



The Dispatch is preparing to honor military veterans and active service members from the Golden Triangle in a special Veterans Day tribute section. We're asking veterans or their families to complete and submit this form, along with photos that can be used in the publication. Submissions can be made in person, through the mail or by email. All physical photos submitted will be scanned and available for pick up after the publication prints on Sunday, Nov. 11. **Deadline for submissions is Oct. 19.**

Name: _____ Age: _____

City of Residence: _____ Phone: _____

Rank: _____ Branch of Service: _____

Time of Service: _____ Foreign Tours: _____

Combat Experience: _____

Why You Joined the Military: _____

Thoughts/Memories from Your Service: _____

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*"I am going
to do all that
I must to stay
sober to finally
see the
true plan."*



Photo for illustration purposes only.

"Before I was in recovery, I thought I could live my life on prescription drugs. Then, I decided that wasn't enough and added meth to it. I went crazy, but my lowest point was to see my parents, children, and sister's look of disappointment when they knew for sure what I had been doing. I came to the Pines and Cady Hills because I had nowhere else to go and I intended to only stay for 30 days. Well, God did for me what I couldn't do for myself. I worked with my counselor on many things that were holding me down. Then, I went to the Last House on the Block. Staying at the Last House helps me to stay sober, as well as going to meetings and working the steps with my sponsor. Prayer and meditation helps a lot with hard times and helps me to understand my part in all matters. All these things make me who I am and influence who I will become. I believe my Higher Power has many plans for me because he brought me to life when I was born dead. He has brought me through many times that should have killed me."



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Vol. 42, Issue 40

October 12, 2018

Weather

Friday Sunny High 72°F Low 55°F	Saturday Rain High 78°F Low 60°F
Sunday Rain High 82°F Low 65°F	Monday Partly Cloudy High 80°F Low 61°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Autocross returns to Columbus AFB

There will be an autocross starting at 10 a.m. at the SAC ramp Oct. 20-21. Guest can enjoy fast cars racing up and down the alert pad. Recommended that attendees bring sunblock, bug spray and water.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be from 8 a.m.-noon Oct. 23 in the Columbus Club.

SUPT 19-01 Graduation

Specialized Undergraduate Pilot Training Class 19-01 will be receiving their coveted silver wings at 10 a.m. Oct. 26 in the Kaye Auditorium.

Inside



Feature 8

The CREATE Expo is highlighted in this week's feature.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Capt. Mike Crampton, 37th Flying Training Squadron instructor pilot, sits by a student in a model T-6 Texan II cockpit Oct. 2, 2018, during the Imagine the Possibilities Career Expo at the BancorpSouth Arena in Tupelo, Mississippi. More than 120 Airmen from Columbus AFB, Mississippi, spent several days showing more than 7,000 eighth-grade students, from northeast Mississippi counties, some of the vast career opportunities the Air Force offers.

Columbus AFB Airmen inspire 7,000 8th graders at 2018 Career Expo

Airman Hannah Bean

14th Flying Training Wing Public Affairs

TUPELO, Miss. – More than 120 Airmen from Columbus Air Force Base, Mississippi, spent several days showing more than 7,000 eighth-grade students, from 17 northeast Mississippi counties, some of the vast career opportunities the Air Force

offers during the Imagine the Possibilities Career Expo Oct. 2-4 at the BancorpSouth Arena in Tupelo.

The expo was hosted by the CREATE Foundation, sponsored by the Toyota Wellspring Fund and more than 130 businesses. Airmen from Columbus AFB were represented in seven


See EXPO, Page 8

COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (19-09)	Oct. 11	48th (19-01)	Oct. 26	49th (19-ABC)	Oct. 18	T-6	812	925	925
41st (19-05)	Dec. 14	50th (19-01)	Oct. 26			T-1	302	267	267
						T-38	330	234	234
						IFF	146	130	130

Col. Michael Drowley, 355th Fighter Wing commander, Davis-Monthan Air Force Base, Tuscon, Arizona, will be the guest speaker for Specialized Undergraduate Pilot Training Class 19-01's graduation at 10 a.m. Oct. 26, 2018, in the Kaye Auditorium.

* Mission numbers provided by 14 FTW Wing Scheduling.



14TH FLYING TRAINING WING DEPLOYED


As of press time, 24 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

OCP Tip of the Week

Tan or Coyote Brown boots. During initial transition Airmen may wear either Tan or Coyote Brown boots with the OCPs. On 1 June 2020, only Coyote Brown boots will be worn with the OCP. [Exception: Athletic shoes may be worn if medically necessary, as determined by competent medical authorities at a civilian or military treatment facility and approved by the commander]. Boots will be laced up with plain rounded toe or rounded capped toe with or without a perforated seam. A zipper or elastic inserts may be worn; however, if worn, they will be without design. Boots can be either with or without a safety toe.

Black Combat Boots wear is optional with the service dress and services uniforms when not wearing a skirt, maternity service dress and/or maternity jumper. Laces will either be tied and tucked in the boot or tied and wrapped around the boot. No bowtie boot laces. Logos will be the same color as the boot. Exception: Installation commanders can authorize the wear of black combat boots with the utility uniform on their installation where they deem necessary. This exception is not specifically restricted to flightline activities. It may be applied where industrial products or processes cause irreparable damage to the stain resistant sage green boots. Sage green uniform boots must be worn when departing the installation and other areas not designated for wear by the installation commander.



Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
15	16 SUPT Class 19-22/23 Pilot Partner Welcome, 6 p.m. @ TBD	17	18 Business After Hours, 5:30 p.m. @ The Mill, Starkville	19 Caledonia Days	20/21 → 20th-21st: Autocross, 10 a.m.	Oct 30: CFC Kickoff Breakfast Oct. 31: Enlisted Promotions/Quarterly Awards Nov. 1: Happy Irby Wine Tasting Nov. 2: SUPT Class 19-02 Assignment Night Nov. 3: LA Tech vs. MSU Nov. 9: Retiree Appreciation Day Nov. 10: Columbus Veterans Day Parade and Ceremony Nov. 13: Wing Newcomers Nov. 14: Dormsgiving
22	23 Wing Newcomers, 8 a.m. @ Club MSU Veterinary Student Tour	24	25 Heart to Heart, 5 p.m. @ Country Pumpkins Daedalian Dinner Meeting, 6 p.m. @ Club	26 SUPT Class 19-01 Graduation, 10 a.m. @ Kaye	27/28 27th: Base Trick or Treating, 6-8 p.m.	

Silver Wings

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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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The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

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) 328-2424.

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NEWS AROUND TOWN

Eudora Welty Writers Symposium

The 30th annual Eudora Welty Writers Symposium is scheduled from Oct. 18-20 at 1100 College Street, Columbus, Mississippi. The symposium is a three-day celebration of Southern Literature. The guest speaker will be Steve Yarbrough, who is the recipient of the Mississippi Institute of Arts and Letters Award for Fiction, the Richard Wright Award, and the Robert Penn Warren Award. For more information, visit muw.edu/welty or call (662) 329-7386.

Pumkinpalooza

Main Street Starkville will host their annual Pumkinpalooza from 5-7 p.m. Oct. 26. Children can enjoy trick or treating and face painting. Other events include pumpkin painting, late night shopping and a window display contest. For more information, log onto visit.starkville.org.

Ghost and Legends Tour

The city of Columbus will be hosting a Ghost and Legends tour from Nov. 9-10 at 300 Main Street, Columbus, Mississippi. The tour begins at the Tennessee Williams Welcome Center and takes guests to places such as the Friendship Cemetery, haunted dorm rooms and historic homes. For more information, call 662-328-2787.

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@us.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.

Bargain Line advertisement

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

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

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

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

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U.S. Air Force photos by Airman Hannah Bean

Col. Samantha Weeks, 14th Flying Training Wing commander, talks with the audience during the wing's all call, Oct. 5, 2018, at the Kaye Auditorium on Columbus Air Force Base, Mississippi. Weeks explained the new wing mission statement and how its' relevant to all Team BLAZE Airmen.



Chief Master Sgt. Raul Villarreal Jr., 14th Flying Training Wing command chief, describes how Team BLAZE is going to accomplish the wing mission during the wing's all call, Oct. 5, 2018, at the Kaye Auditorium on Columbus Air Force Base, Mississippi. During the all call, Villarreal talked about his expectations for the wing's Airmen.

Weeks, Villarreal talk priorities, expectations during wing all call

Airman Hannah Bean

14th Flying Training Wing Public Affairs

Col. Samantha Weeks, 14th Flying Training Wing commander, held her first wing commander's call in the Kaye Auditorium here Oct. 5.

During her four all-calls, Weeks wanted to take time for everyone in the wing to get to know her and Chief Master Sgt. Raul Villarreal Jr., 14th Flying Training Wing Command Chief Master Sergeant, on a personal level – talking about their family – as well as layout their goals and expectations for Columbus AFB.

“Be humble, credible and approachable,” Weeks said. “I think that's (what) each and every one of us has to be in the Air Force. No matter if you're an airman first class, chief master sergeant, first lieutenant, colonel or GS-5 to GS-15. ... Those three things together make us good mentors, leaders, peers, supervisors and subordinates.”

Weeks also expanded on her new wing mission statement of Cultivating Airmen, Creating Pilots and Connecting. She explained what those items mean to her.

To cultivate Airmen, she said we need to focus on helping Airmen develop. Weeks said in her eyes, the Air Force still has a lot of Airmen that aren't actively giving honest and constructive feedback, which is critical to creating a successful environment.

“I believe it's something we're missing in the Air Force,” she said. “Nobody likes to sit down and say ‘Col. Weeks, this is where you need to improve.’ And to add to that, we also need to give that person the education and tools on how to

get after it and improve.”

She said these conversations need to happen in order for our Airmen to continue improving.

“If you're a front-line supervisor, flight commander, shop chief, director of operations, or commander and you're not sitting down with your people and giving that honest, constructive feedback, then you're doing a disservice to that individual, your unit and ultimately the Air Force,” she said.

She also said the term Airmen is the big umbrella over every single person on Columbus AFB, and every Airmen is needed to help create pilots. Through those Airmen, the base can take somebody who may have never sat at the controls of an aircraft before and create lethal and ready military aviators.

Lastly, Weeks said the Team BLAZE needs to connect with each other to better understand what each squadron adds to the big picture.

“I need the Operations Group to understand what the Mission Support Group does, what the Medical Group does, and to understand what our contractors and our civilians bring to the fight, and vice versa” she said.

Villarreal discussed the expectations of the Air Force, emphasizing on the need to be prepared for deployment and executing the mission, even if that means dealing with the bad guys along the way.

“There's no punch out because we wear (the uniform),” Villarreal said. “All of this stuff here that we do at Columbus Air Force Base or AETC, is practice for something that we're going to be (accomplishing) somewhere else. At the end of the day you have to be ready to execute the mission.”

