

Chapel gears up for Vacation Bible School June 7-11 Island adventure in store for children, volunteers

Airman 1st Class Boto Best
Public Affairs

The chapel's annual Vacation Bible School is from 9 a.m. to noon June 7 through June 11 at the chapel annex.

This year's theme is Lava Lava Island — Where Jesus' love flows.

"The Bible school gives both the volunteers and the children a firm foundation upon which to build their faith in Christ, said Joy Garrison, VBS director. "It also teaches them to share what they have learned."

Alex Brewster, 4, has attended VBS for the past two years at the chapel and is returning in June.

"I loved it because the songs were good," she said of last year's Bible school.

Her mother, Missy Brewster, is also a VBS volunteer who

describes the program as "top notch."

"For many children, it's the most positive experience they can have for their first interaction with faith," she said. "Every game, song and activity is geared toward everyday life. It shows that it's cool to talk about God."

The chapel staff has been getting ready for VBS since January. They have planned workshops, bought supplies, brainstormed ideas and decorated in anticipation of this year's event.

"We plan to have a great time singing, playing games, making and eating island treats... and mostly learning about Jesus in a fun and exciting island environment."

Volunteers are still needed to be crew leaders and nursery workers. An Air Force Instruction also allows five days permissive TDY for this event if approved by a supervisor. To register, volunteer or for more information, call Ext. 2500.



More than 180 children gather for snacks at last year's Vacation Bible School session. Courtesy photo

Memorial Day

May 31, 2004



More responsible than yesterday

The 14th Flying Training Wing congratulates the May enlisted promotees. Pictured are (from left to right, front to back): to airman: Maria Lambert, 50th Flying Training Squadron; Tess Kelley, 14th Comptroller Flight; to airman first class: Monica Aimua, 48th Flying Training Squadron; to senior airman: Ryan Lazenby, 14th Civil Engineer Squadron; to airman first class: Justin Gruner, 14th Operations Support Squadron; to senior airman: Jon-Michael Bridgeman, 14th Mission Support Group; to senior master sergeant: Antonio Alston, 14th Security Forces Squadron. Not pictured are:
To technical sergeant:
Barry Carruth, 14th Mission Support Squadron
Winston Hayes, 14th MSS
To staff sergeant:
Kerri Clapsadle, 14th Medical Operations Squadron
To senior airman:
Tonya Crenshaw, 48th FTS
Curtis Brown, 14th MDSS
Sandra Labiche, 48th FTS
To airman first class:
Brian Marlett, 14th MDOS
To airman:
Arlen Martin, 14th MDOS

VBS bus schedule

- 8:20 a.m. Magnolia Village
- 8:25 a.m. State Village
- 8:30 a.m. Capital Village Stop 1
- 8:35 a.m. Capital Village Stop 2
- 8:40 a.m. Capital Village Stop 3
- 8:45 a.m. Youth Center
- 8:50 a.m. Chapel

Children will be dropped off between noon and 12:30 p.m. at the same bus stop they boarded in the morning, unless parents send a note to the driver that morning.

Ages four and younger are not allowed to ride the bus unless accompanied by a sibling 10 years old or older. For more information, call Joy Garrison at Ext. 2500.



NEWS BRIEFS

Squadron safety briefings

There will be a four-hour safety stand down today for safety briefings at the squadron level. For more information, call Ext. 2518.

Blood drive

The 14th Medical Group, in partnership with the American Red Cross Society, is conducting a blood drive from 8 a.m. to 4 p.m. today at the chapel annex. The drive falls on a three-day weekend, enabling student pilots to donate as well. For more information, call 1st Lt. Daryl White at Ext. 2123.

MPF customer service notice

Starting Tuesday, military personnel in uniform will have priority at the Military Personnel Flight customer service desk from 8:30 to 10 a.m.. For more information, call Ext. 2626.

Memorial Day ceremony

All BLAZE TEAM members are invited to attend a Memorial Day ceremony 4 p.m. today at Ceremonial Plaza. The names of two former Columbus AFB student pilots who died while performing aviation duties will be added to Memorial Wall. The ceremony features an honor guard flag folding presentation and 21-gun salute, and will close with a T-38 missing man formation flyover.

Dress code is uniform of the day for military personnel and business attire for civilians. Refreshments are served at Harpe Theatre following the ceremony. For more information, call 1st Lt. Timothy Norman at Ext. 1506.

Enlisted call

An enlisted call for senior NCOs at 3 p.m. June 4 at Phillips Auditorium. For more information, contact a first sergeant.

DEFY volunteers needed

The Drug Education for Youth program still has 15 slots available for ages 9 through 12. Dependents of active-duty, retired, civil service and contractors are eligible to apply. The program is free and provides participants with all supplies needed. For more information, call Maj. Nina Perino at Ext. 2235.

Starblazers

The 14th Flying Training Wing legal office congratulates **Airman 1st Class Jesus Espinoza Ogarcia** and **Emily Marie Johnson** for winning first place in the 2004 Law Day essay contest. The winners received a \$250 savings bond, an official Judge Advocate General School coin and lunch at the Columbus Club.

The contest was held to celebrate the 50th anniversary of the U.S. Supreme Court's decision in the *Brown vs. Board of Education* case. The court ruled that segregation in schools was unconstitutional.

