

Article 32 hearing to be continued

An Article 32 hearing for 2nd Lt. Joseph Harding, 14th Operations Support Squadron, that began Tuesday, is being continued to a later date.

The Article 32 investigating officer, Lt. Col. Keith Koehler, Eastern District Judiciary, elected to continue the hearing after concluding there were witnesses he wanted to hear directly from, who were currently unavailable.

The IO will schedule the next hearing date after determining the witnesses' availability and reviewing the availability of the parties.

Lieutenant Harding is accused of violating one count of Article 120 (rape); two counts of Article 92 (willful dereliction in the performance of duties); and one count of Article 134 (indecent assault) of the Uniform Code of Military Justice.

These charges stem from incidents occurring in 1999 and 2000 involving two cadets at the Air Force Academy in Colorado Springs, Colo.

However, these charges are merely accusations at this time, and Lieutenant Harding is presumed innocent until and unless found guilty by competent authority.

An Article 32 hearing is the military equivalent of a grand jury investigation. It is conducted as an impartial gathering of information to determine if available evidence warrants convening a court-martial.

Possible results of an Article 32 hearing include convening of a court-martial, nonjudicial punishment, other administrative action or dismissal of charges with no further action. (Courtesy of the Columbus AFB Public Affairs Office)

Town Hall Meeting

Col. Stephen Wilson, 14th Flying Training Wing commander, will host a town hall meeting at 6:30 p.m. May 12 at the base theater. BLAZE TEAM members are invited to attend and discuss base education issues. Dr. Lester Beason, Columbus Schools superintendent, will also be present. For more information, call Ext. 7093.

Mission Report

As of Wednesday



Tech. Sgt. Jim Moser

Which way to GTRA?

Delta Airlines ASA Flight 4522 sits at the base operations ramp after making an emergency landing April 29 due to flap malfunction. BLAZE TEAM members assisted the flight crew and more than 50 passengers until arrangements were made to transport them to their final destinations.

Officers' group helps children in need

1st Lt. Joseph Coslett
Public Affairs

A severely neglected teenager with a split-open foot, an abused child with severe bruises and lacerations from an extension cord, and an abused baby in a full-body cast after being shaken are just a few examples of children who enter the Mark Mitchell Children's Shelter to receive care and help.

"The Department of Human Services transfers many children

from across Mississippi who have been abused emotionally and physically into our care for 45 days," said Gwenn Hughes, Mark Mitchell Shelter case manager. "We have to learn to deal with each situation but we need support."

The Company Grade Officer Council, comprised of Air Force captains and lieutenants, is conducting the 2004 Mark Mitchell Children's Shelter Food and Clothing Drive through May 21. Non-perishable food, diapers and wipes, formula, toiletries and cloth-

ing may be dropped off in collection boxes located at various squadron buildings throughout the base.

"Claiming to have a problem without acting on it will just cause the problem to increase," said 2nd Lt. Tywann Telfair, drive project officer. "However, if we take an active part in our community and attack these problems, assist those who help the families will reduce the problem."

See FOOD, Page 2

T-1A Goal: 357.0 hrs. Flown: 403.2 hrs. T-37 Goal: 476 Flown: 363 T-38C Goal: 200 Flown: 223

Flying hours: Tuesday to Wednesday: 6 a.m.-7:30 p.m.; Thursday: 6 a.m.-7 p.m.; May 14: 6 a.m.-7:45 p.m.

AAFES makes moving easier, convenient for military families

New online Military Moving Center open 24/7

DALLAS — The Army & Air Force Exchange Service is now offering access to a new Military Moving Center service at www.aafes.com through QCorps.

This new service is available to all military and authorized customer households.

Service personnel moving into or residing at any address within the United States can log on to the Military Moving Center through www.aafes.com to compare and purchase utilities, telephone, video, Internet access and other essential household services.

"Military personnel are faced with the proposition of moving their entire families from one location to another every couple of years. The Military Moving Center is designed to be a powerful tool for our mobile customers," said AAFES Commander Maj. Gen. Kathryn Frost. "The Military Moving Center, developed and operated by QCorps, enables military consumers to conveniently compare and purchase household services online in a matter of minutes."

The QCorps Military Moving Center, available 24 hours a day, seven days a week, offers a one-stop shopping experience that saves service members time by allowing them to complete purchases quickly (typically only three minutes per service). QCorps has said its site also saves military customers money with guaranteed best prices from each service provider and special deals available only for the military member.

Authorized exchange customers can access

the Military Moving Center through the Military Moving Center link at www.aafes.com.

More than 400 service providers currently offer services through the Military Moving Center. QCorps' expansive network coverage reaches all United States households with up-to-date service offerings and specials that enable consumers to purchase utilities and other essential household services within minutes.

"AAFES is always looking for ways to make service members' lives easier," General Frost said. "This new service is another example of how we support the AAFES motto of 'We Go Where You Go.' Even when our customers are on the move, AAFES finds ways to help make the process more convenient."

AAFES is a joint command of the Army and Air Force, and is directed by a board of directors that is responsible to the secretaries of the Army and the Air Force through their chiefs of staff.

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation programs.