Villarreal described how Team BLAZE is going to accom-

plish the wing mission and “get after it.” He used an example of the band One Direction and how the members didn't make it as solo artists, but when they came together, they went on to be a huge success. Bottom line, as Aristotle said, “the whole is greater than the sum of its parts.” That is true of Team BLAZE as well! Afterward, Weeks gave her final thoughts to the audience, adding that she wants to hear from her Airmen and not only through the chain of command. She personally wants to connect and hear what Airmen need and what ideas they have.

“Flexibility is the key to air power and we need to adapt in how we communicate and how get stuff done so that the chain of command facilitates, not detracts, from your efforts,” she said.

Weeks promised to aid in the efficiency and improvement in how Columbus AFB gets the mission completed.

“My promise to you is that I'm going to tell you what we need to do and, very often, I'll give you the why we need to do it,” she said. “It's your job to tell us how we're going to do it. You're going to find the ideas to make things newer, faster, more efficient and more innovative.”

Weeks said she will aim to inspire Airmen so they feel proud and encouraged to be a part of the Team BLAZE legacy.

“Chief and I are going to get after this,” she said. “If it doesn't mean much to you now, hopefully by the end of your tenure here and by the end of ours, it does mean something.”

After Weeks' final thoughts, she and Villarreal opened the floor to questions from the audience as well as taking questions from a survey they sent out to Columbus AFB days before the all call.

October is National Breast Cancer Awareness Month

Pattie Loffis
14th Medical Operations Squadron

Not counting skin cancer, breast cancer is the most common cancer among women in the U.S. When breast cancer is found early, treatment is most effective and many women go on to live long and healthy lives. Getting screened does not prevent breast cancer, but if you have it, screening gives you a much better chance of finding it early and of surviving it.

Mammograms are the best tests for finding breast cancer early. Mammograms are a series of X-ray pictures of the breast that allow doctors to look for early signs of breast cancer before it can be felt. The U.S. Preventive Services Task Force recommends that if you are 50-74 years old, be sure to have a screening mammogram every two years. If you are 40-49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

Scientists are studying how to best prevent breast cancer. Some ways to lower your risk of getting breast cancer include the following: Stay physically active by getting regular exercise, maintain a healthy weight, discuss the risks and benefits of using hormone replacement therapy (HRT) and if it is right for you, and limit the amount of alcohol you drink.

Some warning signs of breast cancer may include: a lump or pain in the breast, a lump that has changed, a change in the size or shape of the breast, thickening or swelling of part of the breast, irritation or dimpling of breast skin, redness or flaky skin on the breast, pulling in of the nipple or pain in the nipple area that does not go away, and blood or any other fluid from the nipple that is not milk when nursing a baby. Other conditions can cause these symptoms also. It is best to be seen by your primary provider to discuss any concerning symptoms.

All Tricare beneficiaries ages 40 and older can refer themselves for a screening mammogram. Local facilities including Baptist Hospital (662-244-2979) and Imaging Center (662-328-8402) are available for scheduling. Please be sure to inform the facility that your primary doctor is at Columbus Air Force Base, Mississippi. Our disease manager can assist with scheduling your mammogram at our local facilities and other surrounding areas. Please call the 14th Medical Group for any assistance needed with scheduling your mammogram or obtaining your results. Information in this article and more information can be found at <https://www.cdc.gov/cancer/breast>.


Commander's Action Line

434-1414

In an effort to stay Connected, the Commander's Action Line is your direct link to the commander for comments and suggestions on how to make Columbus AFB better. Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command.

The Commander's Action Line can be reached at 434-1414. Leave your name and phone number or email if you would like to receive an answer. All names will be kept confidential.

If you would like to remain anonymous, please submit your inquiries through our webpage at www.columbus.af.mil. Click "Contact Us" at the top left of the page and select "Commander's Action Line" in the Recipient drop down menu.



2018 Veteran's Summit

All Military/Veterans/National Guard and Families are Welcome!

Location: Starkville Sportsplex, 405 Lynn Ln, Starkville, MS

When: October 23, 2018 @ 10 a.m. – 1 p.m.

VA Benefits – You earned them, use them! Get answers about VA enrollment, disability, education, housing, financial planning, employment and more.

Find a job, or find a better job! Network with Vet-friendly employers. Remember to bring your resumes for job and your DD214 for benefits!

Connect with your fellow Vets. Get to know local Veteran Organizations.

- Establish eligibility for state veterans benefits (bring your DD form 214)
- Apply for state and federal benefits
- Get help obtaining military medals and records
- Find out about employment opportunities
- Obtain information about nursing home care
- If you served during the Vietnam Era and were honorably discharged and live in Mississippi, bring your DD 214 to receive your free copy of Vietnam War 50th Commemoration hardbound book
- Learn about the wide range of benefits available including: health care, long-term care, education, veteran loans, job training, funeral honors and more!

Scheduled to attend:

Organizations & Resources:

- American Legion
- American Red Cross
- County Veteran Service Officers
- DAV
- Department of Veterans Affairs: Representatives to assist with federal entitlements
- ESGR (Employer Support of the Guard & Reserve)
- Female Veterans Resources
- Golden Triangle Planning & Development (Council of Aged)
- Humana Military
- Job Corps
- MS Veterans Health Care System
- MS Veterans Home Purchasing Board: Home Loans, Land Loans, Home

Improvement Loans, State Veterans Homes and State Veterans Cemeteries

- MS Vocational Rehabilitation
- MS Veterans Commission: Counselors to assist with disability and pension claims, employment services and educational benefits
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For information contact Sharon Dollarhide sdollarhide@vab.ms.com (662) 325-6867

Protect the power to enhance readiness, resilience during Energy Action Month

Melissa Tiedeman
Air Force Installation Energy

WASHINGTON — October is Energy Action Month and to Air Force Energy it represents an opportunity to highlight the mission critical importance of energy and water resources and to encourage the smart energy and water use and management for our installations, ground vehicles, and aircraft.

