

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps.

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

Commander's call

All 31st Fighter Wing Airmen who didn't attend this morning's commander's call must attend one at 3:30 p.m. today in Hangar One. Brig. Gen. Philip Breedlove, 31st FW commander, will speak of the upcoming Unit Compliance Inspection, as well as conduct a question and answer session.

Perimeter road

People are not allowed to run on flightline perimeter road during hours of heavy traffic, according to 31st Fighter Wing Exercise policy letter. Runners must remain in the grass and off the paved areas. Those hours include 7 to 8 a.m. and 4 to 5 p.m. The policy letter can be found on the Aviano Intranet's Information Bank.

Car Care Class

People can sign up now for a Car Care Class 10 a.m. Sunday at the Aviano Auto Skills Center. The class provides instructions for troubleshooting common vehicle problems. The cost is \$15. Call 0434-66-1016 for more information.

Mass casualty exercise joins Italian, American responders

By Staff Sgt. Julie Weckerlein
31st Fighter Wing Public Affairs,
Vigileer editor

Shaun Hasha expected to spend his Monday morning strolling the aisles of a local store. Instead, he spent the time running from authorities while choking on toxic agents.

The 31st Medical Operations Squadron Airman wasn't overcome by criminal mischief; he was just a volunteer victim in what was the Friuli-Venezia-Giulia region's biggest mass casualty exercise in known history.

Airman Hasha and about 30 other base volunteers took part in the event, acting as ordinary shoppers in a local furniture store caught in the middle of a terrorist attack.

"I was told to act as panicked as possible," said Airman Hasha. The scenario involved terrorists pumping dangerous toxins through the store's ventilation system. "One of the effects is for people to start freaking out because they can't breathe, so I just did it. I acted crazy, trying to get away from the responders and everyone."

A car explosion in the store's parking lot began the exercise around 9 a.m. Local Carabinieri responded first, not knowing the car fire was set as a distraction from what was going on inside the store. However, once customers started crawling out



Senior Airman Nicholas Adamowicz

An Italian firefighter rescues Bobbi Gilbert, a staff sergeant with the 603rd Air Control Squadron here, from a local furniture store after she succumbs to toxic gas fumes Monday - all simulated, of course, for a mass casualty exercise involving Aviano Airmen and Italian authorities.

See EXERCISE, Page 9

Road rules: Italian law requires all vehicle occupants to wear a seatbelt. The driver will be fined for each person not wearing one.



Happy Birthday, Air Force

By Gen. Robert H. "Doc"
Foglesong
U.S. Air Forces in Europe commander

Fifty-seven years ago, with the passing of the National Security Act of 1947, a separate U.S. Air Force was born and signed into law by President Harry Truman. Appropriately, the president was flying at the

time he signed the law.

The swearing in of the first secretary of the Air Force, W. Stuart Symington, on Sept. 18, 1947, marks the official birthday of the Air Force becoming a distinct and separate U.S. military service. Up to that point, airpower had been provided by the Army

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U.S. Air Forces in Europe

Airman Information File

Bring Your Courage – What It Means



“Bring Your Courage.” Hope you’ve seen and heard these words throughout USAFE. It’s the official USAFE motto, and if there’s ever been a command that brings its courage every day it’s USAFE! Find courage in the dictionary and you’ll see a definition describing physical, mental or moral strength to carry on in the face of danger or difficulty. You may have created your own definition of courage over the years based on real life. The definition is good to know, but taking it to the next level by putting it to use in your life is not always easy to do.

That is why we believe that courage is the most undernourished principle of leadership. In the end, you can have all the resources imaginable to complete a difficult task, but if you don’t have the courage to execute, you’ll fail. Leaders at all levels must have the courage

to step up and pull the trigger when required, to ensure successful mission completion.

History books are filled with stories of courage. For example, everybody knows George Washington was an early hero who displayed courage throughout his life. As a young commander, Washington fought against the French and Indians during the French and Indian War. In one battle, his unit was ambushed in the forest near Fort Duquesne. Under intense fire, he jumped on a horse and quickly rallied the men to take cover and fight. During the battle he had two horses shot from under him and four bullet holes through his jacket, yet he still pressed ahead and took the fight to the enemy. During the battle, the commanding officer was mortally wounded, so young Washington took command of the troops and safely led

them out of harm’s way. Clearly, this is an example of physical and mental courage in the face of danger.

Courage is often displayed on the battlefield, but it’s not the only place courage is found. Mental and moral courage is needed in all jobs and at all levels throughout USAFE. It’s displayed in Airmen who mentally stay engaged with their duties and maintain safe practices instead of taking dangerous short-cuts. Courage is also seen when Airmen make the tough call and do the right thing, even when peers pressure them to do otherwise.

George Washington brought his courage over two hundred years ago and you, the Airmen of USAFE, continue to build on his legacy. “Bring Your Courage” is not just a catchy motto—they’re words to live by!

General Doc Foglesong

CMSgt Gary Coleman

BIRTHDAY, From Page 1

Air Corps, which later became the Army Air Forces.

From the Berlin Airlift to today’s continuing global war on terrorism, America’s Airmen have served proudly; bringing courage to the fight with an unwavering commitment of service before self as they answer the call of our nation and the world.

We owe a lot to the legends of airpower whose determination and vision led to a separate Air Force. Their rich legacy lives on through innovation, cutting-edge technology and recruiting and retaining the

very best people our nation has to offer.