To find out more about AAFES' history and mission or to view recent press releases, visit the AAFES Web site at www.aafes.com. (Courtesy of Army & Air Force Exchange Service)



Tech. Sgt. Jim Moser

Don't forget to vote

Col. Stephen Wilson, 14th Flying Training Wing commander, signs his federal post card application. For more information on voting, Airmen and their voting eligible family members can contact their squadron voting representatives or the base voting representative, Lt. Col. David Franz, at Ext. 7076.

FOOD (Continued from Page 1)

Over the past two years, the CGOC has assisted the shelter by donating more than 20,000 items to the children. The shelter, located in a three-story building off Highway 50, houses children from across the state who need respite from dangerous family situations.

Shelter volunteers help the children heal their mental and physical wounds with the ultimate goal of reestablishing a functional family, Ms. Hughes said. It is reassuring to know that the base gives us the supplies to help these children when they are in need the most.

"My football coach always used to say, 'Rock, it is the little things that make big things happen,'" Lieutenant Telfair said. "Donating food and clothing may be a small task in our eyes, but looking at the big picture, this task actually can help break the bloodline of abuse for a child and lead them down a track of opportunity that they may not have been able to receive if it were not for people like us to plant a seed in their lives. So become a little part of something big - donate."

For more information about the food and clothing drive, contact Lieutenant Telfair at Tywann.Telfair@columbus.af.mil or Ext. 3179.

(Editor's Note: The Mark Mitchell Children's Shelter is always looking for volunteers to assist in projects ranging from organizing donated goods to general household repairs and lawn maintenance. For more information about volunteering, contact Ms. Hughes at 327-5321.)



1st Lt. Joseph Coslett

First Lt. Trevis Canty, 37th Flying Training Squadron, places canned goods in one of many collection boxes located throughout the base. For more information about the Company Grade Officers food and clothing drive, call 2nd Lt. Tywann Telfair at Ext. 3179.

NEWS BRIEFS

Hazardous Waste Collection Day

Saturday is Golden Triangle Household Hazardous Waste Collection Day. This afternoon, 14th Civil Engineering Squadron personnel will collect hazardous waste from base housing in the same fashion as recycling and transport it to the Golden Triangle Regional Landfill, where the event will be held from 8 a.m. to 2 p.m. Saturday. People can also bring their own household hazardous waste to the event Saturday. For directions or a list of disposable items, call Ext. 7452.

National Police Week events

The 14th Security Forces Squadron celebrates National Police Week with a series of events beginning with a candlelight vigil at 8 p.m. Monday at Ceremonial Plaza. Other events include a golf tournament, bowl-a-thon, 5K run, a local law enforcement parade through family housing and a child fingerprinting session.

The weeklong celebration ends with a memorial luncheon at 11 a.m. May 14 at the Columbus Club. For event times and dates, call Master Sgt. Charles Manders at Ext. 7120.

Enlisted call

An enlisted call for junior enlisted Airmen is at 10:30 a.m. and 2 p.m. May 18, for NCOs at 10:30 a.m. and 2 p.m. May 25 and for senior NCOs at 3 p.m. June 4. For more information, contact a first sergeant.

AF climate results show progress

Nicole Gamez
Air Force Climate Survey team

RANDOLPH AFB, Texas — The 2003 Air Force Climate Survey results have been analyzed, and final reports have been released to unit-level leaders for action.

The survey ran Oct. 1 to Nov. 23. “As the leaders of the world’s greatest air and space force, we share a commitment to continually seek improvement. The survey results give our leaders targets for improvement from the people who know best — our Airmen,” said Gen. John Jumper, Air Force Chief of Staff.

More than 50 percent of the total force took the survey.

Air Force-wide, unit performance outcomes, job characteristics and core values were the highest rated factors at 94-, 92-, and 87-percent agreement respectively. These results indicate that people believe they are meeting their missions’ goals, find their jobs important and challenging, and believe that their unit understands and demonstrates Air Force core values, officials said.

Eighty-six percent of the survey par-

ticipants said that people in their work groups exercise teamwork and perform essential work that is considered above and beyond the call of duty. Eighty-five percent of respondents agreed that they have the required training to do their jobs, and that they have opportunities for professional growth.

Overall, supervision was rated at 84 percent, while 81 percent believed their chain of command positively influenced the direction, people and culture of their units.

Although active-duty Airmen and appropriated-fund civilian participants’ ratings increased from the 2002 survey, the results showed room for improvement in several areas. Seventy-eight percent of the respondents are generally satisfied with their jobs, are involved in their work place’s decisions and believe their units respond well to change.

Since the first survey in 1997, acknowledgment of exceptional performance and management of time, people and equipment areas continue to score low in the survey; however, both have continued to increase. Comments received in the recognition area indicate that a simple “thank you” for a job well

done can be just as effective as a formal award, officials said.

Sixty-five percent of participants agree morale in their unit is high. This number has increased from 55 percent in 1997.

In comparison with other components, active-duty Airmen rate all factors lower than reservists, guardsmen and civilians. Officers consistently rate all factors higher than enlisted Airmen and civilians with the exception of the unit resources factor.

Since 2002, the number of active-duty Airmen (deployed and at home station) who intend to remain in the Air Force has decreased significantly.