Former CAFB IP killed in F-16 crash

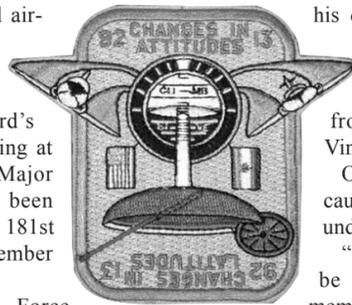
A former Columbus AFB instructor pilot was killed and another pilot injured when two F-16CJ Fighting Falcons collided during a training mission over the Indiana and Illinois border May 17.

Maj. William Burchett of Arlington, Tenn., graduated from Specialized Undergraduate Pilot Training here with class 92-13 (August 1992). He received the Air Education and Training Command commander's trophy and the Academic Excellence Award. He was also a distinguished graduate. After graduation, he served as a first assignment instructor pilot here in the T-37 Tweet.

The pilots and aircraft were assigned to the Indiana Air National Guard's 181st Fighter Wing at Terre Haute. Major Burchett had been assigned to the 181st FW since September 2000.

An Air Force Academy graduate, Major Burchett had more than 2,300 hours of flying time in F-16, F-4 Phantom and T-38 Talon aircraft.

Maj. Thomas Sims of Indianapolis, Ind., was injured and ejected from



his disabled aircraft following the collision. He was treated and released from a hospital in Vincennes, Ind.

Officials said the cause of the accident is under investigation.

"Major Burchett will be honored on our memorial wall in ceremonial plaza in 2005," said Connie Lisowski, base historian. "The wall recognizes former Columbus AFB SUPT graduates who have died while serving their country." (Courtesy of Air Force Print News)

Int'l student pilots need sponsors

The International Liaison Office at Columbus AFB seeks families or individuals willing to sponsor foreign officers attending pilot training here under the Security Assistance Training Program.

"The SATP was established to improve international relations and to promote a better understanding of the United States, its people, political system and way of life," said Maj. Bill Hendrickson, 14th Operations Group international liaison officer.

"The program also builds rapport with the armed forces of foreign countries, which is very important in the success of coalition operations and peace keeping missions."

SATP students are here to attend undergraduate pilot training.

"When these students return to their respective countries, they will have a lasting influence on relations with the United States," Major Hendrickson said.

The base currently has students from 20 different countries around the world.

"Sponsors are very helpful in making the students feel welcome here and in creating a favorable impression of our country," Major Hendrickson said.

Sponsors are asked to take an interest in the international student and to occasionally invite them to activities that acquaint them with American culture and our way of life. Such activities might include dinner at home, a movie or an outing in the local area.

For more information or to sponsor an international student, call Major Hendrickson at Ext. 7210. (Courtesy of the 14th Operations Group)



Airman Cecilia Rodriguez

Canned food drive

First Lt. Chandra Peek, 14th Flying Training Wing, picks up a box of items donated to the Mark Mitchell Children's Shelter from the wing headquarters building. The Company Grade Officer Council collected more than 6,200 items from the base.

Hometown news releases

Getting promoted? Airman of the quarter? The public affairs office can send a news release to your hometown newspaper. Stop by with your official photo and fill out a form. For more information, call public affairs at Ext. 7068.

Command post informs base residents of heat level

Airman Cecilia Rodriguez Public Affairs

The base community need not be alarmed by unfamiliar Giant Voice warnings this warm-weather season — Columbus AFB is not under attack.

Starting Wednesday, the 14th Flying Training Wing Command Post will announce Wet Bulb Globe Temperatures over the Giant Voice system in order to alert personnel involved in unit and individual physical training to conditions conducive to heat stress and heat exhaustion.

"The Wet Bulb Globe Temperature Index is a combination of temperature measurements that factor dry air temperature, air movement, relative humidity and radiant heating," said Capt. Kendra Gomez, bioenvironmental engineering element chief. "The WBGT is taken yearly starting on May 1 and is measured daily, excluding weekends, through October 1 — the hottest time of the year."

Bioenvironmental engineering conducts WBGT measurements every hour throughout the day. The first measurement of each day is reported to the command post, fitness center, child development center and fire department. The command post then notifies the rest of the base. Bioenvironmental engineering takes all succeeding measurements on the hour, and if conditions change, the notification process is repeated.

The command post will announce, "This is the command post with a heat index notification. The Wet Bulb Globe temperature is (temperature), (green, yellow, red or black) flag."

"The WBGT index is one heat stress disorder prevention technique," Captain Gomez said. "It's the simplest and most suitable technique to measure environmental factors that most nearly correlate with deep body temperatures and other physiological responses to heat."

The colored flags correlate with different acceptable outdoor work loads, and activity on and off duty should

| | | EASY | | MODERATE | | HARD | |
|--------------------|------------------------|---------------------|-----------------------|---------------------|-----------------------|---------------------|-----------------------|
| Heat Category | Temperature range WBGT | Work/rest intervals | Water intake quart/hr | Work/rest intervals | Water intake quart/hr | Work/rest intervals | Water intake quart/hr |
| White Flag | 78-81.9 | No limit | 1/2 | No limit | 3/4 | 40/20 min | 3/4 |
| Green Flag | 82-84.9 | No limit | 1/2 | 50/10 min | 3/4 | 30/30 min | 1 |
| Yellow Flag | 85-87.9 | No limit | 3/4 | 40/20 min | 3/4 | 30/30 min | 1 |
| Red Flag | 88-89.9 | No limit | 3/4 | 30/30 min | 3/4 | 20/40 min | 1 |
| Black Flag | >90 | No limit | 1 | 20/40 min | 1 | 10/50 min | 1 |

be tailored according to the WBGT index.

