

SILVERWINGS

"Year of the Air Force Family"

Vol. 33, Issue 44

Columbus Air Force Base, Miss.

November 6, 2009

Weather



Today

High: 71, Low: 40
Sunny



Saturday

High: 73, Low: 44
Mostly Sunny

News Briefs

Veterans Day Ceremony

City of Columbus Veterans Day ceremony will be held at 11:00 a.m. on Saturday, Nov. 7 in front of the Lowndes County Court House on Second St. North. The 30 minute ceremony will feature a P-51 flyover, address by retired Gen. Robert "Doc" Foglesong, live Taps performance and a wreath-laying at the Veterans monument.

Spouses Call

All Columbus AFB Spouses are invited to a Spouses Call on Monday, Nov. 9 at the Services Complex. There are two sessions, 8:30 a.m. or 7 p.m. the one-hour sessions will pass on CAFB information, question and answer session and open forum. For more info, call 434-5167, children are welcome.

Enlisted Call

Command Chief Master Sgt. Richard Brackett, 14th Flying Training Wing, will hold an Enlisted Call at the Kaye Auditorium November 12 at the following times: junior enlisted at 8 a.m.; NCOs at 9 a.m.; and SNCOs at 10 a.m.

Welcome Home Celebration

The 14th Flying Training Wing will formally welcome back its recently returned Airmen from deployment at 4 p.m. on Friday, Nov 12 at the Columbus Club.

Inside



Feature 10

The BX's renovations are highlighted in this week's feature.



Col. Ken Bryson, 14th Mission Support Group commander, presents the 14th Flying Training Wing's end of year budget report to the Columbus AFB Base Community Council October 27 at the Columbus Club. U.S. Air Force photo/Sonic Johnson

Columbus earns \$25.4M end of year close out

Sonic Johnson

14th Flying Training Wing
Public Affairs

COLUMBUS AIR FORCE BASE, Miss. — Members of the Base Community Council heard it first when Col. Ken Bryson, 14th Mission Support Group commander, presented the results of the Fiscal Year 2009 financial close-out. Columbus Air Force Base competed and won a record \$25.4 million dollars for

numerous base projects.

The fiscal windfalls are a result of budget savings throughout the year over the entire Air Force. Each base researches and submits projects that must compete on merit and the ability to execute the project short notice.

"This year's success reflects a great team effort between the base civil engineers, base contracting and my finance team," bragged Maj. Matt Waggoner, 14th Comptroller-Contracting (P) acting com-

mander." The Columbus team worked all year to keep our projects designed, sourced and justified to our higher headquarters,"

Some of the larger projects include upgraded parking areas around the Operations Group building, renovation of the heating and cooling system of one of the Unaccompanied Officer dorms, a new kitchen in the Airmen and Family Readiness Center, renovation of maintenance hanger 450, adding additional

See YEAR, Page 2

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				IFF				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (10-11)	-2.12 days	-5.27 days	Dec. 11	48th (10-02)	-0.83 days	-1.00 days	Nov. 17	49th (10-BB)	-3.40 days	-2.26 days	Nov. 17	T-6	450	524	3,225
41st (10-10)	-0.02 days	-4.00 days	Nov. 17	50th (10-03)	2.85 days	-1.69 days	Dec. 11					T-1	142	144	1,086
												T-38	147	149	966
												IFF	32	31	335

The graduation speaker is Former 14FTW Commander, Maj. Gen (Ret) Jack Cattan.

Columbus BX set for renovation

2nd Lt. Erik Svendsen
14th Flying Training Wing Public Affairs

COLUMBUS AIR FORCE BASE, Miss. — The Columbus Base Exchange will join the rest of the base in taking advantage of Army and Air Force Exchange Service renovation funds soon.

According to Base Exchange General Manager Jerry Herron, the first renovations will begin in the beginning of December, starting with Military Clothing Sales Store, which will triple in size. The renovations are being phased in order to minimize the effect on the base populous.

Most of the interior of the BX will be remodeled, including everything from the floors to the ceilings. Mr. Herron has worked in conjunction with buying groups to better match merchandise selection to that of the current Columbus Air Force Base demographics.

The food court will be temporarily moved as remodeling takes place during the holidays. The beauty shop will be moved into the former drycleaners, and the barber shop will move to where the beauty shop is presently located. The current barber shop area will possibly become a new food establishment.

Work on the entrance area of the BX will start the beginning of January, and customers will use the Commissary entrance instead.

The remaining parts of the BX will be remodeled starting in February, beginning with the Power Zone and ending with Outdoor Living. Areas that are closed for construction will be temporarily relocated to the Outdoor Living area. After construction has ended, the Power Zone will resemble that of most other AAFES stores with a new desk that will be manned with an employee for assistance, and the outdoor area will be fully covered. Some walls will be removed to make better use of space.

The renovations will cost close to \$750,000 and should be completed by the end of April 2010.

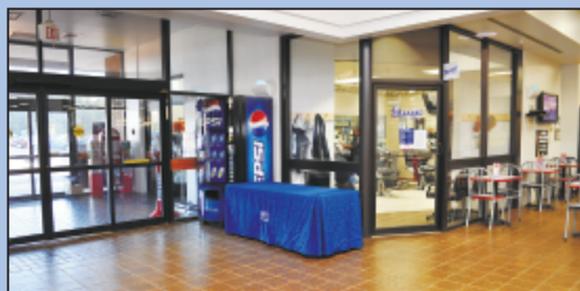


U.S. Air Force Photo/Sonic Johnson

During the February renovation, cash registers will be moved from their current location to the Customer Service area. The office behind the Customer Service counter will be removed to make room for the new registers. The vacated register area will become Women's Fashions.



U.S. Air Force Photo/Sonic Johnson
One of the last projects will be to cover the Outdoor Living area/patio. Exchange renovations are hoped to be completed by the end of April, 2010.



U.S. Air Force Photo/Sonic Johnson

The front area of the Exchange will be renovated in late December to coincide with the Holiday flying break. Food vendors will relocate to trailers in the parking lot. The beauty shop will be moved into the former drycleaners, and the barber shop will move to where the beauty shop is presently located. The current barber shop area will possibly become a new food establishment.



U.S. Air Force Photo/Sonic Johnson

During the second phase renovation in late December, the only entrance to the Exchange will be through the Commissary entrance as the outer mall is renovated.

Exchange Offers Many Hidden Values to Service Members

By 2nd Lt Erik Svendsen
14th Flying Training Wing Public Affairs

The Columbus AFB Exchange may be small, but it offers the value of larger stores without the lines. Take advantage of savings at your local BX and your money will be reinvested into the base.

AAFES offers a variety of ways to save money. Gas prices on base, for example, are matched to that of the cheapest in the local area, and the gas at the shoppette contains no ethanol, so you'll be getting a better value per gallon. Use your Military StarSM Card at the pump and instantly save five cents per gallon. In addition, on Nov. 11, Veterans' Day, military shoppers using the StarSM Card will take advantage of 11 cents off per gallon. From Nov. 30 to Dec. 4 and Dec. 28 to Jan 1, the savings soar to 20 cents per gallon for StarSM Card users.

Even more savings are available inside the BX. Not only are purchases sales tax free, but prices of products are matched with those in town. Want a product not available in our BX? The Columbus AFB BX will even ship in products from other BXs located in CONUS for free.

If the savings aren't reason enough to shop at the BX, do it to reinvest into your base. "Historically, roughly two-thirds of AAFES earnings are paid to Services programs with the other third used to build new stores or renovate existing facilities," said the Columbus AFB Exchange General Manager, Jerry Herron. Profits from merchandise bought on AAFES online are reinvested into the base nearest to the customer's billing address as well. The AAFES payout came to a total of \$248,796 to Columbus AFB in 2008. This money helps pay for Services activities such as the Columbus Club, Outdoor Recreation, the Youth Center, and the Whispering Pines Golf Course.

In an effort to be more appealing to customers, the BX will start offering more popular brand-name items such as Craftsman tools and Coach purses. The BX will also extend its hours during the months of November and December. On Mondays the BX will be open until 6 p.m., and on Tuesdays and Thursdays it will be open until 7 p.m.

Check the calendar for daily savings.



U.S. Air Force Photo/Sonic Johnson

In addition to the renovation, customers will see an increased amount of brand-name merchandise in the Columbus AFB Exchange, much like the genuine Coach purse and Craftsman tool lines. This merchandise will become standard items at the Columbus AFB Exchange.



U.S. Air Force Photo/Sonic Johnson

Military Clothing Sales Store (MCSS) renovation will begin next month and will expand from its current location to roughly half way to the front of the store. The finished renovated area will be three-times larger than the current MCSS and be finished by the end of the year.

National American Indian Heritage Month poster released

PATRICK AIR FORCE BASE, Fla — In observance of National American Indian Heritage Month, celebrated each year from November 1-30, the Defense Equal Opportunity Management Institute (DEOMI) proudly announces the availability of original artwork available for download from our public Website, www.deomi.org.

National American Indian Heritage Month honors the many contributions and accomplishments of American Indians and Alaska Natives. During November, we remember the legacy of the first Americans and celebrate their vibrant culture and heritage. Since the Revolutionary War, Native Americans and Alaska Natives have played a vital role in our country's freedom and security. They proudly serve in all departments of the United States Government today.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990

"National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

The Department of Defense theme for this year's American Indian Heritage Month observance is "Understanding Native American Heritage Now and Then."

