

## DEFY Phase II needs mentors

**Airman Alexis Lloyd**  
Public Affairs

The first meeting for Drug Education for Youth Phase II is from 5:30 to 8:30 p.m. Thursday at the family support center.

“This program develops protective factors in children to give them the tools they need to resist gangs, drugs, alcohol and tobacco products,” said Maj. Nina Perino, program coordinator.

DEFY still needs people to volunteer as mentors for Phase II.

Twenty-two children need mentors who will maintain contact via phone calls twice a month throughout the school year.

“We ask mentors to be committed and remain with the program until graduation in May 2005,” Major Perino said.

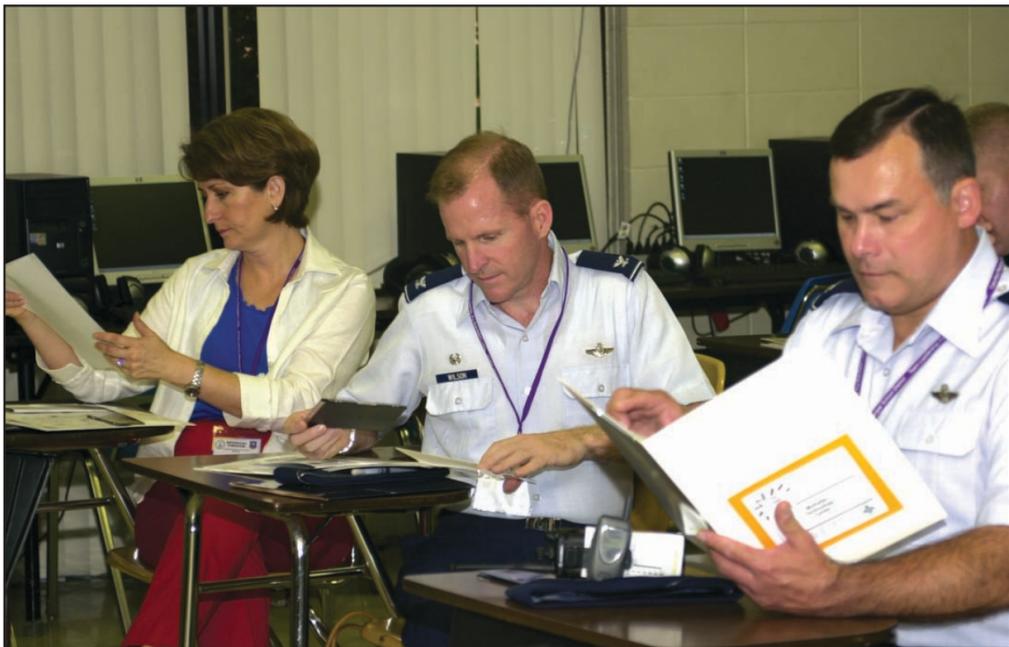
During Phase II, youth will continue to build upon the leadership skills learned in Phase I during monthly meetings. DEFY Phase II gathers for monthly activities consisting of short presentations, hands-on activities, group discussions, team building exercises and healthy snacks. Topics for this year include: nutrition, study skills, personal safety, internet safety, a multicultural dinner, cardiopulmonary resuscitation, conflict resolution, gangs, careers, future goals, community service, self esteem, President’s Fitness Challenge and a field trip to McWayne Center in Birmingham, Ala.

Mentors can have an affect on these children’s futures. “I think mentoring is important for all of us, especially younger Airmen, because a lot of us have younger brothers and sisters, so we can relate to the children a little better,” said Airman 1st Class Xavier Coley, DEFY mentor. “The first impression is a lasting one, and this program lets them know early how drugs can negatively affect their lives.”

Although children may learn about drugs from friends, family and teachers, mentors can offer a different perspective.

“Not only can DEFY change the way kids view drugs and peer pressure, it can also changed the way they see themselves and their success in life,” said Senior Airman Jesus Espinoza, DEFY mentor. “As a mentor, I get the privilege to make a positive impact in young people’s lives who will repay that by hopefully becoming involved in other programs like DEFY as they grow older.”

For more information about becoming a mentor or for an application, call Major Perino at Ext. 2235 or Beth Sherman at 434-2353.



Tech. Sgt. Jim Moser

**Col. Stephen Wilson, 14th Flying Training Wing commander, his wife Nancy Wilson, and Col. John Burgess, 14th FTW vice commander, review curriculum materials at McKellar Technology Center Sept. 2.**

## Wing leadership goes back to school

**Tech. Sgt. Jim Moser**  
Public Affairs

Wing leadership toured the Columbus School System Sept. 2 to see the improvements made over the summer months.

The results of a 2003 base survey raised issues with the quality of the public schools in Columbus, driving a flurry of activity within the system to improve the facilities and overall image of school system.

The school board and members of the BLAZE TEAM have worked closely over the past few months on education issues. The tour allowed the district a chance to show some of the steps they have taken to improve the schools.

“You can see the improvements, passion and energy people have about the schools,” said Col. Stephen Wilson, 14th Flying Training Wing commander. “I think this was a great visit.”

The group toured Columbus High School, McKellar Technology Center, Franklin Academy, Lee Middle School and Hunt Intermediate School.

Colonel Wilson and Chief Master Sgt. Jeffery Bowes, 14th FTW command chief, along with Dr. Lester

Beason, Columbus City Schools superintendent, rode the Columbus High School bus from the base through town to get a first-hand experience of the travel distance and bus route base students take on a daily basis.

Colonel Wilson’s wife, Nancy, Col. John Burgess, 14th FTW vice commander, and his wife Leesa, Col. Keith Keck, 14th Mission Support Group commander, Maj. Alessandra Stokstad, 14th Mission Support Squadron commander and conflict resolution officer and Ms. Patsy Wood, family support center chief met Dr. Beason and the colonel for a briefing at the high school.

The group then traveled across town to Franklin Academy, where base children attend kindergarten through fourth grade.

Franklin Academy’s principal and Parent Teachers Association members met the group and pointed out the new renovations completed throughout the summer. Later that same day, the Mississippi Department of Education announced Franklin Academy had become a “Level 5” school — the only school in the city system to achieve the top rating this year.

See SCHOOL, Page 2

## Election, holiday peak to challenge mail delivery

**Tech. Sgt. David Jablonski**  
Air Force Print News

WASHINGTON — The upcoming holiday peak mailing season and national elections may challenge Air Force postal workers, but recent improvements show delivery times are steadily dropping.

Air Force postal officials said Airmen deployed to operations Iraqi Freedom and Enduring Freedom are receiving mail in nine to 12 days, far below the 16-day standard set by U.S. Central Command officials. Sometimes it is faster. “The amount of mail arriving in six to eight days is steadily increasing,” said Chief Master Sgt. Jeffery Lane, superintendent of Air Force postal operations and policy.

“This is mainly due to the hard work, dedication and superb effort of our postal professionals,” he said. “They go the extra mile to ensure quality service. Mail service is tied directly to the morale of the troops — faster delivery service keeps our Airmen connected to family members, friends and close associates back home.”

Postal officials predict the military postal system will be placed under a microscope as they approach the peak mailing period and the national election in November.

