

**"Produce Pilots, Advance Airmen, Feed the Fight"**

Vol. 36, Issue 16

Columbus Air Force Base, Miss.

April 20, 2012

## Weather



### Today

High: 84, Low: 56  
Partly Cloudy



### Saturday

High: 73, Low: 54  
T-Showers



### Sunday

High: 72, Low: 47  
Few Showers



### Monday

High: 74, Low: 48  
Sunny

## News Briefs

### SARC Awareness Program

Mandatory for E-1 to E-6 and O-1 to O-3. Showtimes are at 7:30 a.m. and noon, Tuesday, April 24, in the Kaye Auditorium. 90 minutes long.

### Quarterly Awards

The 14th Flying Training Wing will be holding a quarterly awards ceremony on Monday, April 23 beginning at 3:30 p.m. in the Kaye Auditorium.

### Class 13-01 Track Select

Specialized Undergraduate Pilot Training Class 13-01 will hold their Track Select ceremony at 9 a.m. April 23 at the Phillips Auditorium.



U.S. Air Force Photo/Airman 1st Class Charles Dickens

Columbus Air Force Base Airmen participate in a silent walk on April 16 to honor Holocaust Remembrance Week. This year's theme for Holocaust Remembrance Week was Stories of Rescue which helped share the memories and recollections of Holocaust survivors.

## CAFB holds Holocaust remembrance week

**Airman 1st Class Charles Dickens**  
14th Flying Training Wing  
Public Affairs

Elie Wiesel, a Holocaust survivor and Nobel Laureate, once said, "To forget a Holocaust is to kill twice."

In honor of Holocaust Remembrance week Columbus Air Force Base recently held multiple events targeted at remind-

ing base members of this moment in history.

To show support for Holocaust Remembrance Week CAFB held a silent walk followed by a wing retreat April 16 at the Smith Plaza flag pole. The silent walk began and ended at the flag pole and stretched across two blocks.

"I think it's important that we spend this time walking in silence in remem-

brance of not only the Holocaust survivors but of the ones that didn't survive" Master Sgt. Jason Amos, 14th Medical Group first sergeant.

The base also held a family-friendly movie night with a brief memorial afterward April 18 at the chapel. The film was specifically chosen with parents in mind so that they could allow their children to

See HOLOCAUST, Page 3

## Inside



### Feature 8

The 14th Force Support Squadron is highlighted in this week's feature.

## 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 (13-02)	2.75 days	1.40 days	May 11	48th (12-08)	1.15 days	2.41 days	Apr. 27	49th (12-GB)	3.60 days	4.57 days	May 2	T-6	1,935	1,852	17,086
41st (13-01)	1.39 days	2.34 days	Apr. 23	50th (12-08)	-0.32 days	-0.76 days	Apr. 27					T-1	644	552	5,459
												T-38	699	737	6,385
												IFF	156	182	1,709

The graduation speaker is Brig. Gen. David K. "Bob" Edmonds formerly Deputy Director for Operations, Operations Team Two, National Military Command Center, the Joint Staff, Washington, D.C.

## 14th FTW gathers for Wing Retreat



U.S. Air Force Photo/Airman 1st Class Charles Dickens

Airmen of the 14th Flying Training Wing stand at parade rest during the Wing Retreat ceremony on April 16 at Smith Plaza. The ceremony was held to kickoff Holocaust Remembrance Week following a silent walk.

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

Mon	Tue	Wed	Thur	Fri	Sat/Sun
23 Class 13-01 Track Select, 9 a.m. @ Philips Quarterly Awards Ceremony, 3:30 p.m. @ Kaye	24 SARC Awareness Program, 7:30 a.m. and noon @ Kaye	25 Happy Irby Earth Day Cleanup, 8 a.m. @ Visitors Center	26	27 Class 12-08 SUPT Graduation, 10 a.m. @ Kaye National Arbor Day	28/29
30 Enlisted Promotions, 4 p.m. @ Club	1 Asian Pacific Heritage Month Begins Motorcycle Safety Month Begins	2 IFF Graduation, 4:49 p.m. @ 49th FTS	3	4 Class 12-09 Assignment Night, 5 p.m. @ Club Columbus Market Street Festival	5/6

### Long Range Events

May 7: Night Flying Week  
May 8: Newcomer's Orientation  
May 8: Civilian Call  
May 13: Mother's Day  
May 14: Class 12-02 Track Select  
May 15: CSC Social  
May 17: 48th FTS CoC  
May 17: CCAF Graduation  
May 17: Dorm Dinner  
May 18: Class 12-09 Graduation

**HOLOCAUST**

(Continued from Page 1)

experience the history of the Holocaust without having to worry about things such as violence, cursing and nudity.

"The educational value is for children to be able to learn about the victimization that occurred as well as taking strides and not letting this happen again," said Capt. David Zavala, Holocaust Remembrance week POC. "We can always put forth an effort to prevent such atrocities from happening again."

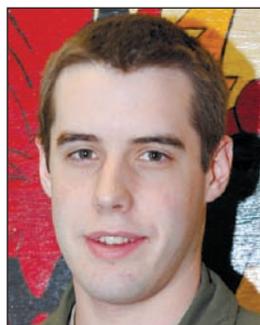
The genocide that took place during the Holocaust from 1941 to 1944 led to the death of approximately six million Jewish people.

In 1942 many of the Jewish that were in containment by the Nazi regime and its collaborators were sent to concentration camps where they were forced into extreme labor. The majority of these camps were disease-ridden and their inhabitants were suffering from extreme starvation.

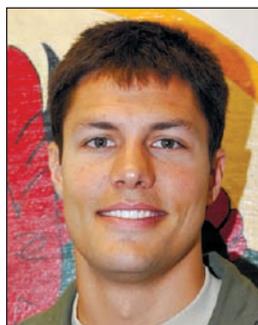
During the last months of the war the concentration camp guards moved the prisoners between camps on forced marches, often referred to as death marches, in an attempt to evade Allied forces.

The last official day of World War II in Europe was May 8, 1945 as the German forces surrendered the day before.

"By remembering the atrocities that occurred during the Holocaust, we honor the victims and keep their memories alive through their stories, while raising awareness of this bleak time in history to prevent such a thing from happening again," said Zavala.



**2nd Lt. Joseph Basala**  
F-15E



**2nd Lt. Aaron Eshkenazi**  
F-15C



**2nd Lt. Bobby Malesra**  
F-15E

**IFF 12-GBC Graduates**

The 49th Fighter Training Squadron graduated Introduction to Fighter Fundamentals Class 12-GBC March 17. These three members completed this phase of their training on their way to becoming fighter pilots and weapons system operators in the Combat Air Forces.