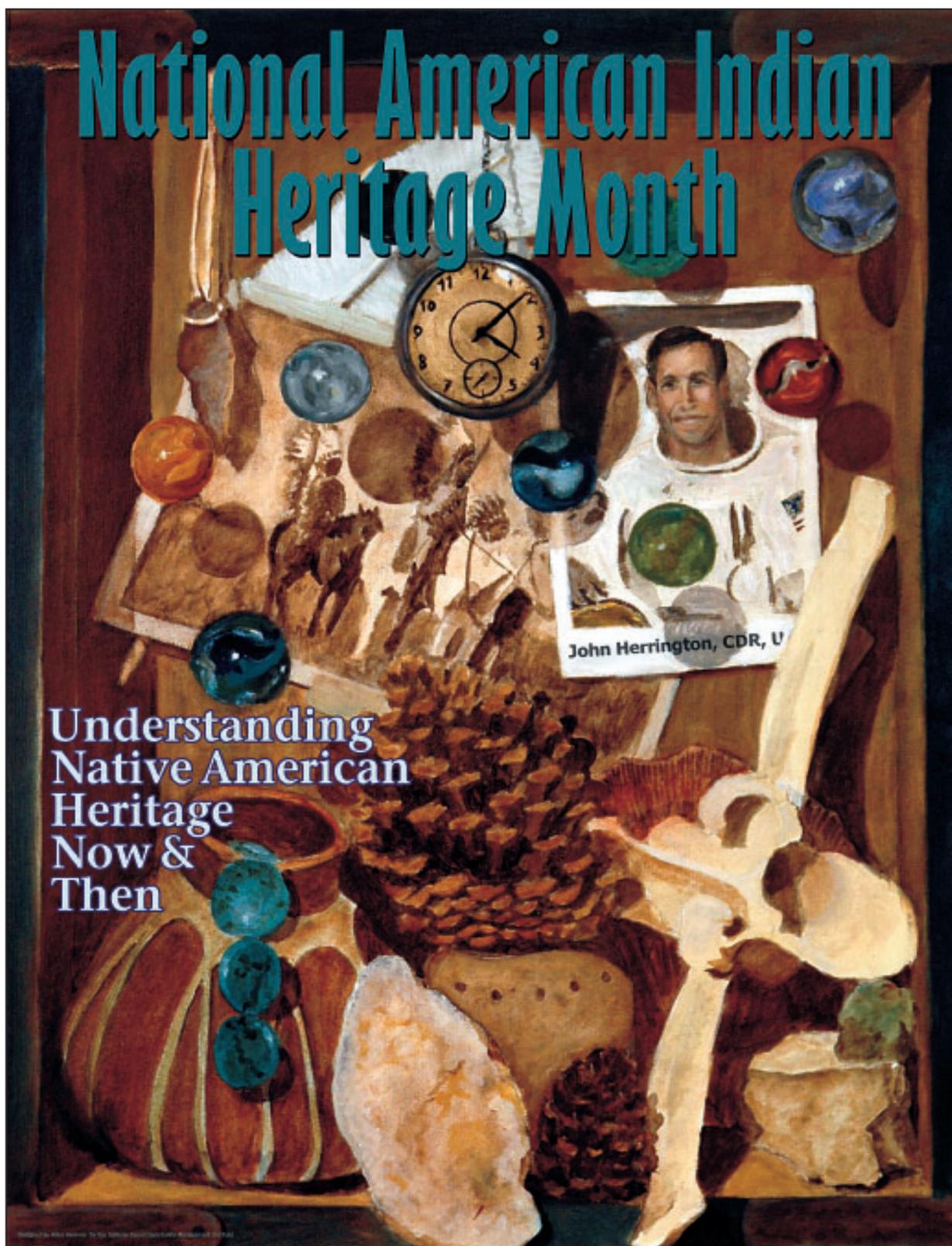
DEOMI illustrator Mr. Peter Hemmer describes this year's National American Indian Heritage

"In researching this year's theme of "Understanding Native American Heritage Now and Then,"

DEOMI's Research Directorate found that most acknowledgments of Native American history and heritage revolve around one theme - "Looking Back," said Mr. Hemmer.

"This year, we decided to take a different perspective and focus on what's preserving the heritage and history now. There are plenty of classes at universities, Websites, and organizations dedicated to Native American heritage, but we said 'Let's shine light on who Native Americans are today; how they live their lives today; how their heritage shapes them in this globalized, industrial world we live in; and focus on what is still important today and what will always be important including their value system,'" said Stephanie Turner, a student internist at DEOMI.

All DEOMI observance month poster files are in the public domain unless otherwise indicated. We request you credit the illustrator or simply, Defense Equal Opportunity Management Institute. For more information about CDR Herrington, please visit: <http://www.jsc.nasa.gov/Bios/htmlbios/herringt.html>



A View from the top on the Year of the Air Force Family

Colonel Roger Watkins
14th Flying Training Wing
Commander

COLUMBUS AIR FORCE BASE, Miss — This past weekend, I had the distinct pleasure of attending the Airlift/Tanker Association Convention and Symposium. Among the many distinguished speakers, were Gen. Norty Schwartz, Chief of Staff of the Air Force, CMSgt James Roy, Chief Master Sergeant of the Air Force and several other 4-star generals and retired general officers. Consistent through all of their messages was that we are a nation at war, the need for servant leadership (which in General Schwartz' opinion, we are all leaders—have you all heard that before?) and the focus on the Year of the Air Force Family. I wanted to share with you some of the key points that I gleaned from all of those motivating presentations.

According to the CSAF General Schwartz, everyone in the U.S. Air Force is involved in a very noble calling and what we are all involved in is a family business, and it is therefore entirely appropriate for the USAF to observe the YotAFF. Of General Schwartz's five priorities, developing and caring for our Airmen and their



families holds a prominent place. This includes renovating and replacing dormitories, dining facilities, military family housing through privatization, fitness centers, child development centers, youth centers, and providing quality educational opportunities. His promise to everyone is that the Air Force will continue to focus on our

Airmen and their families and to reinforce and reaffirm successes and to assess the quality of service that we provide to them.

In emphasizing our families, which he believes are the foundation of the things which reduces stress in a time of war, he acknowledged that they are not an afterthought, but rather at the focus of our thoughts. We need to reach out and connect with the entire family, which includes active duty airmen, DoD civilians, contractors, retirees, and our families. The four pillars of YotAFF include Health and Wellness (for Airman and their families), Education, Airman and Family Support Programs, and Housing. Some of the new initiatives that we will see through the coming year include a new physical fitness program, not only for Airmen but our families, educational opportunities for gifted and special needs children, childcare, youth programs, and family support programs, the Key Spouse program, and the privatized housing initiatives. Columbus AFB is already very involved in all of these areas and programs and will continue to improve the quality and access for everyone. In General Schwartz's words, "if we take care of the people, they will take care of the mission." Again, sound familiar? Our

leadership team needs to focus on supporting our people and making sure they have the training, equipment, and guidance to get the mission done right. That includes taking care of our families.

This past week, the BLAZE Team kicked off our YotAFF program. It is my intention to have activities at least monthly. We will focus on different areas throughout the year, but if you have ideas on what YOU would like to see happen, please let your first sergeant, commander, superintendent, the command chief, or myself know. It is my desire to provide you with what you would like to participate in or have available. While it is unrealistic for everyone to participate in every activity, find the ones that you and your family are interested in and get involved. Along those same lines, if there is a need in your section, flight, squadron or group going unfilled, volunteer to take on that project or activity. You will make a difference, and feel better for it. This business we are in is a serious business, but we need to remember what is really important to us—our Airmen and their families! Keep striving for Excellence in all you do and thank you for what you do: to help the BLAZE Team successfully execute our mission!

Afghan QRF Learn Vital Skills From U.S. Mentors

Staff Sgt. Thomas Dow

Members of the Afghan National Army Air Corps Quick Reaction Force are on stand-by 24 hours a day seven days a week and are ready to respond to any incident, accident or event that affects ANAAC resources. The team also provides security to the surrounding hills of the Kabul region to ensure city and rural areas are secure.

The QRF teams train in a variety of conditions, climates and environments. This training also focuses on night operations to further sharpen their skills for Afghan security.

"We are ready to provide security inside and outside the air base and to provide a peaceful environment for people," said Lt. Col. Qyamudin Safi, ANAAC Security Forces commander.

Night operations training gives them practice with fire team drills and teaches the team to use night vision goggles for special weapons tactics and driving HMVEEs. Learning these tactics and

using the equipment properly is vital to the team's success according to their mentors from the 438th Air Expeditionary Advisor Group.

"It gives our QRF members the ability to operate in the urban and rural areas, to engage any threat at night where the enemy may not even see them," said U.S. Air Force Capt Kevin McMahon, Security Forces team lead. "It's a huge force multiplier for them."

The QRF team endures many long days and nights with increased foot patrols and the additional night training. According to TSgt Kelly Mylott, 438th AEAG Security Forces mentor, team mentors find the preparation has paid off and the team has become experienced professionals in the last three months.

"I would feel fully confident going out on patrol with them anytime," said Mylott.

The ANAAC QRF continues to train and perform real-world security missions and has increased their training to ensure safety for Afghans.



U.S. Air Force photo
Capt. Kevin McMahon, 438th Air Expeditionary Advisor Group Security Forces team, mentors a member of the Afghan National Army Air Corps Quick Reaction Force on the proper use of NVGs during special weapons training here recently. The QRF team has been training alongside their U.S. counterparts to ensure they are prepared for their part safeguarding Kabul and the surrounding area.

May I Salute You?

Special to Silver Wings
By Patricia Salwei

[Editors Note: To put this commentary in a time context, it was written right after Dessert Storm, well before Iraqi Freedom. Lessons are no less important today! RJ]

I approached the entrance to Ft Belvoir's medical facility last year as an old veteran pattered towards me. Easily over 80 years old, stooped and slow, I barely gave him a second glance because on his heels was a full bird colonel. As they approached, I rendered a sharp salute and barked, "Good morning, Sir!" Because they were heal-to-toe, I began my salute as the old veteran was about two paces from me. He immediately came to life! Transformed by my greeting, he rose to his full height, returned my salute with pride, and exclaimed, "Good morning captain!" I was startled, but the full bird behind him was flabbergasted. The colonel stopped mid-salute, smiled at me and quietly moved on. As I entered the clinic, the utter beauty of the encounter preoccupied me. What prompted the old man to assume that I was saluting him? Perhaps he just thought, "It's about time!" After all, doesn't a WWII vet outrank us all? I turned my attention to the waiting room taking a moment to survey the veterans there. Service people rushed around, loudspeakers blared, the bell for the prescription window kept ringing. It was a whirl of activity and the older veterans sat quietly on the outside seemingly out of step, patiently waiting to be seen. Nobody was seeing. My old friend stayed on my mind. I began to pay attention to the military's attitude towards its veterans. Predominately, I witnessed indifference:

Impatient soldiers and airmen plowing over little old ladies at the commissary;

I noticed my own agitation as an older couple cornered me at the Officer's Club and began reminiscing about their tour in Germany.

To our disgrace, I have also witnessed disdain:

At Ramstein AB terminal, an airman was condescending

and borderline cruel with a deaf veteran flying Space A;

An ancient woman wearing a WACS button was shoved aside by a cadet at the Women's Memorial dedication in D.C.;

A member of the Color Guard turned away in disgust from a drunk Vietnam vet trying to talk to him before the Veterans Day Ceremony at the Vietnam Wall.

