

"Produce Pilots, Advance Airmen, Feed the Fight"

Vol. 36, Issue 30

Columbus Air Force Base, Miss.

July 27, 2012

Weather



Today

High: 94, Low: 71
T-Storms



Saturday

High: 98, Low: 69
Partly Cloudy



Sunday

High: 96, Low: 70
Mostly Sunny



Monday

High: 96, Low: 73
Isolated T-Storms

News Briefs

Enlisted Promotions

Enlisted Promotions for the month of July will be held Tuesday, July 31 at 4 p.m. in the Columbus Club.

Tops in Blue

The free world tour event "Listen!" from the Air Force's premier entertainment show will visit Columbus at the Mississippi University for Women's Rent Auditorium on Saturday, Aug. 11. Doors open at 5:15 for military ID card holders and at 5:30 for the general public.

Class 12-13 Assignment Night

Class 12-13 will hold their assignment night at 5 p.m. in the Columbus Club on Aug. 3.



U.S. Air Force photo/Clara Whitley

The 2012 second quarterly award winners or their representatives pause for a photo on stage at Kaye Auditorium July 24.

Quarterly awards recognize superior performers

Senior Airman Chase Hedrick
14th Flying Training Wing
Public Affairs

24 at the Kaye Auditorium.

Team BLAZE second quarter award winners are as follows:

Airman of the Quarter: Senior Airman Brently Abilez, 14th Operations Group

NCO of the Quarter: Master Sgt. Kimberly Simon, 14th OG

SNCO of the Quarter: Master Sgt. Daniel McCleskey, 14th Mission Support Group

The 14th Flying Training Wing's best of the best were showcased at the second quarterly awards ceremony of 2012 on July

See AWARDS, Page 3

Inside



Feature **8**

SUPT Class 12-12 graduates today at 10 a.m. at the Kaye Auditorium.

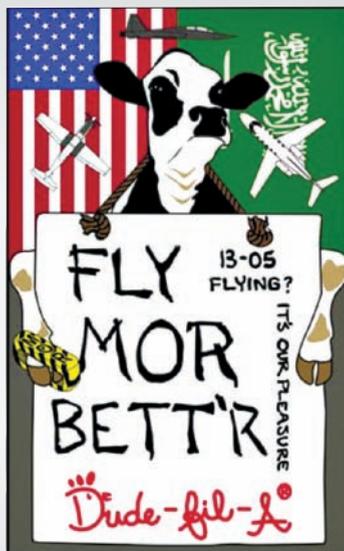
COLUMBUS AFB TRAINING TIMELINE

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 (13-06)	1.66 days	1.31 days	Aug. 10	48th (12-13)	-0.13 days	-0.61 days	Aug. 17	49th (12-KB)	-2.71 days	-0.26 days	Aug. 22	T-6	2,430	1,872	26,180
41st (13-07)	-0.44 days	0.23 days	Sep. 4	50th (12-13)	-2.06 days	-3.14 days	Aug. 17					T-1	778	756	8,626
												T-38	848	763	9,196
												IFF	284	290	2,504

The graduation speaker is Maj. Gen. Burton Moore (USAF Ret.).

Track Select

2nd Lt. Samer Ayed Alanazi	T-38
2nd Lt. Yazeed Almarkhan	T-38
2nd Lt. Joshua Bauder	T-1
2nd Lt. Jason Breaux	T-1
2nd Lt. Joshua Burrill	T-1
2nd Lt. Christopher Fleming	T-1
2nd Lt. William Hock	T-1
2nd Lt. Jarrod Huffman	Helo
2nd Lt. Justin Lennon	T-38
2nd Lt. Michael McCormick	T-1
2nd Lt. Tyler McCoy	T-1
2nd Lt. Kipp Moorhead	T-38
2nd Lt. Thomas Nichols	T-38
2nd Lt. Soren Olson	T-1
2nd Lt. Wesley Osborn	T-1
2nd Lt. Shane Ruether	T-1
2nd Lt. Nathan Samson	T-1
2nd Lt. Chad Sheiner	T-1
2nd Lt. Eric Steen	T-1
2nd Lt. Drew Warwick	T-38



Dubliher Award
2nd Lt. Justin Lennon

Top Guns
Contact: 2nd Lt. Justin Lennon
Instrument: 2nd Lt. Thomas Nichols
Formation: 2nd Lt. Thomas Nichols

13-05

Mon	Tue	Wed	Thur	Fri	Sat/Sun
30	31 Enlisted Promotions: 4 p.m. @ Club	1	2 Staff Sgt. Release Party: 4 p.m. @ Club	3 Class 12-13 Assignment Night: 5 p.m. @ Club	4/5
6 Night Flying Week 14th CS AoC, 10 a.m. @ Club	7 Newcomers Orientation, 8 a.m @ Club Class 13-12 PPW, 6:30 p.m.	8	9	10 Class 13-06 Track Select, 9 a.m. @ Phillips Luau, @ Club	11/12 11- Tops in Blue, 6 p.m. @ Rent Auditorium, MUW campus

Long Range Events

- Aug. 13: Base Housing Utility Billing Town Hall
- Aug. 14: Hearts Apart
- Aug. 16: BCC Luncheon
- Aug. 17: Class 12-13 Graduation
- Aug. 20: ALS Begins
- Aug. 22: IFF Class 12-KBC Graduation
- Aug. 23: OG CoC
- Aug. 24: Class 12-14 Assignment Night
- Aug. 28: Newcomers Orientation
- Aug. 28: Class 13-13 PPW
- Sept. 3: Labor Day
- Sept. 4: Class 13-07 Track Select

SILVER WINGS

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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.

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@columbus.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous

source of income may not appear in the Bargain Line. They may, however, be purchased through The Commercial Dispatch, 328-2424.

Homes

For sale: Four bedroom, two bathroom in Oakdale Park. Backed up to woods/privacy fence with Lowe's playset/zip-line/gazebo, completely shaded backyard by 2 p.m., new roof and stainless appliances, carpet and fixtures, includes stainless refrigerator and 50 inch plasma television mount-

ed over the fireplace. 194 Acorn Drive, \$198,000. Call 425-3676.

Transportation

For sale: 1998 Ford Explorer XLT, 5.0 liter V8, 181,000 miles, updated sound system, two 12" speakers with boxes, cruise control, sun roof, keyless entry, alarm system, has had regular maintenance. Good condition, \$4,300. Call 889-0113.

Miscellaneous

For sale: IBM Thinkpad SL510 busi-

ness/school laptop, 15.6 Display, 2.2 GHz Intel Dual Core, two gb ram, 250 GB hard drive, integrated webcam, three USB ports, DVD-RW drive, HDMI port, SD card reader, wi-fi enabled, Windows 7 Pro 64-bit, Microsoft Office Pro Suite, Adobe, Roxio DVD and Photosuite, new travel bag, in excellent cosmetic and working condition. Asking \$285. Call 386-6981.
For sale: Pressure washer, 2600 PSI, Honda engine, five nozzles, including a second-story nozzle, like-new condition, used twice. \$250. Call 356-4511.

For sale: 2.1 acres of land on Wood

Road in Caledonia. Lot is clear and ready to build. Call 356-6844.

Garage Sales

Yard sale: 5523A Hamilton Blvd., July 28 from 7 a.m. to noon. Treadmill with floor mat, table and chairs, a grill/smoker, DVD players and much more. If you would like to inquire about any of the items prior to the sale, please call 434-5023.