The Air Force theme, "Protect the Power," calls on Airmen and the larger Air Force community to practice smarter, more efficient energy and water consumption behaviors to enhance readiness and resilience.

"Resilient bases require a reliable, uninterrupted supply of energy to assure mission success for our wings," said John Henderson, Air Force for Installations, Environment and Energy assistant secretary. "Energy Action Month is a time for us to focus on our responsibility to make the most effective use of our energy and water resources to support our warfighting mission and to enhance readiness."

"Reducing demand increases resilience and increased resilience leads to enhanced lethality," added Mark Correll, Air Force for Environment, Safety and Infrastructure deputy assistant secretary. "Airmen and their families can contribute by using energy and water resources efficiently."

"Being smart about the way we consume aviation fuel is not just about saving money - it's about increasing our combat capability, enabling more training, and decreasing maintenance hours," said Roberto Guerrero, Air Force for Operational Energy deputy assistant secretary. "There are limitless ways to optimize the Air Force, whether it's un-



covering inefficiencies through fuel data collection and analysis, introducing new technology, or becoming a more energy focused culture through Airmen education and training."

Whether you implement an aviation fuel efficiency project or implement an energy project at your installation, every effort taken by our dedicated Air Force community contributes to protecting our energy and water resources and helps us to increase resilience and readiness. No matter the size, every Airman can take action to "Protect the Power."

For more information and downloadable materials for Energy Action Month, visit: www.safe.hq.af.mil/EnergyActionMonth and follow Air Force Energy on Facebook @AirForceEnergy and Twitter @AFEnergy.

Air Force leaders say increased funding is improving readiness

Secretary of the Air Force Public Affairs

WASHINGTON — Secretary of the Air Force Heather Wilson and Chief of Staff of the Air Force Gen. David L. Goldfein thanked Congress for providing the resources necessary to restore the service's readiness while testifying before the Senate Armed Services Committee's Subcommittee on Readiness and Management Support Oct. 10.

During her testimony, Wilson praised Congress for passing an appropriations bill on time for the first time in nearly a decade.

"With your help, we have made great strides in a short period of time," she said. "We are more ready today than we were two years ago."

After decades of readiness decline, the Air Force is working to accelerate its recovery, ensuring the service is prepared to combat rapidly evolving threats.

Today more than 75 percent of the Air Force's core fighting units are combat ready with their lead forces packages. The service's goal is for 80 percent of those units to have the right number of properly trained and equipped Airmen by the end of 2020 – 6 years faster than projected before the Air Force developed a recovery plan.

"Restoring the readiness of the force is our top priority," Goldfein said. "And the budget Congress recently passed will have a significant impact for Airmen across our active, guard, and reserve components."

To do this the Air Force is focusing on three key areas: people, training and cost-effective maintenance and logistics.

People

For the Air Force, readiness is first and foremost about people. In fiscal year 2018, Congress provided funding to allow the Air Force to address a serious shortage of maintainers. In September 2016, the service was short 4,000 active duty maintainers, but by December 2018 that number is expected to reach zero.

"Actions by Congress over the last few years has been tremendously helpful," Wilson said. "Now we must get these Airmen the experience needed to become craftsman at their work."

In addition to maintainers, the Air Force has placed an emphasis on addressing the national aircrew shortage, first by addressing qual-

"Restoring the readiness of the force is our top priority." Goldfein said. "And the budget Congress recently passed will have a significant impact for Airmen across our active, guard, and reserve components."

ity of service and quality of life issues, and also increasing financial incentives and providing more control over assignments and career paths.

The Air Force is increasing the number of pilots it trains from 1,160 a year in FY 2017 to 1,311 in FY 2019, building to 1,500 by FY 2022 and steady state, thereafter.

Training

As part of the readiness recovery, the Air Force is focused on providing relevant and realistic training to maintain an advantage over increasingly capable adversaries. To meet this need the service is investing in operational training infrastructure — ranges and airspace — and simulation.

The Air Force is also improving infrastructure, simulators, threat emulators and training ranges to enhance realism and enable Airmen to train locally for a high-end, multi-domain fight.

Cost-effective maintenance and logistics

The third element of restoring the readiness of the force is weapons system sustainment — the parts, supply and equipment — to make sure our aircraft are ready to go when needed.

"There are a thousand fingerprints on every aircraft that takes off. From air traffic control to crew chiefs to weapons loaders to avionics technicians — it is a total team effort," Goldfein said. "When the plane is twice the age of the team, it makes it harder. So we are looking at new methods across the board for how we are maintaining an older fleet with a younger workforce."

The Air Force is already seeing improvements in its depots, increasing depot production by 20 percent, completing 75 aircraft per year.

SLATE demo highlights live, virtual, constructive environment for pilot training

Gina Marie Giardina
Air Force Research Laboratory

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Secure Live Virtual Constructive, Advanced Training Environment, program in the Air Force Research Laboratory's 711th Human Performance Wing, concluded a 40-month effort with a Phase III capstone demonstration in September at Nellis Air Force Base, Nevada.

This final phase, just one of three two-week demonstrations that began in June, showcased live United States Air Force F-15E and U.S. Navy F/A-18/F aircraft; virtual F-16 and F/A-18 simulators; and constructive computer-generated entities within a highly secure virtual environment.

“This training capability will allow pilots to train like they fight against realistic threats in a secure, high fidelity training environment by combining synthetic and real-world air combat training,” explained Dr. Winston “Wink” Bennett, AFRL’s 711th HPW technical advisor.

readiness concept.”

