

Return Service:  
The Commercial  
Dispatch  
P.O. Box 511  
Columbus, MS  
39703

# SILVER WINGS

STANDARD MAIL  
U.S. POSTAGE  
PAID  
MAILED FROM  
ZIP CODE 39705  
PERMIT NO. 98  
RETURN SERVICE  
REQUESTED

“Produce Pilots, Advance Airmen, Feed the Fight”  
Columbus Air Force Base, Miss.

Vol. 40, Issue 25

June 24, 2016

## FENDER BENDER?

**We Can Help!**

Call us for quality work and friendly service!

83 E. Plymouth Rd. • Columbus • 662-327-1221  
24 Hour Wrecker Service 662-328-4822

### HOUSE FOR LEASE

3 bedroom - 2 full baths  
Open floor plan  
All appliances included including washer and dryer. Privacy fenced in back yard with nice patio area.  
Convenient to CAFB, town, and bypass. Located in Timber Cove Subdivision  
Available July 1st.  
Rent \$1200 Deposit \$600.  
1 year lease required  
Contact # 662-574-6977

### AMERICA'S VET DOGS

VETERAN'S K-9 CORPS®

Our turn to serve

866-VETDOGS  
www.VetDogs.org  
371 E. Main Street  
Smithtown, NY 11787  
A CFC participant.  
Provided as a public service.

### New Salem Baptist Church

welcomes you!

7086 Wolf Road  
3 miles south of Caledonia, MS  
(662) 356-4940  
www.newsalembaptistcaledonia.com  
Pastor: Bro. Mel Howton

**SUNDAY**  
Worship Service - 8:00 & 10:30 am  
Sunday School (all ages) - 9:15 am

**SUNDAY EVENING**  
Youth Drama & AWANA - 4pm  
Discipleship Training - 5pm  
Evening Worship - 6pm

**WEDNESDAY**  
Kid's Drama - 6 pm  
Adult/Youth Bible Study, RAs, GAs & Mission Friends - 6:30 pm  
Nursery available for all services.

Do not accept defeat. Fight deadly childhood diseases.

### St. Jude Children's Research Hospital®

800-822-6344 • stjude.org A CFC Participant – provided as a public service.

### FALCON LAIR

A p a r t m e n t s

Ask About Our Move In Specials!  
Military Discounts Available

625 31st Ave. N.  
Columbus, MS  
(662) 329-2544  
www.falconlairapts.com

### Weather

<b>Friday</b> Sunny High 96°F Low 75°F	<b>Saturday</b> Sunny High 97°F Low 74°F
<b>Sunday</b> Sunny High 96°F Low 74°F	<b>Monday</b> PM Thunderstorms High 94°F Low 72°F

Forecast provided by the 14th OSS Weather Flight

## News Briefs

### Color Run

The annual Color Run is scheduled to start at 8 a.m. June 25 at Lil BLAZER Park. Registration for run participation has closed. For more information call 434-2504.

### 14th CES Change of Command

The 14th Civil Engineer Squadron is hosting a Change of Command ceremony at 9:14 a.m. June 28 at the Fire Station.

### Enlisted Promotion Ceremony

The next Columbus Air Force Base Enlisted Promotions ceremony is 3 p.m. June 30 at the Columbus Club.

### Inside

Feature 8

What time do you open is highlighted in this week's feature.

# Nichols speaks to base during last Columbus AFB all call



U.S. Air Force photo/Senior Airman Kaleb Snay

Col. John Nichols, 14th Flying Training Wing Commander, speaks to Team BLAZE personnel during one of three all-calls June 21 at Columbus Air Force Base, Mississippi. During the all calls, Nichols covered a “hodgepodge” of topics to include the 2016 Strategic Plan, the wing mission, the A-29 mission, the 14th Medical Group's recent inspection, the Green Dot Campaign, DUIs, and a conclusion with questions from the audience.

**Staff Sgt. Stephanie Englar and Senior Airman Kaleb Snay**  
14th Flying Training Wing Public Affairs

Col. John Nichols, 14th Flying Training Wing Commander, hosted three all-calls focused on several topics for his final time as the base commander here June 21.

During the all-calls Nichols talked about things he felt were important to the base personnel of today and tomorrow, such as the 2016 Strategic Plan.

Nichols mentioned the plan also lays out the mission statement, commander's priorities, and an outlook for the next 10 to 15 years and falls in line with the guidance of Lt. Gen. Darryl Roberson, Commander of Air Education and Training Command, Joint Base San Antonio-Randolph, Texas.

“Know your mission and your role in accomplishing it,” he said. “Produce Pilots, Advance Airmen and Feed the Fight. It is not just the flight suits [pilots] in this wing that are part of pilot production. It is everyone else sitting in this room making pilot production happen. Everyone contributes to that part of the mission.”

Nichols then spoke of making things better for the next person. He mentioned most personnel are here for one or two years while some have been here for around 20.

“If everyone makes something better while they are spending their tour at Columbus AFB, collectively, we are more powerful,” he said. “So take that as a charge, don't walk past a problem, make it just a little bit better. For those that are new to this wing, you are coming here with a new lens; if you see something we are doing that seems silly, stupid, ask first and find out why we are doing it and be willing to bring a new idea.”

Nichols stated Airmen should treat everyone like wingmen and customers.

“We have customers in terms of we produce pilots for the U.S. Air Force and our allied partners,” he said. “When one of you deploys and we send you down-

See ALL CALL, Page 3

Washer And Dryer In Unit  
1 And 2 Bedrooms Available  
15% Military Discount  
Move In Specials  
Fitness Center On Site

632 31st Avenue North • 662-386-4446

Let us Make Your Smaller Meeting **GRAND**

- Free Wifi
- Outdoor Pool & Picnic Area with Grill
- Fitness Center
- Business Center
- Large Jacuzzi Suites Available
- Breakfast From our Menu
- Lobby Bar, Sports Bar on Premises
- Banquets and Meeting Rooms Available
- Catering

Ramada Columbus  
Deborah Stevenson  
1200 Hwy. 45 N., Columbus, MS 39705  
662-327-7077  
d.stevenson@ramadacolumbus.com

### St. Paul's Episcopal Church

318 College Street • Columbus

**Holy Communion**  
at 8:00 & 10:30 a.m.  
on Sunday  
(childcare provided)

St. Paul's Episcopal Church  
The Rev. Anne Harris  
328-6673 • www.stpaulscolumbus.com

### COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III			IFF			WING SORTIE BOARD					
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (17-04)	2.48 days	1.07 days	June 30	48th (16-11)	-0.39 days	2.62 days	June 24	49th (16-IBC)	-0.34 days	1.76 days	June 28	T-6	2,155	2,060	22,508
41st (17-05)	2.56 days	2.28 days	July 22	50th (16-11)	-0.09 days	0.86 days	June 24					T-1	720	704	7,483
												T-38	730	811	7,629
												IFF	302	317	3,093

\* Mission numbers provided by 14 FTW Wing Scheduling.

The graduation speaker is Col. John Nichols, 14th Flying Training Wing Commander.



# Independence Day Holiday hours

Airman & Family Readiness Center	Closed July 4 - 5
Arts & Crafts	Closed July 1 - 5
Back Gate	Closed July 4 - 5
Bowling Center	Closed July 4; Open noon - 6 p.m. July 5
Child Development Center	Closed July 4 - 5
Columbus Club	Closed July 4 - 5
Commissary	Closed July 4 - 5
Exchange	Open July 4, 10 a.m. - 5 p.m.
Fitness Center	Open 24/7 (register at front desk)
Golf Course	Open July 4 - 5, 8 a.m. - dusk
Medical Group	Closed July 4 - 5
Military Personnel and Finance	Closed July 4 - 5
Multimedia	Closed July 4 - 5
Outdoor Recreation	Closed July 4; Open July 5, 9 a.m. - 5 p.m.
Shoppette	Open July 4, 10 a.m. - 5 p.m.
Visitor's Center	Closed July 4 - 5
Youth Center	Closed July 4 - 5

**FREE FIREWORKS SHOW**

**FRIDAY, JULY 1<sup>ST</sup>**  
**5:00 - 10:00 P.M.**

**EAST BANK OF THE STENNIS LOCK & DAM  
WILKINS-WISE ROAD, OFF HIGHWAY 45 NORTH**

**FOOD AND DRINK VENDORS • CHILDREN'S  
ACTIVITIES • LIVE MUSIC**

**BRING YOUR LAWN CHAIRS AND BLANKETS  
NO PETS OR PERSONAL FIREWORKS PLEASE!**

## Silver Wings

**How to reach us**  
14th Flying Training Wing Public Affairs  
555 Seventh Street, Suite 210,  
Columbus AFB, MS, 39710  
Commercial: (662) 434-7068  
DSN: 742-7068  
Fax: (662) 434-7009  
E-mail: silverwings@us.af.mil

### Editorial Staff

Col. John Nichols  
14th Flying Training Wing  
Commander

Mr. Sonic Johnson  
Chief of Public Affairs

Senior Airman Kaleb Snay  
Editor

Airman 1st Class John Day  
Staff Writer

Mrs. Tina Perry  
Layout Designer

### Submission Deadline

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

*Published by the Commercial Dispatch Publishing Company, Inc., a or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.*

*The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.*

*Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.*

*Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.*

*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.*

### July 7-9

The Crawford Cotton Boll Festival annual community event features an array of live entertainment, speakers, a step show and more. This year's festival honors the late Blues legend, Big Joe Williams. For more information call 272-5164.