The 49th FTS is responsible for Active Duty, Guard, Reserve, and International flying training in the T-38C/IFF aircraft. The 49th FTS provides training to fighter pilots and weapon system officers entering Air Force major fighter weapons systems, which include the F-16, F-15C, F-15E, F-22, and A-10C.

The nine-week course begins with tactical formation flights and then introduces pilots to basic fighter maneuvers and air-to-air employment in offensive, defensive, and high aspect fight scenarios. Students bound for aircraft with an air-to-ground attack capability then move on to surface attack and low-altitude tactical navigation phases learning to employ ordnance against ground targets. The skills learned during IFF directly translate to the fighters these students will soon fly in their follow-on training and one day employ in combat.

Congratulations to the following fighter wingmen!

**Conserve Today.  
Secure Tomorrow****Renae Fischer**

14th Civil Engineer Squadron

This year marks the 42nd anniversary of the first Earth Day. Born out of a grassroots movement to encourage awareness of the growing air and water pollution, Earth Day has evolved into an international celebration of our commitment to protect and conserve the Earth's natural resources. Over 190 countries will commemorate Earth Day with tree plantings, litter patrols, recycling efforts, water and energy conservation demonstrations and many more activities aimed at helping to conserve Earth's natural resources.

As trustee to more than 8 million acres of land, water and air assets including more than 234,000 acres of wetlands, 570,000 acres of forested landscape, 200 miles of preserved coastline and home to some 70 threatened and endangered species, Air Force installations must work every day to conserve resources critical to the mission.

We are doing our part at Columbus Air Force Base. Our recycling program not only diverts an average 40 percent of waste from local landfills, but saves \$250,000 in landfill costs each year. Columbus also established numerous goals to reduce facility energy, water and fuel consumption, while increasing the purchase of environmentally-friendly products and use of alternative fuels, such as biodiesel and ethanol. In fact, since Columbus AFB made the switch from diesel to a biodiesel blend in 2007, we've reduced air pollutants by 33 percent and traditional fuel usage by over 10 percent. These reductions may seem small, but Air Force-wide the impact is magnified.

As of January 2012, the Air Force was ranked number one in the Department of Defense for renewable energy, second in the federal government and number 15 among 1,300 Green Power Partners. These accomplishments are phenomenal considering the Air Force maintains over 100 bases in at least 12 countries.

"Conserve Today. Secure Tomorrow" is the Air Force Earth Day theme this year. It's reflective of our understanding that our actions to protect and conserve our natural resources today will ultimately help to ensure a sustainable and secure future for our mission to "Fly, Fight and Win."

More information on Earth Day and environmental/energy initiatives can be found on the official AF Earth Day website <http://www.af.mil/earthday.asp>.

**14TH FLYING  
TRAINING WING  
DEPLOYED**

As of press time, 63 **TEAM BLAZE** members are deployed worldwide. Remember to support the Airmen and their families while they are away.

**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 Worldwide 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.

**CAFB Chapel sponsors MarriageCare retreat**

U.S. Air Force Photo  
**CAFB Chapel sponsors MarriageCare retreat** Chaplain (Capt.) Jason Raines, 14th Flying Training Wing speaks during the MarriageCare Retreat on April 14 at the Madison Hotel in Memphis Tenn. Twenty-three Air Force couples from Columbus Air Force Base attended the marriage enhancement program created by the Air Force Chaplain Corps' in response to the increase in divorces among Airmen over the last decade.

## Two receive Volunteer Excellence Award



U.S. Air Force photo/Melissa Doublin

Col. Barre Seguin, 14th Flying Training Wing Commander presents Chris Stater, 14th Operations Group Key Spouse Mentor, the Volunteer Excellence Award signed by Gen. Norton Schwartz, Chief of Staff of the U.S. Air Force on April 18 in the 14th Flying Training Wing Headquarters. Stater received the award for her hard work and dedication as a volunteer for many base and community events including the Wing Ceremonies, the Columbus Spouses Club and the annual Columbus Spring Pilgrimage.



U.S. Air Force photo/Melissa Doublin

Col. Barre Seguin, 14th Flying Training Wing Commander presents Jeannette Morphew, 14th Contracting Squadron Key Spouse, the Volunteer Excellence Award signed by Gen. Norton Schwartz, Chief of Staff of the U.S. Air Force on April 18 in the 14th Flying Training Wing Headquarters. Morphew received the award her service to the base and local community in a wide variety of ways including fundraising, event planning and squadron support.

## 2012 Get Lean and Get Green final results

Dr. Ellen Edmonds

14th Medical Operations Squadron

The Get Lean and Get Green competition was a comprehensive weight-loss program that promoted healthy lifestyles through good nutrition and exercise habits. Participants worked hard to lose weight while attending classes and weekly exercise activities for 14 weeks. As a group, the participants lost an amazing 236 pounds and 161 inches and Body Mass Index numbers were lowered a staggering 37 points!

Participants earned Lean Bucks throughout the program for percent of body weight lost, total inches lost, classes attended and activities completed. Prizes were awarded at a luncheon 10 April to the top two

male and top two female individuals who had accumulated the greatest amount of Lean Bucks throughout the competition. The winners were:

### Top Male and Female

Lt. Col. Robert Mozeleski – 13 percent body weight lost

Judy Endsley - 12 percent body weight lost

### Second Place Male and Female

Jim Fain - 11 percent body weight lost

Sherry Symmonds - 12 percent body weight lost

Congratulations to all of our winners and all Get Lean and Get Green participants!

## Trail BLAZE'r

**Name:** Dianne James

**Unit:** 14th Medical Operations Squadron

**Job title:** Secretary

**Time at Columbus AFB:** Two years and ten months

**Time in Service:** Twenty-one Years and seven Months

**Hometown:** New Orleans, La.

**Career goals:** Maintain excellent working ethics and enhance administrative skills.

**Family members:** Spouse – Stanley; Daughters – Shantel Gibson and Crystal Johnson;



Son – Stanley Jr.

**Favorite musician:** T. K. Soul.

**Favorite movie:** The Thing (1982).

**Biggest pet peeve:** Slackers.

**Favorite book:** "The Help" by

Kathryn Stockett.

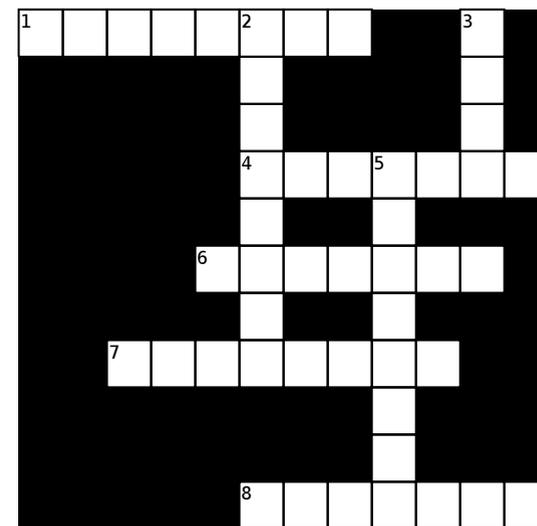
**Inspirations:** My grandchildren – the world through the eyes of a child is a beautiful thing.