Air Education and Training Command Instruction 48-101, Prevention of Heat Stress Disorders, describes the various WBGT index warnings and actions to take.

Work loads are classified as easy, moderate or hard. Easy work loads include activities such as automobile repair and carpentry, or any activity requiring a person to carry up to 25 pounds on a flat surface.

Examples of moderate work loads include gardening, using a power mower, washing cars and windows or vigorously walking a dog.

Hand-mowing the lawn and activities requiring a person to lift 75 pounds or more are classified as hard work loads. Strenuous exercise, such as running or tennis, is also included.

"Sweating profusely in response to vigorous work in a heat-stress environment causes loss of electrolytes, which can lead to muscle cramps and eventually heat stroke," said Maj. Perino, health and wellness center

chief. "[Electrolytes] can easily be replaced through the use of a sports drink." Plenty of water is also suggested whenever working outside in the heat.

Other tips for preventing heat stressors include:

❑ Wear loose-fitting clothing if possible, especially at the neck and wrist to allow air circulation

❑ When exposed to the sun's rays, cover yourself and apply a sun-blocking lotion to prevent sunburn.

❑ Modify work schedules, if possible, to perform the heaviest work in the coolest parts of the day. Establish work/rest cycles when applicable.

❑ Remember to gradually acclimatize when arriving at a new location. People most likely to be affected by the heat are those who have just arrived from cooler regions. Full acclimatization occurs through progressive degrees of heat exposure and physical exertion.

For questions regarding recommended levels of activity or for more information about the WBGT index, call bioenvironmental engineering at Ext. 2284.

Asian-Pacific Heritage Month Spotlight

"Ua Mau Ke Ea O Ka A'ina I Ka Pono." That is Hawaiian for "the life of the land is perpetuated in righteousness."

I was born and raised on the island of O'ahu, the home of Honolulu, Hawai'i. Busy island, tourist attraction, beautiful atmosphere and friendly people. My favorite foods are Lau Lau, Kalua Pig, Lomi Lomi Salmon, Poi and of course rice.

I grew up without knowing some parts of my heritage that I wish I knew. For example, the language spoken

— I know the basics but again wish I knew more. Now I'm here at Columbus AFB as a personnelist in the United States Air Force.

Asian-Pacific Heritage Month helps me to remind myself of who I really am, where I came from and what I am a part of. I am a part of a unique culture that has a rich history. It also helps me to interact with others. Everyone is different, but their unique qualities help build a team. Teamwork is what really counts, especially in the military.



Airman 1st Class Breana Palaruan-Jones
O'ahu, Hawaii

Mission Report

As of Wednesday

T-1A Goal: 1440.0 hrs. Flown: 1530.7 hrs. **T-37** Goal: 1965 Flown: 1647 **T-38C** Goal: 933 Flown: 798

Flying hours: Tuesday: 6 a.m.-7:30 p.m.; Wednesday to Thursday: 6 a.m.-7:45 p.m.; June 4: 6 a.m.-7:30 p.m.

Commander calls for fatality free Operation Safe Summer

Col. Stephen Wilson
14th Flying Training Wing



We kick off our annual “101 Critical Days of Summer” safety campaign today. Although Columbus AFB along with the entire Air Force maintain a strong safety posture throughout the year, the summer months’ increased sporting and recreational activities pose extra risks to our people.

It’s a fact of life that these fun activities have certain inherent risks associated with them, but it’s also important to remember that risk can be managed and minimized by pre-activity planning and simple common sense.

We can go a long way in reducing our summer mishaps if we take a moment to stop and think about the hazards associated with our endeavors and then map out a plan for reducing them. Indeed, some risk must be accepted during our activities — in fact, it often creates the spark of adrenaline that makes a particular sport fun. The key is to accept no unnecessary risk.

The 101 Critical Days of Summer campaign has paid great dividends in past years, saving untold lives and reducing injuries across the spectrum of activities. Prior to last year, the Air Force was showing steady improvement in mishap reduction. However, last year the Air Force lost 81 folks, which is 81 too many!

Thirty-six of these fatalities occurred during the 101 days of summer. Thirty-two of these deaths were from motor vehicle mishaps — several of which were the result of not doing the simplest thing to improve their chances of survival, like wearing seat belts. Fifteen of these fatalities were motorcyclists with one being attributed to alcohol. Of the final fatalities, three members died in recreational activities and one was killed while on duty.

At Columbus, our wing had two reportable Class “C” mishaps in FY 2003 with no fatalities! Although these numbers are low, there’s always room for improvement.

Beating the mishap odds starts with a positive safety attitude. Each one of you needs to consider the aspects of personal risk management. Watch out for yourself by running the “what-if” scenarios of risk management and being able to answer the final question: Does the outcome out-weigh the risk? I charge each of you to be a consummate risk manager this summer. The statistics above

clearly point to three simple risk reduction measures we all should apply in our daily lives.