Have you been to a ceremony at the Wall lately? How about a Veteran's Day Parade in a small town? The crowds are growing faint. Why do we expect the general public to care if we don't? We are getting comfortable again. Not many of us around that have been forced to consider making the ultimate sacrifice. Roughly 60% of today's active duty Air Force did not even participate in Desert Storm. I always lament about the public's disregard for the military. I do not count all the days I stayed in bed instead of going to a ceremony or parade. It was my day to be honored and I deserved to sleep in. It's just like a 28-year-old, whose weapon was "Microsoft PowerPoint Slide Presentation" during the last conflict, to complain about recognition. Sometimes I wonder who is going to come to our parades in 20 years; will anybody look me up in the Women's Memorial Registry? The answer lies in the present. We will be honored as we honor those who have gone before us. The next generation is watching. It is not my intention to minimize the selfless service of our modern military; my comrades are the greatest people I know (and frankly should be treated better). But, lately I'm wondering if the public's attitude towards the military isn't just a reflection of the active duty military's attitude towards its own veterans. It's time to ask - do we regard them, do we consider them at all? How does our attitude change when the hero is no longer wearing a uniform? I was proud to wear my uniform. Can I admit that I thought I was cool? There is no denying that there is something about our profession, combined with youth, that feeds the ego a little. We have all seen a young pilot strut into the Officer's Club with his flight suit on. He matters; he takes on the room; he knows he can take on the world. But, one day he will leave his jet for a desk, and eventually he will have to hang up that flight suit. A super hero hanging up his cape. How will we measure his value then? He will no longer look like a pilot, an officer, a colonel. He'll just look like an old

man coming out of the clinic with his prescription. But, is he less of a hero? Will anybody remember or care about all the months he spent away from his newborn daughter while making peace a possibility in the Balkans? Probably not. Our society has a short memory. Maybe it is not for the protected to understand. Rather, it is my hope that when a young lieutenant walks by him they will each see themselves reflected in the other - one's future, the other's past. In that moment, perhaps, the lieutenant will also see the hero, now disguised as an old man, and thank him. The truth is there are heroes in disguise everywhere. I use to wonder why people would want to chat with me when I was in uniform - telling me about their four years as a radio operator in Korea. So what? I wasn't impressed relative to my own experiences. Now I understand that they were telling me because nobody else cared. Proud of their service, no matter how limited, and still in love with our country, they were trying to stay connected. Their stories were code for: "I understand and appreciate you, can you appreciate me?" The answer is, yes. I separated from the Air Force in February. I'm out of the club. Still, I want you to know that I'll attend the parades, visit the memorials, and honor you. All this while my kids and your kids are watching. Then, maybe, someday when I'm an old woman riding the metro, a young airman will take a moment of her time to listen to one of my war stories. I, in turn, will soak in her beauty and strength, and remember. Today as I reflect on my adventures in the Air Force, I'm thinking! of that ancient warrior I collided with at Ft. Belvoir. I'm wondering where he is, if he's still alive, if it's too late to thank him. I want to start a campaign in his honor - Salute A Veteran. What a great world this would be if all our elderly veterans wore recognition pins, and we would salute them even if we were out of uniform and saw them coming out of a Seven Eleven. Yes, this started out as a misunderstanding on my part. But, now I get it. That day was the first time in my life that I really understood what it meant to salute someone.

Dear Veteran, I recognize and hail you! I do understand what I have and what you have given to make it possible. So I'm wondering if we meet on the street again - may I salute you?

Base families offered a variety of activities

Wacky Glo Ball Golf Tournament

The Whispering Pines Golf Course offers this fun tournament starting at 3 p.m. Saturday. Cost is \$30 plus greens fees and includes 9 holes of wacky golf, taste testing and judging at every hole for the Year of the Family chili cook-off contest and then 9 holes of glo ball golf as soon as it gets dark. Last minute entries possible – call 434-7932 for information.

Veterans Appreciation Brunch

The Columbus Club is offering this brunch from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$15.95 for members and \$17.95 for nonmembers. Children, ages 5 to 11, are \$4.95 and children 4 and younger are free. Brunch menu featuring roast beef, roasted chicken, carving stations with ham, rolls and condiments, a dessert station, salad buffet, stir-fry station, breakfast buffet, champagne, orange juice, teas, lemonade, punch and coffee. Reservations recommended. For more information, call Ext. 2490.

All you can eat pizza buffet

The Columbus Club offers this family night with pizza and games from 5-8 p.m. Nov. 13. Cost is \$10.95 for members and their children 11 and under eat free. Non-member prices are \$12.95 for adults, \$6.95 for children 5-11 and free for children 4 and younger. For more information, call Ext. 2490.

NAF Sale

There will be a sale Nov. 18 at Outdoor Recreation of excess nonappropriated property such as queen and twin size mattresses with frames, sofas, sofa chairs, armoires, video cameras and other electronics. Customer may preview equipment Nov. 16 and Nov. 17 during normal operating hours but may not purchase prior to the sale. Active duty military have priority from 6:30 to 9 a.m. the day of the sale. All other military ID card holders may enter at 9 a.m. Only persons with base ID cards will be allowed into the sale area for purchasing. The card holder may bring as many people he/she needs to load purchases. For more information, call Ext. 2507.

Bowling Center closure

The bowling lanes, not the snack bar, will be closed Dec. 2 to Dec. 19 for installation of new pinsetters and lanes. For more information, call Ext. 3426.

Game nights

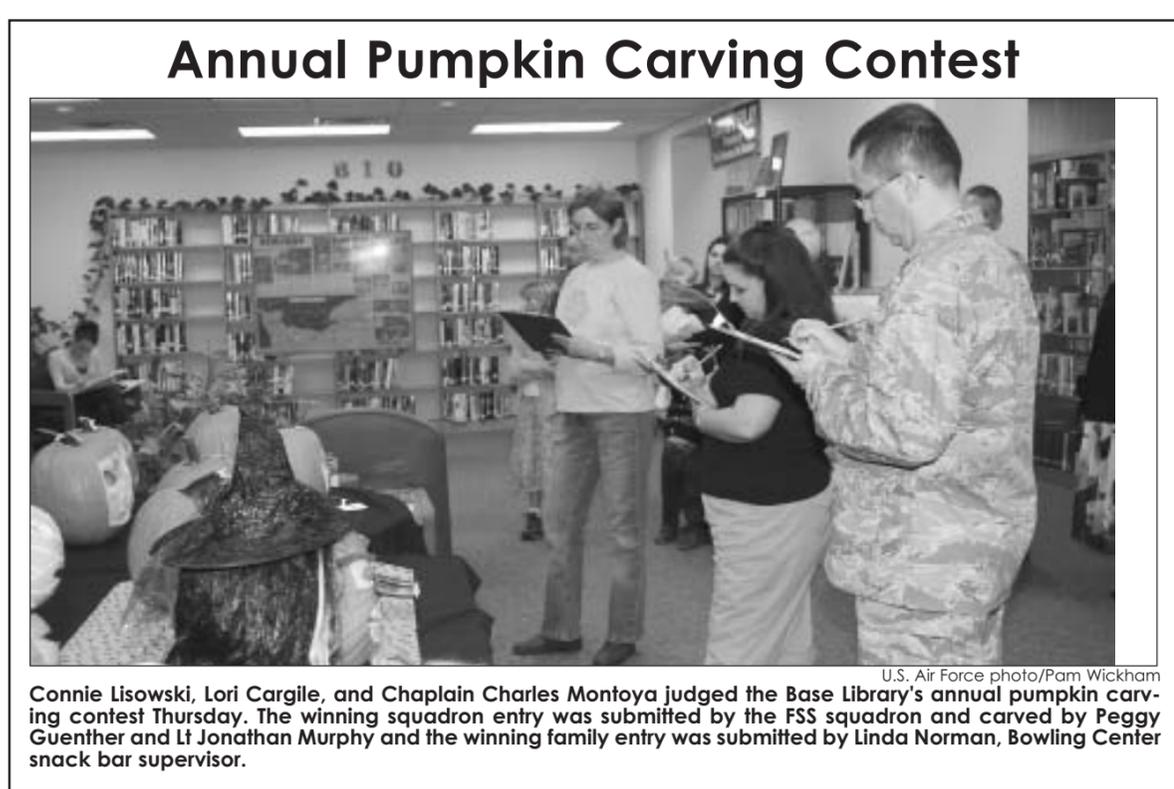
The Columbus Club offering a game night from 5 to 10 p.m. tonight. Invite your friends and join the club for some games and food and drink specials. For more information, call Ext. 2490.

Youth volleyball registration

Register at the youth center by today. Cost is \$35 per child. Must have a physical at the time of registration. Open to ages 5 to 18. Season begins Nov. 9 and ends Dec. 18. For more information, call Ext. 2504.

Trip to the Civil Rights Museum

The Information, ticket and tour office is offering a trip to



U.S. Air Force photo/Pam Wickham
Connie Lisowski, Lori Cargile, and Chaplain Charles Montoya judged the Base Library's annual pumpkin carving contest Thursday. The winning squadron entry was submitted by the FSS squadron and carved by Peggy Guenther and Lt Jonathan Murphy and the winning family entry was submitted by Linda Norman, Bowling Center snack bar supervisor.

Birmingham, Ala. To visit the Civil Rights museum Saturday. Cost is \$20 and includes transportation only. Admission tickets can be purchased at the door. The bus will depart at 8 a.m. and leave the museum at 3 p.m. Must have a minimum of 12 people registered to offer. For more information, call Ext. 2507.

Christmas time child care

If squadrons are in need of child care for Christmas parties, contact the Child Development Center as soon as possible to set up dates and receive information. Contact Martha Mann at Ext. 2479 for more information.

Whispering Pines Lunch time Burrito Bar

The burrito bar during lunch at the golf course is available Monday through Friday from 11 a.m. to 1 p.m. Build your burrito or salad for just \$6.50 per person and includes your burrito or salad with chips, salsa and medium drink. For more information, call Ext. 7932.

Youth and Adult crafts classes

The Arts and Crafts Center offers classes for youth and adult every Thursday at 10:30 a.m., 2:30 p.m. and 5:30 p.m. All youth classes are \$5 each. Take Home Crafts kits are \$3 each. A display of the upcoming projects are in the lobby of the arts and crafts center. For more information, call Ext. 7836.