U.S. Air Forces in Europe Airmen continue the legacy of our service’s forefathers by supporting combat operations in Iraq, humanitarian operations in Algeria and training missions worldwide that build security cooperation and expand our expeditionary mindset.

To all the members of our great Air Force – active duty, Guard, Reserve, civilian, retired and families – thank you for your dedication and commitment. It is because of you that we are considered the most respected and feared air and space force in the world!

USAFE team to evaluate unit compliance

31st Fighter Wing prepares for first inspection in four years by reviewing work center checklists, procedures

By Staff Sgt.
Julie Weckerlein
*31st Fighter Wing
Public Affairs,
Vigileer editor*

A team from U.S. Air Forces in Europe will poke and prod through 31st Fighter Wing units here next week, making sure proper procedures and instructions are being followed.

The Unit Compliance Inspection team consists of career experts from around the command.

They will visit Aviano work centers and evaluate Airmen based upon career field Air Force Instructions and Aviano supplements.

“Basically, this inspection makes sure day-to-day actions are all done according to official guidance,” said Lt. Col. Richard LeBlanc, 31st Fighter Wing chief of inspections. “For example, if the AFIs state we should conduct major accident response exercises quarterly, the team will ask

Is your unit ready?

Find out by visiting the 31st Fighter Wing Inspections Web site through the Aviano Intranet at <https://avo-intranet/Inspections/Readiness/html>. Links will direct you to various checklists and information.

to see proof that those exercises took place.”

Referred to in the past as “functional inspections,” next week’s visit will be the first in four years.

Each unit, and the wing overall, will be graded based on a five-tier rating system: outstanding, excellent, satisfactory, marginal and unsatisfactory. Airmen can expect the evaluators to interview them about their daily duties.

Col. Edward Ryder, 31st Fighter Wing vice

commander, believes this is a perfect opportunity for units to show how good they really are.

“We are a busy wing and have accomplished a myriad of outstanding endeavors over the past few years,” he said. “I challenge all units, and every Airman in the 31st FW to take this opportunity to demonstrate to the Inspector General evaluation team just how great we are.”

The inspection team will be in the area for a little more than week. Once all units have been evaluated, an outbrief will be held with wing leadership to review the team’s findings.

“Of course, there are some areas where we know there’s work to be done, but with a wing this size and the operations tempo being as demanding as it has been recently, that’s to be expected,” said Colonel LeBlanc. “Yet, the general feeling over the wing is that we’ll do well.”

10 Ways to make the unit compliance inspection a success

- Always assume the UCI team is watching and evaluating you. Look sharp and be prepared.
- The UCI team members are not your buddies. They are here to perform an important mission for the wing.
- Have a work center booklet or handout of items that answer questions in the checklists. Include maps of the work center areas.
- Make a private space available in your work area for the UCI team member during the inspection.
- Be proactive. Fix problems immediately and show the UCI team the corrective actions the unit’s accomplished.
- Don’t be argumentative. Agree to disagree.
- Don’t dwell on the negative.
- If you don’t understand a discrepancy, ask for a clarification.
- Don’t try to fool the inspector.
- Listen to the team. They are functional experts and a great reference source.

Aviano Thrift Shop has new hours: 10 to 4 p.m. Tuesdays and Wednesdays. They are in Area One, behind the child development center.

Holiday Greetings: A simple process for family back home

By Airman **Rebecca Maurer**
*31st Fighter Wing Public Affairs,
Vigileer staff writer*

Filming a Hometown Holiday Greeting is fast, fun and easy when following a few simple steps:

• The Hometown News Team will be at the Aviano Base Exchange 8 a.m. to 4 p.m. Sept. 30 and Oct. 1. To get in fast, sign up for a time slot by calling Ext. 4577. Walk-ins are accepted.

• Servicemembers can bring family and well-behaved pets, and must be in uniform. They don’t have to go full-out and wear service dress unless they want to; BDUs work just fine. If it’s a person’s day off, they can wear a black t-shirt and just bring their BDU top and hat. The film crew shoots from the waist-up, so no one will know.

• Bring an address book. Before

Are you signed up for a greeting?

The Hometown Holiday Greeting crew is here Sept. 30 and Oct. 1 at the Aviano Base Exchange.



Servicemembers, families and U.S. civilian employees can participate. Call Ext. 4577 today to sign up for a time slot.

taping, people fill out a “who form” that asks for name, rank, unit and the name, addresses and telephone numbers of the people who will see the greetings. People can say hi to friends, neighbors and fiancées on the taped message, but the form has to have a bona fide relative listed for notification and release.

• After the forms are completed, it’s time to get in front of the camera. People can pretty much say whatever they want, as long as it’s clean, but we’ll also want you to say who you are, where you’re stationed and who the message is going to.

An example message: “Hi, I’m Airman Joe Smith from Aviano Air Base, Italy. I want to wish my friends and family back home in Anytown, USA a very happy holiday season.”

• The whole thing only lasts about ten or 15 seconds, and people can shoot as many greetings as they want.

Consider this: Filming a greeting is cheaper than an airplane ticket home, a long-distance phone call or a card, because it’s free. It’s also a really unique present, and families will get to see their servicemember’s smiling face. What better holiday gift is that?

School officials declare parental involvement crucial link in childrens' DoDDS education

By Barb Worden
*U.S. Air Forces in Europe,
 School Liaison Officer*

The USAFE School Liaison Office understands the important role parents play in their child's education.