Absentee ballots arriving late to servicemembers or election offices, lack of postmarking devices and inade-

quate forwarding address data or locator service for redeploying troops during the 2000 national election issues linger. The issues have postal workers hustling to assure lawmakers that these problems will not be repeated this fall.

Postal officials said additional charter flights and recent improvements to absentee ballot handling procedures will produce the desired service results on Election Day. These improvements will ensure Airmen, Soldiers, Sailors and Marines have the opportunity to cast their votes during this year’s national election.

The U.S. Postal Service is transporting the material in specially marked containers and processing it with Express Mail. Military postal clerks overseas are reporting any ballot material that is delayed because of a delivery or transportation problem.

Postal supervisors are checking ballots daily to ensure they are legibly postmarked, in the proper container and dispatched according to procedures.

“Providing quality mail service to our deployed troops is our No. 1 priority,” said Col. Ronnie Hawkins, director of communications operations.

Postal officials have increased the number of charter flights to handle the enormous daily mail volumes from John F. Kennedy International Airport in New York, and

San Francisco International Airport, Calif., to Bahrain and Kuwait mail processing centers. Postal workers process a daily average of more than 180,000 pounds of mail — 145,000 pounds for Iraq and 35,000 pounds headed to Kuwait. More than 5 million pounds of mail destined for deployed members was delivered in July alone.

“This tremendous accomplishment is a true testament of the tireless efforts of our career postal workers and augmentees,” Colonel Hawkins said. “The extra charter flights, superb teamwork and ‘can-do’ attitude displayed by postal workers has brought a sense of satisfaction.”

Although mail delivery times have vastly improved, misaddressed mail is still a concern. Misaddressed mail often contains the name of the foreign city or country, such as Baghdad, Iraq, Kuwait City or Kuwait on the face of the envelope or wrapper. Mail containing a foreign city or country is automatically entered into the international mail system and will be delayed.

Officials can now correct these problems with the help of Airmen.

Deployed Airmen can provide immediate feedback on customer service, transit times or other issues. An electronic questionnaire can be accessed at [http://ice.disa.mil/index.cfm?fa=ice\\_main](http://ice.disa.mil/index.cfm?fa=ice_main). The survey is an on-going project and the collection process is permanent.

## SCHOOL (Continued from Page 1)

The tour continued with visits to Lee Middle and Hunt Intermediate Schools.

According to the survey, base parents were especially concerned with issues at Lee Middle School.

Lee’s principal gave a briefing on the new team concept of teaching, which will pair students with the same teachers for their 7th and 8th grade years.

The tour wrapped up at the CMSD headquarters with an informal meeting between some of the school board members and the tour group.

Dr. Beason pointed out that while the schools still have some issues to deal with, the improvement process was underway.

“We hope you have seen our schools as they are,” Dr. Beason said. “We work hard. We are not perfect, but we are good and we are going to get great.”

Colonel Wilson reinforced his support for Dr. Beason and the improvements being made.

“It takes a team approach to make things great,” he said. “We are certainly going to get the word out to our folks. We are going to be your advocates and work with you to make things better.”

*(Editors Note: Parents who have concerns with the Columbus City School System can contact Major Stokstad at Ext. 2616. She is the wing’s conflict resolution officer and has direct contact with the school board representative.)*



Kenn Brown

## Tack it on

The 14th Flying Training Wing congratulates the September enlisted promotees. Front row: to airman first class: Jessica Jones William, 14th Communications Squadron; to senior airman: Audrey Robb, 14th Operations Support Squadron; Amber Ashy, 14th Civil Engineer Squadron; Back row: to senior airman: Christopher Cassidy, 14th CES; to technical sergeant: Kevin McGee, 14th OSS; to staff sergeant: Michael Eley, 41st Flying Training Squadron; to master sergeant: Paul Barnhart, 14th Medical Operations Squadron; to staff sergeant: David Appel, 14th Security Forces Squadron; and to senior airman: Ryan Walsh, 14th CS. Not pictured are:

To senior airman:  
James Bratton, 14th Mission Support Squadron; Rian Hickey, 14th OSS; Daniel Torres, 14th OSS; Brian Borowski, 14th CES;

Michael Godlewski, 14th SFS; and Nicole Paille, 14th MDOS  
To technical sergeant:  
William Cook, 332nd Recruiting Squadron

## NEWS BRIEFS

### Military Voter Registration Week

Military Voter Registration Week ends Saturday. BLAZE TEAM members are reminded to register for absentee ballots. The end of registration for the November elections is approaching. Unit voting counselors are available to assist in filling out Federal Post Card Applications. A list of counselors is available at <https://columbusweb> under the "wing voting" button. For more information, call Ext. 7076.

### Dorm dinner

The monthly dorm dinner is at 5 p.m. Thursday at the chapel annex. The menu includes hamburgers and hot dogs grilled by the Columbus AFB Top 3. People can drop off food donations such as chips, french fries, baked beans, and macaroni and cheese at the chapel by 4:30 p.m. Thursday. Door prize drawings will be held, and a Bible study will follow the dinner for those who would like to attend. For more information, call the chapel at Ext. 2500 or contact a first sergeant.

### Blood drive

The 14th Medical Group and Mississippi Blood Services sponsors a blood drive from 4 a.m. to 4 p.m. Sept. 17 at the chapel annex. For more information or to schedule a time, call Capt. Daryl White at Ext. 2123 or Tech. Sgt. Cory Santos at Ext. 2124.

### Palace Chase opportunities

There are currently openings in the Georgia Air National Guard, Brunswick area. Airmen are needed to fill electronics, mechanics, communication systems, and tactical air command and control specialist Air Force Specialty Codes, as well as Air Liaison Officer positions. Retraining is possible. Montgomery G.I. Bill and tuition assistance benefits are also available. For more information, call (800) 743-9231, DSN 358-5604 or e-mail Master Sgt. Kelly Smith at [kelly.smith@gasava.ang.af.mil](mailto:kelly.smith@gasava.ang.af.mil).

### Base housing upkeep

Many new homes in Magnolia Village need mold removed. Residents can check out power washers from the Pride Store. For more information, call Ext. 7372.

# Program aims to help military spouses interested in teaching

Samantha Quigley  
American Forces Press Service

Spouses to Teachers, the Department of Defense's latest endeavor to assist military spouses interested in teaching, is serving a similar purpose as the popular Troops to Teachers program, an official said.

DOD established Troops to Teachers in 1994, and responsibility for the program was recently transferred to the U.S. Department of Education. TTT was created to help recruit quality teachers for schools that serve low-income families throughout America, according to the Troops to Teachers Web site.

Michael Melo, director of a Spouses to Teachers pilot program in Virginia, explained that TTT laid the groundwork for STT in providing individual state information. Melo is also the director of Virginia's TTT program.

STT is currently a pilot program in 6 states: California, Colorado, Florida, Georgia, Texas and Virginia. The program was prompted by military spouses who were already teachers or interested in teaching, but were facing difficulties finding certification requirements and job information when they moved, said Gary Woods, acting director of DOD educational opportunities.