Visit us online
www.columbus.af.mil

IN REVERSE

(Continued from Page 6)

be interested; this will put us more at ease and ready to knock out duties confidently. With this approach, when the time comes to complete something expeditiously, we will appreciate and understand your non-sense approach, and execute your orders without hesitation. You cannot be hard-core and unapproachable all the time, there is a balance. Don't be the "pushover" boss either, because believe it or not, supervisors that allow us too much freedom, or those that do not draw the line at acceptable and unacceptable behavior, or often let things "slide," aren't respected. Think of it like this: we are like your teenage kids; we don't like you for your strict rules and curfews, but we understand and respect you for it.

Speaking of respect, we gain more and more for you when you participate in mandatory or even voluntary events with us. If you want to lead us, be involved with us. We understand you can't always be right there with us, and we don't want you with us all the time, but there are times we would like to see you there supporting us. How about coming out on a training day and getting a little dirty? I remember a commander from pre-9/11 days that would always come out for training. It was never advertised what day he was coming, but we got excited at the thought of training side-by-side with the commander — especially on the day of searching and handcuffing: a chance to handcuff your commander and not get in trouble? Score! The commander would start the training day by saying, "In the event we go to war someday and have to fight side-by-side, we must be able to operate. I don't need any

Please pass on your knowledge and tricks of the trade — don't keep them close hold, give us the knowledge to solve those same problems someday.

of you being afraid to dress my wounds because I wear a bird on my lapel and you don't want to screw it up. In the same sense, I don't want to have to dress yours and be afraid of you dying because I never went to training for a refresher." It's a small gesture in the hearts and minds of your subordinates. So supervisors, don't attend training and sit on the side and watch, get out there and train with us.

Taking care of each other is something we should be doing at all levels, and there are many ways to take care of us. Knowing the morale and welfare of your people is a good start. Leaders at all levels should know their people, at least who they are or what they do, but for the first line supervisor, you should know us better than anyone. If the first time you see my dorm room is on the day of a dorm room inspection, I have little respect for you. Do us all justice by getting to know us as a person, not just a number. Do you know my wife's name, where I live, what I like to do? Have you ever visited me at my residence? Are you there for me to reach out to in a time of uncertainty or need? The best supervisor is the one who knows us and our family situation, and is willing to spend time ensuring our personal and professional lives are in order.

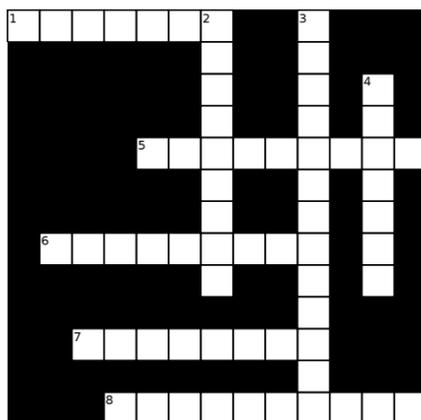
Do you prepare us for the next step — to take over and perform your job when you are gone? We should be able to keep

things going when you are gone. Recognition is important — the good supervisor gives us a pat on the back when we do well and passes recognition down to the Airmen when the flight or shop does well. Don't take individual credit and brag for something we helped you do. Recognition keeps us motivated and makes us feel like we are making a difference, and even challenges us to do better, or look at new ways of solving the same old problems. By preparing us to perform your job and recognizing us for good work, you are grooming us to be future leaders.

Please pass on your knowledge and tricks of the trade — don't keep them close hold, give us the knowledge to solve those same problems someday. Sometimes we may make a mistake, but don't treat it the same as a crime. We want to do well and solve problems and sometimes may go in the wrong direction and cause a later problem, but it was an honest effort to make things better. If we do something stupid or criminal, we deserve what we get and want to see discipline as long as it is evenly applied across the unit. I don't want an Airman to get the same enlisted performance report rating or the same decoration as I get if he or she can't pass the physical fitness test. Take care of those who are meeting the standard and don't try to lower or ignore the standard for those who do not meet it.

Definitely different perspectives on a leadership commentary, but one's should all take seriously. Have you ever sat down with your Airmen and noncommissioned and asked them what they like and dislike in a leader? I know it would be a great and personable conversation, and I'm sure you would be surprised what could be taught "from the bottom to the top."

Sexual Assault



- Across
SAPRO is responsible for the oversight of the DoD's sexual policy
- Down
SAPRO is aimed at improving and support of victims
- The fear of _____ is one of the top reasons many sexual assault cases go unreported
- The Sexual Assault Prevention and Response policy became permanent in _____ of 2005

C3

Last week's answers



IFF 12-JBC Graduates

The 49th Fighter Training Squadron graduated Introduction to Fighter Fundamentals Class 12-JBC July 25. These six members completed this phase of their training on their way to becoming fighter pilots in the U.S. Air Force.



Capt. Kristin Hollrith
F-16



1st Lt. Connor Flynt
F-16



1st Lt. Stephen Grace
F-16



1st Lt. Tyler McBride
F-16



1st Lt. Joseph Walz
F-16

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 our fighter wingmen!

AF Birthday Ball Drawdown results

A sold out crowd braved the heat of the day to participate in the Drawdown fundraiser for the 2012 Air Force Birthday Ball Friday night at the Columbus Club. While 10 major prizes and numerous door prizes were given away, the top three prize winners were:

\$500: Capt. Nick

Kellenbence, 37th Flying Training Squadron.
\$1,000: Senior Master Sgt. Terrence Stanich, 14th Operations Support Squadron.

\$5,000: Maj. Gen. Thomas "Tango" Moore, United States Marine Corps retired. Of the \$5,000, Gen. Moore donated \$1,500 to his

church, \$1,500 to the Wounded Warrior project and \$2,000 back to the Annual Ball committee for the Birthday Ball.

Tickets will begin to go on sale mid-August for the September 14th Birthday Ball at the Trotter Convention Center.

Peterson takes reins of 14th MDOS



U.S. Air Force photo/Elizabeth Owens
Col. Billye Hutchison, 14th Medical Group commander passes the 14th Medical Operations Squadron guidon to Lt. Col. David Peterson, 14th MDOS commander, on July 20 at the Columbus Club. Peterson replaced outgoing commander Lt. Col. William Isler.

AWARDS

(Continued from Page 1)

CGO of the Quarter: Capt. Christopher Brown, 14th OG

FGO of the Quarter: Maj. Keith Yester, 14th OG

Flight Commander of the Quarter: Capt. Lawrence Ervin, 14th Medical Group

IP of the Quarter: Capt. Kenneth Brakora, 37th Flying Training Squadron

Cat. 1 Civilian of the Quarter: Syble

Low, 14th MDG

Cat. 2 Civilian of the Quarter: LaChunda Sparks, 14th MDG

Cat. 3 Civilian of the Quarter: Glenna Thompson, 14th MSG

Honor Guard member of the Quarter: Airman 1st Class Tomas Lavigne, 14th MDG

Flight Chief of the Quarter: Jeri Peterson, 14th MSG

Volunteer of the Quarter: Linn Lawrence, 14th Wing Staff Agencies

CAFB submits Sijan Award nominees

14th Flying Training Wing Public Affairs

Four Team BLAZE leaders have been selected to represent the 14th Flying Training Wing in the competition for the Lance P. Sijan USAF Leadership Award.