Therefore, if parents have a concern, it's important they be informed of the specific channels that can be used to resolve issues concerning their child's education. These councils are the key to empowerment, and are the process parents have available to ensure their voices are heard.

When an educational concern arises, the first step is to talk to the child's teacher. If the issue cannot be resolved, then it is the responsibility of the school principal or installation School Liaison Officer to intervene as appropriate. After this point, formal channels come into play, starting with the School Advisory Committee.

The SAC is used to address problems at the school level. It is made up of parent, military and school representatives. Every school has a SAC which meets at least four times each year. Parents are highly encouraged to attend SAC meetings, even if they are not bringing an issue forward to the committee.

If an issue cannot be resolved by addressing the advisory committee, parents have the option of bringing their concern to the attention of either the Installation Advisory Council if assigned to a USAFE installation with only one school, or the School Advisory Board if there

is more than one school on the installation.

The SAB is designed to give parents the majority voice in the Advisory Council structure. It is made up of elected school board members, principals, the installation commander and the district superintendent, and is designed to address parental concerns and issues. However, the purpose of a SAB differs from a stateside school board in that it does not establish school policy.

Should an issue continue to remain unresolved at the SAB, it is raised to the next level. Parents are highly encouraged to participate in these two councils and are always welcome to attend the open meetings.

Depending on the nature of the issue raised from the IAC or SAB, parental concerns may be elevated through either the military or Department of Defense Dependents School advisory chain. These councils address issues affecting students throughout USAFE, the European Command and the entire DoDDS system worldwide.

Parents are encouraged to attend, participate or become elected parent representatives in the councils outlined. Individuals interested in specific council meeting dates and locations, or to find out more about the structure of the councils, are asked to contact their local installation school liaison officer.

The School Liaison Office is here to help parents become a vital link in this communication chain. *(Courtesy U.S. Air Forces in Europe News Service)*

RESCON CORNER

	DUIs
Week	0
28 days	1

61: Number of Airmen Against Drunk Driving saves Sept. 10 and 11

RESCON Alpha

The 31st Fighter Wing is currently in RESCON Alpha. The wing will return to RESCON Normal only if we can go 31 days without a DUI. That is a very realistic goal as long as people look out for themselves and one another. If your plans include drinking, they better include a safe way to get home. Use Airmen Against Drunk Driving for a free, anonymous ride home. Call them at 0434-66-5938.

Also, Aviano's been hit with rain over the past few days. Drivers need to slow down, turn their headlights on and be defensive drivers.

Also, as the days get shorter, Airmen need to pull out their reflective belts and start wearing them at night or during inclement weather. *(31st Fighter Wing Public Affairs)*

Buckle up! It's the law.

Home school: The Aviano Home School group meets 2 to 4 p.m. Sept. 28 at Freedom Park. Call Barbara Ford at 0427-77-8384.

Sortie Board

	<i>Hours</i>	<i>Sorties</i>
31st FW		
Goal	555.2	354
Ahead or Behind	24.5	-15
510th FS		
Goal	249.2	158
Ahead or Behind	-4.1	-13
555th FS		
Goal	306	196
Ahead or Behind	28.6	-2



Staff Sgt. Bethann Caporaletti

Remembrance

Tech. Sgt. Katrina McIntosh, 603rd Air Control Squadron, salutes during a POW/MIA retreat ceremony held here Tuesday. The retreat was held to show that Americans will never forget those who never returned.

Aviano Family

New playgroup welcomes Aviano fathers

By Airman Rebecca Maurer
31st Fighter Wing Public Affairs,
Vigileer staff writer

A small, colorful room in the Aviano Family Advocacy Office is the site for Aviano fathers and children to gather twice a month in Area One Bldg. 108 from 1 to 2:30 p.m.

The Aviano Dads playgroup is for both stay-at-home and active duty dads and focuses on children 2 years old and younger. They meet the first and third Tuesday of each month.

"This group is about giving dads the opportunity to meet other dads," said Marisha Grimley, playgroup manager. "Plus, a lot of activities in the community are geared towards stay-at-home moms, so a lot of our dads feel left out."

During the group, the men get a chance to meet each other and share experiences with other dads. It also gives the little ones a chance to play together with toys and gym sets, giving the dads a little break during the day.

"My 1-year-old daughter, Claire, loves being around others her age, but it can be strange for me being the only guy out of a group of mothers, no matter how nice and welcoming they are," said Martin Weckerlein, an Aviano stay-at-home dad. "The Family Advocacy office saw a need for such a program for other Aviano fathers, so they set everything up and now there's a place

Aviano Dads

Aviano fathers, both stay-at-home and active duty, can take their children to the Aviano Dads playgroup Tuesdays in Area One Bldg. 108 from 1 to 2:30 p.m., For more information, call Marisha Grimley at the Aviano Family Advocacy Office at Ext. 7556 or they can write to avianodads@yahoo.com.



to bring Claire so she can play and interact with others, no matter the weather," he said.

There are a lot of dads taking part in the New Parents Support Program who are reluctant to come to some of the other playgroups, fearing they will be the "only guy there", said Ms. Grimley.

"I wouldn't want to go to a group if I was the only man there," said Mr. Weckerlein. "Aviano Dads is a chance to change that. It gives stay-at-home dads, and active duty dads who want to spend some time with their kids a place to go."

Airmen Against Drunk Driving: Call 0434-66-5938 before its too late. Don't drink and drive.

Bella Befana Bazaar recruits volunteers

From sales recorders to clean-up crew, the Bella Befana Bazaar needs people to help make this year's shopping event a community success.