### July 7, 21

The Sounds of Summer free concert series at the Columbus Riverwalk features Charlie Burgin & Southbound Train on July 7 and The Bouncing Betty on 21 July from 7-9 p.m.

Concessions available; lawn chairs, blankets encouraged. No pets or coolers. For more information, contact Main Street Columbus, 328-6305.

### July 15

The China Circus Acrobatic Troupe is performing at 8 p.m. in Whitfield Hall at the Mississippi University for Women. The China Circus is known for its cool precision, playful fun, and daring feats of human performance art. Tickets are on sale now and may be purchased by phone at 877-212-4462; ask for "China Circus

Columbus3." Special Group rates are also available.

### July 28

The Columbus Police Department is hosting a Self-Defense Class 7-8 p.m. at the Trotter Convention Center. The cost is \$10 per person. Saum Chiropractic Clinic will be on-hand offering \$35 Stress Tests. All proceeds, including stress tests, benefit the efforts of CPD National Night Out Against Crime. For more information, contact Officer Rhonda Sanders at 251-7355 or 244-3500.

## BARGAIN LINE

### Bargain Line advertisement

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

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

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

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

Type of advertisement (circle one) Home Transportation Miscellaneous Yard sales Pets

Print advertisement \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_

Home Telephone # \_\_\_\_\_ Duty Telephone # \_\_\_\_\_  
(in case we need more information)

**Please let us know what you think of the Silver Wings:**  
Are you happy with the Silver Wings? Yes  No   
What would you like to see more of in the newspaper? News  Sports  Photos  Other \_\_\_\_\_  
If you would like to give any other suggestions, please e-mail us at silverwings@us.af.mil.

### Transportation

**For Sale:** 2013 Toyota Rav4 SUV in excellent condition, \$16,000. One owner, 32K miles, bronze exterior with beige interior. Michelin tires, a/c, all scheduled maintenance at Toyota dealer. Call 327-1205 for more info.

**For Sale:** 1978 Triumph Spitfire for sale with extra parts and hard top for \$3,000. For more information call Danny at 549-5188 or 434-7317.

### Pets

**Free:** Pet cat seeking a good home for free. Cat is white, short haired, domestic, fixed, loves attention and would be a great pet for any home. We took the pet in for a family member but now travel extensively and are unable to provide proper care/attention to it. We also will provide litter box and few toys. All shots are up to date. For more information call Donna Duhart at 813-486-2030 or e-mail duhart.dd@gmail.com.

### Services

**Wanted:** Professional brick layer wanted for a small repair job. For more information, call 328-3977.

*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.*

### Miscellaneous

**For Sale:** Zareba AC-powered, 5-mile electric fence controller, never used, \$40. For more information text 425-1878 or email jffmlr130@gmail.com.

**For Sale:** Pro Form Whirlwind Dual Action Stationery Bike, \$150; Health Rider Total Aerobic Fitness Exercise Machine, \$200; EZ Bole Regal three-wheel adult bike with hand brakes, three-gear speed, basket and flag, \$250; Six-shelf bookcase, \$15; Shark Floor Cleaner with two pads, \$15. For more information, call 328-3977.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
27 CAP Base Visit	28 14th CES Change of Command, 9:14 a.m. @ Fire Station	29	30 Enlisted Promotions, 3 p.m. @ Club	1 14th MDSS Change of Command, 10 a.m. @ Club	2/3	<p>July 14: 14th CS Change of Command</p> <p>July 14: Community Farewell Reception, 6 p.m. @ Rosedale</p> <p>July 15: 14th OG Change of Command</p> <p>July 19: Wing Newcomers Orientation</p> <p>July 21: 14th MDOS Change of Command</p> <p>July 21: Enlisted Dorm Dinner</p> <p>July 22: 14th FTW Change of Command</p> <p>July 22: Air Force Birthday Ball Drawdown</p> <p>July 28: Second Quarterly Awards</p> <p>July 28: Enlisted Promotions</p> <p>July 29: SUPT Class 16-12 graduation</p> <p>Aug. 1: Airman Leadership School</p> <p>Aug. 9: Wing Newcomers Orientation</p>
4 Independence Day Holiday, most Columbus AFB offices closed	5 AETC Family Day, most Columbus AFB offices closed	6	7 81st FS Change of Command, 9:21 a.m. @ Moody AFB	8 SUPT Class 16-11 graduation, 10 a.m. @ Kaye Auditorium	9/10	



**To advertise in Silver Wings,  
call The Commercial Dispatch at 328-2424**

Visit us online! [www.columbus.af.mil](http://www.columbus.af.mil)

# Welsh: Joint force in excellent shape, but needs resources, prioritization

**Jim Garamone**

DOD News, Defense Media Activity

WASHINGTON — The joint force is in excellent shape, but leaders must pay attention to it, Air Force Chief of Staff Gen. Mark A. Welsh III told the Defense Writers Group here June 15.

Welsh, a member of the Joint Chiefs of Staff, spoke to the group as one of his last public acts in office. He retires later this month after 40 years in uniform.

But the general didn't look back, and he said his service is well-placed to counter future threats.

from the Mediterranean Sea to the Middle East, crossing the boundary from U.S. European Command into U.S. Central Command's area of operations.

"But what we need to do as a joint force is how do we bring all that together," he said. "The other services do the same thing — we just do it on a broader scale day to day."

The American military is used to dealing with transnational and multi-domain conflict, the general said, but military leaders need to make sure the command and control systems and sensor networks are capable of connecting across all lines.

## Prioritization of planning, resources

The Joint Chiefs are worried about prioritization of planning and prioritization of resource assignment as they look at problems that straddle geographic lines, Welsh told the writers.

"If you take Russia as an example, if someone asks, 'What's the issue with Russia, and what's our plan for action if the next Russian action should occur?' It's not just U.S. European Command, which is where everybody tends to look," he said. "European Command is worried about any engagement with Russia, but so is Central Command, so is Pacific Command, so is Strategic Command, Northern Command — everybody is worried about it."

The question then becomes how the military balances the

priority for planning and resources across all those lines. "The chairman really has to be the one, along with the Joint Staff, to do that direction and prioritization," Welsh said. "That's what Gen. Dunford is talking about."

## Joint force is healthy

The joint force is really healthy, the general said — able to execute the strategy well and amazingly capable. "If you look at the results of joint operations over time, they are pretty darn good," he said. "There is no one on Earth that's as capable as the American military."

The joint force has the same problem the Air Force has, the general said. "We're short on people in many areas," he explained. "We need to modernize. We just have got to realize that for the tasks we've been given, there needs to be a certain level of resources assigned to it, or change the tasking."

The last is not something military leaders decide, Welsh said.

"If we decide that the United States is not going to be as engaged and use its military as it has for the last 50 or 60 years, OK," he said. "Then we will tell you what the military needs to look like to do whatever the nation wants us to be able to do. But you can't expect to keep using us the way we've been used over the last 50 years and cut the size of the force and limit our ability to modernize it. That combination doesn't work."

## Transnational, multi-domain threats

Welsh said he agrees with Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, that transnational, multi-domain threats will be the hallmark of conflict in the future.

"Compared to any other service, the Air Force is already operating transnationally and across domains today," he said. "We cross a lot of boundaries."

Aircraft, by their nature, are a transnational asset, he said, noting that aircraft launching from the U.S. can cross a number of combatant commands. The Air Force also does multi-domain operations every day, he added.

The Navy is another service with this expertise in its DNA, Welsh said. He noted the Navy is launching sorties

## 433RD AW

(Continued from page 13)

community, and more than anything; we like to pride ourselves on being called 'Military City USA,'" he said. "It's not just a slogan for us."