Bennett lauded the successful demonstration, but also alluded to future improvements in the training, if necessary.

The team was able to record mission performance and enterprise functional data at a level of quality and quantity that has never been done before, Bennett said. “We were also able to get solid feedback on what works and needs further work in the concept if it is to move forward.”

He also spoke of a specific event during the last phase of the demonstration that was



Donald Simones, a subject matter expert in the Air Force Research Laboratory's 711th Human Performance Wing, flies a virtual F-16 in a Deployable Tactical Trainer during the Secure Live Virtual Constructive Advanced Training Environment Phase III capstone demonstration at Nellis Air Force Base, Nevada in September. The live aircraft, such as the one shown on the screen, were able to see and interact with the virtual players like Simones during the demonstration.



U.S. Air Force photos by William Graver

The Secure Live Virtual Constructive Advanced Training Environment LVC pod is attached to an F-16 with the 64th Aggressor Squadron during an Electromagnetic Interference/Compatibility test at Nellis Air Force Base, Nevada, during Phase I of the demonstration in June.

particularly exciting for the future of pilot training and LVC.

“One of the things we demonstrated was something we call ‘untethered LVC.’ What untethered allows us to do is conduct realistic live and constructive training anywhere we need to. This is because the modified aircraft and pods can host and distribute specific scenarios we can program into the pods with or without a range infrastructure,” Bennett explained. “Moreover, we were able to demonstrate in Phase III that the untethered mode can supplement their actual live training even if the range infrastructure goes down or air to ground infrastructure slows down. One of the aircraft can serve as the host and the other aircraft as clients, but they can all see and tactically work through the same scenario in real time anywhere.”

This Advanced Technology Demonstration was established in March 2015 with the specific direction to evaluate critical enabling technologies required to field a live, virtual and constructive-capable training system architecture and structure.

“There are two major pieces of SLATE,” explained Bennett. “The first is the secure piece – we want to be able to train realistically and not give away the things that make us the best in the world to the bad guys. So it has to be a secure way of transmitting information back and forth. The second major piece is the LVC – live, virtual and constructive. The live aspect is the military members actually flying in their operational airplanes, driving in their operational truck or vehicle on the ground, remotely piloted aircraft – they’re using their operational equipment. But we’re able to tie that to a virtual environment which is a simulation of that operational equipment. And the constructive environment which is computer generated models and entities that allow us to create realistic threats, realistic bad guys and behaviors that our folks can actually go after.”

Although managed from AFRL’s 711HPW, SLATE is a Department of Defense program that leverages expertise in other AFRL directorates, Air Combat Command, Air Force Life Cycle Management Center, and the United States Navy, among others.

“For the last 40 months, the team really pushed hard on the ‘state of the art’ in terms of some key technologies that were needed to make SLATE a successful demonstration,” Bennett said

Medical Corner

Sleep and your weight

It might be your weight that is causing those sleepless nights



Sleep ‘is a restorative process of the brain, by the brain, and for the brain’ as well as being important for health of the entire body. For anyone who lives a busy lifestyle such as most adults today, sleep is an important modulator of the neuroendocrine function and glucose metabolism. Sleep loss has been shown to result in metabolic and endocrine alterations including decreased glucose tolerance, decreased insulin sensitivity, increased evening concentrations of cortisol, increased levels of ghrelin (which increases appetite) , de-

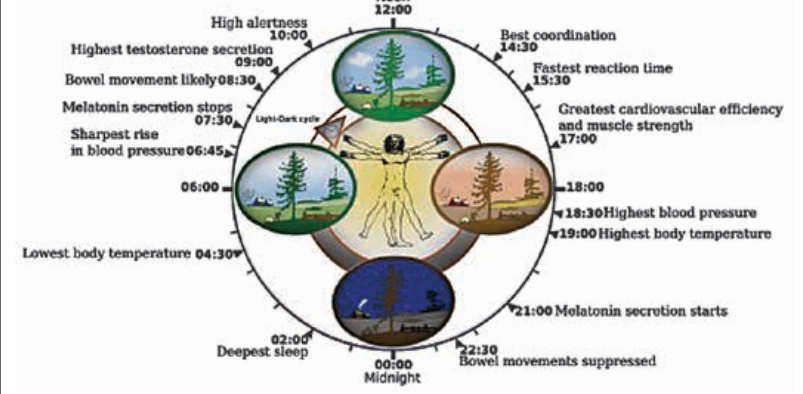
ated with overall sleep loss, has become a frequent complaint and epidemic as the majority of complaints stem from those who fall into the category of being overweight or obese.

Being that we live in a 24-hr society where work and sleep schedules are rotating day, evening and night-time work along with leisure activities leads to a sacrifice of hours available for sleep.

This modern day way of life has resulted in later bedtimes, reduced total sleep time, and eating instead of sleeping during the night-time hours.

Sleep deprivation, obesity, and diabetes

Although the connection between sleep and weight is becoming clearer, the exact mechanisms involved are still being studied.



creased levels of leptin (which tells us we’re full), and increased hunger and appetite. These neuro-chemical actions are what helps the body during specific periods of the sleep cycle to metabolize the foods that we eat for storing into energy in preparation for use once awake.

According to recent estimates, the worldwide prevalence of obesity has doubled since 1980 and can be tied to a person’s sleep duration. Poor sleep quality, which is associ-

ated with overall sleep loss, has become a frequent complaint and epidemic as the majority of complaints stem from those who fall into the category of being overweight or obese.