The Bella Befana Bazaar committee seeks volunteers to help out this year's event.

Individuals are needed to be sales recorders, translators, vendor escorts, finance volunteers, work in vendor hospitality and to help set up and clean afterwards.

The Bazaar takes place noon to 8 p.m. Oct. 1, 10 a.m. to 8 p.m. Oct. 2 and 10 a.m. to 4 p.m. Oct. 3.

A large number of volunteers are needed, especially since the bazaar is expanding to more than two hangars.

"We hope people step in and show their support to the Aviano community and give us as much time as they can manage," said bazaar advertising coordinator, Melanie Polasek.

The bazaar helps the community in several ways. More than 10 percent of the gross proceeds (totaling more than \$50,000) goes to various Aviano organizations through the Aviano

Officer, Civilian Spouses Club.

"Beneficiaries from past bazaars included the Girl Scouts, Boy Scouts, Cub scouts, Little League, the base library, Special Olympics, Club Beyond, Red Cross, EDIS, Airman's Attic, the Aviano Humane Association, many high school and adult scholarship recipients -- hundreds of community members have directly benefited from the bazaar," said Mrs. Polasek.

This year check cashing and credit card stations will be available for all purchases. Also, gift wrapping, boxing and postal services will be on-site.

A Kids Corner will be set up for little shoppers, and live entertainment will perform for the community.

Those interested in volunteering can call 339-762-2377 or 0434-64-0344, or can sign up by e-mail at bellavolunteer@hotmail.com. (AOCSC news release)

Computers available at lower prices

By Master Sgt. Darlene M. Foote
Standard Systems
Group Public Affairs

Air Force technology officials at Gunter Annex, Alabama have taken much of the work out of negotiating prices and picking vendors for organizations that will buy mainstream computers, especially those bought with end-of-year funds.

Representatives from the Air Force's major commands, as part of the Air Force Information Technology Commodity Council, worked together to select the winning vendors for the Air Force's mainstream desktop and notebook computers.

The selected vendors are the only approved sources Air Force organizations can use for computer purchases through Sept. 30, and they offer special prices for approved computers. Waivers to purchase computers from small-business sources must be approved at the command level, officials said.

"Because the Air Force was able to leverage the buying power of (the commands) and (more than) 50 bases, we could ask for a bid on over 16,000 computers as a single buyer and get great prices," said Mr. Ken Heitkamp, assistant Air Force chief information officer for lifecycle management. "These prices are 25 to 35 percent less than the current (government) prices many Air Force organizations were paying on their own."



Senior Airman Nichole Adamowicz

Italian firefighters extinguish a car fire set Monday in the parking lot of a local store. The fire was set to simulate a diversion to the terrorist attack happening inside the store - all part of a mass casualty exercise.

EXERCISE, From Page 1

of the store, collapsing and gasping for air, the Italian responders knew something much worse was happening. Within a half hour, responders from all over the region swarmed the area.

"Local medical personnel and various specialized response teams were notified, as well as the 31st Medical Group and the base fire department, and hazardous material team," said Master Sgt. David Little, 31st Fighter Wing Plans and Inspections NCOIC, who helped coordinate American involvement. "The role of the 31st Fighter Wing participants was fairly simple. They played the role of Americans who were shopping, so the Italian authorities had to deal with the language barrier when trying to communicate with them," he said.

A nuclear, biological and chemical team from Venice was flown in by helicopter and transported to the scene, where dozens of victims were processed through a decontamination line set up by Airmen from the Aviano Fire Department.

The exercise, which involved nearly 200 people, was the result of a seed planted many years ago, said Lorenzo Bertulazzi, 31st Fighter Wing prevention and protection

officer who was an Italian translator during the exercise.

"The base formed an exercise program when the Aviano 2000 construction project first began in the 1990s, and the Americans worked with the local authorities through the years to train for mass casualty situations," he said. "The exercise today is a sort of follow-up on that, with the incident happening off-base and the Americans responding later under the direction of the Italian on-scene commander."

Local mayors and chiefs, as well as the regional governor, observed the exercise from the sidelines. Mr. Bertulazzi said a command post was set up in the local city of Pordenone.

"After the exercise, the Italian agencies will come together and evaluate the events," he said. "They will take suggestions and recommendations, and work to improve the way they respond to such crisis."

Airman Hasha said that despite the language barrier, he felt confident in the Italians' abilities to care for him. "It was pretty realistic," he said. "Of course, I expected more severe injuries with broken limbs. But the scenario was very realistic and I think everyone acted appropriately. The Italian authorities knew what they were doing."



Airman Scherrie Gates

Airmen from the Aviano Air Base Fire Department and Italian emergency workers (wearing hazardous material suits) restrain a crazed American victim who tried to escape the decontamination process. The challenge was on the Italian authorities to try and communicate with the American victims in a stressful environment.



Airman Scherrie Gates

An emergency responder wearing a nuclear, biological and chemical hazardous material suit goes through the decontamination process after inspecting the store. The decontamination line was set up by Airmen from the Aviano Fire Department.

Air Force Ball

The 31st Fighter Wing hosts the 57th annual Air Force Ball 7:30 p.m. today at La Bella Vista Club. This year's event will include city-themed rooms with regional cuisine, beverages and music. Tickets cost \$18 to \$20 for E-7 and above, \$13 to \$15 for E-6 and below. Tickets can be purchased from group executives.