"I've lived outside the Lackland Air Force Base community my entire life, so to be invited in as an elected official, and more importantly, as a San Antonio community member it means the world to me, especially on a great day like this, where you get to get close up to the mission and to see the arrival of the great C-5M Super Galaxy. It's amazing."

As the ceremony came to a close, guests were invited to explore the largest plane in the U.S. military fleet. This was especially exciting for retired Gen. Thomas M. Ryan Jr., the former Military Airlift Command commander, who piloted that first C-5A to Kelly AFB.

"It feels good to be here around a great bunch of people in the 433rd," said the 88-year-old command pilot who has flown more than 8,000 flying hours. "This brings back a lot of good memories."

"The M is a great addition to the fleet," he added. "They finally have a modern, reliable plane to accomplish their mission. I'm happy for them."



U.S. Air Force photo/Benjamin Faske

**Maj. Gen. John C. Flournoy Jr., the Fourth Air Force commander, followed by Col. Thomas K. Smith Jr., the 433rd Airlift Wing commander, depart the wing's first C-5M Super Galaxy on June 17, 2016, at Joint Base San Antonio-Lackland, Texas. The crew flew the maiden flight from Stewart Air National Guard Base, N.Y., earlier that day before their arrival at the official aircraft transfer ceremony.**

# Security and policy review

Did you know that as a military member you must coordinate all information relating to speeches, presentations, academic papers, multimedia visual information materials and information proposed for release to a publicly accessible World-wide Website, with exception of Air Force publications, through the 14th Flying Training Wing Public Affairs Office? For more information contact the 14th FTW/PA at 434-7068.

# AF continues to monitor Zika virus, infected mosquitoes could hit U.S. this summer

**Prerana Korpe**

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. — As the potential for infected mosquitoes to reach the U.S. rises, the Air Force continues to closely monitor the emergence of Zika virus infection to help inform and protect Airmen and their families.

According to the Centers for Disease Control and Prevention, all at-risk communities should prepare for possible Zika virus activity.

As of Feb. 1, 2016, Zika virus has been declared a Public Health Emergency of International Concern, by the World Health Organization.

Col. (Dr.) John Oh, chief, Preventive Medicine, Air Force Medical Support Agency, explains that Zika virus is primarily transmitted by Aedes mosquitoes. Unlike other mosquitoes, Aedes mosquitoes are aggressive day biters but can also bite at night.

According to Oh, almost all cases of Zika virus infection within the U.S. have come about as a result of a mosquito vector obtained through living and traveling in Zika infected areas.

"The number of countries and territories with Zika transmitted locally is growing. There are over 45 now, including countries in Central America, South America, the Caribbean, Asia and Africa," said Oh. It is also possible for the Zika virus to be sexually transmitted from males to females. Thus far there have been no reported sexual transmissions from female to male.

"The symptoms of Zika virus infection are similar to dengue, another mosquito born infection, and include fever, skin rashes, headaches and joint pain," said Oh. "However, unlike dengue, Zika symptoms are usually mild, and many infected people don't have any symptoms."

"Evidence now supports that there is a risk of birth defects from Zika virus," explained Oh. "There is enough evidence that it is causal. However, there is still a lot we don't know about birth defects and Zika. Eighty percent of cases are asymptomatic." Oh advises pregnant women to take every precaution to prevent mosquito bites, especially in the first trimester.

In response to Zika virus, the Air Force has developed policy guidance for relocation of pregnant Air Force members and dependents from outside the continental U.S., in areas where there is active transmission of the Zika virus.

"When considering this policy, we really encourage pregnant women to consult with their health care providers," said Oh. "Health care providers can help to assess individual risk of Zika infection, factoring in the home environment, for a shared decision between patients and their providers." Oh encourages pregnant women diagnosed with Zika virus to enroll in the U.S. Zika Pregnancy Registry. The registry follows those enrolled and data collected helps to improve prevention of Zika virus infection during pregnancy and update



U.S. Air Force Graphic

clinical care recommendations.

"Everyone can help prevent Zika by getting rid of standing water where the mosquito vector can breed. We all need to pay careful attention to our surroundings," said Oh.

According to the Air Force Integrated Mosquito Management publication, any container that holds water for five to seven days can breed mosquitoes.

## Breeding areas include:

- Discarded cans and plastic containers
- Glass bottles or any broken bottles
- Tires and tarps
- Obstructed roof gutters
- Plant pot saucers
- Holes in unused construction blocks or bricks
- Pipes
- Barrels (Rain barrels or other storm-water collection containers should be treated with mosquito larvicides or mosquito fish to prevent mosquito development)

Outdoor equipment tips:

- Bird baths should be drained and re-filled at least weekly
- Pet food and water bowls should be emptied and filled daily
- Flower pots with bases that hold water should have excess water drained if left outdoors
- Yard equipment should be stored so as not to collect water

## Features of Aedes mosquitoes:

- Lives outdoors, but comes indoors
- Egg to larva to adult in one week or less
- May lay eggs indoors
- Rests in low, shaded areas such as under tables and chairs
- Silent flier, with no buzzing

## Protect yourself

- Use Environmental Protection Agency-registered insect repellent, according to product label
- Treat clothing with permethrin insecticide
- Stay inside air-conditioned or screened buildings
- Wear long-sleeved shirts and long pants
- Empty containers of water weekly

"Any beneficiary who has a question about travel health or Zika is encouraged to visit Public Health, even before a planned trip," said Oh. "Take advantage of this resource."

## ALL CALL

(Continued from page 1)

range on-time, trained and with the proper equipment, that combatant commander is a customer. We all have customers and being a Wingman means we take care of one another."

Nichols proceeded to talk about the 81st Fighter Squadron and the A-29 mission.

"This will help them win the day for Afghanistan and hopefully the U.S. can get out of that fight," he said. "Many in this room have been in that fight for a long time and we're happy to get out of it. We are providing them the tools and the training they need to do the job for their country."

Recently, the 14th Medical Group just went through the Joint Commission Survey and passed. Nichols highlighted the fact there were two inspectors with 45 years' collective experience.

"They went through 1,300 line items and they had just a few small discrepancies," he said. "That is absolutely incredible. These folks are career inspectors, they know what they are doing and they said this was the best Air Force clinic they've ever inspected in their careers. Absolutely fabulous."

Moving on the Enlisted Professional Military Education policy, Nichols mentioned the bottom line of Airmen without the coursework completed were unable to reenlist and not be able to promote.

"Due to testing facilities [being limited] and not getting the word out, we had tens of thousands of Airmen not being able to be promoted or able to reenlist," he said. "They postponed that heavy action to January 2017. The bottom line is you have to get your EPME done, you have to do it or it will have career implications."

Nichols then spoke about base improvements such as road pavements on Perimeter Road, and highlighted the Community Commons that is set to be completed December 2016.

"We are taking the old library, we are making it one-third bigger, we are putting in a new e-library, testing center, tickets and travel,

internet cafe, and study area," he said. "This is going to be an awesome facility when it's done. It will also be a drive thru coffee shop."

Nichols then spoke about his initial leadership training for Green Dot and how important it was.

"It's not just a bunch of [powerpoint] slides," he said. "It attempts to provide each of us our own set of tools so we can intervene when you see sexual assault, domestic violence, child neglect, stalking, and all those negative things. It gives you real tools. We all have our own ways and Green Dot gives you the tools that work for you so you can smartly, and safely intervene."

Lastly, Nichols talked about a recent AETC fatality and how being a Wingman is important and might have prevented the Airman's death. His slides updated with the past DUI's Columbus AFB has in the last four years and 2016.

"We have had zero DUI's in 2016," he said. "That's good work. I know there are a hundred saves every week. I know there are folks helping each other out and getting folks home safely and I want to say thank you. We've got a good track record here."

Nichols concluded by saying goodbye to the base as a whole stating this is his last all call as the 14th FTW commander.

"Change is a constant in our Air Force but I know I'm going to miss a lot of people as they transition to other jobs and other steps in life," he said. "I just want to say thanks for the opportunity to command the wing for the past two years. I've made connections with many folks in this room and it's hard to leave."

Nichols' next assignment is in Barksdale AFB, Louisiana, as the deputy director for Global Strike Command.

"My family and I are blessed and pleased to go out there and do that, but it's going to be hard to leave," he said. "You spend a few years here and discover that this place is absolutely incredible. I want to thank you for the honor to serve and work with you."