First, buckle-up. Several of the fatalities mentioned above would have been avoided by wearing seatbelts. Second, wear a helmet when riding your bike — whether it’s a bike with pedals or the 4-cylinder variety. Finally, don’t drink and drive. This is a tragic lesson that I guarantee you will not want to learn first hand. Safety is not an additional duty; it’s everyone’s responsibility! Commanders, unit safety representatives, supervisors and you ... together we form a very impressive team dedicated to the mission.

Commanders and first sergeants shouldn’t forget the value of unit pre-departure safety briefings that remind our people about dangerous activities, risk avoidance and safe vacation planning. Let’s all take an interest in the welfare of our Columbus residents. Search out and fix potential hazards before someone gets hurt, especially around our playgrounds and ball fields. For assistance, contact your unit safety office or call the wing safety office at Ext. 2519.

The bottom line is that I cannot afford to lose you or any member of your family to an accident. With involvement at all levels, this will be the safest summer ever. Take care and be safe, you owe it to yourself, your family and your country!

fitness center does not allow room for this type of activity; therefore we increased the size and capacity of the CDC. The CDC has drop-in service available Monday through Friday for all age groups. In the near term, we have a project awaiting Air Education and Training Command Headquarters funding to expand the fitness center with increased locker room space and a large stretching area to accommodate the Air Force-directed Fit-to-Fight requirements. Within this project, we will review the possibility of creating this type of area after we meet increased Fit-to-Fight needs.

Col. Stephen Wilson
14th Flying Training Wing commander

Children’s area in fitness center

Question: I have been to other bases that have a play room for small children. It’s normally set up in a racquetball court, and there are stairclimbers, treadmills and other workout machines just outside so parents can exercise and still watch their children. It’s a great way to exercise in a short amount of time without having to check in and out of the child development center. Would this be possible as part of the fitness center improvements?

Answer: Thanks for the opportunity to address this long-standing concern for parents on base. The current size of our

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. 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.

SILVER WINGS

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

724, Columbus AFB, Miss., phone 434-7069, or e-mailed to silverwings@columbus.af.mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

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14th FTW commander

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Chief, Public Affairs

Lt. Col. Rick Johnson

Editors

Airman 1st Class Boto Best

Airman Cecilia Rodriguez

Key phone numbers

| | |
|----------------------------------|----------|
| Base Exchange..... | 434-6013 |
| Chaplain..... | 434-2500 |
| Civil Engineer Service Desk..... | 434-2856 |
| Civilian Personnel..... | 434-2635 |
| Clinic: | |
| Family Practice..... | 434-2172 |
| Appointment Desk..... | 434-2273 |
| After Hours Care..... | 434-2273 |
| Columbus Club..... | 434-2489 |
| Commissary..... | 434-7106 |
| Finance..... | 434-2706 |
| Housing Maintenance..... | 434-7370 |
| Inspector General..... | 434-2927 |
| Legal Office..... | 434-7030 |
| Military Equal Opportunity..... | 434-2546 |
| Security Forces..... | 434-7129 |
| Shoppette..... | 434-6026 |

Secretary, chief of staff send Memorial Day message

(Editor’s note: The following is a Memorial Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper.)

This Memorial Day beckons us once again to remember and reflect on the selfless sacrifices of the members of America’s armed forces.

While stories abound on the origins of the Memorial Day observance, one aspect remains abundantly clear - since it was first proclaimed officially in May 1868, Americans continue to enthusiastically honor the enormous sacrifices of all the service men and women who have paid the ultimate price for freedom, as well as thanking those who serve today.

As the war on terror continues, our thoughts and

prayers continue to be with our Airmen and their families. This year, we are more thankful than ever for your noble service, around the world and at home stations. America is forever indebted to you and your families for your commitment to the high calling of defending our nation.

We encourage you to join us Monday at 3 p.m. local time to observe the National Moment of Remembrance as America honors those who have served so honorably and bravely as uniformed members of the armed forces. A White House resolution in 2000

designated the National Moment of Remembrance as an opportunity for all Americans to commemorate the true meaning of Memorial Day by observing one minute of silence, driving with their headlights on or participating in another appropriate activity honoring our fallen veterans.

We thank you for what you do every day for America and America’s Air Force.

You and your families are among our nation’s greatest treasures, and we are honored to serve with you.

May God bless you and your service, and may God continue to bless America.



America memorializes those who have fought, died for our country

(Editor’s note: The following is a Memorial Day message from Chief Master Sgt. of the Air Force Gerald Murray.)

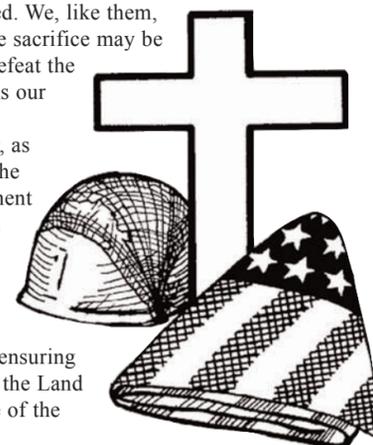
In our nation’s capital, we memorialize American patriots who have fought and died for our country throughout history — the Korean War Memorial, the Vietnam Wall, Arlington National Cemetery, and the newest addition, the National World War II Memorial, which will be dedicated on our National Mall on Saturday.

In small towns and big cities around our nation this Memorial Day, Americans will gather around flagpoles and in cemeteries to remember the bravery of their neighbors, friends and family members who have laid down their lives so that we may continue to fly the flag of freedom.