XBox tournament

U.S. Air Forces in Europe hosts an XBox Tournament 5 p.m. Saturday at the Aviano Community Center. Free beverages will be provided. For more information, call Ext. 7459.

Red Cross

Aviano Red Cross volunteers are at the Aviano Base Exchange Saturday for a "Together We Prepare" day. Brochures are available to assist with making family disaster plans and more. Preparedness information is available online at www.redcross.org.

Free car

To celebrate the Air Force's 57th birthday Saturday, one Department of Defense ID cardholder will win a new Chevrolet Equinox Sport Utility Vehicle during a drawing held at the annual bazaar on Ramstein Air Base, Germany. "Survivor: Pearl Island" winner Sandra Diaz-Twine will draw the winning name from all entries received during a live AFN broadcast at 11:15 a.m.

Protestant celebration

Protestant Women of the Chapel hold a kick-off celebration 6:30 to 8:30 p.m. Monday in the Area One Chapel Annex to get the fall season of fellowship and Bible study underway. There will be a special fellowship event, dinner and introduction of the 2004-2005 PWOC program and a program for children 3 years and older. Call Ext. 5211 for more information.

Art program

The Aviano Arts and Crafts Center offers an after-

school artwork program 3 to 4:30 p.m. Sept. 30. Every Thursday a different craft or art project is offered for school age children.

Commissary sale

The DeCA worldwide case lot sale takes place Sept. 25 and 26 at the Aviano Commissary. For more information, visit www.commissaries.com.

Disaster training

The Aviano Red Cross offers the class Introduction to Disaster Services and Mass Care: An Overview 6 to 9 p.m. Sept. 28 in Area One Bldg. 118. The courses provide volunteers with the skills for local and national disaster relief. Call Ext. 5576 to sign up.

Focus group

The Army Air Force Exchange Service and Defense Commissary Agency invite Aviano people to a focus group 9:30 a.m. Oct. 6 in the 31st Mission Support Group conference room to discuss ways to improve AAFES and DeCA operations. To reserve a space, call Ext. 7614. For more information, call 338-852-3076.

Red Cross classes

The Aviano Red Cross offers Healthy Pregnancy, Healthy Baby, a four-week course 5:30 to 10 p.m. Oct. 6, 13, 20 and 27. The cost is \$15.00 per individual or couple. A community first aid and safety course featuring adult, infant and child CPR and first aid 8 a.m. to 6 p.m. Oct. 16. The cost is \$35; and an infant and child CPR class 6 to 11 p.m. Nov. 10. The cost is \$20. Pre-registration and payment is required for all health and safety courses. Call Ext. 5576 for information.

Licensing office hours

The Aviano vehicle licensing office's new hours are 8 a.m. to 4 p.m. Monday, Tuesday, Wednesday and Friday, and 1 p.m. to 4 p.m. Thursday. Once a new Benvenuti instructor is hired, licensing office hours will return to normal. AFI testing during Right Start is now 10:25 a.m. Thurs-

days at the Aviano Family Support Center.

Travel vouchers

Civilian and military travelers must file a completed travel settlement voucher with finance within five days of returning from a temporary duty assignment. Due to the fiscal year-end close-out, travel voucher settlements should be filed within three days of returning from a TDY through the end of September. For more information, call 1st Lt. Jessi Rozman at Ext. 7458.

Pay change

Dining facilities in Area Two and the flightline open soon. Once they are both open, there will be pay changes for dorm residents. Cost of Living Allowance will be reduced and Basic Allowance for Subsistence will have automatic meal deductions. Those with questions concerning these changes can call finance customer service at Ext. 7409.

Bag lunch social

The Aviano Family Support Center invites spouses of deployed troops to bring a bag lunch and socialize noon to 1:30 p.m. Tuesdays at the FSC. For more information, call the Aviano Red Cross at 0434-66-5576 or the FSC at 0434-66-5407.

Commander call tapes

The 31st Fighter Wing Public Affairs office has Air Force Television News tapes available for commander's calls. New tapes are received every other week. For more information, call Ext. 7555.

Layette Program

Families who had children while their Airman deployed to Operation Enduring Freedom, Operation Iraqi Freedom or since their return are eligible to receive a free layette. Children must be under 18 months of age. Specific guidelines and applications are available at the American Red Cross Aviano station office in Area One Bldg. 118. Call Ext. 5576 for details or email redcross@aviano.af.mil

Reel Times

Today - 5 p.m. "King Arthur" Rated PG-13 - Arthur and his knights set free Guinevere so they can face the Saxons in battle. Starring: Clive Owen and Ioan Gruffudd.

8 p.m. - "The Manchurian Candidate" Rated R - Two U.S. soldiers are taken prisoner and brainwashed by the enemy. Starring: Denzel Washington and Meryl Streep.

Saturday, 2 p.m. - "Spider-Man 2" Rated PG-13 - Peter fights a new foe: Dr. Octavius. Starring: Tobey Maguire and Kirsten Dunst.

7 p.m. - "The Manchurian Candidate"

Sunday, 7 p.m. - "King Arthur"

Wednesday, 7 p.m. - "Spider-Man 2"

Thursday, 7 p.m. - "The Manchurian Candidate"

September 24, 5 p.m. - "Catwoman" Rated PG-13 - Patience Philips is Catwoman; powerful, stealthy, and not necessarily erring on the side of good. Starring: Halle Berry and Sharon Stone.

8 p.m. - "Collateral" Rated R - Max drives a cab in Los Angeles to earn a living, and his passenger is a hit man killing people at every stop. Starring: Tom Cruise and Jamie Foxx.