# Tobacco free living: The right choice

## 14th Medical Group

Smoking is unhealthy. Fifty years ago, the first Surgeon General's Report on smoking and health revealed that smoking cigarettes raises your risk of developing several diseases.

So why do so many people still do it? The answers are complex.

Tobacco is the leading cause of preventable death and disease in the United States, and secondhand smoke is responsible for an estimated 49,400 heart and lung cancer deaths each year nationwide. Smoking rates have declined, but at the same time, more than 20 million Americans have died too soon because of smoking.

The chemicals from tobacco smoke travel from the lungs into the bloodstream. They damage heart and blood vessels to cause **cardiovascular** problems, such as heart disease and stroke. Cardiovascular disease kills over 800,000 people a year nationwide. The compounds in tobacco smoke can enter cells throughout your body and damage the DNA inside.

DNA is the long threadlike molecule found in nearly all your cells. It's an essential "blueprint" that controls how your cells grow, where they go, and what they do. When DNA gets damaged, cells can begin to grow abnormally. The body usually attacks and kills such cells. The toxic chemicals in cigarette smoke weaken this process, making it easier for the cells to multiply out of control and the result is cancer.

Smokers dramatically increase their risk of developing many types of cancer. Nearly all lung cancer, the number-one cancer killer, is caused by smoking. Smoking can lead to cancer in many parts of the body, including the throat, mouth, nasal cavity, stomach, pancreas, liver, kidney, bladder, colon, rectum, cervix and leukemia.

Smoking can cause all sorts of other health issues, too. When the DNA in sperm becomes damaged, it can lead to infertility. Smoking while pregnant can cause a host of problems, including low birth weight and preterm delivery. Smokers are 30-40 percent more likely to develop type two diabetes than nonsmokers and smoking can make it harder for the



body to fight disease.

While tobacco use takes an enormous toll on all users, it has particularly detrimental consequences for active-duty military personnel. Tobacco use reduces Airmen's physical fitness and endurance and is linked to higher rates of absenteeism and lost productivity. In addition, service members who use tobacco are more likely to drop out of basic training, sustain injuries and have poor vision, all of which compromise troop readiness.

Tobacco use also places a significant burden on the Department of Defense and Veteran Affairs healthcare systems. In 2008, the DoD assistant secretary for health affairs stated, "Every year, tobacco use leads to unnecessary compromises in the readiness of our troops and costs the DoD millions of dollars in preventable health care costs." In fact, the DoD spends more than \$1.6 billion each year on tobacco-related medical care, increased hospitalization and lost days of work. Tobacco-related costs to the Military Health Service alone amounted to \$564 million in 2006.

The Air Force understands the harmful effects of tobacco, but quitting tobacco is difficult. Airmen aware of someone looking to quit should support them today and through the process. Encouragement could help them kick the habit for good.

Studies show 99 percent of all regular tobacco users start by the age of 26. Tobacco-free policies are an effective way to reduce tobacco use by preventing and making it easier for

smokers to quit. Policies have also shown to decrease smoking rates and positive attitudes toward tobacco use. Having designated tobacco areas on military installations would discourage initiation among service members, encourage current users to quit and strengthen the military's tobacco use control efforts.

If you are a smoker, the single most important thing you can do to protect your health and the health of your family is to quit. Research has revealed effective strategies to help people quit tobacco. Studies show people who talk to their doctors about quitting or call quit lines for advice are more successful than those who go at it alone. Quitters can double or triple their chances of success by using medications approved by the Food and Drug Administration, nicotine patches, gum, or lozenges, along with coaching support.

Cessation options are available to active duty, dependents, civilian employees, and retirees to aid in cessation efforts. The Health Promotion office, located in the Koritz Medical Clinic, offers several free and tremendously helpful tobacco cessation programs.

If you use tobacco products and are ready to reduce or eliminate the habit, please solicit support from the medical staff, your leadership, or fellow Airmen. If you do not use tobacco products, be a good wingman to those who wish to quit by actively supporting them in reaching their goals. The right choice is now.

### Columbus Air Force Base Tobacco Quit Options

Quit Lines:  
 Tricare Quit Line: 1-877-414-9949  
 State of Mississippi Quit Line: 1-800-QUITNOW  
 American Lung Association: 1-877-LUNGUSA  
 Freedom Smoking 1-844-IAMFREE  
 Web: Ucanquit2.org OR www.quitnow.net/  
 Apps: QuitSTART, NCI QuitPal and Smokefree Quit-Guide  
 Mr. Robert Pagenkopf, Columbus AFB Tobacco Cessation Facilitator: 662-434-1688

# 433rd AW becomes first Reserve wing to get new C-5M

**Tech. Sgt. Lindsey Maurice**  
 433rd Airlift Wing Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The saying "history repeats itself" has become all too familiar to the 433rd Airlift Wing, as hundreds of Airmen and distinguished guests gathered along the flightline here June 17 to welcome the wing's first C-5M Super Galaxy, named "The City of San Antonio."

The move makes the 433rd AW the first and only Air Force Reserve wing to receive Lockheed Martin's modernized strategic airlifter.

Almost 32 years ago, a similar crowd gathered at Kelly Air Force Base, Texas, as the wing, then the 433rd Tactical Airlift Wing, welcomed its predecessor, the first C-5A Galaxy, also named The City of San Antonio, into the Air Force Reserve Command's inventory.

"This is a remarkable day for the 433rd Airlift Wing," said Maj. Gen. John C. Flournoy Jr., the Fourth Air Force commander, who piloted the aircraft to Lackland. "The opportunity to take an older aircraft and bring it up to today's standards for aviation is absolutely phenomenal. This was my first time landing in a C-5M and let me tell you it flies like a dream. It's absolutely a wonderful piece of modern technology in that cockpit, and it felt great."

This particular C-5M is the first of nine aircraft that will make up the wing's fleet by late 2018.

Tony Frese, Lockheed's Air Mobility and Maritime Missions vice president, noted that the aircraft is superior to its predecessor, the C-5A, in every way.

"The biggest step up the C-5M brings are the upgraded engines, which provide not only about 22 percent improved thrust but up to 20 percent more fuel efficiency," he said. "That converts into over 20 percent more range for this aircraft, much shorter takeoff distances, much faster time, but also more reliability. Also, the engines are 10 times more reliable than the previous version's engines. However, what most people don't realize is the other 70 improvements that have been made to other systems of the aircraft, and they really bring together the significant reliability of this aircraft."

Tech. Sgt. David Ponce, a 433rd Aircraft Maintenance Squadron C-5M crew chief, accepted the ceremonial key to the aircraft and said he's ready to get to work.

"We're really excited to get our hands on

our own C-5Ms," said the 16-year airlift aircraft maintenance technician. "We've been working on what we call 'loaners' from Dover and Travis (Air Force Bases), and now we have our first one. I love my job as a dedicated crew chief and knowing that the maintenance we provide on the aircraft makes a difference."

Performance abilities aside, one thing both the 1984 C-5A, tail number 69-0016, and today's modernized C-5M, tail number 70027, have in common is their unique "City of San Antonio" distinction. They are the only two C-5s to be bestowed "The City of San Antonio," a testament to the solid relationship between the military and San Antonio community. The name, along with a depiction of the famous Alamo, is showcased on the aircraft to the left of the door.

During the ceremony, San Antonio City Council member Rey Saldana read a proclamation on behalf of the city to the 433rd AW welcoming its first Super Galaxy.

"I'm a member of the San Antonio community," said Saldana. "I'm proud to see the 433rd AW becoming the first Reserve wing to receive its first Super Galaxy."  
 See 433RD AW, Page 14



Col. Thomas K. Smith Jr., the 433rd Airlift Wing commander, addresses a crowd during the C-5M Super Galaxy transfer ceremony June 17, 2016, along the flightline of Joint Base San Antonio-Lackland, Texas. The C-5M, dubbed "The City of San Antonio," is the first one to be delivered to a Reserve unit.



Family members and invited guests walk onto the flightline to tour the 433rd Airlift Wing's first C-5M Super Galaxy aircraft, bestowed "The City of San Antonio," after the transfer ceremony June 17, 2016, at Joint Base San Antonio-Lackland, Texas. The 433rd AW will receive nine C-5M models by late 2018, which is the result of a two-phase modernization effort that will improve fuel savings, climb rate, payload capability, and noise reduction.

U.S. Air Force photos/Benjamin Faske

## 14TH FLYING TRAINING WING DEPLOYED

As of press time, 49 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.