Senior Officer: Maj. Joseph Ringer, 14th Security Forces Squadron commander

Junior Officer: Capt. Clarence Burton Jr., 14th

Contracting Squadron commander

Senior Enlisted: Master Sgt. Daniel McCleskey, 14th Communication Squadron

Junior Enlisted: Tech Sgt. Dante Arcenal, 14th Force Support Squadron

The award is named in honor of former Captain Lance P. Sijan, an AF Academy graduate and combat pilot who was posthu-

mously awarded the Medal of Honor for his intrepidity while evading capture by the North Vietnamese and during his subsequent captivity as a Prisoner of War. The award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in performance of their duties and the conduct of their lives.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 67 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Bio: Major General Burton R. Moore

Retired July 1, 1992.
Major General Burton R. Moore is director of legislative liaison, Office of the Secretary of the Air Force, Washington D.C. General Moore was born in 1941, in Red Mountain, Calif., and graduated from Ritenour High School, Overland, Mo., in 1959. He received a bachelor of journalism degree in radio and television communications from the University of Missouri in 1963 and a master of arts degree in psychology and counseling from Ball State University in 1971. The general completed the University of Southern California flight safety officers course in 1972, Armed Forces Staff College in 1976, National War College in 1980 and the Duke University executive management program in May 1984.

After receiving his commission through the Reserve Officer Training Corps program, General Moore attended pilot training at Webb Air Force Base, Texas, from September 1963 to October 1964. He then completed survival training at Stead Air Force Base, Nev., and F-4 training at Davis-Monthan Air Force Base, Ariz.

In May 1965 the general joined the 390th Tactical Fighter Squadron at Holloman Air Force Base, N.M., as an F-4 pilot and, in October 1965, deployed with the squadron to Da Nang Air Base, Republic of Vietnam. In November 1966 General Moore was assigned to Royal Air Force Station Bentwaters, England, where he served first as an F-4 aircraft commander with the 91st Tactical Fighter Squadron. In November 1969 he became director for operational plans, 81st Tactical Fighter Wing.

General Moore was assigned to Luke Air Force Base, Ariz., in February 1971 and served as an F-4 instructor pilot with the 550th Tactical Fighter Training Squadron. His next assignment was to Kunsan Air Base, South Korea, in July 1972. The general subsequently was assigned to Tan Son Nhut Air Base, Republic of Vietnam, as executive officer to the assistant deputy chief of staff for operations, Headquarters Military Assistance Command Vietnam. He served in the same capacity at Nakhon Phanom Royal Thai Air Force Base, Thailand, when Headquarters U.S. Special Activities Group was formed in February 1973.

The general returned to Luke Air Force Base, where he served as both wing chief of flight safety and flight commander, 310th Central Instructor School, from August 1973 to July 1975. After completing the Armed

Forces Staff College in March 1976, he was assigned to Headquarters U.S. Air Force, Washington, D.C., as air operations staff officer, Directorate of Programs. He served as military assistant to the NATO affairs adviser to the secretary of defense from March 1978 until July 1979, when he left to attend the National War College. After completing aggressor training at Nellis Air Force Base, Nev., in October 1980, he was assigned to Clark Air Base, Philippines, as operations officer, and later served as commander of the 26th Tactical Fighter Training Aggressor Squadron. While at Clark he became assistant deputy for operations, 3rd Tactical Fighter Wing, in July 1981; vice commander, 3rd Combat Support Group, in March 1982; and group commander in August 1982.

General Moore assumed command of the 8th Tactical Fighter Wing, Kunsan Air Base, in May 1983. In July 1984 he became assistant deputy chief of staff for operations, Office of Deputy Chief of Staff for Operations and Intelligence, Headquarters Pacific Air Forces, Hickam Air Force Base, Hawaii. He returned to the Pentagon in September 1985 and was assigned to Air Force headquarters as deputy director for regional plans and policy, and director of the ground-launched cruise missile planning group, Directorate of Plans, Office of the Deputy Chief of Staff, Plans and Operations. He was assigned as deputy director of operations in April 1986, and then became deputy director of legislative liaison, Office of the Secretary of the Air Force, in August 1986. He assumed his present duties in March 1988.

The general is a command pilot with more than 2,500 flying hours in fighter aircraft, including F-4s, F-5E's and F-16A's. He flew more than 100 missions over North Vietnam, logging more than 360 combat hours. His military decorations and awards include the Legion of Merit, Distinguished Flying Cross with oak leaf cluster, Bronze Star Medal, Meritorious Service Medal with oak leaf cluster, Air Medal with five oak leaf clusters, Joint Service Commendation Medal, Air Force Commendation Medal with oak leaf cluster, Combat Readiness Medal, Armed Forces Expeditionary Medal, Vietnam Service Medal with four service stars and the Republic of Vietnam Campaign Medal.

He was promoted to major general July 1, 1989, with same date of rank.
(Current as of December 1989)

AFSA hosts dorm dinner



U.S. Air Force photo/Senior Airman Chase Hedrick
Team BLAZE leaders serve Columbus Air Force Base enlisted dorm residents a southern cooking themed meal at the Chapel Annex on July 19. The Air Force Sergeants Association sponsored this dorm dinner to help provide a home-cooked meal to enlisted dorm residents.

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.

New civilian pay system on the way

Master Sgt. Cecilio Ricardo
Air Force Public Affairs Agency

Along with better accountability and efficiency, the system also eliminates paper use.

WASHINGTON — All Air Force civilian employees are slated to be using a new, standardized Air Force pay system by June 2013.

The Automated Time Attendance and Production System will standardize the pay method across the service and will be implemented first at Air Force Global Strike Command and Air National Guard bases on July 29.

According to Doug Bennett, associate deputy assistant secretary for Air Force Financial Operations, the system will be implemented service-wide in eight waves during the next year and is meant to save time so personnel can focus on accomplishing the Air Force mission.

"It allows folks to focus on the mission, and allows the Secretary of the Air Force and Chief of Staff of the Air Force to make informed decisions about where we need to spend our money," Bennett said.

Along with better accountability and efficiency, the system also eliminates paper use. Currently, many Air Force civilians manually report their hours using the old paper-based system, Bennett said. ATAAPS will allow a user to enter his or her time and have the supervisor approve it electronically, providing an audit trail, while increasing the accuracy of financial statements.

"It's a lot easier to trace timecards when it is centrally located," said Benjamin Yarish, Air Force Financial Management Information Technology Portfolio manager.

According to an Air Force study 50 percent of the Air

Force's civilian timecards were not properly approved by supervisors, or entered into the Defense Civilian Personnel System in a timely manner.

These inaccuracies have resulted in overpayments, underpayments, or, in some cases, no payments, according to the study.

"This standardized system will provide transparency and auditability," said John Koski, director of Air Force Information Systems and Technology.

"When your boss spends two hours every other week signing time cards, that's time that person isn't making sure that aircraft are being repaired or ready to fly," said Bennett.

The Air Force is not the first service branch to use the system.

"This system has been around for about 10 years. Army is already using it. Navy is looking to use it," said Yarish. "Therefore its track record provides confidence to use the system Air Force-wide."

The first bases to receive the ATAAPS system are Barksdale Air Force Base, La., Whiteman Air Force Base, Mo., Minot Air Force Base, N.D., F.E. Warren, Wyo., and Malmstrom Air Force Base, Mont.