Talk Radio

New shows let Aviano listeners get answers over the airwaves

By Staff Sgt. Julie Weckerlein
31st Fighter Wing Public Affairs,
Vigileer editor

It's not as sparkly, but Aviano's newest radio segments could be just as valuable as a fine-cut Harry Winston. After all, some people pay thousands to get the sort of good advice and access provided for free by such qualified individuals.

The two new segments are a part of Aviano's ZFM 106's Morning Show with deejay Senior Airman Tony Plyler. One features Aviano first sergeants, while the other features the 31st Fighter Wing commander, Brig. Gen. Philip Breedlove.

The Diamond Hour

It's called the Diamond Hour, a 60-minute segment featuring first sergeants from around the base who take calls from listeners and discuss important topics from around the base.

It is the brainchild of Master Sgt. Luis Adams, 31st Mission Support Group first sergeant and Staff Sgt. Jason Litalien, AFN-Aviano radio NCOIC.

"Master Sergeant Adams and I were talking after he arrived here and we thought it would be a good idea to get the shirts on air. They have a connection to the commander's objectives and they know a lot of the items that affect not only active duty military members, but also their families and the civilians around the base, too," said Sergeant Litalien.

From 7 to 8 a.m. Wednesdays, the sergeants talk about important issues, such as financial aid programs, family care packages, upcoming events and more.

It's also a time for people to call in with questions or comments.

"A lot of the questions we get during the show are about things Airmen notice around the base," said Airman Plyler. "The sergeants are able to answer everything right there on the spot."

And best of all, said Sergeant Litalien, the sergeants can relate to those calling.

"The biggest benefit of the segment is the variety of first shirts. We usually have about three or four sergeants here at a time, and they can each talk about personal experiences."

Dueling with the Dragon

The Diamond Hour isn't the only opportunity for Aviano people to get answers to their questions and concerns -- the 31st FW commander himself goes live on air every other Friday.



Staff Sgt. Julie Weckerlein

Senior Master Sgt. Tony Legree, 31st Civil Engineer Squadron first sergeant, left, listens as 1st Sgt. William Burger, first sergeant for Task Force Reaper Sentinal 1/134 Field Artillery, middle, speak during the Diamond Hour Wednesday. Master Sgt. Russell Beasley, 31st Contraction Squadron, far right, was also a guest speaker.

Brig. Gen. Philip Breedlove uses the opportunity to praise the wing's accomplishments and talk about events that affect the community during the "Dueling with the Dragon" segment.

"General Breedlove is like a big morale booster," said Airman Plyler. "He comes on with a great attitude and is very relaxed and personal."

Sergeant Litalien agreed the general's got a personality made for radio. "One of the best features of the show is his approachability. He is very friendly and responds well to listeners calls. He makes you feel comfortable when you call," he said.

Even though the general's segment focuses more on wing accomplishments and such, the general also takes direct calls from the community.

"This goes above what the first sergeants talk about because the general can provide instant answers to almost any question," said Sergeant Litalien.

General Breedlove's next radio appearance will be from 7 to 8 a.m. Oct. 1.

Radio for the people

The all-access, question-and-answer segments hardly put a cramp in the morning show's Top 40-style, said Airman Plyler.

"We have a lot of fun with it," he said. "We get to talk about important subjects and listen to good music. I like to play the new, younger-generation music, while at the same time playing music the older guests will appreciate - stuff from the 70's and such."

Sergeant Litalien believes the more people who call in, the better.

"I hope more people take the opportunity to call in during either show. This is a great way to get answers to questions about military life, family life and community events and issues." Stay tuned!

Those with questions for the first sergeants or Brig. Gen. Philip Breedlove can call 0434-66-8236 during the Diamond Hour and Duelling with the Dragon segments of Aviano's ZFM Morning Show.

Fly Bys

Wine Festival

La Bella Vista Club hosts a free wine festival Sept. 24 featuring dozens of wineries and cheese vendors from throughout the Friuli and Veneto regions. Call Ext. 7451 for more information.

Food and fun

The Aviano Community Center hosts the band Neon Venus and a Hispanic food tasting event 7 p.m. Sept 24. People can slip into rhythm with Neon Venus as they play an energetic dance rock with Latin flavor. Admission is free.

Vacation location

Aviano travelers can make an appointment with an Information, Tickets and Travel representative to design their next vacation. Call Ext. 5072 for more information.

Travel Web site

Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the Web site offers a list of places suspected of anti-American activity, as well as other information for travelers. Call the 31st Fighter Wing Manpower Office at Ext. 7308 with questions about the site or other antiterrorism force protection measures.

Chapel Conference

The Fall 2004 European Protestant Men Of the Chapel Conference is Oct. 15 to 17 at the Sauerland Stern Resort Hotel in Willingen, Germany. The reservation deadline is Sept. 14, and registration deadline is Sept. 27. For more information, call the USAFE Chaplain's Office at DSN 480-6961, Commercial 06371-476961 or e-mail usafe.hcx@ramstein.af.mil.

White Night in the Eternal City

Rome's annual tourist event boasts free admission to many popular attractions

Aviano travelers can take advantage of Rome's La Notte Bianca, or "White Night," celebration Saturday evening.

The tourist event involves the entire city, including museums, sports centers and both metro and train services, stay open the entire night for free.