Analysis by Academy officials revealed that the chain of command as a whole, rather than the commander or supervisor alone, drives performance, satisfaction, organizational commitment and one’s intent to remain in the Air Force. Further analysis revealed that of all the factors the survey addresses, an Airman’s career intentions are most affected by organizational commitment and satisfaction, not by work hours.

Squadron commanders will brief their units on the results.

CAFB hosts Franklin Elementary School’s annual sports day event

Base honored as ‘Partner in Progress’ to local public schools

Pam Warnken
14th Mission Support Group

Columbus AFB was among 33 organizations honored April 29 as a “Partner in Progress” to local public schools.

The base is a partner to Franklin Elementary School, the oldest public school in Mississippi.

This means the base helps out Franklin’s educators on a regular basis, quietly and without fanfare.

Franklin’s upcoming Sports Day, slated for Wednesday at Freedom Park, is an example of the base’s involvement in public education.

Lee Chouinard, the Partners in Progress contact at the family support center, is organizing the event. She said although the base doesn’t have as much opportunity to give money and

goods as the downtown Partners in Progress, Sports Day illustrates how the base interactively helps by hosting the youngsters on base.

Franklin is the designated public elementary school for base children, kindergartners through fourth grade.

Ms. Chouinard works side by side with Betty Sessum, Franklin’s physical education coordinator, in organizing the event.

Ms. Sessum said the children eagerly anticipate all trips to the base.

“We set up stations for the kids at Freedom Park, rotating them among hula hoops, tug of war and other fun activities,” she said. “Every year, at least since my arrival at Columbus in 1995, the base has done this for us.

Franklin’s principal, Dixie Butler, said the youngsters really love Sports Day and find Freedom Park a magical

adventure. “We had to cancel Sports Day last year because of rain,” Ms. Butler said.

She said the children had a long stretch to wait, but the base eased the disappointment by inviting Franklin’s star performers to the base picnic last September.

Franklin’s other Partner in Progress in the downtown Columbus community is K-Mart. The store provides film, cameras and other goods to the school.

Franklin Elementary’s last school day before the summer break is May 20. Sports Day is the grand finale of the school year for Franklin Elementary’s students.

(Editor’s note: Volunteers are still needed for the event. Dress code is shorts and T-shirts. To volunteer, call Lee Chouinard at Ext. 2631 or Ext. 2790.)



1st Lt. Joseph Coslett

Remembering the fallen

Tim Jackson, 14th Mission Support Group, looks on as retired Col. Charles Rush cleans off the new plaque on the 137-year-old grave of his great-grandfather, David Rush, Monday at the Columbus AFB cemetery. The late Mr. Rush served in the Confederate States Army from 1861 to 1865. He died here in 1867.

Pilot for a Day program — Success story for all

Lt. Col. Lloyd Ballard
48th Flying Training Squadron



Have you ever been driving down the road, looked over at the car next to you and thought, “I can’t believe they let people that young drive cars these days!” Although Specialized Undergraduate Pilot Training students appear younger than I remember myself looking back then, your eyes (and memory) aren’t failing you today. You may have noticed a few “pilots” in flight suits who wouldn’t be able

to see over the windscreens even if they had a few phone books to sit on.

Today, we are lucky to have with us several young people from the local community who are here for the Pilot for a Day program. They are Rachael Formel, Evan Trease and Isabella Junkin. Lead by Capt. T.J. Eaton, 37th Flying Training Squadron, BLAZE TEAM hosts Maj. Patrick Pendland, 14th Operations Support Squadron, and Capt. Bonnie Paquin, 48th Flying Training Squadron, prepared a jam-packed schedule for our distinguished visitors.

The day began with “issuing” flight suits, patches, scarves and all the gear necessary to be a member of the BLAZE TEAM. Our newest pilots were then able to watch some of the aircraft arrive for Saturday’s career day. Then

they moved on to everyone’s favorite tour — the fire department. Their eventful day concluded with a tour of aircraft static displays and simulator rides.

Unfortunately, the words “courageous” and “heroic” are used in the casual sense all too often, watering down their meaning and impact. However, these young people display courage in their efforts to overcome the challenges life has thrown at them — they are all heroes in the true sense of the word. In many cases, they have been denied the opportunity to live a normal childhood. I know that Rachael, Evan, and Isabella have touched our lives today. I hope you got a chance to see our newest pilots and share this special day with them. Thank you for always showing that Columbus class.

STRAIGHT TALK LINE

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Messages are answered in the Silver Wings without names. Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main website at www.columbus.af.mil. Questions and answers will be edited for brevity.

Customs, courtesies regarding cell phones in uniform, sounding of Retreat

Question: I have a couple of questions concerning the appearance and actions of personnel on base. First, is it appropriate to wear a cell phone on your belt while in uniform? Second, because of the new loudspeaker system on base, Retreat can be heard everywhere on base. I see many people, especially in the housing area, that don’t do anything when Retreat is played. What is the appropriate thing to do when you hear it, and do you do the same thing if you’re not in uniform? Thank you.