"I think this is a great step forward," said Bennett. I hope folks approach this system with an open mind and embrace this opportunity."

It's your time to shine... at The First Ever

Blaze Formal

So leave the Mess Dress behind!!

Join us at the Columbus Club as we roll out the Red Carpet for your grand entrance...

HORS D'OEUVERS
Best Dressed Contest
COUPLES DANCE OFF
Designated Driver Provided

Professional Photographer will be available

August 4, 2012
1800 - Midnight
Tickets \$7.00 per person

Contacts:
SSgt Ka'Li Borders - 434-3415 • SrA JaQuari Lopez - 210+683-9424
Tsgt Chris Dooley - 434-2262

Military leaders reflect on fallen warriors

BUCKLEY AIR FORCE BASE, Colo. — Air Force leaders here expressed their sympathy for everyone affected by the movie theater shooting in Aurora, Colo., July 20.

Among the victims were two Buckley Air Force Base members, Air Force Staff Sgt. Jesse Childress and Navy Petty Officer 3rd Class John Thomas Larimer.

“This tragic event has affected everyone here at Buckley Air Force Base and our local community friends and neighbors,” said Col. Daniel Dant, the 460th Space Wing commander. “We are deeply saddened by the loss of each and every loved one.”

Childress, 29, was an Air Force Reserve cybersystems operation technician assigned to the 310th Force Support Squadron on active duty orders. Childress enlisted in 2002 with the Army, where he trained as a satellite systems operator. He then joined the Air Force Reserve in 2010.

According to friends and family he was an avid sports fan, often participating in multiple intramural sports offered on the installation. He rooted for the Denver Broncos, L.A. Clippers and L.A. Kings and was a big fan of comics and superheroes.

Larimer, 27, was a cryptologic technician assigned to the Naval Information Operations Command. He joined the Navy in 2011.



Courtesy photo
Staff Sgt. Jesse Childress was killed in a movie theater shooting in Aurora, Colo., July 20, 2012. A memorial service is expected to be held for Childress and Navy Petty Officer 3rd Class John Thomas Larimer.



Courtesy photo
Navy Petty Officer 3rd Class John Thomas Larimer was killed in a movie theater shooting in Aurora, Colo., July 20, 2012. A memorial service is expected to be held for Childress and Navy Petty Officer 3rd Class John Thomas Larimer.

“I am incredibly saddened by the loss of Petty Officer John Larimer,” said Cmdr. Jeffrey Jakuboski, Larimer’s commanding officer, in a statement. “He was an outstanding shipmate. A valued member of our Navy team, he will be missed by all who knew him. My heart goes out to John’s family, friends and loved ones, as well as to all victims of

this horrible tragedy.”

A memorial service is expected to be held for both service members. More information on dates and times will be posted on Buckley AFB’s website when available.

(Courtesy of 460th Space Wing Public Affairs.)

Former MTI found guilty on 28 charges

JOINT BASE SAN ANTONIO —LACKLAND, Texas — A sentence was returned today in the general court-martial of Air Force Staff Sgt. Luis Walker.

Walker, a former basic military training instructor at Joint Base San Antonio-Lackland, was convicted of 28 charges Friday after a week-long court-martial. The charges included rape, adultery, obstruction, aggravated sexual contact, multiple counts of aggravated sexual assault and violating a lawful order regarding unprofessional relationships with trainees.

Walker was sentenced to be confined for 20 years, to be discharged with a dishonorable discharge, to be reduced to the lowest enlisted rank (E-1), and to forfeit all pay and allowances.

The conviction stemmed from incidents that took place between

October 2010 and June 2011 involving 10 female basic military trainees while assigned to the 326th Training Squadron. Since then, the Air Force has launched comprehensive internal and external investigations at Air Force basic military and technical training centers.

Walker is the second MTI to be tried in conjunction with these sexual misconduct investigations. The first, former Staff Sgt. Vega-Maldonado, pleaded guilty to one charge of having an improper relationship with a trainee and violation of a no-contact order. He was sentenced to 90 days confinement, forfeiture of \$500 pay per month for four months, 30 days hard labor, 30 days restriction to JBSA-Lackland and reduction in rank to Airman.

RUNNING

(Continued from Page 11)

“Doctor Cucuzzella had a unique perspective because he was both a medical professional and himself a long distance runner,” said Tech. Sgt. Carl Lund, a language analyst with the 29th Intelligence Squadron at Ft. George G. Meade, Md., who attended a training session with Cucuzzella. “We took our shoes off and went through some activities of posture and movement. Running without shoes was a new concept.”

Lund said he was initially surprised, but once Cucuzzella explained the physics of minimal running, it made sense to him. He now thinks differently about his running technique.

“It’s definitely something that I’m cognizant of now,” Lund said. “It’s hard to get out of bad habits, but I think I made progress toward better technique.”

Lund has purchased different shoes after the class, but he said he doesn’t use them much yet. “It’s definitely a different style of running and you have to acclimate to it,” Lund said.

While the training aims to improve Airmen’s running and prevent injuries, the efforts also intend to educate the professional health staff on minimalist running.

“Minimalistic running has actually been well established,” Eppolito said. “It’s been around for a long time, but has only now regained popularity in the last few years. That may make it seem like a faddish occurrence. The fact is that sports medicine has a lot of research on the subject.”

Medical professionals tend to follow conventional wisdom, Cucuzzella said. But when properly trained, they too can learn how to better advise their patients in preventing, rather than treating, injuries.

“We have the science and proof on the side of exercise physiology that this is the proper way to train and to become healthy, fit and a better endurance runner,” said Cucuzzella. “It’s not about running faster, but about going back to a natural movement pattern that was lost.”

To ensure that both Airmen and health professionals get the most out of this training, data gathering on its effectiveness is a priority for the near future, said Cucuzzella.

“Ideally we would like to see Airmen improving by simply learning from the CBT,” Cucuzzella said. “But if that doesn’t work, we will need to find out how else we can standardize the training process.”

While it is still unclear whether the CBT will have the desired effect, Cucuzzella is optimistic.

“We hope that it can help people,” the lieutenant colonel said. “It’s a lot of new information. But like any skill, if Airmen have patience, practice and become their own coaches, they’re going to intuitively feel what works and are going to feel better while running safer.”

U.S. Marshals train at CAFB

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



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

United States Deputy Marshals visited Columbus Air Force Base July 19 to hone their tactical skills through training developed by the 14th Security Forces Squadron.

The Deputy Marshals participated in several training exercises including the Fire Arms Training Simulator (FATS), the Shoot Move Communicate course and a force on force exercise in the woods.

“We heard about the great training opportunities at Columbus Air Force Base so we wanted to come out and take advantage of them,” said Christopher Felix, Supervisor of the Gulf Coast Regional Task Force, Northern District of Miss.

The Marshals are a part of the GCRTF and cover the Northern District of Mississippi, stationed out of Oxford, Miss.

The Marshals look for additional training once a month on top of their mandatory training. The resources and instructors at Columbus AFB provided the

Marshals the opportunity to receive great training, said Felix.

“These guys know what they’re doing. For us to get this level of training we would typically have to travel a long distance,” said Jeff Harris, Deputy Marshal.

The Combat Arms Instructors that led the Marshals’ exercises enjoy training people and felt that this visit was no exception.