Melo and Woods said the program would offer information, counseling and guidance to eligible, interested individuals. Initially, eligibility is limited to those with a bachelor's degree who are spouses of active duty servicemembers and members of the Selected Reserve or Individual Ready

Reserve on extended duty.

It will also offer limited financial assistance to help defray the costs of meeting state certification requirements in the pilot states.

On the future STT Web site and in offices that will be handling the program, the goal is to provide information on teacher-certification requirements within a state, what kinds of jobs are available, and what kind of reciprocity exists between the system they're currently teaching in and systems they may potentially be transferring into, Woods said.

These sources also aim to make spouses aware of additional course requirements for certification or credentialing within the new state and make sure spouses know where they can turn for potential financial assistance in order to pursue those courses.

"Because of the network we have from Troops to Teachers with the Department of Education, with the school districts, with the colleges, we're able to provide that information that the spouses needs on what they need to do to be certified in a particular state," Melo said. "If it has reciprocity, there are always intricate little details that it doesn't necessarily transfer over completely."

Even before the Web site has been posted, the response has been positive, Melo said. "We're actually surprised at the number of phone calls we've already received."

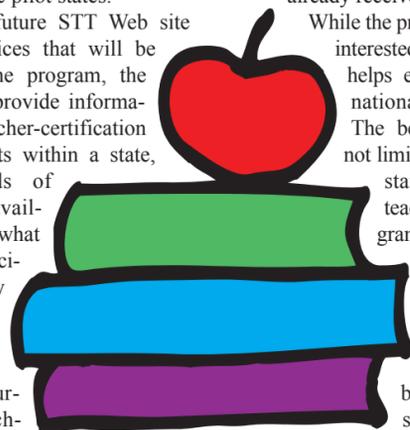
While the program serves spouses interested in teaching, it also helps ease the burden of a national teacher shortage. The benefits, however, are not limited to the schools that stand to get quality teachers out of the program. The students reap rewards as well.

Like the former troops who take up chalk and eraser, military spouses bring some of the same skills to the classroom.

"The military spouse has variety of life experiences that they've gained as a military spouse," Melo said. "So when they come into the classroom they bring those same experiences so they can impart those life experiences in the learning process of the students."

Military families can come out ahead, too. Woods said this provides an opportunity for a spouse to pursue a degree and a career that will provide the family a better income over time. "One of the things that we're primarily interested in right now is providing access to careers for spouses that will enhance the family bottom line," he said.

Melo and Woods agree that the national TTT Web site, [www.proudtoserveagain.com](http://www.proudtoserveagain.com), is the best source of information right now.



## AF chief of staff mandates AEF ID cards for Airmen

1st Lt. Sarah Small

Air and Space Expeditionary Force Center Public Affairs

LANGLEY AFB, Va. — The Air Force chief of staff has directed all major commands issue Air and Space Expeditionary Force identification cards before the beginning of Cycle 5 in September.

AEF ID card usage was stopped during the height of Operations Enduring and Iraqi Freedom because six to eight AEFs were deployed simultaneously, according to Col. Vincent Wisniewski, AEF Center vice commander.

Reissuing the cards will again link every Airman to his or her assigned deployment window within Cycle 5.

The cards provide predictability and stability by allowing Airmen to plan around deployments to schedule leave, pro-

fessional military education and TDYs, according to Chief Master Sgt. David Mimms, superintendent for AEF Matters, Headquarters Air Force, deputy chief of staff for air and space operations. The cards are conveniently sized to print and keep in a wallet or purse for easy reference. The front of the card tells Airmen their assigned AEF pair and the back shows the new 20-month cycle chart, which begins in September.

Some low density/high demand forces and stressed career fields may be postured in several AEFs as needed for extended tours, Colonel Wisniewski said. These forces are considered "enabler" capabilities. Due to the higher operations tempo required for these forces, they may not rotate on the normal four-month schedule. The affected MAJCOMS and Air Reserve Component are working to determine the

best way to issue cards to Airmen in enabler billets.

Airmen who do not fall into the enabler category are assigned to only one AEF during an AEF cycle, in accordance with Air Force Policy Document 10-4, Chief Mimms said. To add discipline to this process, a MAJCOM vice commander waiver is required to move an Airman from one AEF to another.

"One of my top priorities is to ensure the AEF culture is as clear and predictable as possible for all Airmen," said Brig. Gen. Stephen Hoog, AEF Center commander. "Reissuing AEF ID cards is one way we can do that."

The AEF ID card template and implementation guidance are posted on the AEF Center Web site: <https://aefcenter.acc.af.mil> (the Web site must be accessed from a .mil computer).

## Pay raise shows support for troops

Kathleen Rhem

American Forces Press Service

WASHINGTON — The 3.5-percent pay raise provided for in the 2005 Defense Appropriations Bill shows the U.S. government and the American people are committed to supporting their military forces, Department of Defense's top personnel official said.

"It's a strong signal of the country's support for the men and women in uniform," David S. C. Chu, undersecretary for personnel and readiness, said during an interview with American Forces Press Service and the Pentagon Channel.

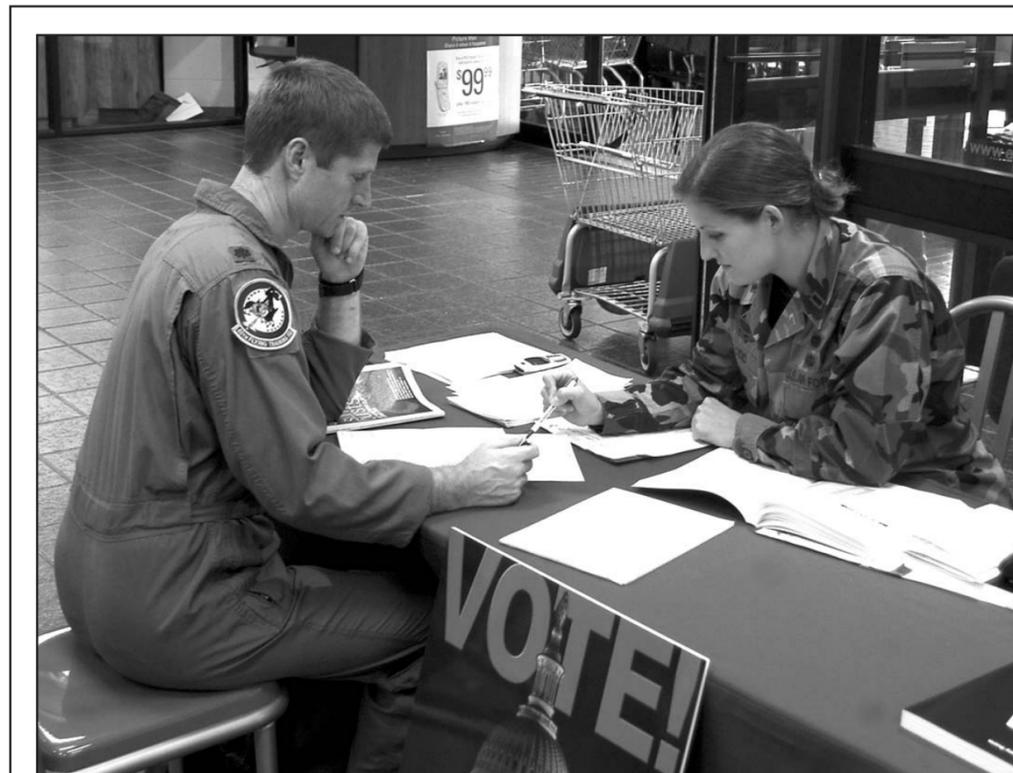
This year's appropriations bill also brings to zero the average out-of-pocket housing expenses paid by military members. Five years ago, officials estimated housing allowances paid to military members covered only 81 percent on average of what most military members actually paid. In January 2000, then-Defense Secretary William Cohen pledged to reduce that percentage every year. Since then, officials have kept that pledge.