Horseback riding lessons

Outdoor Recreation is offering riding lessons and special occasion rides. For more information, call Ext. 2505 or 7861.

Youth Employment Skills (YES) Program

The YES Program is an on-base volunteer program for high school students that pays \$4 per hour through the AF Aid Society. YES allows high school students to "bank" \$4 in grant funding for every hour volunteered in an on-base function. Students may accumulate as much as 250 hours over all 4 years of high school. Teens must be dependents of active duty air force to be eligible and must be at least a freshmen in high school. For more information, contact Mr. Hamilton at Ext 2504.

Parents time out

The child development center offers a parents time out every Thursday from 9 a.m. to 3 p.m. for children, ages 1-3 years of age. Cost is \$20 for the day. For more information, call Martha Mann at Ext. 2479.

Tickets available

The information, ticket and travel office has discounted tickets for Disney World, Universal Studios, Dollywood, Sea World, Busch Gardens, Six Flags Over Georgia, the Memphis Zoo, Alabama Adventure, the Dixie Stampede, Geyser Falls, and more. Call Ext. 2507 for more information.

Air Force officials launch updated Key Spouse program

Tech. Sgt. Amaani Lyle
Secretary of the Air Force Public Affairs

WASHINGTON — As part of the July 2009-July 2010 Year of the Air Force Family initiative, the service's senior leaders have announced the launch of a revised and standardized Key Spouse program.

Paula Roy, wife of Chief Master Sgt. of the Air Force James A. Roy, is the senior spouse champion for the program and her video endorsement will open each Key Spouse training session.

Key Spouse is an official communication network designed to enhance readiness and establish a sense of community among unit leaders, Airmen and their families, said Gretchen Shannon, the Airman and Family Readiness chief. "The Key Spouse program is an excellent way to bridge

communication gaps and maintain contact with families to inform, support or refer them as needed," Ms. Shannon said.

A Key Spouse volunteer may be the spouse of an officer, an enlisted Airman, a Department of Defense civilian or other qualified person connected to the unit. Unit leaders formally select and appoint each Key Spouse. Senior officer or enlisted spouses are encouraged to serve as mentors or advisers. Staff members from the installation Airmen and Family Readiness Center provide initial and update training and serve as a referral resource for Key Spouses.

The program's structure is designed so the unit commander, Key Spouse, first sergeant, and Key Spouse mentor work as a team to ensure 100 percent follow-up with separated families.

In addition to ongoing contact with separated families, Key Spouse activities may include publishing monthly

newsletters for waiting family members, involvement in official and unofficial meetings or squadron events and distribution of deployment "survival" information, said Lorraine Neuser, the Airman and Family Readiness policy deputy chief.

"Whether addressing issues at the lowest possible level or simply being an ear for questions or concerns an Airman's family may have, the Key Spouse program is a great force multiplier," Ms. Neuser said. "This valuable tool supports families during separations and other emergency situations, while enhancing communication between leadership, spouses and other family members."

Desk and resource guides have been developed for all Key Spouse team members. For more information about the Key Spouse program, contact the staff at the Airman and Family Readiness Center.

Air Force updates guidance for wear of PTU

Brad Jessmer

Air Force Uniform Office Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Air Force officials have updated guidance for wear of the physical training uniform, replacing previous guidance published in Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel.

According to a message released from Air Force A1 and signed by Lt. Gen. Richard Y. Newton III, deputy chief of staff for Manpower and Personnel, effective immediately, individual items making up the PTU and improved PTU are considered uniform items.

Air Force officials said this means strict attention must be given to every item of the PTU, just as with items on the Airman Battle Uniform or service dress uniform. However, individual items of the PTU may still be worn with conservative civilian attire during personal PT or when off-duty.

Wear of the PTU is mandatory during physical fitness assessments and while participating in organized PT events, as designated by the commander. Unit commanders will determine the PTU configuration.

If PTU/IPTU items are worn during personal PT, the following is required:

- During periods of low light, reflective belts and armbands are required when wearing the optional running shorts. Reflective accessories are optional when wearing the standard PTU, which already includes reflective material.

- Footwear is to remain conservative. No bright colors or excessive ornamentation is to be worn.

- Socks must be white, but small trademark logos are acceptable.

- The PTU jacket must be zipped at least halfway between the waistband and collar. Sleeves will end within 1 inch off the wrist.

- The PTU running pants waistband will rest at or within 2 inches of the natural waistline. Both pant legs will extend below the ankles and will be zipped to within 1 inch of the bottom.

- Both the PTU shorts and running shorts will rest at or within 2 inches of the natural waistline.

- The short sleeve PTU shirt will be tucked into shorts or running pants at all times. Do not remove or cut sleeves.

- The long sleeve PTU shirt will be



Col. Roger Watkins, 14th Flying Training Wing commander, and Command Chief Master Sgt. Richard Brackett, tour the local Columbus, Miss. production facility. The American Power Source company manufactures the new Air Force physical training uniform.

U.S. Air Force photo/Sonic Johnson

tucked into the PTU shorts or running pants at all times. Do not push up, remove or cut sleeves.

- The optional IPTU sweatshirt will extend no lower than 6 inches below the natural waistline. Do not push up, remove or cut sleeves.

- Undergarments must be appropriate and worn with all uniform combinations.

- Short or full-length spandex may be worn under both the PTU and IPTU, but colors must only consist of black or dark blue.

- Headgear may be authorized by commanders, but may only consist of either a solid black or dark blue baseball cap with the Air Force symbol or "U.S. Air Force" logos. Headgear is to be worn outdoors only.

- Bandanas are not authorized unless due to a medical waiver condition.

- Cold weather accessories may be worn outdoors only.

- The knit watch cap will be plain solid black, dark blue or sage green without any logos.

- Gloves will be plain solid black or dark blue without any logos.

- Scarves and earmuffs will be solid black or dark blue, and may wrap around either the top or rear of the head.

- Green or black fleece is not authorized with the PTU/IPTU.

- The IPTU running suit top or bottom may not be mixed with the current PTU running suit top or bottom.

- The lining of the PTU/IPTU shorts may be removed, but no other uniform alterations are authorized.

- Headphones are authorized inside fitness centers or designated running areas, unless prohibited by the commander.

- Personal grooming and appearance standards apply during physical fitness activities

with one exception: Long female hair will be secured but may have loose ends.

- Proper military customs and courtesies to honor the flag during reveille and retreat will apply. Saluting due to rank is not required when wearing the PTU.

The few exceptions to this policy are at the discretion of commanders for accessions, professional military education or academic training when unit distinction is required, such as identifying instructors from students. Temporary adjustments may also be authorized when safety is a concern or in a deployed location.

Any long-term exceptions to this policy must be submitted through the respective major command to Headquarters Air Force A1 for approval.

Any questions regarding this policy should be addressed through the proper chain of command.

BLAZE Team members attend Airlift/Tanker Association

Major Joseph Rucker
14th Operations Support Squadron

Fifty BLAZE Team members traveled to Nashville, Tenn. to attend the four-day Airlift/Tanker Association annual symposium on Oct. 29.

The symposium kicked off with a meet and greets Thursday night where members were given an opportunity to rub shoulders with many general officers and leaders from the aerospace and defense communities. Friday morning started with seminars on a variety of air mobility subjects and concluded with a keynote address from the commander of Air Mobility Command, Gen. Arthur Lichte and CMSAF James A. Roy. Saturdays' activities included more seminars and an inspiring address from CSAF Gen. Norton Schwartz.

The Airlift/Tanker Association is dedicated to ensuring that American military forces continue to have the air mobility capability required to implement U.S. national security strategy. International in scope, the Association has chapters and members throughout the world. Association membership includes active duty, reserve and retired military personnel, both officer and enlisted, as well as civilian and industrial supporters of the air mobility mission.

However, A/TA is not just limited to the mobility side of the Air Force. This year



Fifty BLAZE Team members traveled to Nashville, Tenn. to attend the 2009 Airlift/Tanker Association annual symposium on Oct. 29. Photo courtesy of Jennifer Rucker

Columbus AFB sent five members from the T-38 training squadron to introduce them to the air mobility issues and culture.

"I was very appreciative of the opportunity to attend the A/TA convention to get the latest update on the status of our mobility air forces," reflected Lt Col Steven Ankerstar, 50th Flying Training Squadron commander. "The five that attended from my squadron will now be able to better

advise their students about selecting heavy aircraft out of the T-38 track." The T-38 track of Pilot Training is traditionally for fighter and bomber pilot assignments. "Lt Ben Malott, a recent T-38 track graduate with a C-17 assignment, was able to gain tremendous insight into the crucial role of C-17s in our Air Force directly from both the CSAF and the CMSAF," continued Ankerstar. "What an opportunity for this

young lieutenant!"

The weekend culminated with the annual awards banquet Saturday evening attended by CSAF General Schwartz and CMSAF Roy and many other key general officers and mobility leaders. A beautiful fall Nashville morning welcomed us Sunday as the group prepared to travel home back to Columbus educated and energized in the mobility mission.

Class 11-01 Helps One of Our Own

Capt. Hunter Letchman
14th Operations Support Squadron

COLUMBUS AFB, Miss. — When Class 11-01 started pilot training, the Senior Ranking Officer, Captain Chris Duncan, wanted to schedule a group activity to help bring the class together. Capt. Duncan knew from previous experience that Habitat for Humanity would be a great choice and gathered 11 volunteers from his class.

When the group showed at the worksite on October 24, they immediately knew that it would be a very busy day. The house that they were building was for Retired USAF Technical Sergeant David Wilson, a former Screaming Eagle weather forecaster who received custody of his brother's children, bringing his household to a total of 15 members. Obviously, a family of that size was going to need a substantial house; in fact, the house that class 11-01 was helping to build was basically twice the size of a normal house. Everyone

was surprised at the sheer size of the project itself, but after the initial shock wore off, they dove into the job, which consisted mostly of painting. However, one student's expertise was utilized extensively: Lt David Rose, an electrical engineering major, helped the HFH electrician wire and install lights throughout the house. All in all, Class 11-01 put in 66 man hours during the course of the day, bringing the house that much closer to completion. Capt. Duncan said that it was "truly an honor and privilege to be able to help out an Air Force brother in a time of need."