Answer: In answer to your first question, Air Force Instruction 36-2903, Table 2.5, Item 11, states that cell phones can only be used in uniform to perform official duties. When doing so, the cell phone can be worn either clipped to the purse or waistband, or carried in the left hand. The Retreat Ceremony serves a two-fold purpose. It signals the end of the official duty day and serves as a ceremony for paying respect to the U.S. flag. Proper procedures for Retreat depend on whether or not you are in uniform. All personnel in uniform and outside must face the flag and salute during the raising and lowering of the flag. Upon the first note of the national anthem or “To the Colors,” all personnel in uniform

who are not in formation should stand and face the flag (or the sound of the music if the flag is not visible) and salute. Hold the salute until the last note of the music is played. All vehicles in motion should come to a stop at the first note of the music, and the occupants should sit quietly until the music ends. When in civilian clothes face the flag (or the sound of the music if the flag is not visible) and stand at attention with the right hand over the heart. If indoors (for example, in the exchange or commissary) during Retreat or Reveille, there’s no need to stand or salute. However, everyone must stand during the playing of the national anthem before a showing of a movie while in the base theater. When listening to a radio or watching television, no specific action is necessary. These procedures are found in AF Pamphlet 36-2241, Volume One, paragraph 7.4. Thank you for your questions — education of our personnel, both military and civilian, on the procedures regarding our nation’s flag and the national anthem ensures that the proper respects for both are maintained.

Col. Stephen Wilson
14th Flying Training Wing commander

SILVER WINGS

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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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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

First-quarter award winners announced

CGO of the Quarter



Capt. Barry Burton, 14th Security Forces Squadron, is CGO of the First Quarter for 2004. Captain Burton adeptly managed 10 sections providing law enforcement/security for 10,000 base populace and \$179 million in assets. He secured a protection level III aircraft for a tourist event, adjusting manpower to cover requirements. Captain Burton also served as both squadron commander and operations flight commander for seven weeks during the security forces squadron commander transition.

Airman of the Quarter



The Airman of the 2004 First Quarter is Senior Airman Jennifer Anilao, 14th Communications Squadron. Airman Anilao updated the land mobile radio Tracking and Reporting System database, guaranteeing positive control of more than 600 Air Education and Training Command-procured communications assets worth more than \$2.8 million. She maintained a 4.0 grade point average and completed seven credit hours toward a bachelor's degree in electrical engineering at the Mississippi University for Women.

Category II Civilian of the Quarter



The First Quarter Category II Civilian for 2004 is Dana Sparks, 14th Medical Support Squadron. Ms. Sparks' efforts were identified as best in the Air Force when selected No. 1 in breast cancer prevention by the Air Force Performance Improvement Board. She meticulously tracked more than 2,000 patient exam dates and sent more than 3,000 due date reminder notices to patients. She independently created and maintains a vital biopsy data tracking system as a requirement for the Federal Drug Administration.

SNCO of the Quarter



The Senior NCO of the First Quarter for 2004 is Master Sgt. Annie Hollings, 14th Communications Squadron. She doubled as flight superintendent and an additional duty first sergeant for 45 days. Sergeant Hollings garnered \$22,500 Air Force funded A+ certification, from which 45 system administrators benefited, and co-chaired the first structured course. She also developed a comprehensive first sergeant council continuity book and established Web page. She currently serves as the Top 3 vice president.

Honor Guardsman of the Quarter



Airman 1st Class Sherri Tucker, 41st Flying Training Squadron, is the Honor Guardsman of the First Quarter for 2004. Airman Tucker was selected for this award for her excellent performance during 11 details over the quarter, as well as her precision and performance during the honor guard board. The honor guard award is based on how guardsmen perform in their primary positions, as well as their performance in other honor guard duties.

Category III Civilian of the Quarter



Judy Endsley, 14th Contracting Squadron, is the First Quarter Category III Civilian for 2004. Ms. Endsley is personally responsible for resolving safety of flight issues due to flightline water tower lighting outages. She directed emergency repairs with no added cost, and tower lights were made operational within days. Ms. Endsley spent off-duty hours on nights and weekends counseling and preparing tax returns for Lowndes County residents, and has actively supported both the Columbus Salvation Army and Police Benevolent programs.

NCO of the Quarter



Staff Sgt. David Duthu, 14th Medical Operations Squadron, is NCO of the 2004 First Quarter. Sergeant Duthu provided 120 off-duty hours conducting an emergency medical technician course for 10 base firefighters, saving \$10,000 in tuition fees. Sergeant Duthu completed a 72-hour National Registry certified EMT Course Coordinator. With his knowledge, he conducted three refresher courses and recertified nine medics, saving the Air Force \$1,500 in temporary duty costs.

Category I Civilian of the Quarter



Sharon Mosley, 14th Flying Training Wing Comptroller Flight, is the 2004 First Quarter Category I Civilian. After only four months as the wing government travel card agency program coordinator, Ms. Mosley has led Columbus AFB to the top of the Air Education and Training Command charts, making its program a model for others to follow. She also assisted the Accounting Liaison Office, who lost a technician due to a deployment to Iraq.