Mr. Chu explained the housing allowances now cover 100 percent of the average housing costs for individuals, based on Department of Defense estimates of rent rates in various areas and what size and type of housing individuals of various ranks and family situations should be entitled to.

Mr. Chu also stressed it's vital to recognize the sacrifices of National Guard and Reserve service members in the war on terrorism. "We shouldn't differentiate (between active and reserve troops)," he said. "If you're on active duty, you're on active duty" regardless of how you got there.

Enhanced access to health care for reserve-component service members and their families and improved education benefits enacted or proposed since the war on terrorism began help highlight America's commitment to these forces, Mr. Chu also said.

In particular, President George Bush announced that he supports improving G.I. Bill education benefits for reserve-component service members activated for an extended period of time. The change would make the benefit for activated reservists more on a par with the benefit active duty forces are entitled to, Mr. Chu said.



2nd Lt. Matthew Hinze

### Exercise your right

Lt. Col. Patrick Wilson, 48th Flying Training Squadron, receives instructions on how to fill out a voter registration form from 1st Lt. Jennifer Todd, 14th Security Forces Squadron, Tuesday in the exchange lobby. Now through Saturday, squadron voting representatives will be available in the lobby during business hours to assist military members and their eligible dependents with voting registration. Call Ext. 7076.

## 14TH FLYING TRAINING WING DEPLOYED

As of press time, 62 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



## Hispanic Heritage Month events

In recognition of Hispanic Heritage Month — Wednesday through Oct. 15 — the Columbus AFB Multicultural Committee has planned several events:

- ☐ Hispanic culture-themed readings from 9 to 10 a.m. every Friday at the child development center
  - ☐ A fun run at 7 a.m. Sept. 17 at the fitness and sports center
  - ☐ A piñata celebration at 4 p.m. at Sept. 24 at the youth center
  - ☐ A luncheon at 11:30 a.m. Oct. 15 at the Columbus Club
- For more information about Hispanic Heritage Month activities, call Staff Sgt. Sarah Swift at Ext. 2138.



# Chaplains provide confidential, trusted counsel

**Chaplain (Lt. Col.) Joseph Vu**  
14th Flying Training Wing



The chaplains have a special faculty that differs from all other helping agencies — “privileged communication.”

Anyone who comes to a chaplain for help, whether a military member or dependent, civilian employee or contractor, can expect that disclosed information will be kept confidential unless the individual intends to hurt himself or others.

This privileged communication is a legal concept that defines a right owned by the source. It protects individuals seeking spiritual help from having their confidences disclosed in court without their permission. This privilege is essential to a chaplain’s ministry, even to the enemy’s prisoners of war.

The Military Rules of Evidence 503 states, “A person has a privilege to refuse to disclose and to prevent another from disclosing confidential information by the person to a clergyman or to a clergyman’s assistant if such communication is made either as a formal act of religion or as a matter of conscience.”

The Code of Ethics for Chaplains of the Armed Services affirms that all chaplains will hold in confidence any privileged communication received during the conduct of his ministry.

The manual for courts-martial further affirms the absolute character of such privilege communication within the context of judicial proceedings and investigations.

To further safeguard this faculty, chaplains do not serve as troop commanders or court-martial members. Any request for a chaplain to testify at official investigations or court proceedings will be elevated through the chaplain’s functional chain of command. In rare occasions when required to appear as witnesses, chaplains must exercise the special obligation of privileged communication with extreme caution.

All military chaplains are professionals. They are trained to assist people in times of need. They are thorough in their religious training, well versed in ethical-moral issues, and familiar with military policies, federal and state laws in their areas of responsibility.

When a chaplain needs to consult with other

professionals on their areas of expertise, the obligation to protect privileged communication applies. Violation of this privilege would cause possible civil lawsuit and/or Uniform Code of Military Justice action against the chaplain, the loss of trust for chapel staff and the most unique faculty entrusted to the chaplain service.

When issues become a burden to your life and you don’t know which way to go, you should see a chaplain. A few minutes of intentional conversation, an unscheduled visit or an appointment with the chaplain can do you good.

The chaplains offer you a listening ear without being

judgmental, a place for you to cry without being criticized.

Pastoral conversation with chaplains will help you with juggling choices and their spiritual wisdom will guide you to take the best course of action. Their pat on your back, hug and prayer will give you support and strength.

Hopefully you don’t have to rely on your chaplain all the time but know that when in need, everything will be kept between us.

**“When issues become a burden to your life and you don’t know which way to go, you should see a chaplain. A few minutes of intentional conversation, an unscheduled visit or appointment with the chaplain can do you good.”**

## 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.

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 Web site at [www.columbus.af.mil](http://www.columbus.af.mil).

Questions and answers will be edited for brevity.

## Availability of movies for younger audiences at base theater

**Question:** I have been living on base with my family for about two months now. I have a five year old and a two year old and have noticed that the movies played at the base theater have not been appropriate for small children. Can we get a movie — maybe once or twice a month — that is fitting for young audiences?

**Answer:** Our Army and Air Force Exchange Service personnel aggressively pursue child-oriented movies.

However, movie availability is driven by the commercial movie industry. The movie industry simply isn’t making many films of this genre right now.

Movies for younger audiences generate better attendance for our base theater, and as they become available, our AAFES staff will show as many of these movies as they can.

Col. Stephen Wilson  
14th Flying Training Wing commander

## 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

## Silver Wings Editorial Staff

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# Secretary, chief send Patriot Day message

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

On the third anniversary of Sept. 11, 2001, the world will remember those tragically lost (because of) the heinous actions of terrorists in New York, the Pentagon and Pennsylvania. These were attacks against freedom, democracy and humanity that carried a high human toll as citizens from the United States and many other countries lost their lives.

This Patriot Day, we honor the memories of those lost, and we pay tribute to those answering freedom’s call to combat terrorism around the world.

Your efforts over the last three years have been phenomenal. You continue to professionally safeguard the skies of America. You have dispersed al-Qaida and toppled the Taliban government in Afghanistan. And, you were instrumental in ending a cruel regime in Iraq and ensuring that a new, democratic

government could take root.

Our superior total force of active duty, Guard, Reserve and civilian Airmen continue to brilliantly answer America’s call to defend peace and freedom. Our country is confident in your capabilities and proud of your service.

Unfortunately, on this, the third Patriot Day, our mission is not complete. Those who indiscriminately killed more than 3,000 people on Sept. 11, are still dedicated to terrorizing our nation and the world because we value life, believe in liberty and welcome democracy as the people’s voice.