## Armed Forces Voters Week is June 27 - July 5

The Installation Voting Office assists folks in registering to vote in observance of Armed Forces Week June 27 - July 5. There will be a table manned with voting counselors located in the food court of the Exchange June 27-30, from 10:30 a.m. - 1 p.m. daily. In addition you may also visit FVAP.gov at any time to complete a registration application and request your absentee ballots. It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. Please direct any questions to the Voting Assistance Office at 434-3680 or via email at vote4@us.af.mil.

# AETC officials announce 2016 Outstanding Airmen of the Year

**Master Sgt. Joshua Strang**  
Air Education and Training  
Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Education and Training Command senior leaders recognized nine Airmen selected as the command's 2016 Outstanding Airmen of the Year, June 16.

The award distinguishes AETC's enlisted Airmen for their leadership, job performance, community involvement and personal achievements.

"These Airmen are an exceptional representation of the 60,000 Airmen that make up AETC today," Lt. Gen. Darryl Roberson, AETC commander, said. "The winners are AETC's finest and each one plays a role in our mission to recruit, train and educate."

AETC Command Chief Master Sgt. David Staton also praised the winners for their accomplishments.

"It still astounds me that an Airman can do so much in a short time period," Staton said. "These nine Airmen are deserving of the honors bestowed upon them as the best of AETC."

The 2016 AETC Outstanding Airmen of the Year are:  
**Airman of the Year:** Staff Sgt. Cody Sparks, 47th Communications Squadron, Laughlin Air Force Base, Texas  
**NCO of the Year:** Tech. Sgt. Cassandra Cruz, 81st Force Support Squadron, Keesler Air Force Base, Mississippi  
**Senior NCO of the Year:** Senior Master Sgt. Joseph Arce, 14th Operations Support Squadron, Columbus Air Force Base, Mississippi

**First Sergeant of the Year:** Senior Master Sgt. Jason Dahlquist, 326th Training Squadron, Joint Base San Antonio-Lackland, Texas

**Honor Guard Member of the Year:** Senior Airman Jan Diaz Garcia, 56th Maintenance Group, Luke Air Force Base, Arizona

**Honor Guard Program Manager of the Year:** Staff Sgt. Richard Bates, 47th Flying Training Wing, Laughlin Air Force Base, Texas

**Military Training Instructor of the Year:** Master Sgt. Raul Hernandez Jr., 326th Training Squadron, Joint Base San Antonio-Lackland, Texas

**Military Training Leader of the Year:** Tech. Sgt. Kyle Mullen, Technical Training Operations Center, Keesler Air Force Base, Mississippi

**Recruiter of the Year:** Master Sgt. Eric Hart, 344th Recruiting Squadron, Waco, Texas



Senior Master Sgt. Joseph Arce, 14th Operations Support Squadron, Columbus Air Force Base, Mississippi, receives an award from Lt. Gen. Darryl Roberson, commander, Air Education and Training Command and AETC Command Chief Master Sgt. David Staton during a ceremony here, June 16. Arce was selected as the AETC Senior NCO of the Year.



U.S. Air Force photos by Joel Martinez  
Lt. Gen. Darryl Roberson, commander, Air Education and Training Command and AETC Command Chief Master Sgt. David Staton pose for a photo with the AETC Outstanding Airmen of the Year at a ceremony here, June 16. The award distinguishes AETC's enlisted Airmen for their leadership, job performance, community involvement and personal achievements.

**AIR FORCE SPORTS**  
BECOME AN AIR FORCE ATHLETE

**RUGBY**

**SOFTBALL**  
(Men & Women)

**GOLF**  
(Men & Women)

**ACCEPTING AF FORM 303\***  
**DUE DATE: 15 JUL 16**

Athletes selected for specialized training participate in an Air Force Trial Camp. Final team selected at this trial camp advances to represent the Air Force at Armed Forces Championships and national competitions.



\*AF Form 303 "Request for USAF Specialized Sports Training" and Air Force Sports Calendar are available to download from [www.myairforcelife.com/Sports/](http://www.myairforcelife.com/Sports/). Submit completed form by **DUE DATE** through myPERS <https://gum-crm.csd.disa.mil/app/dynamicforms/display/form/40/p/2566.2569/c/1525>

**Fireworks Safety**

Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

**BE CAREFUL!**

- Be safe. If you want to see fireworks, go to a public show put on by experts.
- Do not use consumer fireworks.
- Keep a close eye on children at events where fireworks are used.

**CONSUMER FIREWORKS**  
NFPA is opposed to consumer use of fireworks. This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.

**HOW HOT DOES A SPARKLER BURN?**

1200 °F — Sparklers  
1100 °F  
1000 °F  
900 °F — Glass melts at 900 °F  
800 °F  
700 °F  
600 °F — Wood burns at 575 °F  
500 °F  
400 °F — Cakes bake at 350 °F  
300 °F — Water boils at 212 °F  
200 °F  
100 °F  
0 °F

**FACTS**

- Fireworks cause an average of almost 20,000 reported fires per year.
- In 2013, sparklers caused 41% of fireworks injuries.

**FMI Contact CAFB FES**  
william.omeara.1@us.af.mil

Your Source for SAFETY Information  
NFPA NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169  
[www.nfpa.org/education](http://www.nfpa.org/education)



## Don't drink and drive.

# BLAZE Hangar Tails: F-22 Raptor

## Mission

The F-22 Raptor's combination of stealth, super cruise, maneuverability and integrated avionics, coupled with improved supportability, represents an exponential leap in warfighting capabilities. The Raptor performs both air-to-air and air-to-ground missions allowing full realization of operational concepts vital to the 21st century Air Force.

The F-22, a critical component of the Global Strike Task Force, is designed to project air dominance, rapidly and at great distances and defeat threats attempting to deny access to our nation's Air Force, Army, Navy and Marine Corps.

## Features

A combination of sensor capability, integrated avionics, situational awareness, and weapons provides first-kill opportunity against threats. The F-22 possesses a sophisticated sensor suite allowing the pilot to track, identify, shoot and kill air-to-air threats before being detected. Significant advances in cockpit design and sensor fusion improve the pilot's situational awareness. In the air-to-air configuration the Raptor carries six AIM-120 AMRAAMs and two AIM-9 Sidewinders.

The F-22 has a significant capability to attack surface targets. In the air-to-ground configuration the aircraft can carry two 1,000-pound GBU-32 Joint Direct Attack Munitions internally and will use on-board avionics for navigation and weapons delivery support. In the future, air-to-ground capability will be enhanced with the addition of upgraded radar and up to eight small diameter bombs. The Raptor will also carry two AIM-120s and two AIM-9s in the air-to-ground configuration.

The F-22 will have better reliability and maintainability than any fighter aircraft in history. Increased F-22 reliability and maintainability pays off in less manpower required to fix the aircraft and the ability to operate more efficiently.

## Background

The Advanced Tactical Fighter entered the Demonstration and Validation phase in 1986. The prototype aircraft (YF-22 and YF-23) both completed their first flights in late 1990. Ultimately the YF-22 was selected as best of the two and the engineering and manufacturing development effort began in 1991 with development contracts to Lockheed/



U.S. Air Force photo/Senior Airman Christopher L. Ingersoll

**F-22A Raptor Demonstration Team aircraft maintainers prepare to launch out Maj. Paul Moga, the first F-22A Raptor demonstration team pilot, in 2007. The F-22 Raptor's combination of stealth, super cruise, maneuverability and integrated avionics, coupled with improved supportability, represents an exponential leap in warfighting capabilities.**

Boeing (airframe) and Pratt & Whitney (engines). EMD included extensive subsystem and system testing as well as flight testing with nine aircraft at Edwards Air Force Base, California. The first EMD flight was in 1997 and at the completion of its flight test life this aircraft was used for live-fire testing.

The program received approval to enter low rate initial production in 2001. Initial operational and test evaluation by the Air Force Operational Test and Evaluation Center was successfully completed in 2004. Based on maturity of design and other factors the program received approval for full rate production in 2005. Air Education and Training Command, Air Combat Command and Pacific Air Forces are the primary Air Force organizations flying the F-22. The aircraft designation was the F/A-22 for a short time before being renamed F-22A in December 2005.

## General characteristics

**Primary function:** air dominance, multi-role fighter

**Contractor:** Lockheed-Martin, Boeing  
**Power plant:** two Pratt & Whitney F119-PW-100 turbofan engines with afterburners and two-dimensional thrust vectoring nozzles.