Volunteer of the Quarter



Eugene Gjerde is the 2004 First Quarter Volunteer. Mr. Gjerde assists in the preparation and proper mail-outs of the Retiree Activities Day newsletters and the Air Show bulletins to all retirees in the area. He participates in the enlisted dorm dinner, that serves approximately 150 Airmen each month. Mr. Gjerde also works the Lowndes County polls on election days, and participates in other off-base projects such as the Mark Mitchell Children's Center and Lake Forrest Ranch religious camp in Macon, Miss.

The last day some children may remember might be the day they were... Pilots for a Day at Columbus AFB

1st Lt. Mike Tkacz
14th Contracting Squadron

The desire to make a difference in the lives of terminally ill children was the dream of Capt. Rory "Ox" Blackburn while he served with the 560th Flying Training Squadron at Randolph AFB, Texas.

In December 1994, while visiting his sick wife at the hospital, he witnessed youngsters whose lives were complicated by chronic, often fatal illnesses. Thinking that some of the children might benefit from specialized attention, he developed the idea of bringing them and their families out to the base to become honorary members of his squadron.

Captain Blackburn's project was an immediate success for everyone involved.

Although this spark of desire to make a difference started with just one person, it has since ignited and rapidly spread to Air Force bases across the globe.

Columbus AFB is no exception to the large number of bases that support this "unofficial program."

Capt. George Garzon, 37th FTS, helped revitalize the program last year when 10-year-old James Stuart, who suffers from a heart disorder, became the first wish recipient under the revamped "Pilot for a Day" program.

Four more children participated in the program a few months later as part of "Wings Over Columbus 2003."

One of these children, 5-year-old Taylor Whitaker, was paired with host pilot Capt. Francis Miller, 50th Flying Training Squadron. She spent the day touring static displays on the flightline, watching the air show prac-



Taylor Whitaker, pilot for a day during "Wings Over Columbus 2003," bonds with her host pilot, Capt. Francis Miller, 50th Flying Training Squadron, on the flightline. Taylor, 5, passed away from Leukemia in September 2003.

tice, posing for cameras in front of a T-38 with her name painted on it, and bonding with her "pilot buddy."

Taylor died only four months after her very memorable experience at Columbus AFB. Captain Miller went to the funeral and witnessed the impact that day had had on her life. "During the visitation, photos from "Pilot for a Day" were displayed right along with her families photos," Captain Miller said. "Taylor's mother said she had continued to relive her account of that day's events right up until the day she passed away — it was one of the best days in her short life."

The vision that began with one pilot's dream, lives on through Taylor Whitaker's spirit and continues today with the next group of honorary Columbus AFB pilots.

Rachael Formel, Evan Trease and Isabella Junkin will spend the day dressed up in flight suits complete with their own nametags, scarves and patches.

Escorted by host pilots Capt. T.J. Eaton, program coordinator from the 37th FTS; Maj. Patrick Pendland, 14th Operations Support Squadron; and Capt. Bonnie Paquin, 48th FTS, the children and their families will visit the flightline, fire department, T-37 simulators and pose for "hero shots" by aircraft static displays.

"Pilot for a Day is very rewarding for everyone involved," Captain Eaton said. "These are children who've been through a lot early in life, and we give them a chance to have some fun and maybe forget about hospital treatments for a while."

For more information on the program or to volunteer, call Captain Eaton at Ext. 7674.

Asian-Pacific Heritage Month Spotlight



Senior Airman Glocei Espiritu
50th Flying Training Squadron

Hometown: General Santos, Philippines (Southeast Asia)

Languages: Airman Espiritu speaks Tagalog, Ilocano, Cebuano, Ilongo and Panggalatok.

What Asian-Pacific Heritage Month means to me:

Asian-Pacific Heritage Month to me is a time for recognizing and celebrating all of the contributions Asian-Americans have made to this country — from food and the entertainment industry to politics and the military.

As an Airman, I'm proud to be Asian-American because I'm serving in the greatest Air Force in the world.

I am glad we have this month set aside for celebrating and educating everyone on Asian-Pacific culture.



Asian-Pacific Heritage Month events

Asian buffet lunch: An Asian buffet lunch is from 11 a.m. to 1 p.m. May 19 at the Columbus Club. Cost is \$5.95 for members and \$7.95 for nonmembers.

Food taster and dance demonstration: An Asian-Pacific food taster is at 10:30 a.m. May 22 at the exchange. The event also features dance demonstrations from Hawaii, Korea and the Philippines.

Channel 64: Video visits to Hawaii and South Korea, and other informational documentaries will air at 5 and 7 p.m.

Child Development Center readings: Volunteers are needed to read to children at the CDC in honor of Asian-Pacific Heritage Month. For more information on events or to volunteer, call Capt. John Vito at Ext. 7674.

AT THE CHAPEL

Catholic

Sunday:

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

Protestant

Sunday:

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 base theater.

Today

“*Scooby Doo 2: Monsters Unleashed*” (PG, some scary action, rude humor and language, 87 min.)
Starring: Sarah Michelle Gellar and Freddie Prinze Jr.

Saturday

“*The Passion of the Christ*” (Showing at 7 and 10 p.m., R, sequences of graphic violence, 127 min., film is in Hebrew, but has English subtitles)
Starring: Jim Caviezel and Mala Morgenstern.

May 14

“*The Ladykillers*” (R, language including sexual references, 104 min.)
Starring: Tom Hanks and Marlon Wayans.