Our generation of Soldiers, Sailors, Marines, Coast Guardsmen and Airmen shares a bond with warriors of generations past.

We, like them, understand in a personal way the unfortunate truth that there are times when blood must be spilled in order for peace to be secured. We, like them, know that the ultimate sacrifice may be required in order to defeat the darkness that threatens our way of life.

This Memorial Day, as America remembers the courage and commitment of heroes who died in service to our nation, we owe it to each of them to continue the fight for which they gave their lives, thus ensuring that America remains the Land of the Free and Home of the Brave.



‘Greatest generation’ has stories to tell

Senior Master Sgt. Rick Burnham
Air Force Print News

WASHINGTON — It turns out that the new digital recorder I bought my dad for his 80th birthday to record his memories of World War II for his grandchildren and their grandchildren just won’t do. The buttons are a bit too small for his fading eyesight, and he is somewhat technology-challenged as well. So I push the buttons for him, and I am amazed at the stories he tells.

Those blues eyes were clear and crisp back then, back when he made the switch from 17-year-old farm boy to Sailor at the request of a nation at war. He could run like the wind and was strong as a bull, attributes he would need to help fight the Nazi war machine that threatened the free world. He left on a troop train for New York City, and by the time he returned, he had crawled across the beaches of both southern France and northern Africa.

He laughs at thoughts of himself and his fellow Sailors sprawled across the deck of their ship, bitterly seasick only days after leaving New York. And his voice grows quiet as he speaks of the view his Normandy foxhole gave him of a burning Allied ship that sank less than two miles off the coast.

He broke formation on a 30-mile hike through the French countryside, and later got chewed out by the officer in charge for doing so. But he did it anyway, collecting francs from his buddies as he left the group.

When he caught up with them, carrying as much bread as he could carry from a local bakery, everyone got a piece, including the officer, who stopped yelling long enough to eat half of Dad’s last loaf.

When he returned to north Florida, it was only for a couple of weeks. It seems that help was needed on a different front, so he packed his bags and headed

for the Orient. This trip included a stop in Hawaii, and another in Okinawa, where fragments from a Japanese grenade ripped through his left forearm. He could have used that arm while rescuing a comrade who was injured in the same attack, but the arm was rendered useless. He got that buddy back to camp anyway, dragging him for more than an hour.

When he got home again it was for good, his U.S. Navy days behind him. Still, he was wearing his dress uniform when he walked 10 miles to greet the lady who would become his wife and my mother. My aunt still remembers seeing him walking up the road in that white uniform.

I ask him about his Purple Heart for the grenade wound, and he says he never got one, that to the best of his knowledge his superiors never put him in for one. Like many of his time who served, I suppose that service to his country was enough for him. He is intensely proud of that service, and he is equally proud of mine, never missing a chance to let me know it. I still remember the smile on his face when I took him to the Pentagon in 2002.

He dates himself when he calls me “flyboy” instead of “Airman,” and speaks of P-51s flying overhead, and of seeing Gen. George Patton on the beaches of southern France. Such images remind me constantly of his age, and that 1,100 or so of his buddies are dying each and every day. So I push the buttons on the recorder again, and tell him to keep talking.

My dad wants to visit the Pentagon again — one last time, he says — and I intend to see to it that he can. He doesn’t know it yet, but he is also going to the official dedication of the new World War II Memorial while he is in our nation’s capital. I want him to see the monument they have erected to recognize our “Greatest Generation,” a label that I feel fits them to a T.

Memorial Day Ceremony

All BLAZE TEAM members are invited to attend a Memorial Day Retreat Ceremony honoring our Nation’s fallen heroes at 4 p.m. today at Ceremonial Plaza. The names of two Airmen will be unveiled on Memorial Wall in front of the wing headquarters building.

A taste of culture

CAFB celebrates Asian-Pacific Heritage Month



Photos by Tech. Sgt. Jim Moser

Arcraea Reid, 17, Jimmieka Acosta, 6, and Marilyn Orange demonstrate a traditional hula dance.



Cristina Mercer performs a pandanggo sa ilaw, a traditional Philippine dance, during the Asian-Pacific Heritage dance demonstration in the lobby of the base exchange Saturday.



Hungry exchange patrons line up to sample cuisine at the Asian-Pacific food tasting event.

AT THE CHAPEL

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

Protestant
Sunday:
 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 base theater.

Today
"Hellboy" (PG-13, sci-fi action violence and frightening images, 122 min.)

Starring: Ron Perlman and John Hurt.

Saturday
"Walking Tall" (PG-13, sequences of intense violence, sexual content, drug material and language, 85 min.)

Starring: Dwayne "The Rock" Johnson and Johnny Knoxville.

June 4
"Johnson Family Vacation" (PG-13, sexual references, crude humor and brief drug material, 97 min.)

Starring: Cedric the Entertainer and Vanessa Williams.

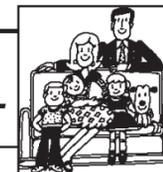
For more information about movies, visit www.cafbgrapevine.com.

CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories. For more information, call public affairs at Ext. 7068.

Weekdays
 9 a.m., noon and 2 p.m.
Air Force Television News

FAMILY SUPPORT



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

Job skill marketing: A workshop about identification and marketing of job skills is from 10 to 11 a.m. Wednesday.