**Personal motto:** Smiling is my favorite exercise.

## AETC Bases and Missions

- Across
- Along with Columbus AFB and Vance AFB, this base conducts Specialized Undergraduate Pilot Training.
  - Along with Lackland AFB, this base is home to one of the two largest medical facilities in the AETC.
  - This base is home to Air University.
  - Headquarters of AETC.
  - F-22 pilots are trained at this AFB.

- Down
- All enlisted Airmen begin their training at this Air Force Base.
  - This base trains F-16 pilots and maintainers.
  - Euro-NATO joint jet pilot training is conducted at this base.



## Columbus Air Force Base Thrift Shop

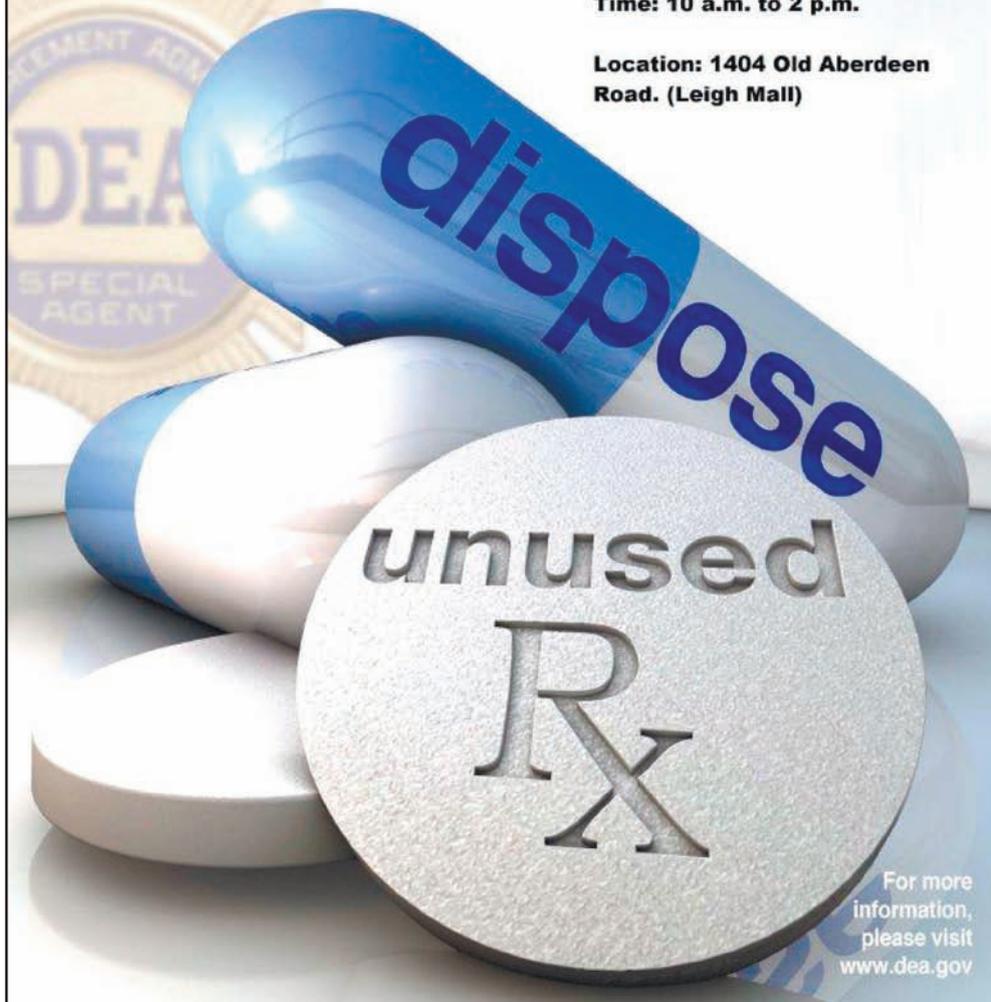
**Wanted:** The Columbus Air Force Base thrift shop is currently seeking an assistant manager. Hours are Tuesdays and Thursdays, 9 a.m. to 1 p.m. Salary negotiable. For applications or questions, please contact Mai Lan Isler at 434-0288 or mattisler@aol.com.

# Got Drugs?

Turn in your unused or expired medication for safe disposal  
Saturday, April 28th

**Time: 10 a.m. to 2 p.m.**

**Location: 1404 Old Aberdeen Road. (Leigh Mall)**



For more information, please visit [www.dea.gov](http://www.dea.gov)

Visit [www.columbus.af.mil](http://www.columbus.af.mil) to learn about Columbus AFB agencies and other important information.

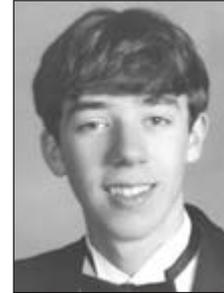
# CSC scholarship awards

Courtesy of the Columbus Spouses Club

## Dependent Minor Scholarship Recipients:

### Grand Prize Scholarship: \$1,000

Austin Johnston, son of Maj. Gaines Johnston, USAF Ret. and Cathy Johnston is currently a student at Immanuel Christian School. He intends to pursue degrees in Kinesiology and Physical Therapy.



Austin Johnston

### First Place Scholarship: \$600

Jacob Thomas Murphy is the son of Lt. Col. Michael Murphy, USAF Ret. and Karen Murphy. Jacob attends Caledonia High School and will pursue a degree in Aerospace Engineering at Mississippi State University.



Jacob Thomas Murphy

### Honorable Mention Scholarships: \$450

(Photo not available) Mamie Carlstom is the daughter of Lt. Col. Brent Carlstom, 43rd Flying Training Squadron, and Sherry Carlstom. Mamie attends homeschool and intends to pursue a degree in Communication at Mississippi State University.

Rebecca Plummer is the daughter of Master Sgt. Bryan Plummer, USAF Ret. She is currently pursuing a degree in Veterinary Medical Technology at the Mississippi State University College of Veterinary Medicine.



Rebecca Plummer

## Spouses' Scholarship Recipients:

### Grand Prize Scholarship: \$1,000

Becki Bervig, wife of Capt. David Bervig,

37th Flying Training Squadron, holds a Bachelor of Science degree in Secondary Education and a Master of Science in Education Administration from Pensacola Christian College. She is pursuing a Master of Arts in Biblical Exposition from Pensacola Theological Seminary.



Becki Bervig

### First Place Scholarship: \$600

Kristen Pippin, wife of 1st Lt. Alan Pippin, 50th Flying Training Squadron, holds Bachelor of Science degrees in Business Administration as well as Human Ecology from Tennessee Technological University. She is pursuing a Bachelor of Science in Nursing at Mississippi University for Women.