For more movie information, visit www.cafbgrapevine.com.

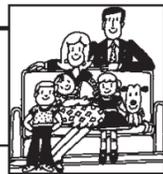
CHANNEL 64

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, call Ext. 2790.)

TAP Workshop: A transition assistance workshop for personnel who are retiring or separating from the military is from 7:30 a.m. to 4:30 p.m. Tuesday through Thursday. Spouses may accompany servicemembers. To register, call Mark Horning at Ext. 2839.

Health benefits: An informational seminar on health benefits available to personnel who are separating or retiring is at 3:30 p.m. Tuesday.

Business development: A seminar on how to start a small business is at 1 p.m. Thursday.

State employment: A seminar about information on available services for veterans at the Mississippi Employment Security Commission or state employment agencies in other states is at 10 a.m. Thursday.

Veterans’ benefits: A seminar with information on Veterans’ benefits is from 10:30 a.m. to noon Thursday.

Employment workshop: A workshop on how to apply for federal employment is from 1:30 to 3:30 p.m. Thursday.

Daddy Tool Time Workshop: A workshop for new fathers or fathers-to-be is at noon May 19. The workshop discusses a father’s role during and after pregnancy and information to prepare for lifestyle changes that accompany a new baby.

Stress management Workshop: A stress management workshop for new parents or parents-to-be is at 2 p.m. May 19. Stressors and challenges with newborns and growing children, coping techniques, and military and community resources are discussed.

Coping with difficult people: A workshop on how to cope with difficult people in the workplace is at 1 p.m. May 20. Participants learn how to identify “difficult” people and situations.



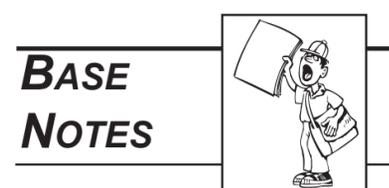
1st Lt. Joseph Coslett

Not guilty!

Staff Sgt. Roxanne “Gold E. Locks” Phillips is interviewed by “defense attorney” Capt. Deric Prescott, while a jury of youth center children look on. The 14th Flying Training Wing Legal Office sponsored the mock trial in celebration of Law Day, which was Saturday.

Hearts Apart Social: A social gathering for families of deployed or remote personnel is at 5:30 p.m. May 20. Information, refreshments and prizes are provided.

Calling cards: Free \$20 value calling cards, sponsored by the Air Force Aid Society, are available to all personnel going on temporary tours of duty for 30 days or longer. Cards must be issued to military servicemembers. For more information, call Tech. Sgt. Jamey Coleman at Ext. 2794.



BASE NOTES

Canned food drive: The Columbus Company Grade Officer Council is conducting a canned food drive for the Mark Mitchell Shelter through May 21. The shelter houses abused, abandoned and neglected children in the local area.

Canned goods, non-perishable food items, diapers and wipes, baby formula, toiletries and clothing of all sizes may be dropped off at collection boxes located in each squadron, or contact 2nd Lt. Tywann Telfair at Ext. 3179 for pick up.

Tea party: A Mom and Me Tea Party is at 10:30 a.m. Saturday at the youth center. All ages are welcome. Cost is \$15 for a mother/child pair, and \$5 for each additional child. For reservations, call Ext. 2504 by Tuesday.

OSC social: The Columbus Officers’ Spouses’ Club holds its next social at the Columbus Club at 6:30 p.m. Wednesday, hosted by the COSC board.

Activities include Southern Belle Bingo and election of COSC officers for 2004-2005. The menu is fried chicken. Cost is \$10 per person, and club members receive a \$2 discount. New members are welcome. For reservations, call Lisa Davis at 434-8723 or e-mail airtex60@yahoo.com by noon Tuesday.

Education center announcements: Final registration for East Mississippi Community College summer classes is from 8:30 a.m. to 4 p.m. May 24 through May 26.

The education center May testing schedule is as follows: Monday, Thursday, May 17, May 19, May 24 and May 26 at 8 a.m. On May 19 and May 26, testing is also at 1 p.m.

Mississippi University for Women registration is from 11 a.m. to 2 p.m. May 28, July 6 and August 19 at the base education center. For more information, call the education center at Ext. 2563.

Variety of programs available to base families

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

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

Karaoke night: The enlisted lounge features karaoke from 9 p.m. to 1 a.m. today. Call Ext. 2490.

Play NTN games: The enlisted lounge now offers free NTN games for members and \$2 for two hours for nonmembers. The lounge is open Friday nights. Call Ext. 2489.

Youth drug and alcohol mini-seminar: The youth center offers this free seminar at 4 p.m. Monday. Learn what alcohol and drugs can do to the mind and body. Bring a friend. Call Ext. 2504.



Pam Wickham

Omelets anyone?

Kahilha Wilkins, Columbus Club cook, makes omelets for customers during one of the club’s brunches. A special Mothers’ Day brunch is from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$10.95 for members and \$12.95 for nonmembers. Entrees include honey glazed salmon, herbed roasted pork loin, flank steak with all the fixings, omelet and waffle bar and more. Call Ext. 2490.