**Thrust:** 35,000-pound class (each engine)  
**Wingspan:** 44 feet, 6 inches (13.6 meters)

**Length:** 62 feet, 1 inch (18.9 meters)  
**Height:** 16 feet, 8 inches (5.1 meters)  
**Weight:** 43,340 pounds (19,700 kilograms)

**Maximum takeoff weight:** 83,500 pounds (38,000 kilograms)

**Fuel capacity:** internal: 18,000 pounds (8,200 kilograms); with 2 external wing fuel tanks: 26,000 pounds (11,900 kilograms)

**Payload:** same as armament air-to-air or air-to-ground loadouts; with or without two external wing fuel tanks.

**Speed:** mach two class with supercruise capability

**Range:** more than 1,850 miles ferry range with two external wing fuel tanks (1,600 nautical miles)

**Ceiling:** above 50,000 feet (15 kilometers)

**Armament:** one M61A2 20-millimeter cannon with 480 rounds, internal side weapon bays carriage of two AIM-9 infrared (heat seeking) air-to-air missiles and internal main weapon bays carriage of six AIM-120 radar-guided air-to-air missiles (air-to-air load-out) or two 1,000-pound GBU-32 JDAMs and two AIM-120 radar-guided air-to-air missiles (air-to-ground loadout)

**Crew:** one  
**Unit cost:** \$143 million  
**Initial operating capability:** December 2005  
**Inventory:** total force, 183

## 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.)*

### Transition Assistance Program GPS Workshop

This workshop is held 7:30 a.m. - 4 p.m. July 11-15. The Transition Assistance Program Workshop has seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Dept. of Employment Security, Dept. of Veterans Affairs, Disabled TAP, Dept. of Labor TAP portion. Preseparation counseling is required before attending. Recommend attendance is 8 - 12 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. For more information or to register call 434-2790.

### Smooth Move

This class is 10 - 11:30 a.m. July 12 and provides relocating members/families with valuable information about moving. Learn what to expect from TMO, Housing, Military Pay, Legal, Billeting, Tri-Care, Medical Records, and A&FRC. Please call 434-2790 to register.

### Wing Newcomers Orientation

This brief is 8 a.m. - 12:15 p.m. July 19 and is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. The orientation is held at the Columbus Club. For more information call 434-2790.

### Military Life Cycle

The Military Life Cycle workshop is from 1-2 p.m. July 19 and allows VA contractors to explain to service members, whether first term, separating, retiring or a veteran, what services the VA offers and what they are able to provide throughout the member's military career and how to apply for benefits. To register and for more information please call 434-2839/2790.

### First Term Officer's PFR

The First Term Officers' Personal Financial Readiness Workshop is required by AFI for all newly assignment personnel to their first station. The event will be 9 - 10 a.m. July 21. Call 434-2790 to sign up.

### Hearts Apart

The Hearts Apart Social program from 5- 7 p.m. July 28 is a monthly event to provide community bonding, fun and appreciation for the families of active duty personnel who are deployed, remote, or on an extended TDY. Food and activities are provided. For more information or to register call 434-2790.

### Pre-separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. The counseling is held daily at 8:30 a.m. It takes approximately 60 minutes. Please contact A&FRC, 434-2839/434-2790 for more information.

### Military and Family Life Consultant Program

The MFLC counselors provide non-medical counseling to help Airmen (both single and married), their spouses and other family members to cope with stressful situations created by deployments, reintegration, and life challenges such as martial issues, parenting, career stress and anger. All consultants are licensed mental health providers. Counselors 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, call 662-364-0504.

## Team BLAZE members participate in golf scramble



U.S. Air Force photo/Airman 1st Class John Day

**Airmen 1st Class Sam Miller and Aaron Burton, 14th Medical Operations Squadron, putt on a Whispering Pines Golf Course green during the Super Sweet Scramble June 18 at Columbus Air Force Base, Mississippi. Teams of four went through an 18-hole scramble and had the chance to win a brand new vehicle if they got a hole-in-one.**

### Pre, Post Deployment Tour Brief

These briefings are mandatory briefings 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, 434-2839/434-2790 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. As with all good decision-making, you need to know the facts before you can make a sound decision, and be wary of anyone telling you they can offer you a better deal. Always get the true facts about the SBP before making up your mind. Additional details are available by calling (662) 434-2720.

### Volunteer Opportunities

If you are interested in volunteering please contact the Airman & Family Readiness Center. We have volunteer opportunities lo-

ated throughout the base for a one-time event, special events, or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Golf Course, Medical Clinic, Chapel, Airman Attic, Thrift Store, the Retiree Activities office and many others. For more information please call A&FRC at 434-2790.

### Air Force Recovery Coordination Program

The Recovery Coordination Program streamlines and improves the way care and support are delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a Recovery Care Coordinator who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury (2) are unlikely to return to duty within a specified amount of time (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB RCC at DSN: 493-3399, Office: 334-953-3399 or tim.griggs.1.ctr@us.af.mil.

### Personal Financial Readiness

Make the most of your money. Contact Delores Sherman, Personal Financial Counselor, for an appointment at 426-2527, or 434-2790. She can help manage finances, resolve financial problems, and reach long-term goals such as getting an education, buying a home and planning for retirement.

### Learn How to Read Your LES

Having a hard time understanding your Leave and Earning Statement? Need a refresher so that you can mentor your subordinates on their entitlements? Finance has you covered. If you would like for Finance to come to your next CC call or Professional Organization event, you can contact Master Sgt. Sabrina Spriggs at DSN 742-3068 or Senior Airman Julianna White at DSN 742-2715.

## 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:**  
3:45 p.m. - Religious Education, grades K-9 (Chapel Annex)  
4 p.m. - Choir Practice (Chapel Sanctuary)  
4 p.m. - Confession (or by appointment)  
5 p.m. - Mass w/Children's Church

**Tuesdays:**  
11:30 a.m. - Daily Mass  
**Wednesdays:**  
11:30-12:30 p.m. - Adoration

### Protestant Community

**Sundays:**  
9 a.m. - Adult Sunday School (Chapel Library)  
10:45 a.m. - Traditional Worship Service  
**Tuesdays:**  
5 p.m. - Student Pilot Bible Study (Chapel Library)  
**Wednesdays:**  
4 p.m. - Music Rehearsal

### Ecumenical services

**Wednesdays:**  
6 p.m. - AWANA, a religious education program for children ages three years old to 6th grade  
6 p.m. - Adult Bible study on the Gospel of John  
6 p.m. - Youth Group



U.S. Air Force photo/Airman 1st Class John Day

**An F-22 Raptor sits on the SAC ramp of the Columbus Air Force Base flightline April 20. Twelve F-22s from the 94th Fighter Squadron at Langley Air Force Base, Virginia, visited the 14th Flying Training Wing to generate interest in students to fly this airframe. The Raptor performs both air-to-air and air-to-ground missions allowing full realization of operational concepts vital to the 21st century Air Force.**

**Columbus Air Force Base Information and Events**

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, MyAirForceLife App on any smart phone or visit our website at columbusafbliving.com to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

**5K Color Run/Walk**

The Youth Center is offering their annual color run at 8 a.m. June 25. This event is open to the public. Event is free to base identification card holders; \$10 per person of the public. Check in at 7 a.m. at Lil BLAZER Park; for ages two to adult. For more information, contact 434-2504.

**Pearl River Resort Casino Trip**

Outdoor Recreation is offering a monthly casino trip to Pearl River Resort. Upcoming dates are June 25, July 30, Aug. 27, Sept. 24, Oct. 22, Nov. 19, and Dec. 17. The cost is only \$25 per person; includes \$20 in play credit at casino and transportation. Outdoor Recreation bus departs Exchange/Shoppette parking lot at 1:30 p.m. Any party of 10 or more may book transportation to casino anytime for \$25 per person. For more information, contact 434-2505.

**Firecracker 5K Run/Walk**

The Fitness Center is offering a Firecracker 5k Run/Walk at 7 a.m. July 1 at the Fitness Center. Commander's trophy points awarded. For more information, contact 434-2772.

**Free Family Movie**

Independence Pool is offering a free family movie, Disney's "Alice in Wonderland," (PG) at 8:30 p.m. July 3. Doors open at 8 p.m. Snack bar will be available. For more information, contact 434-2505.

**New Lower Price Family Dining Buffet**

The Columbus Club is offering an all-you-can-eat pulled pork buffet from 5 – 8 p.m. July 7. The cost is only \$8 for members; \$9 non-members; \$5 ages 5 – 11; 4 and under free. For more information, contact 434-2489.