More than 100 theaters, museums and galleries will remain open, free-of-charge. These sites include: the Borghese Gallery, the Capitoline Museums, the Complex of the Victor Emmanuel Monument, the Colosseum, the Papal Stables at the Quirinal, Villa Medici, the Napoleonic Museum, Palazzo Braschi and the Palazzo Farnese. Free public transport begins at 10 p.m.

Last year was the first such event, and even though more than one-and-a-half million tourists found themselves in the midst of a nationwide blackout, the city was unified with a new kind of serenity



Courtesy photo

Visiting the Colosseum will be free-of-charge for Rome tourists Saturday evening.

and curiosity, according to Rome's official "White Night" Web site, www.lanottebianca.it.

People can purchase last-minute train or airplane tickets through any local travel agency. Trains leave daily for Rome from the Pordenone train station. Driving to Rome from Pordenone takes about six hours. (31st Fighter Wing Public Affairs)

Fun Facts about Rome: Within Rome is the world's smallest country, Vatican City, with about 400 inhabitants, including the Roman Catholic Pope. • During the Renaissance, the Piazza Navona was flooded and used to stage mock naval battles. • Julius Ceaser gave us our modern calendar with 12 months, and the name of the seventh month. • Legend has it Rome was founded by twin brothers, Romulus and Remos • It's located in the Lazio region of Italy, in the middle of the boot.

Be a safe traveler. Always let someone know where you're going, when you expect to be back and a good way to get in touch with you.



Trieste, Italy is an active port in north east Italy. It is home to several museums, the Miramar Castle and lots of seafood.

ITT: Information, Tickets and Travel

Upcoming tours from the Information, Tickets and Travel office include:

- Guided Trieste, castle and cave -- Sept. 25. Sign up by Wednesday.
- Guided Verona and Medieval Times -- Sept. 25. Sign up by Wednesday.
- October 9 through 11 -- Naples and the Amalfi Coast (Naples, Capri, Pompeii, Sorrento, Positano and Amalfi)

The ITT escort will ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. He or she will provide general information about the area, as well.

Water and snacks are allowed on ITT bus, but alcohol is strictly prohibited. Bags must be small enough to stow underneath a seat. Travelers are reminded to dress appropriately for the weather.

For more information about ITT tours, call Ext. 5072 or 5026.

Fly Bys

Winter League

Winter league bowling registration takes place 3 to 5 p.m. Monday at the Aviano Bowling Center. League bowling runs 28 weeks, with holiday weeks off. Call Ext. 7487 for more information.

Aerobathon

The Aviano Dragon Fitness Center hosts an aerobathon 9 a.m. to 1 p.m. Sept. 25. People can sign up now for the endurance event. Prizes and refreshments will be provided.

Fitlinxx

All Airmen should log at least 12 workouts a month in Fitlinxx and be an active participant in this mandatory program. Feel healthier and observe how quickly workout points accumulate.

Ice Hockey

The Aviano Ice Dragons base hockey team seeks players for the 2004-2005 season. All ability and experience levels are welcome. For more information, call Michael McGeever at Ext. 8455, Billy Liska at Ext. 8767, or Roberto Scussat at Ext. 4664.

Towels

The Dragon Fitness Center offers the throw-in-the-towel program. After a workout at the fitness center, staff will swap used towels for clean ones. Towels can be bought at the Aviano Base Exchange or Military Clothing Sales for \$2.15. People can opt to use and wash their own towels.

The Sweat Shop

The Dragon Fitness Center offers the Sweat Shop group cycling class 6:15 to 7 p.m. Mondays, Wednesdays and Fridays, and 6 to 7 p.m. Saturdays and Sundays. The class allows participants to control their own resistance while providing a cardio workout. Call Ext. 7459 for more information.

Power hour

The Power Hour class 11 a.m. to noon Thursdays pumps up the heart with kickboxing and ends with stretching and yoga poses. It's held at the Dragon Fitness Center. Call Ext. 7459 for more information.

Total Fix

The Total Fix class gives participants a workout at one station with multiple exercises and equipment for a full-body workout. Classes are held at the Dragon Fitness Center and go from 5 to 6 p.m. Mondays and Wednesdays, 5:15 to 6:15 p.m. Fridays, 12:30 to 1:30 p.m. Tuesdays, Thursdays, Saturdays and Sundays. Call Ext. 7459 for more information.

At a loss about Floss?

Using just a little bit of the string-like material can save your teeth from decay and other dental problems.

Using dental floss to floss between teeth should be a top priority for everyone, according to leading U.S. dentists.

Flossing is highly recommended by dentists and the American Dental Association because it helps to get the plaque and remaining food and bacteria that a toothbrush can't get out.

Plaque is the basis for tartar build-up, and when tartar begins to form, that's when people start having complications.

Tartar build-up causes cavities and gum disease, which nobody wants to have. As long as plaque is removed on a daily basis, tartar won't form and if there's no tartar, then there won't be any problems.

Flossing isn't as difficult as people think it is. There is a certain way to floss to ensure that it is being done correctly. Follow the directions below to begin on a flossing journey that will keep the teeth clean and the gums happy:

- Break off about 18 inches of floss and wind most of it around one of your middle fingers. Wind the remaining floss around the same finger of the opposite hand. This finger will take up the floss as it becomes dirty. Hold the floss tightly between your thumbs and forefingers.

- Guide the floss between your teeth



Photo illustration by Marine Staff Sgt. Scott Dunn

By including flossing as part of your dental hygiene, trips to the dentists can be a lot less intimidating.

using a gentle rubbing motion. Never snap the floss into the gums.