Heart Link: The next Heart Link spouse orientation is from 8:45 a.m. to 12:30 p.m. June 7. The event is for spouses new to the military or Columbus AFB. The meeting gives spouses a chance to meet other spouses and information about protocol, finance, benefits and base agencies.

Financial management workshop: A workshop about personal financial management for grades E-4 and below is from 10 to 11:30 a.m. June 9. Various aspects of money management, control, savings and investment are discussed.

Money and Moving: A workshop with information on financially preparing for a move is from 11 a.m. to noon June 15. A relocation countdown checklist is discussed, and a brown bag lunch is provided.

Smooth Move for Kids: A workshop designed to help children deal with the stress of relocating and leaving family and friends is from 9:30 to 11:30 a.m. June 16.

Time management workshop: This workshop is from 1 to 3 p.m. Participants learn how to evaluate time, break large projects into smaller ones and set priorities to meet overall goals. Relaxation techniques are also discussed.

Medical workshop: The family support center is compiling a list of interested participants for a medical workshop about medical transcription and terminology. Prerequisites apply to attend a medical transcriptionist workshop.

Relocation assistance: Those relocating or making a permanent change of station can stop by the family support center for information about new bases, checklists to make moving easier and suggestions for traveling with children.

BASE NOTES



Education center announcements: Summer registration for the Mississippi University for Women is from 11 a.m. to 2 p.m. today and July 6 at the base education center. For more information, call the education center at Ext. 2563.

Vacation Bible School: Lava Lava Island – Where Jesus' love flows is from 9 a.m. to noon June 7 through June 11. An Air Force Instruction exists that allows five days permissive TDY for this event if approved by a supervisor. For more information or to volunteer, call Joy Garrison at Ext. 2500.

COSC reception: The Columbus Officers' Spouses' Club hosts a reception to welcome Nancy Wilson, the new honorary president, from 10 to 11 a.m. Thursday in

the Happy Lounge at the Columbus Club. For more information, call 434-6866.

Thrift Shop: The Thrift Shop, located at Building 345, C Street, is open from 3:30 to 6:30 p.m. Tuesdays during June only. Consignments are taken until one hour before closing, and volunteers are always welcome. For more information, call Ext. 2954.

Change of command: A change-of-command ceremony for the 14th Civil Engineer Squadron is at 9 a.m. June 10 at Ceremonial Plaza in front of the wing headquarters building. Lt. Col. Joseph Lacatus will relinquish command to Maj. Timothy Wood, arriving from Royal Air Force Mildenhall, England.

DEFY graduation: Participants of the 2003-2004 Drug Education For Youth Camp graduate at 6 p.m. June 7 at the Columbus Club. DEFY is a program that teaches children how to protect themselves from drugs, alcohol, violence and gangs. For more information about the program, call Maj. Nina Perino at Ext. 2235.



Courtesy photo

Splish splash

Children enjoy the new water spray ground at DeWayne Hayes Recreation Area. The zero-depth, fully automated water spray play area includes a 50-foot by 50-foot play area, water fixtures that spray at unexpected intervals, and equipment that collects, treats and recycles the water. For more information about the facility, call the DeWayne Hayes outdoor recreation office at 434-6808.

Calling all water sports enthusiasts: Kayaks, jet skis, canoes, available at Outdoor Recreation

Pam Warnken
14th Services Division

Water adventures are one option for cooling off in the summer heat, and Outdoor Recreation outfits water sports addicts with the gear and advice to jump start a hot Southern weekend.

One of Outdoor Recreation's biggest attractions is that it stocks the sporting equipment needed to get anyone off the base quickly on a Friday afternoon for weekend rest and relaxation after a hard week's work.

"They can pick up a kayak or a jet ski — have a blast over the weekend and get back to business by sunrise Monday morning," says Joe Caldiero, Outdoor Recreation manager.

"If they have no time to arrange the trip themselves, we can even do all the leg work for them," he said.

That includes reserving the canoes, arranging lunch on the water, booking a river guide who knows what he's doing and transporting them to and from the Luxapalila River, a wild and challenging waterway near the base that few even know about.

"We set up that 'Lux' daytrip for only \$15 per person," Mr. Caldiero said. "They can elect to set up the trip and go independently, but the guided trip is the no-hassle way to go."

River guide George Beavers loves the Luxapalila River, and knows this woody river like the back of his hand. Airman 1st Class Amber Ashy, 14th Civil Engineer Squadron readiness flight, said she didn't know what to expect of the Luxapalila as she trekked to the water's edge with her canoe on an Outdoor Recreation trip; but she said Mr. Beavers was a knowledgeable and highly entertaining guide.

"We turned the thing over several times and got soaking wet, but it was a lot of fun," she said.

A little further away, but easily doable for weekends are white-water rafting trips arranged by Outdoor Recreation. "We arrive at the Ocoee River near Chattanooga, Tenn., in about four hours," Mr. Caldiero said. Outdoor Recreation works with an outfitter there to set everything up for the group. The whole weekend is \$99 per person, including rustic air-conditioned bunk cabins and all the food — ribeye steak dinners, full breakfasts and tasty lunches.

"We've even had SUPT classes and squadrons book this trip for a group adventure and they love it," he said. The trip takes up to 32 people, and the next one is scheduled for Memorial Day weekend.