“I wish we would have this type of training more often; we enjoy our interaction with the local law enforcement agencies,” said Tech Sgt. Damon Salter, 14th SFS Combat Arms Instructor. “These training events help all of us to understand different agencies’ terminology and improve our working relationships.”

Staff Sgt. Charles May, 14th SFS



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

United States Deputy Marshals listen to Senior Airman Jason Ashmore, 14th Security Forces Squadron at Columbus Air Force Base July 19 as he explains the exercises that they will be participating in. The Marshals engaged in multiple exercises including a force on force exercise with multiple scenarios, a Shoot Move Communicate course and use of a Fire Arms Training Simulator.

Members of the United States Marshal Service engage in the 14th Security Forces Squadron’s Shoot Move Communicate course July 19 on Columbus Air Force Base. This course required the Deputy Marshals to provide cover fire, work their way downrange and tell the other participants when it was safe to move to a new location.

Combat Arms Instructor spearheaded the planning and coordination of the event and helped organize the training exercises that were executed.

“Columbus AFB has just about every kind of terrain that the Marshal Service has to deal with,” said May. “We also have trainers that spend a lot of time in the training areas we have here.”

The Marshals appreciated the training environment on Columbus AFB and the quality of the instructors leading the exercises.

“I’d like to say thank you to the Air Force and Columbus AFB for allowing us to come out and train. Every opportunity we get to train, we try to take advantage of, and this is some of the best training we have had in a while,” said Felix.

Trail BLAZE’r



Name: 1st Lt. Scott Mayo
Unit: 37th FTS
Job title: Warhawk Flight Gradebooks/Pubs/Nav Officer and Assistant USEM
Time at Columbus AFB: Two-and-a-half years
Time in Service: Three years
Hometown: Peachtree City, Ga.
Career goals: Become an excellent instructor and wingman, and eventually command a fighter squadron
Family members: Wife: Meredith

Favorite musician: Jason Mraz or John Mayer
Favorite movie: Cool Runnings
Biggest pet peeve: Bad attitudes

Favorite book: The Bible
Inspirations: My dad
Personal motto: “Go big or go home!”

Commander’s Action Line 434-7058

The Commander’s Action Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB a better place. Although the Commander’s Action Line is always available, the best way to resolve problems is through the chain-of-command.

The Commander’s Action Line phone number is 434-7058. Callers should leave their name and phone number to receive an answer. All names will be kept confidential. Message may be answered in the Silver Wings without names.

Written questions may also be brought to the PA office in the Wing Headquarters building, BLDG. 724, suite 210. Questions and answers may be edited for brevity and style.



Trust: the glue of our Air Force

Col. Matt Isler
14th Flying Training Wing Vice Commander

Our Air Force is leading the way with an unprecedented level of commitment to engage the problem of Sexual Assault. Chief of Staff, Gen. Norton Schwartz, advised that “This crime threatens our people, and for that reason alone it is intolerable and incompatible with who and what we are.” Our Vice Chief of Staff, Gen. Philip Breedlove added that “we owe our Airmen a safe environment,” that “sexual assault is a crime incompatible with military values,” and called for leaders to “get out of the office and talk to leaders and Airmen.” At Team BLAZE, we remain focused on creating a positive climate that cares for our Airmen and families while maintaining vigilance against sexual assault.

What is Sexual Assault?

AFI 36-6001 defines sexual assault as intentional contact of a sexual nature that is characterized by use of force, threats, intimidation, abuse of authority, or when the victim does not or cannot consent. Sexual assault includes any unwanted sexual contact that is aggravated, abusive, or wrongful, as well as any attempts to commit these acts.

According to the 2010 Gallup Survey of Air Force Active Duty Military members, most sexual assaults in the Air Force affect victims 18-24 years of age who are in the young enlisted rank structure. Nineteen percent of women and two percent of men were sexually assaulted while serving in the Air Force, and most of the offenders were other Airmen. Ninety-two percent of victims know their assailants, most as “peers” or “acquaintances.” Most sexual assaults in the Air Force are conducted at home station, off-base, and alcohol was a factor in 9 of 12 cases.

Contrary to the image often presented in contemporary media, sexual assault is seldom just a difference of perception between two people. In fact, most assailants have multiple victims, and 35 percent of perpetrators commit 95 percent of all sexual assaults. These multiple-victim assailants are highly-functioning individuals and careful planners, who prepare and target victims by creating and taking advantage of power imbalances, ignoring victims’ efforts to communicate, using physical threats or violence, or incapacitating victims with

alcohol or drugs.

We need to start with the premise that a report of sexual assault is factual. Broad research backs this premise, as the rate of false reports is low, with research showing that only 2-10 percent of reports are false. Not only are reports of sexual assault overwhelmingly fact-based, but under-reporting is still very prevalent. In the 2010 Gallup survey, less than 1 in 5 women, and 1 in 15 men, formally reported their most recent sexual assault. Many of these victims choose not to report because they did not want their fellow Airmen or superiors to know about the incident, or they did not trust the reporting process.

What is the Impact of Sexual Assault?

First, sexual assault permanently affects the Airmen who are the direct victims. Research shows that victims of sexual assault endure high rates of depression, substance abuse, sexual dysfunctions, and post-traumatic stress disorder symptoms. Many victims also feel self-blame and shame, develop relationship problems, and become more likely to report suicidal ideations and attempt suicide.

Next, sexual assault affects our mission by making our Airmen less productive, sapping short-term manpower during investigation and prosecution, and decreasing the long-term effectiveness of the victim and co-workers.

Finally, sexual assault hurts our overall morale and mission effectiveness by undermining the trust that holds our Air Force together. Eighty-seven percent of sexual assaults against Air Force females are committed by a military perpetrator. These victims had trusted in the bond shared by uniformed warriors, and that bond failed; they will forever be challenged to regain that level of trust in other military members.

What Can We Do About Sexual Assault?

We are all accountable for creating a climate free from sexual assault, as leaders, bystanders, and wingmen. As leaders, we also continuously set our climate by our words and actions, and we must be clear that we will not tolerate sexual assault or inappropriate relationships within our unit. Factors that contribute to a hostile environment, where the likelihood of sexual assault increases significantly, include command tolerance for jokes,

posters, and emails of a sexual nature. Also, a healthy command climate needs to address the importance of professional relationships and the responsible use of alcohol. Our Sexual Assault Prevention and Response Program remains one effective tool to help leaders eliminate sexual assault by developing a culture of prevention, educating Airmen, giving clear reporting procedures, and making sure we’re all accountable for the safety and well-being of our Airmen.

As bystanders, we have a duty to keep each other safe. This means looking out for each other, and having a plan. It means being good wingmen. We must recognize how to safely intervene, and have the courage to do so, in situations that involve or have the potential to involve a sexual assault. Stepping up and intervening during a hazardous situation could defuse a potential sexual assault, and prevent the pain and suffering of a victim that accompanies a sexual assault. We have the power to make a difference in someone’s life by preventing them from becoming a victim, or being a perpetrator, of sexual assault.

As wingmen, we are empowered to protect. We must stay vigilant to the fact that sexual assault occurs in the military . . . and that it could happen here. If we become aware of an event that could be a sexual assault, we need to first ensure the physical safety of the victim, then get the victim support through the Sexual Assault Response Coordinator. We should continue this wingman support during the healing process and during the investigation and disciplinary process for the assailant, should the victim choose a path of unrestricted sexual assault reporting.