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Sleep recharges you

By not getting the recommended hours of sleep, your body begins to wear down. Much in the same way that a car battery over a period of time begins to lose its ability to retain a full charge if the alkaline fluid levels inside it are not maintained at the proper levels, your body will also lose its charge if the parts within the body that maintain the charge are not allowed to do so. The best thing to do is get the recommended amount of sleep every night. Look below to see how much sleep you and your family should be getting each night.

Age Group	Recommended amount of sleep
Newborns	14 to 17 hours a day
12 months	About 10 hours at night, plus 4 hour naps
2 years	About 11 to 12 hours at night, plus a 1 to 2-hour nap

Age Group	Recommended amount of sleep
3 to 5 years	10 to 13 hours
6 to 13 years	9 to 11 hours
14 to 17 years	8 to 10 hours
Adults	7 to 9 hours

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I’ve been gaining weight lately and according to my BMI I’m considered obese. I’ve noticed I get less and less sleep, is there a correlation between my weight and the amount of sleep I get?
Sincerely,
Heavy Sleeper

Dear Heavy Sleeper,

Sleep can be contributing to your weight gain but keep in mind that obesity is a multifactorial condition influenced by genetic, environmental, and lifestyle factors. Studies have found a relationship between the quantity and quality of one’s sleep and many health problems, including obesity. For example, insufficient sleep affects growth hormone secretion that is linked to obesity; as the amount of hormone secretion decreases, the chance for weight gain increases. The association between genetic risk of obesity and phenotypic measures (BMI, abdominal circumference) are intensified by poor sleep quality. Sleep is a powerful regulator of appetite, energy use, and weight control. During sleep, the body’s production of the appetite suppressor leptin increases, and the appetite stimulant ghrelin decreases. The less you sleep, the more likely you are to be overweight or obese and prefer eating foods that are higher in calories and carbohydrates.

Another contributing factor to your weight gain could be a sleep disorder. One sleep-related disorder often associated with people who are overweight is sleep apnea, which is a breathing disorder that leads individuals to repeatedly stop breathing during sleep. Weight gain leads to compromised respiratory function when an individual’s trunk and neck area increase from weight gain. These interacting problems of weight gain and sleep apnea make it difficult to help oneself off the slippery slope of health problems. If you suspect you may have sleep apnea, the first thing to do is see your doctor.

There are a number of things you can do to lose weight and improve your sleep. The foods you eat are related to sleep by appetite and metabolism so make healthy choices for your meals by avoiding fast foods and foods high in carbohydrates and fat. Incorporate more fish, fresh fruits and vegetables into your diet. Start getting consistent exercise, which will improve the quality of your sleep. Avoid exercising less than 3 hours before bedtime, because exercise is alerting and can make it harder to fall asleep. The more caffeine you consume, the harder it’ll be to fall asleep at night so try replacing caffeinated beverages with a healthy snack such as carrots, fresh whole fruit or a fruit and nut granola bar.

Sincerely,
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to usaf.jbsa.afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Healthy Living webpage <http://www.airforcemedicine.af.mil/HealthyLiving/>

BLAZE Hangar Tails: HC-130P/N

The HC-130P/N is an extended-range version of the C-130 Hercules transport. HC-130 crews provide expeditionary, all weather personnel recovery capabilities to our Combatant Commanders and Joint/Coalitions partners worldwide.

Mission

The mission of the HC-130P/N “King” is to rapidly deploy to austere airfields and denied territory in order to execute all weather personnel recovery operations anytime, anywhere. King crews routinely perform high and low altitude personnel and equipment airdrops, infiltration/exfiltration of personnel, helicopter air-to-air refueling, and forward area refueling point missions.

When tasked, the aircraft also conducts humanitarian assistance operations, disaster response, security cooperation/aviation advisory, emergency aeromedical evacuation, casualty evacuation, noncombatant evacuation operations, and, during the Space Shuttle program, space flight support for NASA.

Features

Modifications to the HC-130P/N are improved navigation, threat detection and countermeasures systems. The aircraft fleet has a fully-integrated inertial navigation and global positioning systems, and night vision goggle, or NVG, compatible interior and exterior lighting. It also has forward-looking infrared, radar and missile warning receivers, chaff and flare dispensers, satellite and data-burst communications.

The HC-130 can fly in the day; however, crews normally fly night at low to medium altitude levels in contested or sensitive environments, both over land or overwater. Crews use NVGs for tactical flight profiles to avoid detection to accomplish covert infiltration/exfiltration and transload operations.

Background

First flown in 1964, the aircraft has served many roles and missions. It was initially modified to conduct search and rescue missions, provide a command and control platform, in-flight-refuel helicopters and carry supplemental fuel for extending range and increasing loiter time during search operations.

They have been deployed to Italy, Kyrgyzstan, Kuwait, Pakistan, Saudi Arabia, and Turkey in support of operations Southern and Northern Watch, Allied Force, Iraqi Freedom and Enduring Freedom. HC-130s also support continuous alert commitments in Alaska and the Horn of Africa.