Let’s remember those who are deployed in harm’s way to defend the American way of life. And, let’s ensure their families are taken care of while they’re away from home.

As Airmen, our cause is just and noble. Our country depends on us to stay the course.

Thanks for all you do for America and our Air Force. May God bless you, and may God bless America.



Courtesy illustration

# Don’t cower from the national anthem — be proud

Jo Rowe  
Office of the Air Force Surgeon General

WASHINGTON — It was one of the first beautiful days in a very long while at Bolling AFB. Rain was predicted, but I was hoping it would hold out until I completed the walk to my on-base residence.

As I was about to walk out of the Maisey Building, I noticed three enlisted members, three officers and one civilian with her newborn who were waiting by the exit doors; such a big pile-up for this time of day.

My heart sank. Could it be those deep blue skies and white puffy clouds turned dark gray with huge raindrops just waiting to signal the burst? Or was the rolling of the thunder and the dancing of the lightning enough to cower everyone back into the building until the coast was clear?

Nope. Neither. To my extreme disappointment, these people were “self-locked” inside, because they didn’t want to be

caught outside during the playing of our national anthem.

I was very saddened.

As my husband and I approached the door, everyone parted for us to get past. As we were walking through the doors, the music stopped. Everyone piled out as if a store had just announced 75 percent off at a day-after-Christmas sale.

I said to my husband, “You know what, honey? I am really sickened when I see people who refuse to come outside and acknowledge our national anthem. Have they forgotten that this song, along with other things, stands for our freedom? What are they afraid of? The cowards!” Even I, a dependent spouse, am familiar with the courtesies we are supposed to observe when the national anthem is being played. Even though my husband was

shocked to hear me call people whom I did not know “cowards,” he said he understood.

I have always felt this way. If you appreciate what you have, who you are and where you come from, you should appreciate the national anthem and all it represents.

My husband tried to tell me that hiding like that was, indeed, against military courtesies, but I tuned him out as I continued to ramble on about how insensitive I felt those people were.

What on earth was keeping those folks from standing proud and saluting or placing their hand over their hearts? No excuse is acceptable.

So I looked around as everyone rushed to his or her car, and I thought of the men and women fighting for our freedom right now.

I thought of how proud I am of each and every one of them and how they wouldn’t be proud of those Americans who chose to stay inside instead of coming out to salute their flag — the very item that drapes the coffins of our fallen to their final resting place.

Don’t cower from the national anthem. Be proud. Go outside and salute the flag or place your hand over your heart and stand tall. If not for yourself, then do it for your American brothers and sisters fighting to keep you free.

## Notable Quote

**“For terrorists fleeing Afghanistan — for any terrorist looking for a base of operations — there must be no refuge, no safe haven.”**

~ George W. Bush, President of the United States

# SUPT Class 04-14 earns silver wings



**Capt. Terry Tyree Jr.**  
Washington, D.C.  
KC-10, McGuire AFB, N.J.



**Capt. Jeffrey Banker**  
Cumming, Ga.  
C-17, McCord AFB, Wash.



**1st Lt. Kwabena Atiemo**  
Akropong, Ghana  
MB-339, Accra AFB, Ghana



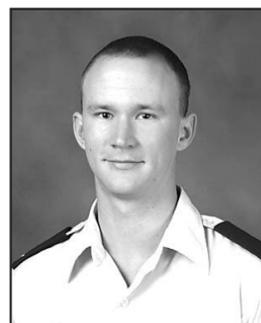
**2nd Lt. Brent Blandino**  
Smithfield, R.I.  
T-38, Columbus AFB, Miss.



**2nd Lt. Shaun Cheema**  
Dundee, Mich.  
F-16, Luke AFB, Ariz.



**2nd Lt. Christopher Cole**  
Sacramento, Calif.  
TBD



**2nd Lt. Mark Fischer**  
Brooksville, Fla.  
C-21, Wright-Patterson AFB, Ohio



**2nd Lt. Krists Hirssons**  
Riga, Latvia  
L-410, Lielvarde AFB, Latvia



**2nd Lt. Erik Howg**  
Minnetonka, Minn.  
KC-135, McConnell AFB, Kan.

Specialized Undergraduate Pilot Training Class 04-14 graduates at 10 a.m. today during a ceremony at the theater.

Twenty-six officers prevailed during a year of training, earning the right to be an Air Force pilot.

The graduation speaker is Brig. Gen. Ronald Ladnier, Air Command and Staff College commandant, Maxwell AFB, Ala. General Ladnier leads the joint military college responsible for educating mid-career officers and civilians in developing, employing, commanding and supporting air and space power across the spectrum of joint and combined operations.

Students received their silver pilot's wings at today's ceremony, and students who excelled in their respective training tracks are recognized.

Capt. Terry Tyree Jr., T-1, and 2nd Lt. Timothy Dowling, T-38, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lts. Clayton Jones, T-1, and Shaun Cheema, T-38. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association — promoting aerospace power and a strong national defense.

Captain Tyree, 1st Lt. Christopher Munger, T-1, and Lieutenant Dowling and were named distinguished graduates.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, sub-

sonic T-37 Tweet. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

Primary training takes about 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 flying hours.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track. Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38 Talon, a tandem-seat, twin-engine supersonic jet.

T-38 training emphasizes formation, advanced aerobatics and navigation.

Training takes about 26 weeks and includes 381 hours of ground events, 31.6 hours in the flight simulator and 118.7 flying hours.

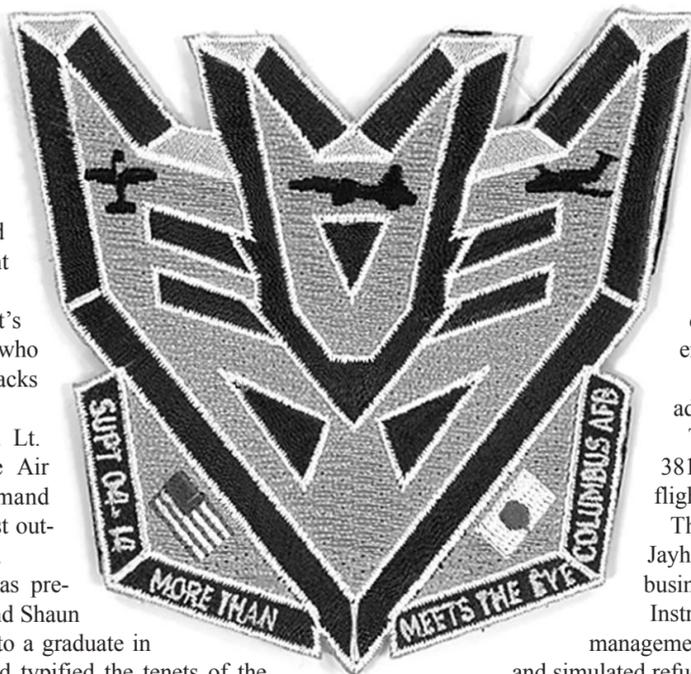
The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place business jet.

Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions.

Training takes about 26 weeks and includes 185 hours of ground training, 43 hours in the flight simulator and 104 flying hours.