- When the floss reaches the gum line, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth.

- Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.

- Repeat this method on the rest of your teeth.

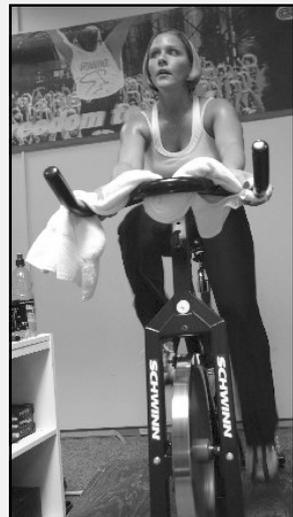
- Don't forget the back side of your last tooth.

If using dental floss is a problem, there are other devices that can be used. These devices include special brushes like proxy brushes, sticks like floss sticks, or picks. Don't forget to ask the dentist or the technician to provide guidance on the proper use of each device. (*31st Medical Group Dental Squadron*)

Did you know? The Dragon Fitness Center has a juice bar selling drinks and snacks.

What are your fitness goals?

Sure, overall health is the ultimate goal, but it's important to focus on the myriad of benefits exercise has to offer and determine which ones need more attention. Do you need **better flexibility, more strength, improved cardiovascular function, loss of excess weight, elevated moods?** It's important for people to take stock of their physical wellness, and decide which areas need improving. Once those goals are determined, it's up to the person to make them a reality and build a healthier lifestyle. (*U.S. Air Force Services Fitness and Sports Newsletter*)



Airman 1st Class Joshua E. Coleman

Confessions of a dorm dweller

Living in a square room isn't as bad as it seems. If life on the "outside" taught me anything, it can be worse

By **Airman Rebecca Maurer**
*31st Fighter Wing Public Affairs,
Vigileer staff writer*

For quite some time now, I've had something important I wanted to say.

I have to get it off my chest. Now that I have your attention, I might as well just say it.

I like living in the dorms.

I know people empathize for the Airmen forced to live in the dorms, but if you think about it, it's really not such a bad deal.

I have a fully-furnished, air-conditioned bedroom with cable TV, and a decently-equipped kitchen and bathroom. It's kind of small, but definitely liveable.

If something breaks, I call the dorm manager and it gets fixed. Sometimes it takes a few weeks, but it always gets fixed.

I don't have to worry about a shiftily landlord, rent, or bills for electric, gas, water and trash pickup.

I also have access to a big laundry room with enough washers and dryers to get two months' laundry done in two hours on a Wednesday night, and a patio with barbecue grills and tables.

Okay, the patio is a little worn, but it works. I've been to a few decent parties on that patio, and if you just want to hang out with your friends, throw some hot dogs on the grill and play cards, it's a nice place to do that, too.

Before I joined the Air Force, I had my own apartment, and it wasn't anywhere near as good.

It was a little bigger, but that was pretty much it.

Nothing worked, my landlord was more like a slumlord, and I had to work killer hours in a factory to keep my bills paid.

Unlike my dorm room, it wasn't air-conditioned, and cable TV was out of the question. There weren't any security forces Airmen within shouting distance, so if some

goober broke in my front window and stole my X-box, there wasn't really anything I could do about it except wait an hour or so for the police to show up afterwards.

If I needed to do laundry, I had to pack my car full of clothes and drive across town to find a Laundromat.

I know not everyone had the pre-enlistment experience I did. I guess the real world taught me to appreciate things a little more than I would've had I joined up straight out of high school. I definitely appreciate having a nice place to live for free.

Maybe that's why I get so annoyed when people leave trash lying around the common areas and beer bottles on the lawns.

They think the bay orderly will mystically appear and tote away their garbage. But the people on bay orderly get tired of picking up after the lazy people, so after the second day or so, they usually leave the most of the trash there — like the abandoned basket of laundry that sat on the third floor of my dorm for three weeks.

Is it so hard for people to walk a few extra feet to toss something in the trash can? Common sense says they can toss it in a garbage can in their dorm room, or hold onto it until they go back downstairs again to the dumpsters.

Fortunately, there seem to be more good people in the dorms than bad ones. That's another thing I like about being a dorm rat so much: other dorm rats.

If you're having a bad day, all you need to do is take a little walk around the building and it's a safe bet you'll run into someone interesting.

So now you know my secret. Maybe it wasn't the earthshaking confession you were expecting, but I really do like living in the dorms.

It's a good thing, considering I'm not eligible to live off base for a while yet.



Cornerstone

An indispensable and fundamental basis

The **Cornerstone Page** is devoted to those who support: junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The **Cornerstone Page** will also offer Air Force trivia and facts.

Submission info

We want to hear from you. Flex your writing talents and share your thoughts with us and the community. To submit:

Commentaries:

Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words.

Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to Vigileer @aviano.af.mil with the subject line "Kudos."

Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

Kudos: Recognizing those who serve

"We want to thank **Maj. Brian Klatt, Maj. Joseph Bartle, Maj. Amy Forrester**, the entire orthopedic clinic and the same-day surgical staff who cared for our son through his surgery on June 28 and through all the follow-up care. The care and expertise has been the best we have received thus far of 15 years in the U.S. Air Force." *Mahalo nui loa (Thank you!) - The Thai family*

"I want to thank **whomever found my daughter's wallet** at the Aviano Elementary School and turned it in to the office on Sept. 3. The wallet contained her allowance and swim pass. Thank you very much." - *Gloria Thai, Aviano family member*