Kristen Pippin

### Honorable Mention Scholarships: \$450

Lindsay Culver, wife of Capt. Curtis Culver, 14th Student Squadron, is currently a student at Troy University. She is pursuing her Bachelor of Science degree in Psychology and intends to further obtain an advanced degree in a science field.



Lindsay Culver

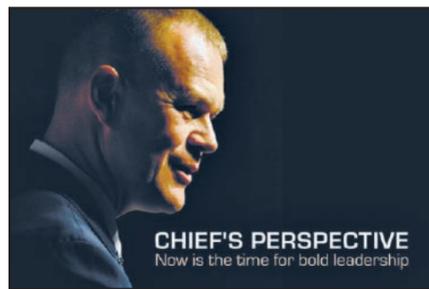
Whitney Rosenberg, wife of 1st Lt. James Howayeck of the 41st Flying Training Squadron, holds a Bachelors degree of Psychology and a Master of Occupational Therapy degree, both from the University of Florida. She intends to pursue a Doctorate of Occupational Therapy.



Whitney Rosenberg

# Chief's perspective: Now is the time for bold leadership

Chief Master Sgt. of the Air Force  
James Roy



U.S. Air Force graphic/Sylvia Saab  
U.S. Air Force photo/Scott M. Ash

WASHINGTON — Enlisted Airmen, a week ago I sent an email message titled Leadership vs. Policy to Command Chiefs and Career Field Managers. You may have seen that message, or parts of it, but I'd like to take the opportunity to address it with you directly. The theme of the message was that too much arbitrary guidance could prove to be counterproductive. As supervisors, the more leverage we have to deal with situations on a case-by-case basis, the better.

## Junior Enlisted Airmen

Young Airmen are our most precious resource. We spend millions of dollars recruiting, training, and equipping them to execute the tactical parts of the mission, and they never let us down.

We owe Junior Enlisted Airmen the proper training, education and experiences it takes to develop them into leaders in their field. We owe it to them to explain what is expected of them, and to follow up with how they are meeting our expectations. We owe them the

mentorship and guidance they need to succeed, and they should be expected to do everything they can to meet the high standard set by the supervisor.

## NCOs

What our Junior Enlisted Airmen learn about leadership and mentorship will shape how they eventually supervise. Therefore, first-line supervisors have an incredible responsibility. NCOs should set young Airmen up for success by outlining specifically how to earn their highest rating. Following that, mentoring and additional feedback should address

specific shortfalls and how to overcome them.

We are growing leaders, not judging Airmen on their ability to get it right on their own. As a supervisor, you should do all you can to help your Airmen succeed. When used properly, the formal feedback process is a good foundation for making this happen.

## Senior NCOs

Our most senior enlisted Airmen have a tremendous amount of impact on this process. SNCOs should hold their NCOs and Senior Airmen accountable for conducting required feedback sessions, and support their fair ratings. SNCOs should understand that a 4 is not a bad rating, and that some Airmen will earn that rating in a given period. Rating an Airman fairly will not hurt their career; it should help them grow.

## Commanders

In addition to the email message I sent to Chiefs, I sent a similar message to MAJCOM commanders, asking them to pass it down to their commanders. Because most of our reports are signed by a commander, I felt it was important that they understand where we're coming

from. Commanders are the key and final component of this process, and their support for fair and accurate ratings is critical.

## Bold Leadership

Some have suggested we set some arbitrary quota for the number of 5 ratings allowed in a given shop. They claim that would make things easier.

I'm not interested in doing what's easy; I'm interested in doing what's right. Implementing a quota would strip first-line supervisors of the leverage they need to grow tomorrow's enlisted leaders.

We don't need quotas. Instead, we need bold leaders to set high standards and help Airmen achieve them. We need bold leaders to confront those Airmen who don't meet standards and document that feedback. We need those bold leaders to rate each individual fairly and accurately, and that isn't easy. They will need the support of SNCOs and commanders to make it work.

It takes bold leadership on everyone's part to develop Airmen.

Now is the time to do everything you can at your level to make this happen.

So how much caffeine is considered "safe". The National Institutes for Health say that 250 milligrams of caffeine daily should be relatively safe for most individuals. So how many milligrams of caffeine are in some of the most commonly consumed caffeinated products?

1 cup (8 ounces) of generic brewed coffee = 100-200 mg

1 cup of brewed black tea = 15-60 mg

12-ounce soft drink = 30-55 mg

1 cup of green tea = 25-40 mg

1 serving size shot (2 ounces) of 5-Hour Energy = 207 mg

8.4-ounce Red Bull energy drink = 76 mg

8-ounce Monster energy drink = 80 mg

8-ounce Rockstar energy drink = 80 mg

This brings me back to the individual I overheard talking about the two large energy drinks and the four capsules of a popular energy supplement he took right before an FA. He could not understand why he felt so jittery. This individual consumed approximately 600-650 milligrams of caffeine less than 30 minutes before his test. Definitely not recommended!

Bottom line: In low doses, caffeine can provide certain benefits, but it can have serious side effects if consumed in larger amounts. Enjoy your coffee ... but I would not recommend large doses of caffeine before you exercise or test. Not only does the research not support benefits when consumed in those large amounts, but it also has been conducted largely in controlled settings and on extremely fit, elite athletes. If you are considering increasing your caffeine intake, please consult your provider or contact us at the Health and Wellness Center for further assistance at 782-4305.

# F-35 training center begins formal training

Maj. Karen Roganov  
96th Air Base Wing Public Affairs

EGLIN AIR FORCE BASE, Fla. — While celebrating each F-35 Lightning II arrival, the integrated joint strike fighter training team also recently opened the doors for the first Air Force certification courses on the logistical support behind the nation's newest weapons platform.

The 33rd Fighter Wing has eight basic familiarization courses now in session at the academic training center with courses currently scheduled through early next year. Approximately 100 maintenance students from three branches of service began the inaugural classes March 19.

"This is hugely significant for all services because we are getting our maintainers prepped for when we are fully stood-up for F-35 training in the near future," said Col. Andrew Toth, the 33rd FW commander. "The classes are another exciting step forward in the 2012 execution year for F-35 training."

Every step has an effect on the future of these new programs.

"What we do now hinges on the progress of

joint technical data verification for the F-35's maintenance procedures, virtual-reality trainer software validations and upgrades, as well as course delivery methods coming online," said Senior Master Sgt. Richard Brown, the F-35 ATC superintendent. "Up until this point, we've been conducting small group try outs with the integrated maintenance team here to verify the system is meeting the requirements needed."