The class reunites on graduation day, when students receive the aeronautical rating of pilot and begin their careers as U.S. Air Force pilots.

*(Editor's note: The class's pilot partners are Cable One and the Columbus-Lowndes Development Link.)*



**1st Lt. Christopher Munger**  
Vienna, Va.  
C-21, Yokota AB, Japan



**1st Lt. Michael Rattigan**  
Sarasota, Fla. (ANG)  
C-5, Stewart ANGB, N.Y.



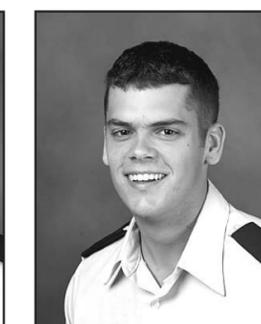
**2nd Lt. Michael Adams**  
Gardendale, Ala. (ANG)  
KC-135, Birmingham, Ala.



**2nd Lt. Kristopher D'Erasmus**  
Clifton, N.J.  
KC-135, Grand Forks AFB, N.D.



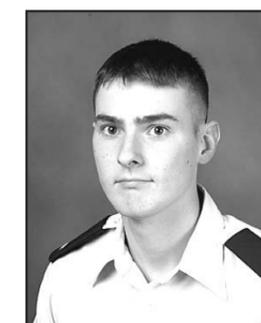
**2nd Lt. Timothy Dowling Jr.**  
Carmel, Ind.  
F-15C, Tyndall AFB, Fla.



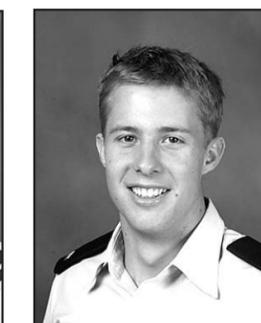
**2nd Lt. Eric Fay**  
Woodbridge, Va.  
F-16, Luke AFB, Ariz.



**2nd Lt. Geoffrey Jernigan**  
Lawrenceburg, Ind.  
E-3, Tinker AFB, Okla.



**2nd Lt. Clayton Jones**  
Pensacola, Fla.  
T-37, Columbus AFB, Miss.



**2nd Lt. Daniel Munson**  
Springville, Ariz.  
KC-135, Robins AFB, Ga.



**2nd Lt. Jonathan Murphy**  
Manhattan, Kan. (AFRC)  
KC-135R, McConnell, Kan.



**2nd Lt. Joseph Roman Ramirez**  
Tallahassee, Fla.  
C-21, Scott AFB, Ill.



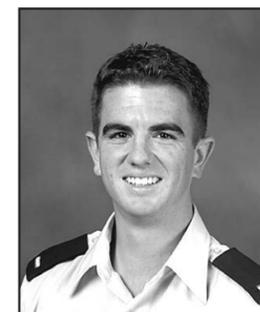
**2nd Lt. Masashi Shimbo**  
Agano-city, Japan  
F-15, JASDF, Japan



**2nd Lt. Andrew Wells**  
O'Fallon, Ill.  
C-130, Dyess AFB, Texas



**2nd Lt. David Welt**  
Madison, Ala.  
F-16, Springfield ANGB, Ohio



**2nd Lt. Patrick Williams**  
Kuna, Idaho  
F-15C, Tyndall AFB, Fla.



**2nd Lt. Christopher Willis**  
McAllen, Texas  
C-21, Peterson AFB, Colo.



**2nd Lt. Andrew Wood**  
Collierville, Tenn.  
A-10, Davis-Monthan AFB, Ariz.

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:**

10:30 a.m. — Ladies Bible study

Noon — Lunch and Bible study

**Wednesday:**

5 p.m. — Bible study potluck

6 p.m. — Bible study, Pioneer

Clubs, teen ministries

For information about other ser-

vices, 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**

"I, Robot" (PG-13, intense stylized action and some partial nudity, 115 min.)

Starring: Will Smith and Bridgit Moynaham.

**Saturday**

"Harold &amp; Kumar Go to White Castle" (R, strong language, sexual content, drug use and some crude humor, 88 min.)

Starring: John Cho and Hal Penn.

**Sept. 17**

"The Manchurian Candidate" (R, violence and some language, 130 min.)

Starring: Denzel Washington and Meryl Streep.

For more information, visit [www.cafbgrapevine.com](http://www.cafbgrapevine.com).CHANNEL 64

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

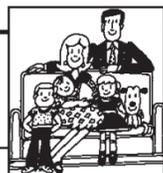
For more information, call the public affairs office at Ext. 7068.

**Weekdays****9 a.m., noon and 2 p.m.****Air Force Television News****BASE NOTES****Cookbook fundraiser:** Specialized Undergraduate Pilot Training Class 04-15 is selling "Flyin' into the Kitchen" cookbooks as a graduation fundraiser. The hard-cover cookbooks include a brief history of Columbus AFB and have different flying-themed sections. Cost is \$14 each. For more information or to purchase a cookbook, call Cindy Ellis at 434-5077.**OSC social:** The spouses from the 41st Flying Training Squadron sponsor a Columbus Officers' Spouses' club social mixer at 6:30 p.m. Tuesday at the Columbus Club. The menu is roasted strip loin of beef. Cost is \$11.50 per person, and club members receive a \$2 discount. New members are welcome. Call Brandi Diaz at 329-1955.**OCF activities:** The Officers' Christian Fellowship kick-off dinner is at 5 p.m. Sept. 18 at the chapel annex. In partnership with Air Force chapels, the OCF has equipped military personnel and their families for spiritual leadership and service for decades. Both military and civilian BLAZE TEAM members are invited. Highlights include a presentation about the organization and new Bible study opportunities. To sign up, contact Maj. Ken Crane at 434-6356 or [kenneth.crane@columbus.af.mil](mailto:kenneth.crane@columbus.af.mil).

Beginning Sept. 20, an OCF Bible study will meet from 6:30 to 8 p.m. Mondays at the chapel annex. The fellowship is open to all BLAZE TEAM members and will begin with a short series on the special challenges facing military marriages. For more information or to arrange complimentary child care, call 434-6356.

**Hunting safety:** A hunter safety brief is from 8 a.m. to 6:30 p.m. Sept. 25 at New Hope High School. Classes are free, but people must preregister by calling (662) 840-5172. In Mississippi, people born on or after Jan. 1, 1972 are required to complete a 10-hour hunter education course before purchasing a hunting license. For more information, visit [www.mdwfp.com/default.asp](http://www.mdwfp.com/default.asp).**Pharmacy formulary change:** As a result of a mandated change in pharmacy formularies Air Force-wide, Allegra is no longer available at the pharmacy, and patients currently taking Allegra should switch to Loratadine. Other options exist for patients desiring medications no longer available at the pharmacy. Call Ext. 2168.