For adventures on the Tennessee-Tombigbee Waterway right next to the base, Outdoor Recreation offers everything from

pedal kayaks to pontoon boats that will hold 10 people. "We have two new boats — two hurricane deck boats for 12 people and two turbo-charged Seadoo jet skis," he said.

Since some of the water gear is high speed, safety is paramount, Mr. Caldiero said. Training and issuance of boater safety cards is done on site at Outdoor Recreation or on the river.

For the tamer swimming pool crowd, the base pool opens today and will be open seven days a week from 11 a.m. to 7 p.m. Family pool passes are the best deal, Mr. Caldiero said, and club members get exceptional discounts. "Membership really does have its privileges."

Pool pass prices have been dramatically reduced. They are good today through July 31. From Aug. 1 through Labor Day weekend, all eligible users may use the pool at no charge, compliments of the recycling center.

One pool activity that many have been requesting for years is water aerobics. It will happen this year. Five sessions will be offered per week on Tuesday, Thursday and Saturdays at \$1 per class, and participants can pay at the door. All other normal pool activities — swimming lessons, pool parties, youth day camps and special kiddie pool hours — will keep the pool on the front burner throughout the hot Mississippi



Staff Sgt. Kyle Ford
Airman 1st Class Amber Ashy, 14th Civil Engineer Squadron, paddles down the Luxapalila River in East Columbus.

summer, Mr. Caldiero said.

This year's newest pool program is an adults-only moonlight swim for ages 18 and up every Tuesday night from 8 to 11 p.m. "We found that people wanted a more relaxing environment without the noise of youngsters and the daytime heat."

Poolside concessions will be available for these moonlight swims.

For more information, to sign up for scheduled trips or to rent jet skis and boats, visit Outdoor Recreation or call Ext. 2505.

Church barbecue: Bartahatchie Baptist Church youth group is selling Boston Butts and barbecue plates Saturday at the church, located on Wolfe Road six miles outside of Caledonia. Butts are \$20 each and plates are \$5 each. For more information, call Brenda Spotts at 356-4498 or Carla Blair at 257-0924.

Blue Grass concert: The public is invited to attend a blue-grass concert starting at 10 a.m. Saturday on the banks of the Tenn-Tom Waterway in Aberdeen, Miss. Admission is free, but contributions are accepted. The event features artists like the Tennessee Gentlemen, Southern Gentlemen, Steel Faith, Bush River Band, Ryan Holladay and Ben Hall. For more information, call the Aberdeen Visitors Bureau at (800) 634-3538 or visit www.aberdeen.ms.org.

Memorial Day ceremony: All are invited to attend a Memorial Day ceremony at 6 p.m. Monday at the Sally Kate Winters Park behind West Point City Hall in downtown West Point. The ceremony features the Table of Honor by the honor guard, patriotic music and a next-of-kin flag presentation. People are encouraged to bring lawn chairs and blan-

kets. In case of inclement weather, the event will be held at First Presbyterian Church EPC at East and Broad Streets. For more information, call 494-5121.

Free Memorial Day entrees: Servicemembers (including firemen, policemen, armed forces personnel and veterans) can receive one free entree at the Grill or Harveys or a free salad, sandwich or wrap at Sweet Peppers Deli, Sweet Peppers Express or the Bull Dog Deli Memorial Day.

This offer is only valid Memorial Day, and is limited to one per customer with no purchase necessary. Servicemembers must be in uniform to take advantage of this offer.

Bus Stop: The Columbus Community Theatre present *Bus Stop* at 7:30 p.m. Tuesday, Wednesday, Thursday and Saturday at the Princess Theatre in downtown Columbus. *Bus Stop* is a light adult comedy performed by a troupe of local talent. The play takes place in a small town diner where a group of travelers are stranded due to a snow storm.

Once performed as a movie starring Marilyn Monroe, the play provides plenty of comedy and action. Tickets can be

purchased at the door. Price is \$8 for adults and \$5 for seniors, students and military personnel. For more information, call 328-2787.

Air show: Maxwell AFB in Montgomery, Ala., is hosting a two-day air show from 9 a.m. to 5 p.m. June 5 through June 6. Opening ceremonies begin at 11 a.m. each day.

The public is invited to attend this event commemorating the 60th anniversary of the invasion of Normandy, France, in 1944. For more information, visit www.maxwell.af.mil/air-show.

Gardening southern style: All are invited to tour six of Aberdeen's gardens with lunch following at First United Methodist Church from 9 a.m. to 1 p.m. June 5.

A gardening seminar entitled "Tough as nails flowers of the South" and book signing follow at 1 p.m. with Norman Winter, Mississippi State University Extension Horticulturalist. Tickets are \$15 and space is limited. For more information, call the Aberdeen Visitors Bureau at (800) 634-3538.

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

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets

Print advertisement: _____

Name: _____

Home Telephone #: _____ Duty Telephone #: _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes No
What would you like to see more of in the newspaper? News Sports Photos
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.



Pam Wickham

Bowl for the stars and strikes

Jim Campbell, bowling center manager, organizes t-shirts for the Air Force-wide Bowl for the Stars and Strikes competition, which begins Tuesday. The event offers participants the chance to win prizes, including a \$500 cash grand prize or Viz-A-Ball bowling ball. Call Ext. 2426.