After the team's try-out process was completed, ATC personnel were able to offer Air Force students their first certificate of completion in F-35 courses for structures, avionics, weapons and crew chief career fields. Crew chiefs assigned to the wing already gained familiarization of flight line tasks and performed duties on the flight line associated with generating sorties.

Seasoned maintainers crossing over to the new aircraft platform were selected to attend the first classes. Marine Corps students hail from careers in ordnance, avionics, power line and airframes. To share the resources of instructors and trainers, the ATC runs two class shifts with schedules occasionally ending as late as 1 a.m.

"The pipeline students, those learning to be maintainers, are anticipated to train at the ATC early 2014," Brown said. "Most of the students going through will be instructors when they stand up field training detachments."

At the ATC, students have access to computer simulators touting near-realistic interaction with the jet aided by a digital "avatar." Additionally, virtual training is provided on life-size mock-ups of F-35 components.

Lockheed Martin's F-35 platform includes the aircraft itself as well as the logistics and sustainment support systems, designed to keep each plane in the air and fully operational. Courseware is built using a flexible modular design, making it possible to train war fighters from three different services and eight international partners on three F-35 variants without creating multiple training suites of variant-specific hardware and software, according to Lockheed Martin's website. This total training solution lets trainees get immersed in the virtual experience before moving to the real thing.

Students currently enrolled are going through the phases of training designed by

ATC personnel.

"The first week of training for all specialties is basically the same," said Brian Vohl, a Lockheed Martin weapons instructor. "The desktop trainers, such as the Aircraft Systems Maintenance Trainer, require each student to follow the procedures of checking out virtual tools, reading the maintenance checklists and individually performing each task."

After ASMT training, the students break off into their specific disciplines to train virtually at the ATC before heading out to the operational side of the wing where the fifth-generation fighter is housed with each service's flying squadron.

"You can read about it all day, but you actually need a feel for the aircraft, work environment and know how the parts of the jet move," said Staff Sgt. Frantavious Dooley, a weapons crew chief assigned to the 57th Aircraft Maintenance Squadron at Nellis AFB, Nev.

The classroom experience combined with flight line operations are beneficial for learning about aircraft safety, in particular the warnings and precautions outlined in the joint technical, he said.

## BARGAIN LINE

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

### Transportation

**For sale:** Black 2002 Yamaha V-Star

1,100cc motorcycle. One owner, 16,000 miles, windshield, zip-off hard leather saddlebags, dual seat with adjustable backrest, highway bars with foot pegs, floor boards, passenger foot pegs, padded sissy bar on passenger seat with leather bag, hand guards, lots of chrome, good tires. Comes with one helmet and a pair of extra-large chaps. \$4600. Call 327-4255 (leave message) or 251-6184.

### Homes

**For sale:** Spacious four bedroom, two and a half bath home located at the end of a cul-de-sac in the Lakeover subdivision in New Hope. Huge lot with \$10,000 worth of landscaping, 8.5 foot deep in-ground pool with slide and diving board, large bedrooms, great closets and tons of storage! Half bath located in bonus room off of two car garage, wired 15 x 30 foot storage shed/green house. Approximately two minutes from Lake Lowndes State Park/lake/horse trails, four minutes from New Hope schools and 20 minutes from CAFB. Lovely and

crime free neighborhood for family! PCSing and priced at bare minimum to sell at \$168,000 firm. Willing to assist with your closing costs. Furniture and yard equipment are negotiable. Call 251-3776 for more information.  
**For sale:** 1,800 square foot home located on two acres of land in Caledonia. Three bedrooms, two full bathrooms, two-car garage, walk-in closets, tile and hardwood throughout, large laundry room, and newly painted neutral colors. Storage shed will stay. Four minutes from Caledonia schools and less than 10 minutes from Columbus Air Force Base. \$179,900. Call 574-2452 for more information.

**For rent:** Three bedroom, two bathroom, 10 minutes from Columbus Air Force Base near the hospital, newly remodeled with new bedroom carpet, patio area, large fenced-in back yard. Washer, dryer, fridge and all other major appliances included. \$799 per month. 408 24th Ave N, Columbus. Call 435-3120.

**For rent:** Three bedroom, two bathroom, 1990 square feet, Ridgeland Estates (Caledonia school district) less

than six miles from Columbus Air Force Base. Stone fireplace with gas logs, French doors to the back patio, 15-foot vaulted ceiling in sunken living room, master bathroom suite with his and hers vanity sinks, formal dining room, laundry room, two-car garage, gas connection on back patio for a grill, spacious yard, screened room off breakfast area in the kitchen, attic storage over garage and master bedroom. \$1,000/month rent. 235 Justin Circle. Call 574-9599.

### Miscellaneous

**For sale:** 2006 Clayton Mobile home, 14' X 56', two bedrooms, one bathroom, all electric, located on lot outside gate of Columbus Air Force Base. Good condition, one owner. \$15,500. Call 251-5990.

**For sale:** Large hanging Boston ferns, \$6 each; 46-piece handmade ceramic sunflower dishes, \$125 or best offer; free ceramic molds; North Star trailer sprayer, 1.4 gallons per minute, 12 volt, seven amps, 60 PSI, pull with lawn-

mower, \$100. Call 356-4292.

**For sale:** Similac soy infant powdered formula. 19 12.4 ounce cans. \$10 each. Can buy some or all. Please call (704) 918-9022.

**For sale:** Assorted .50 cal muzzle-loader accessories. Powder, caps, balls, bullets, wads, patches, quick loaders, powder measure, bullet starter, etc. Call 434-8544 for details and specific pricing.

**For sale:** Queen bedroom set with lighted, mirrored headboard, five drawer chest-of-drawers, dresser with mirror and light, \$500 or best offer; wooden computer desk with overhead hutch, \$50 or best offer. Call 425-6751.

### Yard Sales

**Garage sale:** April 28 from 6 to 10 a.m. Three-family sale, baby items, toddler girl and boy clothes, toys, bedroom furniture, yard equipment, tools, men's and women's clothing items, home decorating items, etc. Located in the Lakeover subdivision in New Hope, 87 Brandys Place.

# Caffeine: Are you taking in too much?

By Bill Goins

8th Fighter Wing Exercise Physiologist

KUNSAN AIR BASE, Republic of Korea — How many mornings do you start-off by reaching for a cup of coffee, a Red Bull, or some other energy drink...or two, or three? How about throughout the day? Most people are unaware of how much caffeine they are really taking in. Current data suggests that the average American consumes approximately 200 milligrams of caffeine daily, or about 2 cups of coffee. The same research also shows that about 10 percent of the population consumes more than 1000 milligrams per day through coffee, tea, soft drinks, energy drinks and dietary supplements.

There is plenty of research out there that shows caffeine intake, in certain amounts, can be beneficial to exercise performance. However, as with so many other things, we figure if some is good...more must be better. I recently overheard an individual talking about drinking two large energy drinks and taking caffeinated supplements before his fitness assessment because he figured it would improve his performance. More is better...right? I'll come back to him later.