Airman Alexis Lloyd

**Third time's a charm****Capt. Terry Tyree, SUPT Class 04-14, prepares for a flight in a T-1A Jayhawk. Class 04-14 receives the aeronautical rating of pilot today. Captain Tyree will be awarded his third aeronautical rating and will fly KC-10s at McGuire AFB, N.J.****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.)***Health benefits:** A seminar on health benefits available to personnel who are separating or retiring is from 3:30 to 4:30 p.m. Tuesday.**TAP:** A Transition Assistance Program workshop is from 7:30 a.m. to 4 p.m. Tuesday through Thursday. The workshop is for people who are within one year of separation. The program includes interview techniques, information on resumes, job searches and Veterans' Affairs benefits.**State employment:** A seminar with information on services for veterans available at the Mississippi Employment Security Commission or state employment agencies in other states is from 9:50 to 10:20 a.m. Thursday.**Veterans' benefits:** A seminar with information on veterans' benefits is from 10:30 a.m. to noon Thursday.**Small Business Development:** A seminar on starting one's own business and whom to contact at a Small Business Development center for assistance is from 1 to 1:30 p.m. Thursday.**Federal Employment:** A workshop on federal employment and how to apply for it is from 1:30 to 3:30 p.m. Thursday.**Financial management:** A personal financial management workshop with information on various aspects of money management and control, savings and investment is from 10 to 11:30 a.m. Sept. 21.**Money and marriage:** This financial management workshop for newlyweds and premarital couples is at 4 p.m. Sept. 21. Topics include money personalities, budgeting, positive and negative aspects of joint accounts, inheriting debt, financial responsibilities and more.**WIC:** Women with military identification cards who are pregnant and/or have a child younger than five years old may qualify for food supplements under the Women, Infants and Children program. For an appointment to determine financial eligibility, call Ext. 2790.**Air Force Aid Society:** The AFAS offers 24-hour emergency assistance. Possible aid includes interest-free loans, grants, car repairs and emergency travel.**Full-service or do-it-yourself available at Auto Skills Shop****Pam Wickham**

Marketing specialist

The auto skills center offers automotive care ranging from mechanical repairs to cleaning vehicles.

The center is open from 10 a.m. to 8 p.m. Tuesday through Thursday and from 9 a.m. to 5 p.m. Friday and Saturday.

For those who like to perform their own car repairs, all the tools and equipment are available with stall fees of \$1.85 per hour. People can also use the center's automotive lifts for \$3 an hour.

"Our shop can perform all types of vehicle maintenance such as brake service, oil and filter changes, tire rotations and a whole lot more," said Robert Johnson, auto skills center manager. "In fact, we are offering an oil and filter change for just \$15.95 during September."

Other vehicle services include steam cleaning engines, tire changing and repair, computer tire balancing, and radiator and transmission flushes. "Our shop is also certified to provide

Mississippi State vehicle inspections," Mr. Johnson said. "On-base pick-up and delivery is also available for all services."

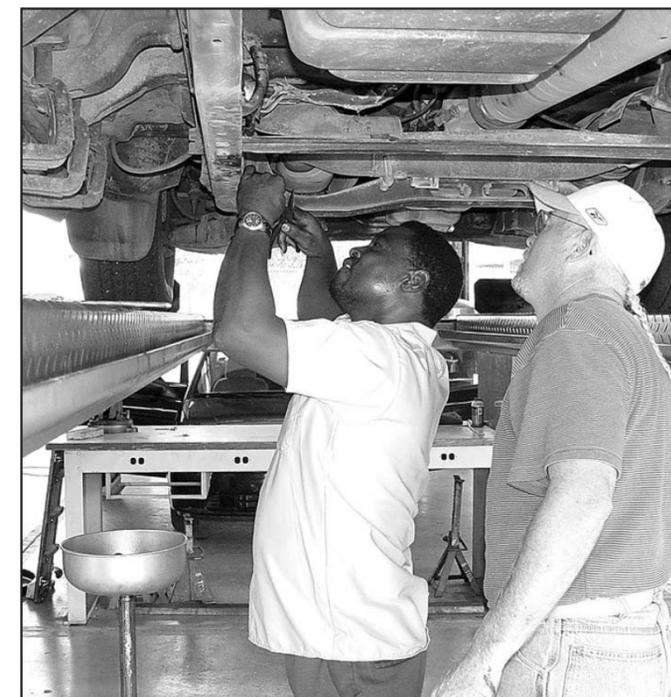
Patrick Jones, auto hobby shop employee, provides a car detailing service with prices starting at \$15 for a basic cleaning, which includes wash, vacuum, windows, tires, rims and dash boards.

The cost is \$32 to add hand waxing. Trucks and vans prices vary slightly. Detailing is available by appointment only.

People can wash their own vehicles at a four-bay car wash, which is open 24 hours and located next to the youth center. The bays feature pumps that produce 1,000 pounds per square inch of pressure for a heavy-duty cleaning.

The washers, vacuum and a fragrance machine are all coin-operated, and a dollar-changing machine is available if needed.

The auto skills center also monitors the used car lot on base. Vehicles are on display across from the postal center off of C Street. Cost is \$10 per month to park used vehicles on the lot. For more information, call Ext. 7842.



Pam Wickham

**Billy Foy, automotive technician, assists customer Roger Hinshaw with a fuel filter replacement. The auto shop's September special is an oil and filter change for \$15.95. Call Ext. 7842.****Leisure opportunities abound****All-you-can-eat lunch buffets:** The Columbus Club offers these buffets Tuesday through Friday from 11 a.m. to 1 p.m. Tuesday is breakfast, Wednesday is Southern, Thursday is Mexican and Friday is catfish. For more information, call Ext. 2490.**Sunday brunch:** The Columbus Club serves a variety of breakfast and lunch food items from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$9.95 for club members and \$11.95 for nonmembers. Ages 5 and younger eat free. For more information, call Ext. 2490.**Football Frenzy:** The enlisted lounge opens its doors to all-ranks every Monday night at 5 p.m. to watch football games and give away prizes. Club members can also enter a drawing for a trip to the Super Bowl. For more information, call Ext. 2490.**Preschool story time:** The base library offers this 30-minute program every Wednesday starting at 10 a.m. for children, ages 3 to 5. Parents are asked to remain in the library during story time. For more information, call Ext. 2934.**Southern Living at Home:** Join the community center staff for this Southern Living at Home party from 6 to 8 p.m. Tuesday. Featured items include

a taste of food from Southern Living cookbooks, entertaining ideas for events such as football and Christmas parties, holiday gift ideas from the Southern Living catalog of home decor items and door prizes. For more information, call Ext. 7540.

**Bowling center steak night:** The bowling center offers this monthly special from 5 to 7 p.m. Wednesday. Cost is \$5.75 per person and includes steak, fries, tossed salad and a beverage. For more information, call Ext. 2426.**Give parents a break/Parents day out:** The child development center and youth center offer this program from 9 a.m. to 3 p.m. Sept. 18. Reservations must be made by Wednesday. Call the child development center at Ext. 2934 and the youth center at Ext. 2504.**Exercise classes:** The community center offers these low-impact exercise classes starting Sept. 20. Classes are from 9 a.m. to 10 a.m. Monday, Wednesday and Friday. Cost is \$5 per week. For more information, call Ext. 7450.**Openings at base stables:** The base stables have empty stalls with paddocks for rent. The stable also have a riding area, wash rack, round pen and five pastures. For more information, call Ext. 2507.