Habitat for Humanity continually needs help for ongoing construction projects and is particularly in need of people with special skills, such as roofing or electrical work. As a great group project, or just a way to spend a Saturday afternoon, HFH offers a rewarding experience and a way to give back to the community. If you are interested in helping, contact HFH director Kathy Arinder at 329-2501.



Capt. Chris Duncan and Joey Lubbers were part of a class project on Oct 24 to help Habitat For Humanity construct a house for retired TSgt. David Wilson. Habitat was building the house for sergeant Wilson who received custody of his brother's children making the Wilsons a family of 15. Photo courtesy of 2Lt. Evan Backes

Base News

Spouses Call

All Columbus AFB Spouses are invited to a Spouses Call on Monday, Nov. 9 at the Services Complex. There are two sessions, 8:30 a.m. or 7 p.m. the one-hour sessions will pass on CAFB information, question and answer session and open forum. For more info, call 434-5167, children are welcome.

Enlisted Call

Command Chief Master Sgt. Richard Brackett, 14th Flying Training Wing, will hold an Enlisted Call at the Kaye Auditorium November 12 at the following times: junior enlisted at 8 a.m.; NCOs at 9 a.m.; and SNCOs at 10 a.m.

School Liaison Officer

The Columbus Air Force Base School Liaison Officer works with local school districts, schools, parents and students on issues related to elementary and secondary education for the children of ALL personnel (civilian, military and contractor) assigned to the installation. As parents of school age children are aware, there are many unique issues our children face as they transition to new schools. The role of the School Liaison Officer is to assist families ensure their children receive the best possible education regardless of where they attend school. For assistance, please contact the School Liaison Officer at 434-2792 or via email at slo@columbus.af.mil.

Commissary Holiday Hours for November

The Columbus AFB Commissary will be OPEN Veteran' Day, Wednesday, Nov. 11 from 10:00 a.m.-4 p.m.

The store will also be OPEN on Monday, November 23rd 10:00 a.m.-6 p.m. for Thanksgiving shopping.

The Commissary will be closed for Thanksgiving Wednesday, Nov. 26, and Friday Nov. 27, 2009.

The store will resume normal operating hours on Saturday, Nov. 28 9 a.m.-6 p.m.

Library Story Time

The base library will hold Story Time on Thursday from 10 a.m. to 10:30 a.m. Story Time will continue to be held each week.

Saint Leo U. Military Spouse Discount

Military spouses seeking a degree at Saint Leo U. can enroll in two classes and take a third class for FREE. Contact Dew White at 434-8844 or stop by the Saint Leo U. office in the Personnel Bldg., Room 120.

Education Counseling Hours

Education counseling (CCAF, Bachelor's/Master's programs, Tuition Assistance, etc.) is now available Mondays and Wednesdays from 1 p.m. to 4 p.m. by appointment only. Please contact Edward Hodge at 434-2562 to schedule.

Attention All Deployers

The 14th Communications Squadron has a new system which allows you to place "free" telephone calls back home from your deployed location via DSN. You can call every day or once a week; whichever you prefer (allotted time is 3.5 hours a week). Pin numbers are required and can be picked up along with instructions from the Telephone Systems office located in Building 900, Room 9. Please call 434-2020 for additional information.

DRMO as a source of supply

Authorized personnel may retrieve property that is marked for DRMO Facilities only if they are still physically located in Base Supply. For more information, call the Inspection Section at extension 434-7233 to review the property, Stock Control at 434-7198 to check for authorization and Customer Support at 434-7178 to order the property. All other DRMO processing is done via the Web at: www.drms.dla.mil.

Do you have a supply problem?

Do you need status on an item you ordered? Did you receive the wrong part? The Customer Support section is the single point of contact when requiring assistance on supply related matters. For assistance, you may contact Customer Support at 434-7178.

Zero overpricing program-incentive awards

Overpricing is an issue everyone should be working. All personnel are encouraged to participate, and will be rewarded for any tangible savings resulting from their price challenge. Monetary awards will be given in accordance with AFI 38-401, The Air Force Innovative Development Employee Awareness (IDEA) Program. Advice and guidance are available by calling the Customer Support section of Base Supply, located in Building 158, at 434-7178.

Airman and Family Readiness Center

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790 or email afrc@columbus.af.mil.)

Pre-Separation Counseling (DD Form-2648)

Mandatory briefing for personnel separating or retiring. Briefing should be completed at least 90 days prior to separation and may be completed up to 12 months prior to separation or retirement. Counseling held daily at 8:30 a.m. and takes approximately 30 minutes.

Stress During The Holidays

Learn tips to make your holidays less stressful and more enjoyable, Nov. 9, 11:00 a.m. to noon at the A&FRC.

Microsoft Excel 2007

Workshop meets Mon, Tue and Wed, 2-4 p.m. for two weeks beginning Nov 9. Learn how to compose letters, use templates, import pictures and files, manage documents, and newsletters. No cost, Limited to 11 seats. For more information or to register call 434-2790.

Microsoft Word 2007

Workshop meets Mon, Tue and Wed, 4:15-6:15 p.m. for two weeks beginning Nov 9. Learn how to create and use spreadsheets, import and export data, compose formulas, and manage data. No cost, Limited to 11 seats. For more information or to register call 434-2790.

Smooth Move Workshop

Valuable information for relocating. Learn what to expect from TMO, Housing, Military Pay, Lodging, Tri-Care, Medical Records, and A&FRC during your move 10 Nov, 1400-1530. Advance registration required. Must register NLT 1000 the day of the workshop. To register call 434-2790.

Hearts Apart Social Hearts Apart social

A gathering for families of personnel deployed over 30 days or remote personnel, will be held on Tuesday Nov. 10 at the Pumpkin Patch in Caledonia from 4:30 to 6:30 p.m., weather permitting. Advance registration required, call 434-2790.

Using the Internet for Job Search & Transition

Use the internet to enhance your job search. Tips, websites and how to succeed will be covered on Nov. 12, 10:00 to 11:00 a.m. at the Airmen & Family Readiness Center. Contact them at 434-2790 or afrc@columbus.af.mil

Pre and Post Deployment Tour Brief

Mandatory briefings for active duty personnel who are deploying or returning from deployment or a remote tour. Briefings are held daily at the AFRC; Pre-deployment at 9:30 a.m. and post-deployment at 1:30 p.m., 434-2790.

Chapel Schedule

Pioneer Club Coordinator

The position for the Pioneer Club Coordinator is now available for bid at the Columbus AFB Chapel. Applicant must show a proven familiarity with the requirements of the whole spectrum of religious education and comply with the Statement of Work. A Statement of Work is available for your review and may be picked up from TSgt Recto in the Chapel office Monday thru Friday 8:30 a.m. to 4:30 p.m. Resumes and bid sheets must be submitted to the Chapel office by noon November 16. Interviews will be conducted Nov 17-18, during normal business hours. The contract will be awarded on the basis of best value to the government. A public opening of bids will be conducted on Thursday, Nov 19 at the Chapel. Contractor will be required to have a background check. For more information, please call TSgt Recto at 662-434-2500.

Pioneer Club

The CAFB Chapel has begun registration for the children's program Pioneer Club. The program will be held each Wednesday evening 6 p.m. to 7:30 p.m. This program is open to children ages three years thru seventh grade. This is an ecumenical religious program geared to teach children about Christ in every aspect of life. A pot luck dinner will be served each week at 5 p.m. parents must join their children at dinner.

Wednesday Evening Adult Bible Study

The CAFB Chapel will be holding a variety of Adult Bible Studies from 6 p.m. to 7:30 p.m. A Pot Luck dinner will be served at 5 p.m., please bring a side dish or dessert to share if you are able. Please call the Chapel at 434-2500 for a list of studies.

RefreshHer

Time to get together with the girls for fun and fellowship at the CAFB Chapel! Join us once a month for a different kind of ladies ministry. We start at 6 p.m. November 12 - Time to dust off the cook books and cook up your favorite holiday recipe, don't forget to bring a few copies of the recipe to share. We'll fellowship, swap recipes and stories.

Protestant
Sunday: 9 a.m. — Adult Sunday School
10:45 a.m. — Traditional
Worship Service (Children's Church)
All are invited to a fellowship luncheon following the 10:45 a.m. service the fourth Sunday of each month

Catholic
Thursday:
5 p.m. — Choir Practice
Sunday:
3:45 p.m. — Choir Practice
4:30 p.m. — Confession
5:00 p.m. — Mass

Youth Center Fall Festival



Sparky, the fire dog, interacts with children during the Youth Center's Fall Festival Thursday. Over 100 children and family members attended the event at the Columbus AFB Youth Center. U.S. Air Force photo/Pam Wickham

Year of the Air Force Family



Airman & Family Readiness Center Lunch and Learn Workshops

Nov 2-6
11:00 to Noon

Monday—Nov 2: Making Marriages Work after Deployment

Presentation addresses issues couples face before and after deployment and upon reintegration. This will also teach couples healthy ways to deal with issues that have come up in their marriage.

Tuesday—Nov 3: Making Blended Families Work

Step Parenting: This presentation was developed for parents of blended families, provides insight to each member's possible struggles as well as guidelines for encouraging blended family bonding and long-term success.

Wednesday—Nov 4: Stress Management

Presentation defines stress and its effects, helps partici-

pants recognize signs and symptoms in themselves and eventually teaches stress management strategies for limiting the negative effects of stress.

Thursday—Nov 5: Healthy Living/Using Leisure Time

Presentation addresses the importance of leisure time and using it well. So much time is spent between work and other obligations; this presentation will suggest ways to make the most of leisure time and making really important decisions for a healthy lifestyle.

Friday—Nov 6: Parenting, Communication & Conflict Resolution

Presentation introduces the benefits of effective communication and how parents can develop healthy communication in their relationship to reinforce strong child/parent bonds. Approaches for resolving the inevitable conflicts and differences will be addressed.

BCC NEWS

Base Community Council members are invited to graduation activities for SUPT Class 10-02 on Friday, November 20th. Keynote speaker will be former 14th FTW commander Maj. Gen. (Ret) Jack Catton.

Graduation Breakfast starts at 8:15 a.m. at the Columbus Club. Price is \$10.00 at the door,

Graduation Ceremony starts at 10 a.m. at Kaye Auditorium. **MUST RSVP by Tuesday, Nov. 17 to 434-7395 or 7864**

Tricare announces H1N1 immunization policy

FALLS CHURCH, Va. — Immunizations against the H1N1 virus will soon be available, and people are eager to take precautions. Tricare Prime, Standard and Extra beneficiaries can get their shots from network and non-network providers without paying a deductible or making a co-payment.

