynthia, go for a ride in Capitol Village. They bike about three times a week, especially when the weather is warm.

exercise should consult a physician.

Trying a few of these tips could help make exercise a regular part of one's life.

Once exercise becomes a habit, it's hard to break — and that's a good thing!

For more information on starting and maintaining an exercise program, call the health and wellness center at Ext. 2772. (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 #: \_\_\_\_\_

\_\_\_\_\_

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](mailto:silverwings@columbus.af.mil).

## SHORTS

### Sports physical day

The 14th Medical Group is conducting sports physicals for school-aged children who are enrolled beneficiaries from 7:30 to 11:30 a.m. April 1 at the clinic. To schedule an appointment, call Ext. 2273 or (800) 982-4260.

### Ladies' beginners golf clinic

This four week course begins April 6 and meets at 11:30 a.m. every Tuesday for four weeks each week. The first class will cover the fundamentals of golf, week two is irons, week three is woods, and week four is chipping and putting. Cost is \$5 per week. Call Ext. 7932.

### Commanders' scramble

Each commander may invite up to three other couples from his or her squadron for this tournament April 7. Squadron bragging rights and a prize fund are at stake. Entry is \$5 plus greens fees. Shotgun goes off at 4 p.m. Call Ext. 7932.

### Thursday golf scramble

The first event of this weekly 9-hole scramble is at 4:45 p.m. April 8. Players must be registered by 4 p.m. at the golf course. Entry is \$5 plus greens fees. Call Ext. 7932.

### Masters pick golf tourney

Whispering Pines Golf Course hosts this stroke play event with handicap tournament April 10 and April 11.

Players must select a Professional Golf Association tour player by 9 a.m. April 10.

Entry is \$10 per player plus greens fees. The winner is determined by the net score and the pro's score for 36 holes. Call Ext. 7932.

### Cosmic no-tap bowling

This family fun event is from 7 to 10 p.m. April 16. Players use the extreme lighting system and music while bowling. Cost is \$10 per person. Register by 6:45 p.m. Call Ext. 2426.

### Easter fun run

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

### Sunday golf scramble

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

### Honorary commanders' tournament

Commanders are encouraged to invite their honorary commanders to play in this three-person tournament at 12:30 p.m. April 17. Entry is \$25 per player but does not include carts. Register by April 15 at the golf course. Call Ext. 7932.

### BLAZE sports day

A base-wide sports day event is at 12:30 p.m. April 21 at Freedom Park. Events include a 10K bike race, 5K combat

run, stretcher carry relay and fire truck pull, among others.

People can sign up through their unit sports representatives. For more information, call Ext. 3134 or 2316.

### Summer bowling leagues

The bowling center offers a sanctioned summer league starting in May. The cost is \$10 per night. The league is scheduled to begin May 17 and end Aug. 21. Call Ext. 2426.

### Family bowling

The bowling center offers family bowling all day Sundays and Wednesdays. Cost is \$1.50 per game with free shoe rental. Call Ext. 2426. Patrons are reminded that the center will be closed April 5 to April 8.

### Soccer coaches needed

The youth center needs soccer coaches for the spring season. Call Ext. 2504.