SNAPSHOTS

Holiday hours: The following Services activities will be open Monday: bowling center from 11 a.m. to 8 p.m., Cardinal Inn Dining Facility from 9:30 a.m. to noon and 5 to 7 p.m., fitness center from 10 a.m. to 6 p.m., golf course from 7 a.m. to dusk, Magnolia Inn open 24 hours a day and Independence Pool from 11 a.m. to 7 p.m. All other Services activities are closed.

Membership night and pool party: The Columbus Club offers free food, beverages and a pool party for all club members and their families June 4. Doors open at 5 p.m. Club members must be present to win door prizes. Call Ext. 2490.

All ranks Sunday brunch: The Columbus Club offers an all-ranks brunch from 10:30 a.m. to 1:30 p.m. June 6. Cost is \$8.95 for members and \$10.95 for nonmembers. Call Ext. 2490.

Free youth trips: The youth center offers several

trips in June for all base youth. Destinations include Mud Island in Memphis, Tenn., June 6; the buffalo park in Tupelo, Miss., June 14; the underground caverns in Childburg, Ala., June 18; and the Hands-on Museum in Tuscaloosa, Ala., June 29. All youth under the age of 12 must be accompanied by an adult or sibling for all trips. For registration deadlines and more information, call Ext. 2504.

Disney World trip: The Information, Ticket and Travel office offers a family trip to Orlando, Fla., June 7 to June 11. Cost is \$390 for two, \$483 for three and \$580 for four. Cost includes transportation and lodging at the LaQuinta Inn. Tickets for Disney World and Universal are \$48 per person. Call Ext. 7861.

Geysers Falls Water Park trip: The ITT office offers this trip June 12. Cost is \$28 per person and includes transportation and ticket to the park. The bus leaves at 9 a.m. Call Ext. 7861.

14 FTW wing staff agencies blaze fitness trail

Airman Cecilia Rodriguez
Public Affairs

The 14th Flying Training Wing wing staff agencies have made an innovative addition to their unit workout.

Every first and third Thursday of the month, the Airmen gather at the fitness and sports center gym for a 30-minute high-impact circuit training session.

"Circuit training is a workout that consists of aerobic and anaerobic components," said Robert Pagenkopf, health and wellness center exercise physiologist. "Various stations are set-up with the participants rotating through fitness specific exercises."

Wing staff agency participants complete three one-minute stations followed by one minute of intense cardio activity, such as jumping jacks or laps around the gym.

Stations include free weights, steps, jump ropes, yoga balls and resistance

bands in an effort to target legs, arms and various core muscle groups.

"Physical training leaders learn how to conduct circuit training as part of their PT leader appointment training at the health and wellness center because circuit training is so beneficial," Mr. Pagenkopf said.

"An individual can incorporate both aspects of strength and aerobic in 30 minutes. This type of training is great for improving one's fitness level."

Wing staff agencies alternate the circuit workouts with cardiovascular conditioning; with an ultimate goal of completing a three-mile group run.

"I was skeptical about circuit training at first, but it's actually an incredible workout," said Lt. Col. Mike Stahr, 14th Flying Training Wing Director of Staff. "I've noticed a drastic improvement in my own fitness level and that of the unit as a whole."

For more information about establishing workout routines, contact the health and wellness center at Ext. 2908.



Tech. Sgt. Jim Moser

Stephen Wilson, 14th Flying Training Wing commander, and Camille McClure, 14th FTW Comptroller Flight, work their tricep muscles during a circuit training session.



Airman Cecilia Rodriguez

Chipping away

Jason Clark, 14th Contracting Squadron, takes a practice swing before making his chip shot to the green. Golf and other intramural sport standings are available at www.cafbservices.com/fitness/leagues.html.



Softball standings

| Teams | Wins | Losses |
|-----------|------|--------|
| CES #1 | 5 | 1 |
| COM | 4 | 2 |
| LG | 4 | 1 |
| OSS | 3 | 2 |
| CES #2 | 3 | 2 |
| 50th FTS | 2 | 2 |
| 37th FTS | 2 | 1 |
| SFS | 1 | 5 |
| Blazettes | 1 | 5 |
| MSS | 1 | 3 |
| 48th FTS | 1 | 3 |

* Intramural softball standings current as of Wednesday

SHORTS

Free lap swimming

Independence Pool opens for free lap swimming Monday through Friday from 6 to 7:30 a.m. on all lanes, from 11 a.m. to 1 p.m. on two lanes and from 4:30 to 6 p.m. on two lanes.

AF Marathon

Military personnel interested in competing on an official team in the 2004 Air Force Marathon at Wright-Patterson AFB, Ohio, September 18 need to register at the fitness center no later than today.

Categories of competition include coed open relay, men's open relay and women's open relay. Each team will consist of four military members from the same installation. Each team member must complete an AF Form 303, Specialized Sports Training form. General entries for the marathon are due by September 7. For more information, call the fitness and sports center at Ext. 2772.

Golf tournament

The Daedalian Golf Tournament is at 1:30 p.m. June 4 at the Columbus Country Club. This four-person scramble is open to all Columbus AFB people and the surrounding Columbus community. Cost is \$40 per player and includes greens fees, carts, prizes, refreshments and a barbecue meal. Proceeds benefit the Daedalian Scholarship Fund. To sign up or for more information, call Andy DeSantis or Ryan Corrigan at Ext. 7188.