A temporary waiver allows retired Tricare Prime enrollees to get the H1N1 immunization from non-network providers without a referral or authorization, eliminating point-of-service charges. Prime enrollees will not be charged a co-payment or cost share.

Tricare for Life beneficiaries must follow Medicare rules regarding H1N1 vaccine. Medicare will pay for administering the H1N1 vaccine, but not the H1N1 vaccine itself if it is supplied to providers free of charge. Payment will be subject to normal billing and payment rules that apply to influenza vaccine.

Preventive medicine is a very important part of Tricare's goal of keeping retirees and families healthy, said Rear Adm. Christine Hunter, deputy director of the Tricare Management Activity.

"To that end, we make getting vaccinated as convenient and affordable as possible," she said. "Beneficiaries should talk to their primary care manager

if they have any questions about the H1N1 vaccine or other vaccines."

The vaccine for the seasonal flu is not expected to protect against H1N1, according to the Centers for Disease Control and Prevention; therefore, immunization for the 2009 H1N1 strain is recommended. Both vaccines can be administered on the same day.

CDC's Advisory Committee on Immunization Practices recommends that everyone get the H1N1 vaccine, but for certain groups the vaccination is more critical. These include:

- Pregnant women;
- People who live with or care for children younger than 6 months;
- Healthcare and emergency medical services personnel;
- Everyone between the ages of 6 months and 24 years;
- People ages 25 through 64 with chronic health disorders or compromised immune systems; and
- Older people with diabetes, cardiovascular disease, asthma or HIV.

Tricare Web site: Visit <http://tricare.mil/flu> or the Department of Defense Pandemic Influenza Watchboard: <http://fhpd.osd.mil/aiWatchboard/index.jsp>

Year of the Air Force Family Web site

The Secretary and the Chief of Staff of the Air Force named July 2009 - Jul 2010, Year of the Air Force Family. The Year of the Air Force Family will provide leaders at all levels a vehicle to communicate information and data to Airmen, family members, surrounding communities and DOD audiences on the variety and scope of programs offered by the Air Force. The Year of the Air Force Family will be used to highlight the many successful programs already in place and to inform Airmen and their families of the development of new programs, unveiling them throughout the year. Visit at www.af.mil/yoaff/index.asp.



Military Students SOAR

Mr. E.J. Griffis
Columbus Air Force Base
School Liaison Officer

Going to a new school is never easy, but military families do it every day. Whether it is moving next door, across the globe or just adjusting to their current home, the transition can be stressful on military families, but it doesn't have to be.

With the click of a mouse, SOAR, or Student Online Achievement Resources, takes your child to a virtual classroom. At anytime, students can learn what they're good at and where they may need a little extra help. SOAR is an internet-based program for students in grades 3 through 12. It assists families to manage their children's education with cutting edge technology --- with a focus on math, reading and the language arts.

Parents can access educational resources to support their child's development by registering for a free account at www.soarathome.org. Once registered, parents can create individual accounts for their children, access individual state Department of Education websites, as well as access a collection of educational videos and resources developed specifically for parents.

Once registered, students may go to www.soarathome.org where they can take a test on state learning standards and be directed to a tutorial that will improve their skills where

needed. Parents may monitor the progress of their child at the same SOAR web site. In addition, parents are provided with resource materials they can employ in assisting their child in areas where they may need added attention.

SOAR is NOT a placement program. It is a program that can assist military children and their classmates, parents and teachers:

1. Identify strengths and areas where students may need improvement
2. Tailor instructions to address the specific needs of a child
3. Provide additional enrichment resources
4. Provide families that are moving with a look at the state standards in their next school district

SOAR is funded by the DoD, in partnership with the Military Impacted Schools Association, The Princeton Review, SkillsTutor, and the University of Northern Iowa. SOAR is a program for military families AND the school districts that serve them, along with the civilian students in the same classroom. The partnership of educational leaders that comprises the SOAR aims to address the unique challenges facing military children in our nation's public schools, while benefiting the overall student population. For additional information, contact the Columbus AFB School Liaison Officer, Mr. E J Griffis at 434-2792 or via email at SLO@Columbus.af.mil.

Birmingham Zoo Free Day

All active duty and retired military personnel and their dependents will be allowed into the zoo free on Wednesday, November 11 in honor of Veteran's Day. Military and dependent ID's will be required.

Thanks for giving!

Join the City of Columbus in an effort to make Thanksgiving special to area residents. Volunteer just a couple of hours on Thanksgiving Day preparing meals for elderly persons and shut-ins around town. The day starts with breakfast for all volunteers at 7 a.m. At 8 a.m., volunteers will begin preparing meals and then delivering meals to local resi-

dents at 311 Martin Luther King, Jr. Drive. The morning will end in plenty of time to prepare for your own Thanksgiving. What a rewarding volunteer opportunity! To volunteer, call Meagan at 327-0807.

A Christmas Carol

"A Christmas Carol" will be presented November 20 & 21 at Joe Cook Auditorium.

The play will start at 7:00 p.m. Tickets are \$7.00 in advance and \$8.00 at the door. The tickets are available at any YMCA location. The phone number is 328-7696.

"This play is a joy to behold. This version has music...jolly, touching, and festive music you're happy to leave the theatre humming. This play provides family entertainment of infectious joyousness!"



BARGAIN LINE



The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@columbus.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be purchased through the Commercial Dispatch, 328-2424.

ed kitchen and baths, a great open floor plan, large sunroom, beautiful laminate flooring, new landscaping, storm windows, FP with insert/blower, new roof and HVAC in 2007. Asking \$126,500. FMI call 405- 919-2753.

Transportation

For sale: 1997 GMC 1500 SLE Vortec V-8 Pick up 4WD, Z-71, leather, cruise, bed liner, towing package, multi-CD, fair outside, but solid mechanically w/ all records, 215K miles. Great hunting truck, \$3800. Call 229-460-8497 or 662 889-7796.

Homes

For sale or lease: 44 Nottingham Lane, Sherwood Forest; 2400 Sq ft, 3 BR, 3 BA, privacy fence, 2-car garage; separate dining room; eat-in kitchen; 4th bonus room/bedroom upstairs; carpeted & hardwood throughout, new tile/countertops, fresh paint; landscaped; extra wide driveway for boat/motor home; 10 minute from CAFB; \$179,000 o.b.o \$1,200/mo. Move-in ready 334-224-3143.

For sale: Motorcycle 2006 Kawasaki ZX 14, Ninja, some extras, excellent condition, \$6900. Also, enclosed sport bike motorcycle trailer, \$2200 FMI call 660-238-3687.

For sale: 1998 Honda Valkyrie; 33,116 original miles, 5-speed transmission, 1500cc engine; 34 m.p.g. city/ 38 Highway; black color scheme; rebuilt from the headlight up. Woody's fairing with Clarion marine radio sound system, locking trunk, Cobra 6 into 6 pipes; lots of extra chrome: \$6,000 o.b.o. FMI call 662-574-9126 or wvan1894@cableone.net.

For sale: 1995 Ford F-150 Flair side, Ext Cab, V-8, 5.0L, Candy Apple Red.

\$3,000 o.b.o. FMI call 662-295-8768.

For sale: 2005 Honda CBR600RR, (Motorcycle) 6,900 mi, Devil exhaust, K&N, Integrated Turn Signals, Lots of extras! \$5449 o.b.o. 2007 Honda CRF230, (Motorcycle) Great dirt bike, low miles, excellent condition! \$2450 o.b.o. 808-221-2005.

For sale: 2009 Pilgrim travel trailer. 27ft. large bathroom, slide out. \$17,500 FMI call 662-328-0355.

For sale: Brand New Horse trailer. 2009 Calico 2-horse slant w/swing wall dressing room, escape door bumper pull. \$5300 o.b.o. FMI call 360-271-7406.

Miscellaneous

For sale: Sleeper sofa, red, queen size, exc cond \$250; solid oak corner shelf unit w/adj shelves, 72"H, \$50; solid oak bookcase/DVD unit w/adj shelves, 72"Hx24"Wx12"D, \$75; solid oak book/display case w/adj shelves & bottom cabinets w/doors, 72"Hx48"Wx12"D, \$100. FMI call 434-8899 (Lv msg).

For sale: Olympic queen mattress set with frame, \$350. FMI call 660-238-3687.

For sale: Ten golf clubs, \$10; American Touristor luggage, \$10.00 like new; two old rotary black phones, still work, \$20 each; two pair of roller blades, \$5 each; field jacket with liner,

\$30. Med/long ; large stereo cabinet, has two glass doors, \$15; Dell PC monitor 16 incher, \$20; Accent amplified speaker system for PC, still in box, \$12; two piece wicker set, \$25; porch or patio swing with canopy, paid \$150 will take \$50; Teac GF, 180 Nostalgia stereo, \$95 in oak cabinet; door knobs, \$2 each; matching beautiful brass table lamps, \$25.00 each; must see; FMI call 328-4374.

For sale: Dinette set, 7-pc, glass top, double pedestal; \$150. Little Tykes toy chest, \$25. FMI call 662-356-0104.

For sale: 22" 5-spoke universal rims w/low profile tires, \$1300 o.b.o. FMI call 662-574-6786 or 662-434-3240 (ask for John).

For sale: Chain link fence, \$100.00 if you come and get; \$150.00 if we take out. Mountain bikes, his and hers, \$25 each FMI call 360-271-7406/7405. Pets: Sugar glider, one year old. Great pet but not enough time for it. \$300.00 for pet and everything.(cage, food, books, toys) FMI call 360-271-7405/7406.

For sale: IBM Thinkpad laptop, 1.7ghz/512m/60ghd/CDRW-DVD/WiFi/Win XP/Microsoft Office Word Pro Suite & carrying case, excellent condition; asking \$285. FMI call 662-386-6981.

For sale: Natuzzi brown leather couch in fantastic condition. Must See! \$325 call 662-549-0506.

For sale: Laz-boy leather recliner,

cranberry red \$250. FMI call 662-352-9567.

For sale: Set of dumbbell weights 10, 15, 20, 25, 30, 35 and 40 lbs with standard size curling bar and 50 lbs in plates; weight racks and floor mats included; everything for \$325 o.b.o. 817-891-5918, please leave message if no answer.