Finally, our preventative behaviors against sexual assault must be a continuous process, as the problem of sexual assault will not go away with time. Our military members are a reflection of the realities within our society, shown by the fact that 12 percent of new Airmen entering the Air Force admit to conduct that meets the definition of sexual assault. Our accessions programs and command climate must continuously reinforce standards and behavior that actively resist sexual assault.

The Air Force and Team BLAZE remain committed to caring for our Airmen and our families. We remain committed, as leaders, bystanders, and as wingmen, to create a positive climate that provides that care while protecting our Airmen and families from sexual assault.

In reverse — From the bottom to the top

Col. Tox Wilcox
90th Security Forces Group
commander

F. E. WARREN AIR FORCE BASE, Wyo. — Have you ever noticed how every leadership commentary comes from the top of the chain? What about the opinions of our largest population segment in the military — our junior enlisted? Since it was my turn to write an

article, I decided to take it to the troops and reverse the commentary process by publishing a leadership article written by the troops, to the folks in leadership positions, at all levels. I asked Airmen to express their thoughts, ideas, and observations on what makes a leader, both good and bad. So this leadership commentary is for the supervisors, the bosses, and leaders of the Mighty Ninety, because even though we are the greatest missile wing in the Air Force,

there is always room for improvement. Let’s take a look at a few of the do’s and don’ts according to the lower-ranking future military leaders who judge and scrutinize our actions on a daily basis. So, from the bottom to the top:

Not all supervisors possess leadership qualities. It’s a fact, and believe me, we notice. From the lowest-ranking airman all the way up through the ranks, people appreciate an

approachable personality. For the supervisor coming in with a mission-only-at-any-cost demeanor, it makes you appear unapproachable, making us nervous, more prone to mistakes, and more than likely, someone we do not want to emulate. The mission is number one, but without confident and competent people, it will suffer. We suggest starting the day off with a greeting, ask about our weekend, See **IN REVERSE**, Page 14

Air Force running goes digital

Airman 1st Class Alexander W. Riedel
Air Force News Service

FORT GEORGE G. MEADE, Md. — Beginning Sept. 1, Air Force medical officials will take new strides to get Airmen running safely.

The Air Force Telehealth Office will conduct a six-month study to investigate the outcome and efficiency of online running instruction.

The study will examine the effectiveness of a newly developed set of computer-based training modules that is currently in the final stages of testing and expected to be available to Airmen soon, officials said.

One year ago, Army leadership banned the use of “toe shoes” during in-uniform physical training sessions, after encountering a change in Soldier’s clothing habits.

Air Force policies have taken a slightly different turn. While no running technique is officially endorsed or any particular style of running or running shoe mandated, officials said they recognize that wear of minimalist shoes, with a flat, flexible soles that lack traditional cushioning, has increased among Airmen. To prevent injuries among those who make the transition on their own accord, an education program will offer basic instructions so that service members can transition safely and effectively.

Separated into three distinct parts, the Web-based training will have one Airmen-oriented module, one “train the trainer” module and one that will “educate the educator.” Each module will offer information tailored to the needs of their respective target groups.

Running injuries are huge in the Air Force, said Lt. Col. Mark Cucuzella, an Air Force Reserve physician and coach of the Air Force running team. Second only to basketball, running is one of the leading causes of injury while on duty. The direct costs of medical treatment for running injuries, and indirect costs such as missed work days and decreased job performance, are considerable.

“While running seems like a natural thing, many people do not know much about proper running technique,” Cucuzella said.

Air Force officials here considered running training since the reestablishment of the run portion of the Air Force physical fitness test, however, the need for injury prevention among the new “minimalists” may have accelerated that development. Proper transitioning to this form of running, therefore, is at the heart of the modules.

“Humans ran in bare feet since the beginning of time,” said Lt. Col. Antonio Eppolito, the chief of Air Force Telemedicine. “The paradox is that while there are many indicators that minimalist running can benefit Airmen in the long term, they run the risk of experiencing injuries by transitioning too quickly.”

These injuries can be prevented, said retired Lt. Col. Dan Kulund, the former chief of health promotions at the Air Force Medical Support Agency.

“Aircraft maintenance, or AMX, maintains aircraft with preventive care. We took that idea and formed ‘RMX’ or runner maintenance,” said Kulund. “We want to apply preventive

“Humans ran in bare feet since the beginning of time,” said Lt. Col. Antonio Eppolito, the chief of Air Force Telemedicine. “The paradox is that while there are many indicators that minimalist running can benefit Airmen in the long term, they run the risk of experiencing injuries by transitioning too quickly.”

care rather than wait for problems to develop.”

Because many runners have experienced injury or discomfort during training, Cucuzella recommends approaching the Web-based training gradually. Each person needs to approach the training from their starting point — from experienced runners to novice, he said.

“During running you experience approximately three times your body weight upon impact,” Kulund said. “So if there are any deficiencies in the mechanics, they are exaggerated. What we try to do is to optimize the approach to running for each Airman and enable them to either validate their technique or discover problems.”

To understand where some of these problems lie, the training aims to educate runners about basic ergonomics of the foot and physics of running.

“The arches of our feet collapse when we run, sort of like a ‘spring’ — that is normal,” Cucuzella said, stressing the importance of landing with a mid-foot strike. The spring-like motion of feet and knees, combined with smaller, quicker steps absorbs the energy of the impact.

“What happened in our culture is that we now wear shoes that brace the foot and changes movement pattern and foot structure very early in foot development,” Cucuzella said. “It’s like an aircraft during landing: If everything is locked out, then all the impact energy is going to be absorbed by areas of the body that are not designed to do so.”

This changes running form and prevents many runners from running softly without impact protection from soled shoes. The development of large shoes may have seemed like a good idea to prevent harsh impacts, said Cucuzella. The increased padding was supposed to enable runners to extend their stride, but ultimately reduces the body’s natural spring-like movement.

However, the development of running shoes has followed a pendulum motion, said Kulund. While sportive running started natural, with old-fashioned racing flats that offered little support and allowed natural foot movement, shoe companies started adding little natures that ended up with bulky shoes that have been in use until recently.

“It’s just a matter of the pendulum swinging back,” Kulund said.

Now many runners want to know why running with “less shoe” is more effective and some even are apprehensive.

“The burden of proof should be on the athletic shoe manu-



U.S. Air Force photo/Airman 1st Class Jarrod Grammel
A pair of discarded shoes sits as Airmen line up to practice running drills and newly learned techniques during a running clinic at Moody Air Force Base, Ga., May 30, 2012. Airmen were encouraged to take their shoes off, which forces a gentler, mid-foot strike instead of a heel strike.

factors,” said Eppolito. “There has not been a single study that proves that cushioned running shoes significantly improve performance or prevent injury in runners.”

But buying different shoes may not be necessary right away. Kulund developed the basic aerobic training tool as a memory aid to train Airmen in natural running, before changing footwear.

“If Airmen wear a shoe with a lower heel, they automatically improve their running form,” said Kulund. “But not every Airman will necessarily want to change shoes right away. The BATT helps them find a natural form even when not wearing lower-heeled shoes.”

The feedback from Airmen using the BATT method has been positive, said Kulund, who hopes that once they memorize the technique, Airmen pass the figurative “baton” and inspire others to improve their running.