**Free Breakfast for Club Members**

The Columbus Club is offering free breakfast for club members from 6:30 – 8 a.m. July 11. Non-members pay \$8 per person. Become a Club member and eat for free plus enjoy all the benefits of being a member. For more information, contact 434-2489.

**Free Pool Passes and FootGolf**

Independence Pool Passes and FootGolf is included with Whispering Pines Golf Membership. If you have an individual golf membership, you receive an individual pool pass and FootGolf membership and if you have a family golf membership, you receive a family pool pass and FootGolf membership. Visit Outdoor Recreation for your free pool pass today. For more information, contact 434-2505.

**Free Family Fishing Tournament**

The Youth Center is offering a free Family Fishing Tournament at 7:30 a.m. July 16 at the Columbus Lake. Sign up no later than July 11 at the Youth Center. For more information, contact 434-2504.

**Couples Nine and Wine**

Whispering Pines Golf Course is offering Couples Nine and Wine at 5 p.m. July 16. The cost is only \$30 per person; includes 9 holes of golf, cart rental, and hors d'oeuvres. Wine available for purchase. For more information, contact 434-7932.

**Free Slip 'N Slide Kickball**

Outdoor Recreation is offering Slip 'N Slide Kickball at 4 p.m. July 16 at the Officer Dorm field. This event is for ages 18 years and up. Sign up at Outdoor Recreation by July 13. Limited to the first six teams to sign up with nine players per team. Complete game rules available at Outdoor Recreation. For more information, contact 434-2505.

**Summer Reading Program**

Kick off the summer with the Base Library's Summer Reading Program. Win prizes and enjoy weekly activities. Closing ceremony will be held at 1 p.m. July 28. For more information, contact 434-2934.

**The Overrun Open Friday Nights**

The Overrun is open Fridays 4:30 p.m. until midnight. Bar menu includes chicken wing basket, chicken tender basket, club wrap, or buffalo chicken wrap. For more information, contact 434-2419.

**Library Hours of Operation**

The Base Library hours of operation are Mondays – Fridays 11 a.m. – 5:30 p.m.; Sundays 1 – 5 p.m.; Saturdays and holidays closed. For more information, contact 434-2934.

**Columbus Club Lunch Buffet Specials**

The Columbus Club is offering a lunch buffet Tuesday - Friday 11 a.m. – 1:30 p.m. Taco Tuesday includes tacos and nachos for only \$5 per club member and \$6 per non-member; Wednesday has pizza and wings, Thursday is southern, and Friday is catfish and spaghetti. Cost of Wednesday, Thursday, and Friday buffet is only \$7.95 for club members and \$8.95 for non-members. For more information, contact 434-2419.

**Story Time and Circle Time at the Library**

The Base Library is offering Story Time every Friday at 11 a.m. for all ages. Circle Time is offered each Wednesday at 11 a.m. for ages up to 4 years old. For more information, contact 434-2934.

**Bowling Center Party Specials**

The Bowling Center is offering two options for all your party needs. Option 1 includes 2 hours of unlimited bowling and shoe rental for only \$8.50 per person. Option 2 includes 2 hours of unlimited bowling, shoe rental, and a child meal for only \$11.50 per person. Choice of meal includes chicken tenders, hot dog, corn dog, or grilled cheese served with fries and drink. You may bring in a cake, cupcakes, and ice cream. No other outside food and drinks allowed. For more information, contact 434-3426.

**Cosmic Bowling Special**

The Bowling Center is offering Cosmic Bowling for only \$12 per person every Friday and Saturday night from 5 – 8 p.m. You also may purchase individual games for \$3 per game with purchase of \$1.50 shoe rental. For more information, contact 434-3426.

**Lawn Mower Repair**

Lawn mower repair is now available at Outdoor Recreation. The cost is only \$40 per hour plus parts; pickup and delivery available. Self-help bicycle repair is also available. For more information, contact 434-2507.

**Hobby and Craft Instructors Needed**

Do you have a hobby or craft project you can share with others? For more information, contact 434-7836.

**Referees Needed**

Referees needed for various sports at the Fitness Center. For more information or to sign up, contact 434-2772.

**Play Paintball**

Book your next paintball event at Outdoor Recreation. The cost is \$15 per person for a party of 10 or more; \$20 per person for party of nine or less. You must purchase paint at Outdoor Recreation for \$45 per case of 2,000. For more information, contact 434-2505.

**Make Your Shopping Easier**

Force Support Squadron gift cards are available in increments of \$5 to fit any budget. They can be used at most Force Support Squadron facilities at Air Force installations worldwide and they never go out of style. Purchase your gift card at one of the following locations: Bowling Center, Golf Course or Youth Center. For more information, contact 434-3426.

**Brazilian Jiu Jitsu Class**

Free classes are scheduled every Monday, Wednesday, and Friday at 6 p.m. The benefits include huge gains in confidence, functional strength, flexibility, discipline, and overall physical conditioning. Mandatory equipment: BJJ Kimono (Gi); for ages 13 and up. For more information, contact 434-2772.

**RV Storage Lot**

Don't clutter your home space, park with us. Outdoor Recreation offers a great place to store your RV year around. You will have 24-hour access and can pay monthly or yearly. For more information, call 434-2505.

**Green Plate Special**

Whispering Pines Golf Course offers a special for lunch Monday through Friday. For more information, call 434-7932 or check us out on Facebook at Columbus AFB Living or Twitter @CAFBLiving!

# We all bleed red

## The five-tool Airman

**2nd Lt. Jamail Walker**

14th Contracting Squadron  
Contracting Specialist

Equality for the Lesbian Gay Bisexual Transgender community has been a very trending topic due to the recently passed legislation and the recent shooting at an Orlando, Florida, nightclub.

One of the other reasons why equality for the LGBT community has sparked this past month is the fact June is recognized as a special observance for the LGBT community, celebrating pride for the obstacle they have overcome and for the push for equality ahead of them.

These past 10 years have been tremendous in the amount of support given to the LGBT community and does not appear to be slowing down anytime soon. No matter your gender identity or your sexual preference, we all bleed red. Many supporters of the LGBT community have family members or friends that have shared some very impactful news to them and they chose to support them instead of leaving them to deal with their feelings on their own.

By proclaiming June as LGBT Pride month, Department of Defense organizations are not only saying we support the LGBT community, but they are raising awareness that some of the people who may very well be serving next to you could be scared to show who they really are due to

fear of rejection.

Many of us have seen the rainbow flag associated with LGBT pride, but what most of us do not know is what the colors represent. Designed by artist Gilbert Baker in 1978, the rainbow flag is a symbol of LGBT pride and social movements. The colors reflect the diversity of the community.

Baker served in the U.S. Army from 1970 to 1972. After his honorable discharge from the military, he taught himself to sew. The rainbow flag consists of six stripes, with the colors red representing life, orange representing healing, yellow for sunlight, green for nature, blue for serenity, and violet for spirit. The flag is commonly flown horizontally, with the red stripe on top, as it would be in a natural rainbow.

In conclusion, we all bleed red. I ask you to recall this phrase when you notice equality concerns in the coming months to see how your outlook may change. On June 1, 2009, President Barack Obama ended the proclamation for the LGBT Pride Month by calling upon the United States to "turn back discrimination and prejudice everywhere it exists." So, if a friend or family member comes to you with this topic, understand their feelings and be there to support them whether or not you have the same viewpoint. This is America, we are all humans with a different point of view and we all bleed red.

**Lt. Col. Daniel Akeredolu**

14th Force Support Squadron  
Commander

In the major leagues of baseball, the ideal position player is an athlete who excels at hitting for average consistently, hitting for explosive power, and has speed, arm strength, and fielding.

Can we superimpose this concept onto the ideal Airman? I submit to you that we can.

As Enlisted Force Distribution takes its place alongside the subjective and at times nebulous officer Management Level Review process, defining distinguishable skill-sets will become increasingly important. In other words, what do you bring to the fight?

Let's take hitting for average as an example. In baseball, parlance means you are successful getting a hit 30 percent of the time. Seems like a low threshold but if you consider the average major league pitcher can hurl a baseball upward of 90 mph making it spin and move along the way then it's easier to appreciate the degree of difficulty involved. Air Force members face no less challenges in garrison or deployed considering the barriers we overcome on a daily basis.

How about hitting for power? Again in baseball terms, it's about exerting maximum force at a decisive time and point to reverse the trajectory of that pitch and send it high and far over a barrier, otherwise known as a fence. Have you been known to do the same with challenges hurled at you 90 mph from various angles of attack? Suffice to say perhaps not always, but demonstrating you have the potential to do so makes you an invaluable team member to have.