Caffeine is a central nervous system stimulant, which means it makes you feel more awake, energized and aware of your surroundings. It is absorbed by the body fairly quickly and can affect all of your body's systems. In well-trained elite athletes, laboratory research has shown caffeine ingestion, of approxi-

mately 3 milligrams/kilogram of body weight one hour prior to exercise, can increase performance during prolonged endurance exercise and short-term intense exercise lasting 5 minutes. The mechanisms for improved endurance have not been clearly established. Muscle glycogen sparing (the body's use of non-carbohydrates as a source of energy during exercise, like fat) occurs early during endurance exercises following caffeine ingestion. However, it is unclear if this is due to increased fat mobilization and use by the muscle, or as a result of some other combination of physiological effects.

To put this in to perspective, a 175 pound athlete who consumes 3 milligrams of caffeine per kilogram of body weight could consume around 235 milligrams of caffeine and could see some benefits. An 8 ounce cup of generic brewed coffee has between 100-200 milligrams of caffeine. The potential downside is if this particular athlete does not generally consume caffeine as the effects of the caffeine could not be tolerated well by the individual. Another possible downside could be if the individual already consumed caffeine earlier that same day. The potential negative effects of caffeine over-consumption are well documented and include high sustained heart rate, anxiety/depression, restlessness, tremors, and sleep deprivation, and many more. So I think it is important to realize that additional field studies need to be conducted to translate the results of studies showing potential benefits in the real world and with every day athletes like you and me.

# A variety of activities are offered to base families

## Music on the Patio Returns

Music on the Patio at Whispering Pines Golf Course is tonight! The weather is beautiful and the patio is a great place to kick back and enjoy the eclectic musical sounds of Katie, Brady and Joe with friends and fantastic drink specials. No reservations are necessary to just come enjoy the fun. For more information, call the Pro Shop at 434-7932.

## Name That Park Contest

Now through Mon., May 7, turn in your ideas for what to name the "Park with No Name" located on the corner of Down St. and Simler Blvd. (across from the Bowling Center). All entries will be reviewed to determine which best represents the Columbus AFB BLAZE family. The top five entries meeting this criterion will go to the BLAZE Leadership Team for final decision. The individual, Squadron or family who submits the winning entry will win an FSS pizza party at the park valued up to \$100. The winner will be announced at the "Name that Park Celebration and America's Kids Run Kick Off" at the current "Park with No Name" on Sat., May 19, 9 a.m. Entries may be submitted by posting on our Facebook page at CAFB FSS Rocks or in the contest boxes located at the Bowling Center, Library, CDC or Youth Center.

## Mongolian BBQ Night

Make your reservations now for Mongolian BBQ Night at the Columbus Club on Tues., Apr. 24. Seating begins at 5 p.m. and will continue in 30-minute increments until 8 p.m. The menu includes stir fry vegetables, chicken, shrimp, beef, steamed rice, egg drop soup and egg noodles with Chinese sugar biscuits and fortune cookies for dessert. The cost is 95 cents per ounce, and club members receive a \$2 discount for each meal. Children ages 5 and under eat free. For more information or to make your reservations, call 434-2471.

## Children's Art on Display

Help us praise our young BLAZE team's creativity! Everyone is invited to visit the Child Development Center, Mon. - Fri., Apr. 23 - 27, 6:30 a.m. - 5:30 p.m., to view the base children's art work at the annual art show. Each child will have something on display.

## Summer Day Camp

Registration begins Apr. 23 until all slots are filled for Youth Programs' fun and educational Summer Day Camp for school age youth (K-6). Slots are available on a first-come, first-served basis, and cost is based on family income. For more information, call Terri Graves at 434-2504.

## Annual AF Club Scholarship up for grabs!

It's time for the 16th Annual Air Force Club Member Scholarship Program. A 500-word-or-less essay could earn a \$1,000 scholarship for eligible applicants. This year's theme is "Follow Your Dreams", and the essay topic is "What do the words to America the Beautiful mean to me?" Application packages are due at the Columbus Club or in the Force Support Squadron front office (Bldg. 730, Rm. 231) by Mon., July 2, 2012. Air Force Club members in good standing and their family members (e.g., spouse, children, stepchildren, dependent grandchildren) who have been accepted by or are enrolled in an accredited college or university for entry for the Fall 2012 term as part-time or full-time students in either undergraduate or graduate programs are eligi-



ble. Entry forms with rules and full eligibility requirements are available at the Club, Library, Education Center and in the foyer of the MSG Building. Or go to [www.afclubs.net](http://www.afclubs.net) for more information.

## Lock Up Your Teens!

Youth Programs is hosting a Live Lean Green Teen Lock In Fri., Apr. 27, 8 p.m., for youth ages 13-18. This event is free, and permission slips are required. Register by Apr. 20 by calling the Youth Center at 434-2504.

## Massage Therapy is Back!

Massage therapy is available by appointment only at the Fitness Center. Swedish massage is just \$35 for 30 minutes, \$60 for 60 minutes and \$90 for 90 minutes. Therapeutic/deep tissue massage is \$45 for 30 minutes, \$70 for 60 minutes and \$100 for 90 minutes. Reflexology is \$35 for 30 minutes, and a chair massage is \$1 per minute. Call Terrance Bonner at 662-251-9255 for an appointment.

## April is Month of the Military Child

Please stop by or call the Child Development Center and Youth Center for a list of activities and programs going on to celebrate the Month of the Military Child throughout the month of April. Or go to [www.cafbssrocks.com](http://www.cafbssrocks.com). Contact the CDC by phone by calling 434-2479 or the Youth Center at 434-2504.

## British Soccer Returns to CAFB

Register now for British Soccer Camp! Camp dates are June 11-13, and ages 3-18 may participate. Cost of camp varies according to age and special sessions attended. Stop by or call the Youth Center at 434-2504 for more information or register online at [www.challengersports.com](http://www.challengersports.com).

## Let's Go Cosmic

Every Monday night in April, the Bowling Center will offer Cosmic Bowling from 6 - 9

by the end of April. For more information, please call 434-2479 or 434-2504.

## Blue or Green Plate Specials?

Yes, that's right! You can get either a blue or green plate special for lunch during the week right here on base. Both offer great food choices at fantastic prices. The Columbus Club offers a daily blue plate special Mon.-Thur., 11 a.m. - 2 p.m., for just \$7.95 for nonmembers and \$6.95 for members. Whispering Pines Golf Course offers a green plate special Tue.-Fri., 11 a.m. - 2 p.m., for just \$6.95. Drinks are included in prices. For more information, contact the Club at 434-2419 or the Golf Course Pro Shop at 434-7932.