Pam Wickham

**Winning roll****Philip Howell, Dyncorp employee, gives his new ball a test roll. Mr. Howell won the ball in the Stars and Strikes summer bowling promotion. League bowling begins this month and there are openings on the Tuesday night mixed league and the Saturday morning youth league. Call Ext. 2426.**

**Family and Friends Festival:** The Family and Friends Festival and Craft Fair is Saturday at the Coco Center located at 1408 Old Highway 82 E. in Starkville, Miss. For more information, call (662) 323-8876 or (662) 323-3977.

**Rummage sale:** Boy Scout Troop 3 sponsors its annual rummage sale from 6 a.m. to noon Saturday at their scout hut located at 2nd Avenue North (next to the Farmer's Market).

**Tennessee Williams Tribute:** The Tennessee Williams Tribute and Tour of Historic Homes lasts through Sunday in downtown Columbus.

Exhibits, luncheons, book signings, plays, socials and tours are available. Some events require tickets. Call (800) 327-2686, 327-5071 or e-mail spatkaye@ecicom.net.

**Moms In Touch:** Moms In Touch meets from 2 to 3 p.m. Sunday at Baptist Student Union on the Mississippi State University campus.

This women's group is an interdenominational organization of mothers who meet weekly to pray for their children and their schools. For more information, call Linda Griffith at (662) 323-3393 or Leslie O'Hara at (662) 418-0511.

**Community chorus:** The Starkville Community Chorus rehearses at 7 p.m. Mondays in the Mississippi State University choral building. All choral enthusiasts are invited. Directions to the choral building can be found on the campus map at www.msstate.edu. For more information, call Ron Losure at 324-1995.

**Parenting workshop:** The Families First Resource Center sponsors an Active Parenting of Teens workshop from 6 to 8 p.m. Tuesdays through Sept. 21. For more information, call (662) 244-0273.

**Dog obedience classes:** Dog obedience classes are held at 6 p.m. Tuesday through Oct. 19 at Propst Park. For more information, call 327-4935 or (662) 242-7023.

**Book lunch:** The Evans Memorial Library in Aberdeen, Miss., sponsors a book lunch at noon Wednesday at the library. Guests will be the Tombigbee Storytellers. Sack lunches will be sold for \$5. For more information, call (662) 369-2838.

**Barbershop choral society:** The Possumtown Barbershop Choral Society meets at 7 p.m. Thursdays in the First Baptist Church Choir room (across from Memorial Funeral Home). All interested males are welcome to the rehearsals to sing four part harmony. For

more information, call James Gibson at 327-1655.

**Farmers market:** The Columbus Farmers Market will be open through October from 7 a.m. to 6 p.m. Tuesdays, Thursdays and Saturdays. For more information, call 328-4164.

**Used cell phone drive:** The North Mississippi Medical Center sponsors a used cell phone drive Wednesday through Oct. 15 to help protect victims of domestic violence in Tupelo, Eupora, Iuka, Pontotoc and West Point, Miss. For more information, call (800) 843-3375.

**Drivers needed:** The local chapter of Disabled American Veterans seeks volunteers to transport veterans to and from the Veteran Affairs hospital in Jackson, Miss. Volunteers do not have to be veterans. Presently, the van runs to and from Jackson every Wednesday, but service may increase due to demand. For more information, call (662) 243-2334.

**Afternoon Tunes:** Afternoon Tunes, an evening of live music and entertainment, is from 7 to 9 p.m. Thursday at the Trotter Convention Center Courtyard. For more information, call 328-6305.

For more event listings, visit [www.columbus-ms.org](http://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](mailto:silverwings@columbus.af.mil).



John Van Winkle

Rush attack

Falcon senior fullback Dan Shaffer plows ahead for a touchdown during the Air Force Academy's final Blue-Silver scrimmage of the season Aug. 28. Shaffer carried the ball 67 times last season for 296 yards, and looks to add to those numbers in the upcoming season.

SHORTS

Youth soccer

Children may register for the fall soccer season now through Wednesday at the youth center. Cost is \$25 for members of the center and \$35 for nonmembers. Coaches are also needed. Call Ext. 2504.

Intramural sports

The fall season of intramural sports is approaching and dependents are encouraged to participate. To be eligible, dependents 16 years and older need to contact a unit or squadron sports representative. A list of representatives is located at the fitness center. Fall sports include flag football, golf, and bowling. For more information, call David Hoffecker at Ext. 7618 or the fitness center at Ext. 2772.

Happy Fund tournament

The Happy Christmas Fund's annual golf tournament begins at 9 a.m. Sept. 17 with a shotgun start at the Whispering Pines Golf Course. All proceeds from the event goes to the Happy Fund. Cost is \$120 per four-person team and is limited to the first 18 teams to register. For more information or to sign-up, call Ext. 7932.

Soccer camp

Columbus AFB hosts the Air Force Soccer Trial Camp Jan. 6 through Jan. 23. The deadline for completing Air Force Form 303, Request for Specialized Sports Training, is Nov. 1. All military personnel interested in participating in the camp must complete the AF Form 303 or contact the fitness center at Ext. 2772.

Variety of factors cause shinsplints

Bill Goins  
47th Aeromedical-Dental Squadron

The nature of shin splints most often can be captured in just four words: Too much, too soon. I've noticed shin splints to be a problem mainly for new runners or runners starting over. What are they?

Shin splints, the catch-all term for lower leg pain that occurs below the knee either on the front outside part of the leg (anterior shin splints) or the inside of the leg (medial shin splints), are the bane of many athletes, runners, tennis players and even dancers.

They often plague beginning runners who do not build their mileage gradually enough or seasoned runners who abruptly change their workout regimen, suddenly adding too much mileage, for example, or switching from running on flat surfaces to hills.

So what causes them? There can be a number of factors at work, such as overpronation, inadequate stretching, worn or incorrect shoes, or excessive stress placed on one leg or one hip from running on crowned roads or always running the same direction on a track.

The most common site for shin splints is the medial area (inside of the shin). Anterior shin splints (toward the outside of the leg) usually result from an imbalance between the calf muscles and the muscles in the front of the leg, and often afflict beginners who either have not yet adjusted to the stress of running or are not stretching enough.

In general, the muscles in the front are working hard to overcome the power in the muscles in the back of the leg.

But what exactly is a shin splint? Over the years, there have been several theories. Small tears in the muscle that has pulled off the bone, an inflammation of the periosteum (a thin sheath of tissue that wraps around the tibia, or shine bone), an inflammation of the muscle, or some combination of these, but there's no hard-core consensus among sports scientists. Fortunately, there is some hard-core advice about how to treat shin splints.

Experts agree that when shin splints strike, people should stop running completely or decrease their training depending on the extent and duration of pain.

Consider cross-training for a while to let shins heal. Swim, run in the pool or ride a bike. When returning to running, increase mileage slowly, no more than 10 percent weekly. Make sure correct running shoes are worn for each foot type.

Shin splints usually take three to six weeks to heal, but they can take longer if not given adequate time.

Senior fitness

A senior fitness class will be held from 9 to 10 a.m. Mondays, Wednesdays and Fridays at the community center beginning Sept. 20. Cost is \$5 a week or \$2 per class. This low-impact class is open to all BLAZE TEAM members. For more information, call Ext. 7450.