General Characteristics

Primary function: Rescue platform

Contractor: Lockheed Aircraft Corp.
Power Plant: Four Allison T56-A-15 turboprop engines
Thrust: 4,910 shaft horsepower, each engine
Wingspan: 132 feet, 7 inches (40.4 meters)
Length: 98 feet, 9 inches (30.09 meters)
Height: 38 feet, 6 inches (11.7 meters)
Weight: 83,000 pounds (37,648 kilograms)
Maximum Takeoff Weight: 155,000 pounds (69,750 kilograms)
Fuel Capacity: 73,000 pounds (10,724 gallons)
Payload: 30,000 pounds (13,608 kilograms)
Speed: 289 miles per hour (464 kilometers per hour) at sea level
Range: beyond 4,000 miles (3,478 nautical miles)
Ceiling: 33,000 feet (10,000 meters)
Armament: countermeasures/flares, chaff
Crew: Three officers (pilot, co-pilot, navigator) and four enlisted (flight engineer, airborne communications specialist, two loadmasters). Additional crewmembers include a Guardian Angel team consisting of one combat rescue officer and three pararescuemen
Unit Cost: \$77 million (fiscal 2008 replacement cost)
Initial operating capability: 1964
Inventory: Active force, 13; ANG, 13; Reserve, 10



U.S. Air National Guard photo by Master Sgt. Ray Aquino

The 129th Rescue Wing, California Air National Guard receives its first new HC-130J Combat King II replacing the unit's aging MC-130P Combat Shadow aircraft, Moffett Air National Guard Base, Calif., April 7, 2018. The HC-130J is the only dedicated fixed-wing personnel recovery platform in the Air Force and Air National Guard inventory. The HC-130J supports missions in all-weather and geographic environments, including reaching austere locations. The HC-130J is also tasked for airdrop, airland, and helicopter air-to-air refueling and forward-area ground refueling missions. It also supports humanitarian aid operations, disaster response, security cooperation/aviation advisory, emergency aeromedical evacuation and noncombatant evacuation operations.



U.S. Air National Guard photo by Airman Sean Madden

An HC-130P/N King aircraft from the New York Air National Guard 106th Rescue Wing is prepared for takeoff at Francis S. Gabreski Air National Guard Base, N.Y., Dec. 19, 2017. This C-130 is carrying pararescuemen and combat rescue officers who will parachute from the aircraft to conduct a military free-fall operation.

Air Force Readiness Programs

(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.)

Bundles of Joy

The next Bundles of Joy workshop is from 1-3:30 p.m. Oct. 18, in the A&FRC. This program is designed for active-duty Air Force members and/or their spouses who are pregnant or have a child four months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be from 8 a.m.-noon Oct. 23. This event is mandatory for all newly arrived active duty and civilian personnel, and spouses are encouraged to attend. The orientation is held at the Columbus Club. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Hearts Apart

The next Hearts Apart will be from 5-7 p.m. Oct. 25. This monthly social event is for family members whose sponsor is deployed, on a remote tour, or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

Heart Link

The next Heart Link is from 8:30 a.m.-noon Nov. 15, in the A&FRC. This half-day program is open to all spouses of active-duty military members assigned to Columbus AFB. Attendees will receive information about life in the Air Force, in the local area, and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

Federal USAJobs Workshop

The next Federal USAJobs workshop will be from 9-10:30 a.m. Nov. 14. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

Discovery Resource Center

The Columbus A&FRC has 12 computers with internet access available for job searches, assessments, resumes, cover letters, state and federal applications, and companies' employment information. A printer and fax machine is available. A lending library of books, DVDs, and periodicals on transition and EFMP topics are available for check out. These resources are available on a first-come-first-serve basis.

Columbus High School Air Force Junior ROTC visits CAFB



U.S. Air Force photo by Senior Airman Vincent Espinoza

The Columbus High School Air Force Junior ROTC was given the opportunity to see numerous squadrons of the 14th Flying Training Wing Oct. 4, 2018, on Columbus Air Force Base, Mississippi. They spoke with firefighters, pilots and air traffic controllers during their tour.

Volunteer Opportunities

If you are interested in volunteering, please contact the A&FRC. We have volunteer opportunities located across the base for one-time events, special events, or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Medical Clinic, Chapel, Airman's Attic, Thrift Store, the Retiree Activities Office, and many other locations. For more information, please call A&FRC at (662) 434-2790.

Military and Family Life Counselor Program

Military and Family Life Counselors provide non-medical counseling to help Airmen (single and married), spouses, and other family members cope with stressful situations created by deployments, reintegration, and life challenges such as martial issues, parenting, career stress, and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 364-0504/434-2790.

Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday, from 1-2 p.m. This program provides military families and DoD civilian members individual assessment and career counseling to assist with local employment, preparation for future endeavors via education, job search, or

self-owned business objectives in the local area. For more information, please call A&FRC at (662) 434-2790.

Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact Airman & Family Readiness Center (A&FRC) at (662) 434-2790 for more information.

Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC at (662) 434-2794/2790 for more information.

Survivor Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.

Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office which is open 7:30 a.m.-4:30 p.m., Monday-Friday, and closed weekends/holidays. The VAO offers voting assistance including voter registration, absentee ballot requests and voting, change of address, and provides answers for other general voting questions to uniformed service members, their family members, and civilians with access to A&FRC. Assistance includes but is not limited to aid in preparing and submitting Federal Post Card Application (FPCA) SF-76, Federal Write-in Absentee Ballot (FWAB) SF-186, and National Mail Voter Registration Form (NVRF). For more information, please contact the Installation Voting Assistance Office at (662) 434-2701/2790 or e-mail: vote.columbus@us.af.mil.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Jan. 22 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Chapel Schedule

Whether you are new to Columbus Air Force Base or have been around for a while, our parish communities welcome you to join us as we worship, fellowship, and encourage one another. For more information, please call 434-2500.