## Daily Fitness Classes Available

Columbus AFB Fitness & Sports offers a variety of heart-pumping, sweat-inducing classes throughout the week including weekday spin classes, Mon., 11 a.m., Wed., 11 a.m. and 5 p.m., Tues. and Thurs., 5 p.m. There's a Stroller Fitness Class, Tues., 9 a.m., beginning at Freedom Park. Come check out Zumba every Tues. and Thurs., 11:30 a.m., and circuit training classes on Tues. and Thurs., 5:30 p.m. For more information, call 434-2772 or go online to [www.cafbssrocks.com](http://www.cafbssrocks.com) and click on the link to the Fitness page.

p.m. Shoe rental fees are waived with every paid game. For more information, call the Bowling Center at 434-3426.

## Living Fit for Families

USAF FitFamily has created a tool to help your family get into the best shape of your lives with a simple, easy-to-use weight loss program designed just for you. We know you're busy, and this program is sure to fit your lifestyle and needs. Just create a plan. Follow it. Lose weight. It's that simple. The program includes menu plans and other weight loss tools. Sign up today at [www.usaffitamil.com](http://www.usaffitamil.com).

## Four-Person Disc Golf Tournament

The Fitness Center is taking sign-ups for a 4-person scramble disc golf tournament on Fri., Apr. 27. Play begins at 4:30 p.m. If you have trouble getting a team together, we may be able to help. For more information or to register your team, call 434-2772 or 2775.

## Swing into Spring

Everyone can enjoy discounted greens fees at Whispering Pines Golf Course. Play 18 holes with a cart for just \$18, Mon. - Thur., and only \$22, Fri. - Sun. This great deal ends Apr. 30. For more information, call the Pro Shop at 434-7932.

## More Time to Get Your GIVE On!

Giving is good...so the Child Development Center and Youth Programs has joined forces for a community wide service initiative. They will be collecting paper, crayons, markers and other simple arts and craft items to comfort hospitalized children in our local community. Drop off any of these items at the CDC or Youth Center

## Base News

### The Base Thrift Shop

The Base Thrift Shop is open on Tuesdays and Thursdays from 9 a.m. to 1 p.m. Consignments until noon. The Thrift Shop is non-profit and all proceeds benefit CAFB Community. It is located in building 530. Phone: 434-2954.

### Contraceptive Counseling Class

There are currently many safe and effective options for preventing or delaying pregnancy. The staff of the 14th Medical Group, wants to make sure you have the information you need to make your best choice. The Family Health Clinic is now offering a Birth Control Counseling Class covering topics ranging from natural family planning to tubal ligation. The class is offered once a month and taught by a Women's Health Provider and a Registered Nurse. Classes will be held at the Koritz Clinic, the last Friday of each month from 9:00 a.m. to 10:30. Please call the clinic appointment line at 662-434-2273 to reserve your spot in the next Birth Control Counseling Class.

### CLEP Testing Discontinued

The Columbus Education Office no longer offers CLEP exams. Computerized CLEP testing however will be available at the Mississippi State Univ. Assessment and Testing Center (<http://www.ats.msstate.edu/testing/>). Military members will only be charged a \$23 service fee for the first-time administration of any CLEP exam at MSU. DANTES paper-based exams will continue to be administered in the CAFB Ed Office. Please call 434-2562 or 434-2563 for more information or to schedule an exam.

### Motorcycle PPE at Exchange

Air Force compliant personal protection equipment for motorcycle riders is now carried at the base Exchange.

### vMPF Post 9/11 GI Bill Transfer of Benefits

Members can now access the vMPF and click DoD TEB website to transfer Post 9/11 GI Bill benefits. The vMPF application will verify the Airman's eligibility to transfer benefits, provide timely notice regarding eligibility issues and allow Airmen to complete, sign, and forward the required statement of understanding to the Automated Records Management System. You can link to the vMPF through the AF Portal at <https://www.my.af.mil/afpc2ww3/vmpf/Hub/Pages/Hub.asp>.

### DRMO as a source of supply

Authorized personnel may retrieve property

that is marked for DRMO Facilities only if they are still physically located in Base Supply. For more information, call the Inspection Section at extension 434-7231 to review the property, Stock Control at 434-7198 to check for authorization and Customer Support at 434-7178 to order the property. All other DRMO processing is done via the Web at: [www.drms.dla.mil](http://www.drms.dla.mil).

### Do you have a supply problem?

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

### Attention Supply Customer

If you are looking for that special piece of equipment or furniture for your office, your point of contact is the Inspection Section of Base Supply. Inspection maintains the Last Look Area, which has used equipment and furniture turned in from other organizations. All items in the Last Look Area are available without charge to your organization. For more information, contact 434-7233 or 434-7234.

## Airman and Family Readiness Center

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

### Military and Family Life Consultant Program

MFLC consultants provide a 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. Consultants 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 251-8627.

### Self-paced Tutorials

Available on MS Office 2007 Suites; Access, Excel, Outlook, PowerPoint, Word and Windows Vista. Set your own learning pace at your AFRC.

### Relocation assistance

Weekly workshop on programs, services and resources available through the Airman and

Family Readiness Center held every Wednesday from 9 a.m. to 10 a.m. Topics of discussion include preparing for a move, environment/cultural issues or needs, adaptation and community awareness.

### Employment Workshop

Workshop on local and base employment opportunities, held every Wednesday at 1 p.m.

### Spouse welcome

For new personnel assigned to CAFB held every Wednesday from 10 a.m. to 11 a.m. in the Magnolia Inn lobby. Local information is presented.

### Sponsorship training

An electronic version of sponsorship training called eSponsorship Application and Training (eSAT) is now available. It can be found on the MilitaryINSTALLATIONS homepage <http://www.militaryinstallations.dod.mil>, under "Are You a Sponsor?"

### Survivor-Benefit Plan

One of the best feelings about retiring from the military Service is to know you are guaranteed a lifetime income as the result of a successful career. What about your spouse or dependent children? If you die, what guarantees do they have? Enrolling in the SBP prior to retiring will ensure they will have guaranteed income after your death. Additional details are available by calling your SBP Counselor Jamey Coleman at 434-2720.

### Pre-Separation Counseling (DD Form-2648)

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

## Chapel Schedule

### Catholic Community

**Sunday:**  
3:30 p.m. - Religious Education, grades K-9  
4 p.m. - Choir Practice  
4 p.m. - Confession  
5 p.m. - Mass  
6 p.m. - RCIA  
**Thursday:**  
4:15 p.m. - Choir Practice

### Protestant Community

**Sunday:**  
9 a.m. - Adult Bible Study  
10:45 a.m. - Traditional Worship Service

a.m. and takes approximately 30 minutes.

### Pre and Post Deployment Tour Brief

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

### Smooth Move

April 24, 10-11:30 a.m., a class that provides relocating members/families with valuable information about moving. Learn what to expect from TMO, Housing, Military Pay, Legal, Billing, Tri-Care, Medical Records, and AFRC.