Some Airmen are already espousing the benefits of the training.

Before the development of the online training, the three experts travelled to bases across the nation to conduct running clinics — helping Airmen, face-to-face, understand the basics of proper running.

See **RUNNING**, Page 12

A large variety of activities are offered to base families

Great Volunteer Opportunity with Tops in Blue!

Tops in Blue, the premier entertainment showcase of the U.S. Air Force, will perform a free, family-friendly show Saturday, Aug. 11 at 6 p.m., at Mississippi University for Women's Rent Auditorium. Volunteers are needed to assist with Unload and set-up, usher, backstage, and breakdown. Contact Jeri Peterson 434-3602 or jeryl.peterson@columbus.af.mil.

Full Moon Family Run

Celebrate the first annual Fitness Center Full Moon 5K Family Run at 7:30 p.m. on Aug. 29. This 3.1 mile run is for all ages. A 1.5 mile course will be available, strollers are welcome. Commanders Trophy Points will be awarded, FMI 434-2772.

Let's Schlitterbahn!

Your Information, Ticket and Travel office now has discounted tickets for Schlitterbahn – the number one water attraction in America with locations in Galveston Island, South Padre Island and New Braunfels, Tex., as well as in Kansas City, Kan. Contact ITT at 434-2505 today for more information.

Get Moving!

Your Columbus AFB Fitness Center has two exciting programs to get in super shape this summer. The 444-Mile Summer Cardio Challenge is June 20 – Sept. 19 on the new LifeFitness Cardio Equipment. Imagine running the Natchez trace, where Native Americans, Kaintuck boatmen, post riders, government officials and soldiers moved along the trail tying the Mississippi Territory to the fledgling United States...all from the equipment at your fitness center. Log cards are available at the front desk at the Fitness Center, and participants who complete the challenge receive a commemorative T-shirt. For more information, call 434-2772.

Don't Let Your Kids Get Bored

The Youth Center has a variety of fun and exciting camps and trips (something for all ages, including adults). For a complete list of programs and for more information contact the Youth Center at 434-2504.

Pool Passes at Outdoor Rec

Independence Pool is open daily; get your pool passes at Outdoor Recreation. These passes will NOT be sold at the pool or the Columbus Club, but only at ODR. Swim lessons are scheduled in two-week increments throughout the summer for all ages and all skill levels. Stop by or call ODR at 434-2505 for more information.

Summer Bowling Specials

Bowling punch cards are back on sale with 10 games for \$10, 25 games for \$20 and 50 games for \$40. Finally, Bingo at the Bowling Center is back for just \$1 per card. Check out the Summer Sizzling Specials to win great prizes for your patronage. Call the Bowling Center at 434-3426 or 3577 for more information.



Affordable Tickets at ITT

The Information, Ticket and Travel office has discounted tickets for Disney World, Universal Studios, Dollywood, Sea World, Busch Gardens, and Six Flags over Georgia, the Memphis Zoo, Alabama Adventure, Dixie Stampede, Geysers Falls and more. Call 434-2505/7861 for more information.

Need a Break from the Kids?

Parents, contact the Child Development Center for information on the Parents Night Out/Give Parents A Break program, 434-2479.

Batting Cages Now Open

The new batting cages are now open for business. Get 12 balls for just \$1. Machines accept quarters only. The new machines and elevators have been installed behind the adult ball fields.

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 251-9255 for an appointment.

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.usaffitfamil.com.

Daily Fitness Classes Available

Columbus AFB Fitness and 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.cafbfsrocks.com and click on the link to the Fitness page.

Car Maintenance on Base

Don't forget you can get your general automotive maintenance and repairs at the Auto Hobby Shop right here on base and even while you work. If you are a do-it-yourselfer or shade-tree mechanic, Auto Hobby offers a wide array of tools and equipment. For more information and pricing, drop by Auto Hobby or call 434-7842.

Hot and Easy to Use - FSS Gift Cards

These gift cards are available in increments of \$5 to fit any budget. They can be used at most FSS facilities (golf, bowling center snack bars, clubs) at Air Force installations WORLD-WIDE...and they never go out of style. FSS gift cards can be purchased at Whispering Pines Golf Course, Strike Zone Lanes or at the Youth Center.

Instructional Classes at Youth Center

Youth Programs is offering piano lessons, guitar lessons, tumbling classes, dance classes and martial arts instruction. Time and ages vary for all classes. Call 434-2504 or stop by the Youth Center for more information.

Get off the Couch and Play!

Columbus AFB has an 18-hole disc golf course across the street from the Fitness Center. The course's layout includes par threes, fours and fives plus lots of trees making it great for beginners or pros alike. So grab your friends or family and a disc and have some fun! Disc sets are available for check out at the Fitness Center.

It's Like FREE Money!

Single airmen returning from deployment and families of deployed members can receive up to \$500 in special discounts and rewards through participating FSS facilities and programs. Get discounted trips at Information Tickets and Travel, rent equipment from Outdoor Recreation, play a round of golf, participate in a golf clinic, or go bowling with a friend. These are just some of the offerings through the PLAYpass program. To find out if you are eligible for a PLAYpass card, visit www.MyAirForceLife.com or call the AFRC at 434-2790.

Base News

Retiree Affairs Coordinator Needed

Volunteer needed 2 to 3 days per week to assist with advising military retirees on benefits are provided The Retiree Affairs office is established to coordinate, establish and staff an office on an active-duty, reserve or guard base through command channels that will assist retirees with myriad actions. These actions include: serving as information center for space-available travel, Tricare, base services, etc.; offering referrals for financial-assistance and pay matters; counseling active duty Airmen nearing retirement; and providing literature on retirement issues. Another major activity involves working with base agencies to conduct Retiree Activity Day events. If interested, contact Linda Dodson at 434-2314 or linda.dodson@columbus.af.mil

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.

Airman's Attic

The Airman's Attic is open Tuesdays - Thursdays 10 a.m.-2 p.m. and Saturdays 10 a.m.-noon. The Attic serves junior enlisted members (E-1 through E-5) with uniforms and basic household items at no cost. Donations of uniforms, household goods, family clothing, maternity, infant care items and furniture are welcomed. Please coordinate furniture or other large donations with the staff during business hours. The Attic is located in building 530, across from the Thrift Shop.

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 to 10:30 a.m. Please call the clinic appointment line at 434-2273 to reserve your spot in the next Birth Control Counseling Class.

Sleep Enhancement Class

There is a new Sleep Enhancement Class at the Koritz Clinic held every other Friday. You are a good candidate for the Sleep

Enhancement Class if you have trouble falling asleep or staying asleep. Call 434-CARE (2273) to schedule.

Education Testing Center Closures

The Education Office will NOT conduct testing (PME, CDC, CLEP/DANTES) on Tuesday, Sept. 4. Please plan accordingly. Testing is held each Tuesday and Thursday at 8 a.m. and 1 p.m. Call 434-2562 434-2563 to schedule an exam.

FREE Computerized CLEP Exams

Computerized CLEP testing is available at the Mississippi State University Assessment and Testing Center (<http://www.ats.msstate.edu/testing/>). Military members will NOT be charged a fee for the first-time administration of any CLEP exam. However, retakes of CLEP exams must be paid for by the military member. DANTES (DSST) paper-based exams will continue to be administered in the CAFB Ed Office. Please call 434-2562 or 434-2563 for more information.