Catholic Community

Sundays:
3:30 p.m. – Religious Education, grades K-9 (Start in Fall)
4 p.m. – Choir Practice
4 p.m. – Confession (or by appointment)
5 p.m. – Mass
1st and 3rd Sunday - Fellowship Meal following Mass
Tuesdays:
11:30 a.m. – Daily Mass (Phillips Auditorium)
Wednesdays:
11:30 a.m. – Adoration (Phillips Auditorium)
2nd Saturday of each month - Faith Ablaze

Protestant Community

Sundays:
9 a.m. – Adult Sunday School
10:45 a.m. – Community Worship Service (Donut Fellowship following)
3rd Sunday of Each Month - Protestant Faith Ablaze
Wednesdays:
6 p.m. - AWANA: Begins September 26th (Open to all denominations)
Thursdays:
5:30 p.m. – Student Pilot Bible Study (Open to all denominations)

Visit www.columbus.af.mil to learn about Columbus AFB agencies and other important information.

Best wishes for a healthy, safe, and joyous holiday season for all members of our Team BLAZE family.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Senior Airman Dylan Brown, Columbus Air Force Base Fire Department driver and operator, demonstrates a hammer swing on a Keiser FORCE Machine Oct. 2, 2018, during the Imagine the Possibilities Career Expo at the BancorpSouth Arena in Tupelo, Mississippi. More than 120 Airmen from Columbus AFB, Mississippi, spent several days showing more than 7,000 eighth-grade students, from northeast Mississippi counties, some of the vast career opportunities the Air Force offers.



U.S. Air Force photo by Melissa Doublin

Capt. Chris Litscher, 14th Student Squadron flight commander, talks with students Oct. 2, 2018, during the Imagine the Possibilities Career Expo at the BancorpSouth Arena in Tupelo, Mississippi. Airmen showcased various aircraft models and aerospace tools and technologies at the expo.

EXPO (Continued from page 1)

of the 18 career pathways including aerospace, emergency management, engineering, government and public administration, health sciences, logistics as well as law and public safety. Within those pathways a total of 17 career fields were showcased.

"First and foremost, it's an opportunity to get out and connect with not just the students but the community as well," said Maj. Richard Iser, 14th Operations Support Squadron assistant director of operations. "It's about connecting with these kids and trying to inspire them to seek education and pursue (their interests)."

The "Imagine the Possibilities" Career Expo formed community partnerships with local businesses, to address the community challenges of inspiring and motivating students to pursue career goals.

"The point of the CREATE Expo is to get kids at an early enough age so that they can start to track in a certain way while they're in high school, whether it's toward the math, sciences or medical career fields or toward engineering and aviation," said Capt. Chris Litscher, 14th Student Squadron flight commander. "It's our job to kind of show them what all is out there. For me,

back when I was in eighth grade, I had no concept of what was out there. Something like this opens their eyes, if you will, as to what all is out there."

Litscher's squadron showed students how they can be a part of the Air Force in an aerospace capacity through a variety of fields. Students were able to check out T-6 and T-38 models and get a feel for the controls in aircraft. The students even were able to try out the Bárány chair, a spinning device named for Nobel prize-winning Hungarian physiologist Robert Bárány that acclimates subjects to the stresses of flying.

Mike Clayborne, president of the CREATE foundation, said this expo has been extremely successful over but feels "the partnership with the Air Force took a really outstanding event to an even better one."

He said the resources from Columbus AFB make the expo even more exciting and give students insight to what opportunities are also available in the Air Force.

Clayborne said he wants students to walk away inspired from this and understand the variety of careers they have access to.

"We hope that it will inspire their imagination to think about what they want to do with their life and that there are many, many options out there for them to pur-



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Senior Master Sgt. Thomas Ryan, 14th Civil Engineer Squadron superintendent, works on building a bridge with a student Oct. 2, 2018, during the Imagine the Possibilities Career Expo at the BancorpSouth Arena in Tupelo, Mississippi. More than 120 Airmen from Columbus AFB, Mississippi, spent several days showing more than 7,000 eighth-grade students, from northeast Mississippi counties, some of the vast career opportunities the Air Force offers.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Airman 1st Class Anthony Halas, 14th Medical Operations Squadron, spins a student in a Barany Chair Oct. 2, 2018, during the Imagine the Possibilities Career Expo at the BancorpSouth Arena in Tupelo, Mississippi. More than 120 Airmen from Columbus AFB, Mississippi, spent several days showing more than 7,000 eighth-grade students, from northeast Mississippi counties, some of the vast career opportunities the Air Force offers.

sue," Clayborne said. "This is just getting it on the radar screen for them. We think it makes education more relevant and clear-

ly education is a key piece of the puzzle of someone being a contributing citizen to society and to having a fulfilling life."



U.S. Air Force photo by Elizabeth Owens

Capt. Amessia Brown, 14th Medical Operations Squadron Public Health Flight commander, shows students the content of meals ready to eat Oct. 2, 2018, during the Imagine the Possibilities Career Expo at the BancorpSouth Arena in Tupelo, Mississippi. Airmen from Columbus AFB represented seven of the 18 career pathways including aerospace, emergency management, engineering, government and public administration, health sciences, logistics as well as law and public safety.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Staff Sgt. Bryce Cook, 14th Medical Operations Squadron's Bioenvironmental Engineering NCO in charge of industrial hygiene, shows a gas mask to a student, Oct. 2, 2018, during the Imagine the Possibilities Career Expo at the BancorpSouth Arena in Tupelo, Mississippi. More than 120 Airmen from Columbus AFB, Mississippi, spent several days showing more than 7,000 eighth-grade students, from northeast Mississippi counties, some of the vast career opportunities the Air Force offers.



U.S. Air Force photo by Elizabeth Owens

Senior Airman Logan Marini, 14th Security Forces Squadron, talks to students about military working dogs Oct. 2, 2018, during the Imagine the Possibilities Career Expo at the BancorpSouth Arena in Tupelo, Mississippi. MWD demonstrations were given several times throughout the three-day expo and handlers answered any questions from students and volunteers.