For sale: L.L. Bean women's 3x storm-chaser parka, worn very little, \$45.00; men's leather jacket, brown 2X, also worn very little, \$50.00; call 662-343-4697.

For sale: Baby items, brand new, never used, double stroller, side by side model, \$100; back carrier/stroller, folds in to stroller or back carrier, great for traveling, \$40; baby gate \$10, FMI call 662-497-2175.

Saturday Yard Sales

5202 B Lowndes Ave, 7 - 11 a.m.; two family garage sale; baby boy/girl clothes and accessories; men's and women's clothing and household items. No early birds, please.

180 Justin Circle, 6:30 - 11:30 a.m. (Ridgeland subdivision, Columbus) clothes, boys 0-6mo, maternity, scrubs, mens; toys, baby, Hanna Montana, stuffed animals, Barbie's motor home/cruise ship; girls shoes VHS movies & Misc items

Year of the Air Force Family Kickoff



U.S. Air Force photo/Sonic Johnson

Chaplain (Capt.) Rick Montoya, 14th Flying Training Wing chaplain and Year of the Air Force Family Wing project officer, offers "encouragement" to children playing on inflatable jumpers during CAFB's Year of the Air Force Family kick off Sports Day Nov.1. Over 140 BLAZE Team families helped kick off 14th FTW's YotAFF week.

Enjoy "10 Great Dates" with your spouse!

Special to Silver Wings
14th Medical Group

Did you miss out on "10 Great Dates" this summer? Now is your chance to find out what you've missed and nurture your relationship by enjoying dates with your mate!

Beginning November 14, The Family Advocacy Program and the IDS are sponsoring a new series of 10 Great Dates to Energize Your Marriage through a partnership with Sally Kate Winters Family Services of West Point, Miss. This insightful book and video course by David and Claudia Arp helps spark romance with memory-making dates built on key, marriage-

enriching themes such as: communication, conflict, encouragement, creative love life, and balancing the roles of parent and partner.

After a short video that sets the stage for discussion, couples are sent out for their own private dates. The program will run one Saturday per month, coinciding with the Give Parents a Break program. The first date in the new series is scheduled for Saturday, November 14 at 11:00 a.m.

Free childcare may be available for active duty members if you register early. Contact the Family Advocacy Program at 434-2197 or lachunda.sparks@columbus.af.mil.

Every night: Turn off printers, turn off monitors

10 Ways to Put More in Your Workouts

Kristina Conwill

14th Medical Operations Squadron

COLUMBUS AIR FORCE BASE, Miss.—Rumors abound as the new Air Force Fitness Operating Instruction is pending release. Our goal at the 14th Medical Group and the Health and Wellness Center is that airmen continue to exercise properly in anticipation for the pending changes in our Air Force Fitness Program. Therefore, I have put together some things you can start to work on now, while you have plenty of time to prepare for those changes anticipated after Jan 1, 2010.

It is important to consider when altering your fitness regimen or increasing the intensity of your workouts that you proceed slowly, yet challenge yourself to obtain maximal benefit. Changing the way you exercise stimulates your body in new ways that can help take your fitness to another level.

Below are some ways you can make your workouts more challenging, beneficial, and effective, as you prepare for the new Air Force fitness standards. Remember, it is not about being fit to test. It is about overall well-being, keeping you healthy and disease free so you can be fit to fight!

1. Exercise for a longer duration. One of the simplest ways of increasing the demands you place on your cardiovascular system during physical activity is to extend the duration of your exercise session. To a given point, the longer you work out, the greater the exercise-related rewards you will achieve.

2. Exercise at a higher rate of speed. All factors being equal, when you exercise aerobically, the faster you move your body the more you will perform within a given amount of time. If you want to improve your 1.5 mile run time then begin to incorporate speed sessions to increase your leg turnover and improve your cardiovascular system. An example speed session would be to run a lap at a pace 10 to 15 seconds faster than your regular 1.5 mile pace. Walk the next, and then run another lap. Continue the cycle until you have ran a total of six laps using the faster pace. Simply adding 1 or 2 speed sessions per week for 4 to 6 weeks can take :30 seconds to 2 minutes off your initial run time depending on each individual's current physical condition.

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3. Increase the distance during aerobic conditioning. Regardless of whether you are walking, cycling, rowing, running, etc., the greater distance you move when you are exercising, the greater demand you place on the cardiovascular system and the more work you accomplish. Distance is one of those factors that can easily be manipulated when you want to increase the amount of work you perform during an exercise session.

4. Cross train. Cross training is characterized by a variety of intensities and combination of training methods. Research shows that placing different demands (i.e. aerobic and anaerobic) on the body provides many benefits such as improved performance, decreased risk of injury, improved recovery and increased motivation. Obstacle courses are a great example of a cross training event; running between obstacles provides a cardio workout while negotiating the obstacle requires a muscular strength component. Try to plan a work out like it was an obstacle course, running laps on the track and then immediately dropping down to do push-ups and crunches or you can alternate aerobics with weight training. By varying intensities and activities, you will keep muscles "guessing" and push yourself to a new level of fitness.

5. Varying elevation during training. Changing the elevation when you train provides a challenging way that can increase how hard you work when you are exercising. Simply changing the body's vertical incline requires an increased workload imposed by gravity. The increase of the body's vertical incline produces more work on the cardiovas-

cular system. Two of the most common elevation training methods are running/walking hills or exercising on a treadmill using the incline feature.

6. Increase the amount of weight. The basic concept underlying sound strength training is progressive overload. For a tissue or organ to improve its function, it must be exposed to a load to which it is not normally accustomed. Proper overload must be done in manageable increments to allow time for adaptation and avoid injury. As your muscles become stronger, a proportionally higher level of resistance is required to stimulate the muscle and increase strength. The more you lift, the more work you do, the more calories you burn. For example, try to increase the amount of weight you use every week or two for a particular exercise. It does not have to be a lot, even 1-2 pounds can really add up over the course of several months. Try the same with your pushups and crunches as well. Every workout try to push just one more out than you did the previous session.

7. Eccentric-accentuated training. Resistance training involves two types of muscular actions -concentric (shortening of the muscle) occurs when you lift a weight and eccentric (lengthening of the muscle) happens when you lower a weight. Typically, you can lower more weight than you can lift, primarily because of the effects of gravity. This technique of training involves performing the concentric phase (lifting of the weight) and then lowering the weight at a slower rate compared to the concentric movement. Eccentric accentuated training does not require one to train with extremely heavy weights. This training is very effective with lower weights and higher repetitions, as well.

8. Avoid off loading your body while exercising. Too many times members are in the fitness center hanging on to the treadmill while exercising. Such a practice usually enables a person to train longer or feel more comfortable but it should be avoided because it does dramatically decrease the workload on the body. If you feel uncomfortable then decrease the speed until you become comfortable on the treadmill without having to off load your body while exercising.

9. Incorporate your core during training.

The core is our source of stability and power. It involves the transverse abdominus muscles, oblique muscles, pelvic floor muscles and the latissimus dorsi. Incorporating your core during both aerobic and anaerobic training has many benefits. It improves performance, improves posture, reduces injury, provides stability during training and helps with functional movement. There is a simple exercise that you can do that can teach you how to consciously involve those muscles. Grab a 5lb weight. Stand with her feet shoulder with apart, soft knees, and raise the 5lb weight until it is straight out in front of you parallel to the floor, hold for 30 seconds/1minute. Your arms should not be bent. This exercise is quite easy. Now, grab a weight that is heavier (10-15lbs) and complete the same process. Be sure to hold for 30 seconds/1minute. It is difficult to hold this weight without engaging your core.

10. M &M Theory. I use this when I train individuals who are new to resistance training. I personally call this the Mind & Muscle Theory. Your mind is a powerful tool to improve performance. Focus on the muscles you are training. A crucial part of training is focusing on performance and not thinking about what you are going to do when you get home or what you are going to buy at the grocery store. Do not allow your mind to drift. Stay connected to your training. Athlete's often call this the "zone". It is one's ability to stop the transfer of intrusive thoughts.

As the new fitness standards make their way into the Air Force, members will be required to perform at a higher physical level. Those who struggle to meet standards now should begin to utilize a workout program that will set them up for success in the future. Remember, your body is built to adapt physically to the stresses you place on it. If you settle into the same old routine and no longer push yourself to do more, your fitness level will stop improving. By incorporating the above suggestions to your workout, you can help to push your body beyond the "usual routine" and reach new levels of physical performance. For questions or help designing your new workout, feel free to contact your unit physical training leader or me, Kristina Conwill, at the Health and Wellness Center at 434-2908.

Track Select

2nd Lt. Adamson, Britton, D
2nd Lt. Badillo, Frank C.
2nd Lt. Baldwin, Joel G.
2nd Lt. Blankenship, John R.
2nd Lt. Carter, Jeffery H.
2nd Lt. Collins, Skyler F.
2nd Lt. Combee, Derek A.
2nd Lt. Corless, James D.
2nd Lt. Fountain, Grant M.
2nd Lt. Fowler, George P.
2nd Lt. Freudenburg, Lucas A.
2nd Lt. Hargrave, Ronald T.
2nd Lt. Herris, Justin D.
2nd Lt. Kellenbence, Nicholas S.
2nd Lt. Kendrick, Kurtis M.
2nd Lt. Long, Simon A.
2nd Lt. Lucyk, Heather
Capt. Miller, Hanz K.
2nd Lt. Parker, Dylan M.
2nd Lt. Rudd, Adam P.
2nd Lt. Scott, Eric A.
2nd Lt. Snyder, Joshua W.
2nd Lt. Wahl, Eric R.
2nd Lt. Winters, Kenneth J.

T-1
T-44 ANG
T-1
T-38
T-1
T-38
T-1
T-1
T-1 AFRC
T-1
T-1 ANG
T-1 ANG
T-1
T-38
T-38 AFRC
T-1 ANG
T-44 AFRC
T-44
T-44
T-38
T-1
T-1
T-1

T-6 Top Guns

Contact: 2nd Lt. Skyler F. Collins
Instrument: 2nd Lt. John R. Blankenship
Formation: 2nd Lt. Kurtis M. Kendrick

Top Graduate Leverette Award

2nd Lt. Skyler F. Collins

10-09

Base News: Area Defense Counsel's Office

The mission of the Area Defense Counsel's Office is to advance the Air Force Mission by vigorously providing the best possible legal defense services to Air Force members. Our goal is to zealously represent our clients, ensure fair justice, and protect client confidentiality. Defense services include, but are not limited to, providing court-martial representation, advice to criminal suspects and those facing Article 15, LOR, Referral OPR/EPR, Fitness, and Security Clearance actions. If you find yourself under investigation, it is your absolute right to speak to us prior to speaking with investigators or anyone in your command.