Youth advisory council meeting: The youth center invites all parents and youth to attend this advisory council meeting at 5:30 p.m. Wednesday. Call Ext. 2504.

Canton Flea Market: The information, ticket and travel office offers this trip to Canton, Miss., Thursday. Cost is \$20 per person and includes transportation. The city of Canton closes down the town twice a year for one of the largest flea markets in Mississippi. Call Ext. 7861.

Youth financial management workshop: The youth center offers this free workshop for youth at 4 p.m. Thursday. Agenda includes learning about opening and balancing a checkbook, tracking purchases and more. Call Ext. 2504.

Give parents a break: The child development center and youth center offer this program from 9 a.m. to 3 p.m. May 15. Register by May 12 at either location.

Oriental lunch buffet: The Columbus Club offers an Oriental lunch buffet from 11 a.m. to 1 p.m. May 19. Cost is \$5.95 for members and \$7.95 for nonmembers. Call Ext. 2490.

Dinner and the “Drifters”: The Columbus Club offers a night out for the entire family May 22. Enjoy a classic buffet from 6 to 7:30 p.m. and the sounds of the “Drifters” starting at 8 p.m. Cost is \$8 in advance or \$10 at the door. Nonmembers pay \$15 in advance or \$17 at the door. Call Ext. 2490.

Tunica casino trip: The information, ticket and travel office offers this trip May 22. Cost is \$80 per person and includes transportation, lodging at the Grand Casino and \$5 in coin. The bus leaves the community center parking lot at 9 a.m. and returns Sunday. For reservations, call Ext. 7861.

White water rafting trip: The information, ticket and travel office offers this trip May 29 through May 31 to the Ocoee River. Cost is \$99 per person and includes river/rafting run, two meals, two nights’ lodging in a cabin and transportation. Call Ext. 7861.

Preschool story time: The library offers a 30-minute preschool story time Wednesdays. Call Ext. 2934.

Adult and youth crafts classes: The skills development center offers classes for adults on Tuesdays and for youth on Wednesdays. A display of the craft projects is available in the center. 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. To make 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.

Free squadron bowling parties: The bowling center offers two free hours of bowling for official squadron functions anytime between the hours of 8 a.m. and 4 p.m. Monday through Friday. Shoe rental is 75 cents per person if needed. There is no limit as to how many time squadrons may take advantage of this free offer, but reservations must be made in advance with the bowling center staff. Call Ext. 2426.

Quick shot bingo: The Bowling Center offers quick shot bingo anytime during business hours. Cash prizes are awarded. Cards are \$1 each. Call Ext. 2426.

Vacation packages available: The information, ticket and travel office, located at outdoor recreation, offers vacation, cruise and airline packages. Call Ext. 7861 for more information.

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

Cardinal Inn Dining Facility Menu

Lunch/Brunch	Supper
Today Grilled ribeye steak Fried catfish Roast turkey	Simmered corn beef Lasagna Pineapple chicken
Saturday Creole shrimp Savory baked chicken	Spaghetti with meat sauce Baked fish Barbecue chicken
Sunday Cantonese spareribs Grilled mustard chicken	Grilled top sirloin Stir fry beef with broccoli Turkey nuggets
Monday Pot roast Baked stuffed fish Roast pork loin	Chili mac Beef fajitas Southern fried chicken
Tuesday Teriyaki chicken Veal parmesan Salmon cakes	Meat loaf Turkey a la king Chinese 5-spice chicken
Wednesday Creole shrimp Turkey and noodles Beef ball stroganoff	Grilled ribeye steak Barbecue spareribs Lemon herbed chicken
Thursday Southern fried chicken Southern fried catfish Country style steaks	Glazed cornish hen Jaegar w/mushroom sauce Roast pork loin

Mothers of Preschoolers: MOPS moms gather at Hope Community Church twice a month for encouragement and socialization.

The last meeting date for this year is Tuesday from 9 to 11 a.m. Childcare is provided for children up to 6 years old. For more information or to make reservations, call 434-6862.

Take Off Pounds Sensibly: A group session on how to lose weight sensibly takes place every Tuesday in the Civil Engineering conference room.

Weigh-in is from 4:30 to 5 p.m. The meeting follows from 5 to 6 p.m. The first meeting is free. For more information, call Kelly Holt at 245-0975 or 328-6801.

Technology classes: The McKellar Technology Center at Columbus High School has slated nearly 20 night and weekend classes for May and June, offered at half price to anyone affiliated with Columbus AFB. The courses range in topic from Handheld GPS Basics to Creating Effective Captioned

Digital Movies. For those who want to maneuver more easily on computers, an afternoon class on Internet resources and advanced e-mail tasks is scheduled for May 24 through May 27. For more information or to sign up, call the center at 241-7290.

Friends Day: The Caledonia Church of Christ, located at 818 Main St., is having a Friends Day May 23. The guest speaker is Brother W.T. Allison of Hamilton, Ala. Bible Study is at 9 a.m., and a worship service follows at 10 a.m. For more information, call the church at 356-6017.

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.

The "Wings of Victory 2004" air show features the Air Force Thunderbirds acrobatic team demonstration and the the Army's Golden Knight parachute team both days. Other

featured aerial demonstrations include "Tora! Tora! Tora!," "Aero Shell," the Air Education and Training Command's T-6A Texan, World War II Warbirds and many other performances. For more information, visit www.maxwell.af.mil/Jairshow.