What about the speed at which you work? On-time and on-target or "late to need?" Baseball players blessed with great speed are disruptive forces to be reckoned with. Not only can you get to more bases and take more risk but you can upset your opponents' equilibrium and ability to concentrate and create more advantages for your team. This concept is no less important for Airmen in all facets

*As Enlisted Force Distribution takes its place alongside the subjective and at times nebulous officer Management Level Review process, defining distinguishable skill-sets will become increasingly important. In other words, what do you bring to the fight?*



of the Air Force mission. Air power and all those actions in support of it, are inherently offensive. It's about who can get there the fastest with the "most-est."

Arm strength in baseball is another team-multiplier. Airmen can consider this the quality component of the products we produce; simply put, to cover great distances with accuracy and speed. In a baseball setting, arm strength works to counteract and regulate the speed an opponent might have. In our case, "arm strength" can be defined as the ability to produce many things without compromising accuracy and it is an exponential force multiplier.

Lastly, there is fielding. Can you play your position and do it well enough not to be a team liability? For our purposes let's consider it like this, do you know your job? Whether you are a cook, a baker or a candlestick maker do you have that area on "lock-down" for excellence? Dr. Martin Luther King was quoted stating, "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, 'Here lived a great street sweeper who did his job well.'"

In summary I simply ask, are you a five-tool Airman? In the majors leagues five-tool players are in high demand and virtually name their salary. In many ways, you can too. It all begins with what you believe and as Muhammad Ali put it, "if my mind can conceive it, and my heart can believe it – then I can achieve it."

## The Airman's Creed

I am an American Airman.	Guardian of freedom and justice,
I am a Warrior.	My nation's sword and shield,
I have answered my nation's call.	Its sentry and avenger.
I am an American Airman.	I defend my country with my life.
My mission is to fly, fight, and win.	I am an American Airman.
I am faithful to a proud heritage.	Wingman, leader, warrior.
A tradition of honor,	I will never leave an Airman behind.
And a legacy of valor.	I will never falter,
I am an American Airman.	And I will not fail.



Yes,  
We're  
Open

# What time do you open?

\* Phone numbers with "(662)" are considered off-base numbers and you must dial 99-434-#### when using an on base phone.

\* Organizations marked with "~" are always closed on federal holidays.

## Airman's Attic

Tuesday, Thursday: 10 a.m. - 2 p.m.  
Saturday: 10 a.m. - noon.

\* Officers welcome for uniforms  
434-1614

## ~Airman and Family Readiness Center

Monday-Friday: 7:30 a.m. - 4:30 p.m.  
434-2790

## ~Arts and Crafts Center

Monday-Friday: 10 a.m. - 5 p.m.  
Framing  
434-7856  
Engraving  
434-7836

## Base Exchange

Monday-Saturday: 9 a.m. - 8 p.m.  
Sunday: 10 a.m. - 7 p.m.  
Holiday hours: 10 a.m. - 5 p.m.  
(662) 434-2988

## Base Housing (Hunt)

Family housing office  
Monday-Friday: 8 a.m. - 5 p.m.  
(662) 434-8213/8214  
Maintenance office  
Monday-Friday: 8 a.m. - 5 p.m.  
(662) 434-8303

**(Automated) Base Operator**  
434-1110

## ~Barber Shop

Monday-Friday: 9 a.m. - 5 p.m.  
Saturday: 9 a.m. - 4 p.m.  
Sunday: noon - 4 p.m.  
(662) 434-6699

## ~Bowling Alley and Grill

Monday-Friday: 6:30 a.m. - 8 p.m.  
Saturday: 11 a.m. - 8 p.m.  
Sunday: Closed  
(Grill closes at 7 p.m.)  
434-3426

## ~Chapel

\* Sanctuary open during duty day for  
prayer and meditation  
\* Chaplains available for counseling  
by appointment or walk-in  
\* On-call 24/7 through Command  
Post

## Sunday Services

Protestant Worship Service:  
10:45 a.m.  
Catholic Confession: \* Appointment  
Catholic Mass: 5 p.m.

## Tuesday

Daily Mass: 11:30 a.m.

## Wednesday

Catholic Adoration: 11:30 a.m.

434-2500

## ~Child Development Center

Monday-Friday: 6:30 a.m. - 5:30 p.m.  
434-2479

## ~Columbus Club

\* Closed on weekends unless  
otherwise specified

## Business and catering

Monday-Friday: 10 a.m. - 3 p.m.  
434-2489

## Overrun

Tuesday-Friday: 11 a.m. - 1:30 p.m.  
Friday lounge: 4:30 p.m. - midnight  
\* Special events available for booking  
Mondays  
434-2419

## Commissary

Sunday: Noon - 6 p.m.  
Monday: Closed  
Tuesday: 9 a.m. - 7 p.m.  
Wednesday: 10 a.m. - 6 p.m.  
Thursday: 10 a.m. - 7 p.m.  
Friday-Saturday: 9 a.m. - 6 p.m.  
\* Check online for holiday hours or  
closures  
434-7109

## Emergencies

\* Please call 911 and inform them you  
are on Columbus AFB.

## ~Finance

Monday-Friday: 7:30 a.m. - 3:30 p.m.  
434-2705

## Fitness Center

\* Open 24/7, register at the front desk  
during hours listed below  
Monday-Thursday: 5 a.m. - 11 p.m.  
Friday: 5 a.m. - 9 p.m.  
Saturday-Sunday: 8 a.m. - 8 p.m.  
Holidays: 10 a.m. - 6 p.m.  
434-2775 /2772 /2795 /2773

## GNC

Monday-Saturday: 9 a.m. - 8 p.m.  
Sunday: 10 a.m. - 7 p.m.  
(662) 434-5050

## ~Legal Office

Monday-Friday: 7:30 a.m. - 4:30 p.m.  
Power of Attorney/Notary walk-ins  
Monday-Friday: 8 a.m. - 4 p.m.  
Wills done by appointment only  
434-7030

## Base Lodging

434-2548

## Medical Appointments

\* Closed every third Thursday of the  
month for training  
434-2273 (CARE)

## ~Optical Shop

Monday-Friday: 10 a.m. - 5 p.m.  
(662) 434-8496

## OSI

434-2852

## ~Outdoor Recreation

\* Summer hours (April - Sept.)  
Mon., Thurs., Fri.: 9 a.m. - 5 p.m.  
Sat., Sun.: 9 a.m. - 1 p.m.  
Tues., Wed.: Closed

## \* Winter Hours (Oct. - March)

Monday, Friday: 9 a.m. - 5 p.m.  
Tuesday-Thursday: Closed  
Saturday-Sunday: 9 a.m. - 1 p.m.

434-2505

## ~Personnel Customer Service

Monday-Wednesday, Friday: 7:30  
a.m. - 4:30 p.m.  
Thursday: 7:30 a.m. - noon  
434-3294/2626

## Shoppette

Monday-Friday: 7 a.m. - 9 p.m.  
Saturday-Sunday: 8 a.m. - 9 p.m.  
Holiday hours: 10 a.m. - 5 p.m.  
(662) 434-6026

## ~Stylique Salon

Sunday-Monday: Closed  
Tuesday-Friday: 9 a.m. - 5 p.m.  
Saturday: 9 a.m. - 4 p.m.  
(662) 434-6717

## Thrift Shop

Tuesday, Thursday: 9 a.m. - 1 p.m.  
434-2954

## Exchange Food Court

Subway  
Monday - Friday: 7 a.m. - 6 p.m.  
Saturday: 9 a.m. - 6 p.m.  
Sunday: 10 a.m. - 5 p.m.  
Holidays: 11 a.m. - 4 p.m.

## ~Taco Bell

Monday: 10 a.m. - 3 p.m.  
Tuesday-Saturday: 10 a.m. - 4:30 p.m.  
Sunday: Closed

434-1369

## ~Visitors Center

Monday-Friday: 7:30 a.m. - 4:30 p.m.  
\* Closed at noon every third Thursday  
of the month  
434-3161/7133/2111

## Whispering Pines Golf Course

Monday-Thursday: 8 a.m. - dusk  
Friday-Saturday: 7 a.m. - dusk  
Sunday: 10 a.m. - dusk  
Holiday hours: varies by date  
Lunch specials: 11 a.m. - 2 p.m.  
434-7932/7972

## ~Youth Center

Office  
Monday-Friday: 10 a.m. - 6:30 p.m.

## Open Recreation

Monday-Friday: 3 - 6:30 p.m.  
(Summer hours: 1 - 6:30 p.m.)

434-2504