### Bundles of Joy

April 26, 1 p.m. to 3 p.m. For Active Duty families assigned to Columbus AFB who are expecting or have a child up to four months of age. An Air Force Aid Society program with informational presentations about topics such as TriCare, child care, breastfeeding, car seat safety, nutrition and fitness during and after pregnancy, and labor and delivery. ID and pre-registration required, please call 434-2790.

### Building Fit Marriages

April 26, 6 p.m. to 8 p.m. Part one of a two-part class course designed to strengthen the bonds of any marriage at any developmental stage. Held at A&RFC, Part 2 of 2 held 3 May. Call A&RFC 434-2790 to register.

### TAP Workshop

A Transition Assistance Program workshop will be held May 1-3 starting at 7:30 a.m. Seminars on May1: 7:45 a.m. Health Benefits; 8:45 a.m. Miss. Dept. of Employment Security; 9:30 a.m. Dept. of Veterans Affairs; 12:30 p.m. Disabled TAP; 2 p.m. Dept. of Labor TAP portion. Spouses are encouraged to attend with their sponsor. POC: 434-2790.

6:30 p.m. - Youth Study (Grades 6-12)

**Tuesday:**  
9:00 a.m. - Ladies Bible Study—*Believing God* by Beth Moore  
5 p.m. - Lieutenants Bible Study

**Wednesday:**  
4:30 p.m. - Choir Practice  
5 p.m. - Dinner  
6 p.m. - Religious Education: Adults, Children (Pioneer Clubs—ages 3-12)  
**Saturday:**  
7 a.m. - Men's Monthly Breakfast and Study—*Twelve Ordinary Men* (2nd Sat)



U.S. Air Force Photo/Airman 1st Class Charles Dickens  
**Airman 1st Class Phillip Tomow, 14th Force Support Squadron Customer Support Technician, assists 2nd Lt. Dustin Vicent during his base out-processing at the Military Personnel Flight service desk. The MPF handles issuances, changes and renewals of military identification cards as well as many other services mainly attributed to in and out-processing.**



U.S. Air Force Photo/Airman 1st Class Charles Dickens  
**Nancy Wallace, military family life consultant, teaches children in an afternoon program at the youth center how to make fun things with paper. The youth center holds several activities during their afterschool program to keep children learning and entertained even after they are released from school.**

# 14th FSS: Taking Care of Airman and their Families

**Rodney Bonton**  
Sr., Director, 14th Force Support Squadron

From the time you sign in on the installation to the time you are preparing to leave, we are there! Trying to define or delineate on a single page how the 14th Force Support Squadron provides services for Airman and their families can be a bit of a challenge. Our mission provides us countless opportunities for successful customer encounters while at the same time identifying ways to improve your life while you serve at Columbus Air Force Base.

Did you know that the 14th FSS handles all base in-processing for military, APF and NAF civilians, and contractors, to include issuance of CAC cards, DEERS enrollment, servicemen group life insurance and base new comers orientation?

While you are getting all the aspects of base in-processing accomplished, we can provide you assistance with child care, youth sports and other programs, and comfortable places to dine to include the collocated Columbus Club, the Bowling Center and the recently renovated Golf Course Snack Bar.

We'd like to think that the 14th FSS is about fun, fitness, food and families. We have the perfect 9-hole golf course (Whispering Pines) that provides a unique learning opportunity for the beginning golfer as well as challenges for the daily player. Our Fitness Center provides a gym to play basketball and volleyball along with a racquetball court and newly renovated tennis and outside basketball courts; two baseball fields; a plethora of cross training equipment; and plenty of free and static weights. We also offer several fitness classes to include Zumba and daily spin classes, a walking/running track, and our most recent addition...the Disc Golf Course, which is

great for team building events.

The 14th FSS culture is committed to caring for Airmen, the fallen, injured and their families...from the war front to the home front. To accomplish this, we have the Casualty Assistance and Mortuary Programs that provide next of kin notification and honors and disposition services for our fallen.

Leisure opportunities are an integral part of the regeneration process. For your enjoyment, we provide bus trips to professional sporting events including, but not limited to, New Orleans Saints football and Memphis Grizzlies basketball. We provide white water rafting trips, canoeing excursions, paint ball, skeet shooting, and archery. With our new Single Airman Initiatives, we are expanding options for other types of leisure activities that our single airmen have requested.

*These are only a few of the programs and services that we offer. We have yet to talk about Auto Skills, Arts and Crafts, First Term Airman Center, Career Assistance Advisor, Installation Personnel Readiness and our riding stables...to name a few.*

assortment of books, videos, music and periodicals. If you are looking to expand your horizons, take advantage of our Educational Center and their counseling services. We currently have two universities and one community college offering classes right here on base and numerous on-line schools available.

While you are contemplating your decision to live on or off base, you can stay in our comfortable lodging accommodations. In addition to the 53 guest suites, we have in our portfolio 20 temporary living facilities, six of which are designated as pet-friendly allowing you to keep that four-legged family member nearby.

While your tenure here as a valuable member of Team BLAZE will no doubt be fruitful and productive, there will come a time when you will have to bid farewell – whether because of PCS, separation or

retirement. To that end, our Airman and Family Readiness Center is standing by to provide you numerous resources in terms of transition assistance, resume writing and building job search and interviewing skills.

These are only a few of the programs and services that we offer. We have yet to talk about Auto Skills, Arts and Crafts, First Term Airman Center, Career Assistance

Advisor, Installation Personnel Readiness and our riding stables...to name a few. We consider ourselves a learning organization, and the most important take-away for us is listening, contemplating and determining the needs of our Airman and their families. We welcome your comments and encourage you to get involved in the myriad of activities and programs available.



U.S. Air Force Photo/Airman 1st Class Charles Dickens  
**Brooke Cope, library aide, places a recently returned book back in its place on a shelf. The base library is home to over 26,000 books and over 3,000 educational videos.**



U.S. Air Force Photo/Airman 1st Class Charles Dickens  
**Ronnie Shumpert, Avionics Specialist, enjoying weight-lifting in his off-duty time at the fitness center. The fitness center holds multiple group exercise classes a week as well as has dozens of weightlifting and cardio machines, racquetball and basketball courts, an aerobics room and is home to the Health and Wellness Center.**



U.S. Air Force Photo/Airman 1st Class Charles Dickens  
**Stanley James, 14th Flying Training Wing Maintenance Authority quality assurance evaluator, practices putting for the upcoming intermural golf matches at the Whispering Pines golf course while being coached by Booker Thomas, retired staff sergeant and five-time intermural champion. The golf course allows players of various skill levels to learn or hone their skills as well as offers a wide assortment of food dishes in the newly remodeled Pro Shop clubhouse.**