AWBA scholarship: The Columbus chapter of the American Business Women's Association is accepting scholarship applications for the 2004 fall semester. The association plans to award two scholarships worth \$500 each. The application deadline is June 16.

Women seeking to complete a college degree or entering a vocational training program may apply. Individuals who need to update their present skills to reenter the work force or to be eligible for career advancement in their chosen field are also considered. Applicants with demonstrated financial need are given priority. For more information, call Patricia Collins at 245-1316 or Jane Lee at 327-7065.

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.



Airman Cecilia Rodriguez

Combat conditioning

Airmen from the 14th Flying Training Wing Comptroller Flight dash from the starting line during the early morning combat run Wednesday. A 5K run starts at 8 a.m. May 14 in front of the fitness and sports center in honor of National Police Week. For more information, call the center at Ext. 2772.

Exercise helps evade 'silent killer'

Nearly 50 million Americans have a resting blood pressure that is high enough to endanger their health and longevity.

"High blood pressure is often referred to as the 'silent killer' because there are seldom any symptoms that accompany it until it is extremely high," said Maj. Nina Perino, health promotion manager. "Ideally, an individual's blood pressure should be less than 120/80 on average."

Damage to blood vessels in many organs, such as heart, lungs and eyes occur with pressures as low as 140/90.

While the current research base is not strong enough to draw a firm conclusion, studies published to date suggest that moderate-intensity activity may be most effective in lowering blood pressure. The current intensity recommendation for hypertensive individuals is to use low to moderate intensity exercise.

Regular physical activity has also been shown to be effective in reducing the relative risk of developing hypertension by 30 percent. A low cardio-fitness level in middle age is associat-

ed with a 50-percent greater risk. Results have been similar in men and women.

Prior to starting a new exercise program, individuals with known hypertension should obtain clearance from their primary care manager or physician.

Tips for starting a new exercise program include:

- Be patient, start slow to progress in an injury free manner. Consistency is needed with any exercise routine to be successful. Set short-term realistic goals that can be attained to help eliminate barriers.
- Choose activities that are aerobic in nature including walking, cycling, swimming and low-impact aerobics.
- Do not hold your breath during contractions, which can result in large fluctuations in blood pressure.
- As aerobic conditioning improves, add low resistance, high repetition weight training.
- Exercises that should be avoided include those with an intense isometric component that can cause extreme and adverse fluctuations in blood

pressure, such as power lifting.

Ideally, hypertensive individuals should exercise five to six times per week depending on their initial fitness level. However, improvement can be achieved with as little as three sessions per week.

The total exercise duration should be in the range of 30 to 60 minutes per session.

People with lower levels of fitness should start with shorter durations (10 to 15 minutes) and gradually (5 minute increments every 2 to 4 weeks) increase to the 30 to 60 minute goal.

"Exercise needs to be enjoyable and beneficial," said Robert Pagenkopf, fitness program manager. "Remember to progress in an injury-free manner — safety first."

For more information on exercise or an exercise prescription, call the health and wellness center at Ext. 2477. Active-duty appointments may also be scheduled by unit fitness program managers using the Outlook Fitness Calendar. *(Courtesy of the Columbus AFB Health and Wellness Center)*

SHORTS

AETC Muscle Mania 2004

A bench press competition is 10 a.m. Saturday at the fitness center for all Air Education and Training Command assigned active-duty, reserve, Department of Defense civilians and contractors, males and females. To register or for more information, call Tech. Sgt. Ed. Chamberlin at Ext. 2772.

Bowling championship

Registration for the base bowling championship ends Saturday. The single elimination competition is May 17 through May 21, and cost is \$10 per person. Games begin at 6 p.m. each night. For more information, call Ext. 2426.

Spring racquetball tourney

A double elimination racquetball tournament is now through May 31. For more information, call Ext. 2772.

Sports physicals

Sports and camp physicals will be conducted on a walk-in basis between 3 and 4:30 p.m. Wednesday and May 14 at the 14th Medical Group Family Practice Clinic. For more information, call the clinic at Ext. 2273.

Basketball tourney

A three-on-three basketball tournament is at 5 p.m. Thursday at the fitness center. For more information, call Ext. 2772.

Pitch, Hit & Run competition

The Youth Center hosts a Pitch, Hit, & Run competition at 6 p.m. May 14 at teeball fields. Participants must be 7 to 14 years old. Winners are eligible to attend the Mississippi Sectional Competition on May 29 in Booneville, Miss. For more information or to register, call Ext. 2504 by May 12.

America's Kids Run

A 3.2 K run for children begins at 7 a.m. May 15 in front of the fitness center. Participants can register online at www.americaskidsrun.org or in person at the youth center by Thursday. Parents are encouraged to participate. For more information, call Ext. 2504.

Tuskegee Airmen golf tourney

A Tuskegee Airmen golf tournament is May 15 at the Whispering Pines Golf course. Cost is \$35 per person and includes lunch. Tee off is at 7:30 a.m. For more information, call Charles Gilliam at Ext. 2829.

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 May 28.

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.