The Area Defense Counsel (ADC) works for you, not anyone else on base. Therefore, no one can influence the Area Defense Counsel's tactics or the advice he or she gives. The ADC solely has the client's best interest in mind. Everything a client tells the ADC is protected by the attorney-client confidential communications privilege. That

means the ADC cannot disclose anything a client says without that client's permission, even if the client were to confess a crime. Too many Airmen are unfamiliar with the ADC office and the services we provide, which is why it is imperative for commanders, first sergeants and supervisors to help educate their subordinates about us. Although there is no ADC Office at Columbus AFB, MS, our services are only one call away. Rest assured that you will receive the same level of service that you would if we were physically located at your base. The Area Defense Counsel's Office is located on Maxwell AFB, AL, at 565 Pine Street, in Bldg 40. The ADC may be reached at DSN 493-2186 or commercial (334) 953-2186. Capt Satura McPherson and TSgt Alexius Reid are the current Area Defense Counsel and Defense Paralegal and look forward to assisting you!

Operations Group hosts semi-annual Career Day

Maj. Jay Mahajan
14th Operations Group

COLUMBUS AFB, Miss. — Aircraft and aircrews representing the spectrum of Air Force missions will descend upon Columbus AFB, Saturday, November 7th to provide students, instructor pilots and their families with first-hand accounts of each airframe's role in current global operations. Career Day is a semi-annual event hosted by the 14th Operations Group Commander to expose students, first assignment instructors and their families to the mission and lifestyle of operational Air Force aircraft.

Aircraft will arrive Friday afternoon, and the aircrew will attend the class 10-02 Assignment Night, providing an informal forum to meet and converse. Briefings on nearly every major airframe will begin at 8:00 a.m. Saturday morning in Kaye Auditorium, and are mandatory for all students and FAIPs. Family members are also encouraged to attend the briefings. A cook out will be held in Freedom Park from 11:00 a.m. to 12:30 p.m. following the career briefings.

In the afternoon, several aircraft, including the F-15C, F-16, C-17, KC-135, RC-135, TH-1H, C-21, and C-130J will be parked on the SAC ramp and open for viewing from 12:30 to 2:30 p.m. The static displays are open to all base ID card holders and families are encouraged to attend. Buses will shuttle attendees from the base theater to the flight line beginning at 12:30 p.m., and will run continuously until the end of the static display period. Parking will not be available on the SAC ramp, so use of the shuttle is required. Refreshments will be available near the display area.

For more information, call the 14th Operations Group Commander's Action Group at 434-7522.

Career Day Schedule of Events Saturday 7 November 2009

8:00-11:00	Aircraft Career Briefings	Kaye Auditorim
11:00-12:30	Burger Burn	Freedom Park
12:00-2:30	Static Displays	SAC Ramp
2:30	FOD Walk	SAC Ramp



U.S. Air Force Photo/Lt. Justin Jarrell

This C-103J all-glass cockpit is an example of several opportunities for SUPT students, instructors and their families will be able to see firsthand Saturday during Career Day. Many different Major Weapon System aircraft are scheduled to arrive today to participate in the Operations Group Career Day. Static display will be open from 12 to 2:30 p.m. Saturday to ID card holders.

Congratulations to newest enlisted promotees



U.S. Air Force photo/Melissa Duncan

Congratulations to the 14th Flying Training Wing's newest enlisted promotees. Front row, left to right: Amn. Devonta McGee, 14th Comptroller-Contracting Squadron; Staff Sgt. Justin Fordyce, 14th Civil Engineer Squadron; Senior Airman Justin Hall, 14th Security Forces Squadron; Staff Sgt. Charleda Meloncon, 14th Operations Support Squadron; Senior Airman Anthony Davis, 14th SFS. Back row, left to right: Airman 1st Class Steven Ferrell, 14th CES; Senior Airman Marquis Skinner, 14th Communications Squadron; Staff Sgt. William Greenan, 14th CES; Staff Sgt. Ricardo Shields, 14th Medical Support Squadron; and Master Sgt. Michael Chavez, 14th FTW Safety.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 52 BLAZE TEAM members are de-ployed worldwide. Remember to support the Airmen and their families while they are away.

YEAR

(Continued from Page 1) underground water lines to enhance water flow, roof repairs to several base buildings and partial renovation of the Wing Headquarters. In all, there are over 20 projects for the base. Wing T-6 pilots already see the benefits of one of the projects, the repainting of the auxiliary field runway which was completed last month.

This good news will bring disruption of normal day to day activities around the base this year. "I ask patience of our BLAZE Team members and visitors as we work these improvements throughout the year," asks Col. Roger Watkins, 14th Flying Training Wing commander. "This is an important step as we continue to improve the working and living areas for our Airmen."

SILVER WINGS

How to reach us

14th Flying Training Wing Public Affairs
555 Seventh St. Suite 237
Columbus AFB, MS 39710
Commercial: (662) 434-7068
DSN: 742-7068
Fax: (662) 434-7009
E-mail: silverwings@columbus.af.mil

Editorial Staff

Col. Roger Watkins
14th Flying Training Wing
Wing Commander

Mr. Rick Johnson
Public Affairs Chief

Senior Airman Jacob Corbin
Editor

Mr. Matt Garner
Layout Designer

Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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Contents of the SILVER WINGS are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

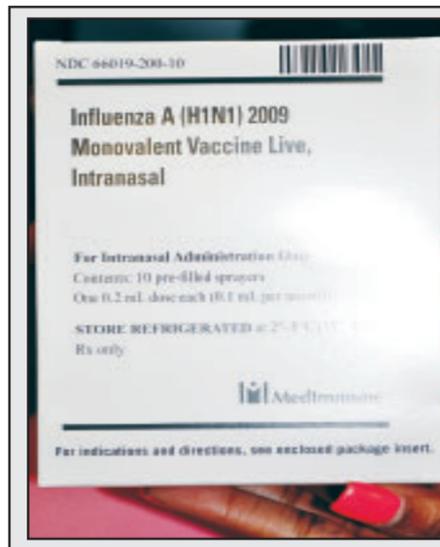
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Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.



U.S. Air Force Photo/Sonic Johnson

H1N1 Vaccine Available

The 14th Medical Group has received 700 doses of H1N1 intranasal spray vaccine from the Mississippi Department of Health Oct 29. The vaccine will be only available for dependents and retirees who are between the ages 25 - 49 years and they live with or care for infants younger than 6 months of age, healthy adult dependents ages 10 - 24 years who are not pregnant and healthy children ages 2 - 9 years.

Mon	Tue	Wed	Thur	Fri	Sat/Sun
9	10 Hearts Apart Social, 4:30 p.m. @ Country Pumpkins OSC Social, 6 p.m. @ Columbus Club	11 Veterans Day Holiday Commissary open 10 a.m.-4 p.m. Exchange open 11 a.m.-5 p.m. Shoppette open 10:30 a.m.-6 p.m.	12 Enlisted Calls, junior enlisted @ 8 a.m.; NCOs at 9 a.m.; and SNCOs @ 10 a.m. @ Kaye Auditorium	13 Fun Run @ Fitness Center Welcome Home Celebration, 3:30 p.m. @ Columbus Club	14/15 Experienced Rider Course
16 FTAC	17 Class 10-10 Track Select, 5 p.m. @ Columbus Club	18	19 Dormsgiving, 5 p.m. @ Chapel Annex Daedalian Dinner, 6 p.m. @ Club	20 10-02 Graduation Breakfast, 8:15 a.m. @ Club 10-02 Graduation, 10 a.m. @ Kaye Auditorium	21/22 SCCA Autocross, @ SAC Alert

Long Range Events

- Nov. 24 - Mandatory Holiday Safety Briefs
- Nov. 26 - Thanksgiving
- Nov. 26 - AETC Family Day
- Nov. 30 - Enlisted Promotions
- Dec. 2 - Wing Holiday Tree Lighting
- Dec. 3 - Class 10-03 Assignment Night

- Dec. 4 - Fun Run
- Dec. 5 - Basic Motorcycle Rider Safety Course
- Dec. 7 - Base Holiday Cookie Drive
- Dec. 7 - City of Columbus Christmas Parade
- Dec. 10-10-11 Track Select
- Dec. 11 - Happy Fund Shop and Wrap
- Dec. 14-18 - FTAC
- Dec. 18 - 10-03 Graduation

Payne Places second in Air Force 1/2 Marathon



U.S. Air Force Photo

Gen. Norton Schwartz, Chief of Staff of the Air Force, joins General Donald Hoffman, Commander, Air Force Materiel Command, and Col. Bradley Spacy, Commander, 88th Air Base Wing, Wright-Patterson AFB, Ohio, in presenting Capt. Ben Payne, 41 Flying Training Squadron, the first place trophy for his finish in the Air Force 1/2 Marathon at Wright Patterson AFB, Ohio Sept. 19. Payne placed first in the Active Military Category and second place overall in the 2009 Air Force 1/2 Marathon. Payne was also recently announced as the AETC Male Athlete of the Year for 2009.

Sports Shorts

Biker Night: The bowling center offers a free cheeseburger from 5 to 9 p.m. every Monday night during the months of September and October. Bring in your helmet and receive one free burger. For more information, call 434-3577.

Winter bowling leagues: Sign up now - leagues available for the Thursday night intramural league, the Tuesday night mixed league and the youth league on Saturday mornings. If you would like to start a league, contact the bowling center for more information. Call 434-3577.

Bowling Center closure: The bowling lanes, not the snack bar, will be closed Dec. 2 to Dec. 19 for installation of new pinsetters and lanes. For more information, call 434-3426.

Wacky Glo Ball Golf Tournament: The Whispering Pines Golf Course offers this fun tournament starting at 3 p.m. November 7. Cost is \$30 plus greens fees and includes 9 holes of wacky golf, taste testing and judging at every hole for the Year of the Family chili cook-off contest and then 9 holes of glo ball golf as soon as it gets dark. Register by November 1 at the Pro Shop.