LGR Mobility Individual Protective Equipment Element closed for Training

The 14th Logistics Division, Mobility and Individual Protective Equipment Element located in the Walker Center, building 1030 will close for training Tuesdays and Thursdays from 1 p.m. to 4:15 p.m. beginning Thursday, May 10, 2012. All appointments must be scheduled around these days/times to avoid delays and inconveniences. Walk-ins are no longer accepted. All appointments must be scheduled in advance by calling 434-7305, 7306, 3363 or 3364. For more information, please call 434-7212 or 434-7306.

Mississippi Sales Tax Holiday

The annual Mississippi Sales Tax Holiday begins 12:01 a.m. Friday, July 27, 2012, and ends 12:00 midnight Saturday, July 28, 2012. The items exempt from sales tax during the Sales Tax Holiday are identical to those items exempt in prior years. Clothing and footwear items, meant to be worn next to the body and cost less than \$100 per item, are exempt from sales tax during this period. Accessories such as jewelry, handbags, wallets, watches, backpacks, and similar items do not qualify for the Sales Tax Holiday. Cleats and items worn in conjunction with an athletic or recreational activity are other sample items not eligible. School supplies and computers are not included. For additional information, go to: <http://www.dor.ms.gov/secondsalestaxholiday.html>

Alabama Tax Free Holiday

Beginning at 12:01 a.m. (CST) on Friday August 3, 2012, and ending at twelve midnight on Sunday August 5, 2012, Alabama will hold its seventh annual sales tax holiday giving

shoppers the opportunity to purchase certain school supplies, computers, and clothing free of state sales or use tax. For additional info, go to: <http://www.revenue.alabama.gov/salestax/salestaxhol.htm>.

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.)

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 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.

Bundles of Joy

July 31, 1-3:30 p.m., For active duty military and/or spouses assigned to Columbus Air Force Base who are pregnant or have a child up to 4 months of age. Info speakers on labor and delivery, finances and infant care. An Air Force Aid Society program, to register call 434-2790.

Resume Writing Workshop

August 1, 10-11 a.m., Find ways to write an effective resume, to register call 434-2790.

Chapel Schedule

Catholic Community

Sunday:
4 p.m. – Choir Practice, Sanctuary
4 p.m. – Confession
5 p.m. – Mass
Thursday:
4:15 p.m. – Choir Practice

Protestant Community

Sunday:
9 a.m. – Sunday School for Adults, Chapel Library
10:45 a.m. – Traditional Service
Tuesday:
5 p.m. – Lieutenants Bible Study, Chapel Library
Wednesday:
4:30 p.m. – Choir Practice, Sanctuary
Saturday:
7 a.m. – Men's Monthly Breakfast and Study—*Twelve Ordinary Men* (2nd Sat)



T-1A Jayhawk

SUPT Class 12-12 earns silver wings



T-38C Talon



Capt. Dakota Olsen
Florence, Mont.
F-16, Luke AFB, Ariz.



Capt. Brian Stewart
Stockbridge, Ga.
C-17, Dover AFB, Del.



1st Lt. Marcus Alvidrez
Albuquerque, N.M.
MC-12, Beale AFB, Calif.

Twenty-three officers have prevailed during a year of training, earning the right to be an Air Force pilot.

Specialized Undergraduate Pilot Training Class 12-12 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium.

The graduation speaker for the class is Maj. Gen. Burton Moore (Ret.), a command pilot with more than 2,500 flying hours in fighter aircraft, including F-4s, F-5E's and F-16A's. He flew more than 100 missions over North Vietnam, logging more than 360 combat hours. His military decorations and awards include the Legion of Merit, Distinguished Flying Cross with oak leaf cluster, Bronze Star Medal, Meritorious Service Medal with oak leaf cluster, Air Medal with five oak leaf clusters, Joint Service Commendation Medal, Air Force Commendation Medal with oak leaf cluster, Combat Readiness Medal, Armed Forces Expeditionary Medal, Vietnam Service Medal with four service stars and the Republic of Vietnam Campaign Medal. He retired from the position of director of legislative liaison, Office of the Secretary of the Air Force, Washington D.C. on July 1, 1992.

Students receive their silver pilot's wings at the ceremony, and students who excelled in their respective training tracks are recognized.

2nd Lt. Samuel Harrison, T-1, and Capt. Dakota Olsen, T-38, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lt. Kevin Jenkins, T-1, and 1st Lt. Eric Smith, T-38. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association — promoting aerospace power and a strong national defense.

Capt. Dakota Olsen, Capt. Brian Stewart, T-1, and 2nd Lt. Samuel Harrison were named the distinguished graduates of SUPT Class 12-12.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turboprop T-6A Texan II at Columbus AFB, Miss. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38C Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes approximately 26 weeks and includes 381 hours of ground training, 31.6 hours in the flight simulator and 118.7 hours in the T-38C aircraft.

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 43 hours in the flight simulator and 104 hours in the T-1A.

Each class is partnered with several business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus Air Force Base. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partner. SUPT Class 12-12's pilot partner is WCBI-TV.



1st Lt. Damion Liu
San Pedro, Calif.
C-17, Hickam AFB, Hawaii



1st Lt. Jeff Monsalve
Los Angeles, Calif.
T-6, Columbus AFB, Miss.



1st Lt. Eric Smith
New Bedford, Massachusetts
A-10, Davis-Donnan AFB, Ariz.



1st Lt. Nathan Blatt
Denver, Colo.
F-15E, Seymour-Johnson AFB, N.C.



1st Lt. Jocelyn Booker
Stone Mountain, Ga.
C-17, Travis AFB, Calif.



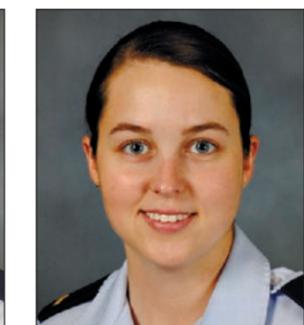
1st Lt. Ryan Gonzales
Schertz, Texas
T-1, Columbus AFB, Miss.



2nd Lt. Caleb Barber
Bonneville, Iowa
KC-135, Sioux City ANFB, Iowa



2nd Lt. Benjamin Buchanan
Dallas, Texas
C-130, Youngstown, Ohio.



2nd Lt. Heather Burns
Sanford, Fla.
C-130J, Little Rock AFB, Ark.



2nd Lt. Michael Daley
Salida, Colo.
KC-135, MacDill AFB, Fla.



2nd Lt. David Groom
Keameysville, W. Va.
C-5, Martinsburg, W. Va.



2nd Lt. Samuel Harrison
Martinsburg, W. Va.
C-5, Martinsburg, W. Va.



2nd Lt. Kevin Jenkins
Midlothian, Va.
KC-10, Travis AFB, Calif.



2nd Lt. Nicholas Landry
Ruston, La.
C-17, Charleston AFB, S.C.



2nd Lt. Jonathan O'neal
Wilmore, Ky.
F-15C, Kingsley Field ANGB, Ore.



2nd Lt. John Patten
Tipton, Mo.
F-16, Luke AFB, Ariz.



2nd Lt. Kristoffer Wiese
Tampa, Fla.
T-6, Columbus AFB, Miss.



2nd Lt. Jared Williams
Minot, N.D.
U-28, Hurlburt Field, Fla.