

## Weather



## News Briefs

### Zombie Run

The Third Annual Zombie Run is scheduled for 10 a.m. Oct. 31 across from the Columbus Air Force Base Fire Station. Check-in will begin at 9 a.m.

### Halloween Trick-or-Treat

The Columbus Air Force Base Trick-or-Treat hours are scheduled for 6 – 8 p.m. Oct. 31 in the base housing areas. The back gate will be open from 5:30 – 8:30 p.m.

### Veterans Day Parade

The Columbus Veterans Day parade is scheduled for 10 a.m. Nov. 7 starting at the Columbus Municipal Complex going through Main Street.

### Veterans Day Ceremony

The Columbus Veterans Day Wreath Laying Ceremony is scheduled for 11 a.m. Nov. 7 at the Lowndes County Courthouse. Col. John Nichols, 14th Flying Training Wing Commander, is a keynote speaker for the event.

## Inside



### Feature 8

Optometry is highlighted in this week's feature.



U.S. Air Force photo/Elizabeth Owens

**Col. Jerome Hayes, the Individual Mobilization Augmentee to the Division Chief, Air Force Senate Liaison, Office of the Secretary of the Air Force, the Pentagon, speaks to Specialized Undergraduate Pilot Training Class 16-01 during their graduation ceremony Oct. 23 on Columbus Air Force Base, Mississippi. Hayes imparted his words of wisdom to the newest aviators, stressing readiness and preparedness as paramount to success in the Air Force and in their personal lives.**

## Hayes stresses readiness to new SUPT graduates

### Airman 1st Class John Day

14th Flying Training Wing Public Affairs

Col. Jerome Hayes, the Individual Mobilization Augmentee to the Division Chief, Air Force Senate Liaison, Office of the Secretary of the Air Force, the Pentagon, spoke to Specialized Undergraduate Pilot Training Class 16-01 during their graduation ceremony here Oct. 23.

tion ceremony here Oct. 23.

Hayes began by thanking all in attendance for playing their part in Producing Pilots.

"Thank you for taking time to be here with us today," Hayes said. "This is your mission, your product. You should be proud to

See HAYES, Page 2

## 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 (16-11)	-4.22 days	-1.62 days	Dec. 14	48th (16-03)	3.67 days	2.91 days	Dec. 14	49th (16-BBC)	7.94 days	3.43 days	Nov. 18	T-6	2,620	2,531	2,531
41st (16-10)	2.93 days	-0.24 days	Nov. 17	50th (16-03)	3.17 days	1.91 days	Dec. 14					T-1	828	755	755
The graduation speaker is Col. James Fisher, 14th Flying Training Wing Vice Commander.												T-38	630	702	702
												IFF	380	373	373



## 14TH FLYING TRAINING WING DEPLOYED

As of press time, 38 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

### HAYES

(Continued from page 1)

share in the accomplishment of graduating this class.”

He then spoke about the era of the Air Force he served in and how it differs from the one class 16-01 will serve in.

“The Air Force you are serving in is not the Air Force you will be serving in 20 years from now,” Hayes said. “We are flying 5th generation fighters. We are flying drones half a world away with deadly accuracy.”

The colonel stressed readiness is key to a successful response to any threat. He recounted a story where just two days before Thanksgiving, he was called away for a mandatory assignment to return to active duty for two years.

“Will you be ready?” Hayes questioned. “That is my question for you today. The Air Force is going to ask some of you to be fighter pilots, First Assignment Instructor Pilots, reaper pilots and you need to be ready.”

Hayes also mentioned preparedness goes hand-in-hand with readiness.

“You need to prepare,” Hayes said. “To be an effective leader, you need to learn the tactics, procedures, techniques and how to employ your weapon system, but it

*“The Air Force you are serving in is not the Air Force you will be serving in 20 years from now,” Hayes said.*

doesn’t end there. Be ready to upgrade to aircraft commander, instructor pilot, evaluator pilot, mission commander, director of operations or a squadron commander.”

He then explained leadership and development of skill is paramount to not only your job as a pilot, but to your entire career.

“You all are officers as well as pilots,” Hayes said. “Today we are celebrating your pilot accomplishments but you are commissioned as an officer, not a pilot. And officers lead.”

Hayes ended his speech by once again thanking and congratulating the graduating class for their achievement of such an important milestone in their lives.

“As you go forth, be ready to embrace the changes on the horizon,” Hayes said. “Congratulations again to class 16-01. I wish you the best in your future endeavors.”

## Silver Wings

### How to reach us

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

### Editorial Staff

**Col. John Nichols**  
14th Flying Training Wing  
Commander

**Mr. Sonic Johnson**  
Chief of Public Affairs

**Senior Airman Kaleb Snay**  
Editor

**Airman 1st Class John Day**  
Staff Writer

**Mrs. Tina Perry**  
Layout Designer

### Submission Deadline

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

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

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

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

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

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
2	3	4	5 F-22 Static Display/ Capability Brief, 10:30 a.m. and 1:30 p.m. @ Phillips	6	7/8 7th: Veteran's Day Parade, 10 a.m. @ Columbus Main Street 7th: Veteran's Day Ceremony, 11 a.m. @ Lowndes County Courthouse 7-8th: Moody AFB Airshow	Nov. 17: Newcomers Orientation Brief Nov. 18: IFF 16-BBC graduation Nov. 19: Great American Smoke Out Nov. 26: Thanksgiving Holiday Nov. 27: AETC Family Day Dec. 15: Newcomers Orientation Brief Dec. 18: SUPT Class 16-03 graduation Dec. 24: AETC Family Day Dec. 25: Christmas Holiday Dec. 31: AETC Family Day Jan. 1: New Year's Holiday Jan. 6-7: CSAF All-Call Jan. 22: SUPT Class 16-04 Graduation Jan. 29: Fourth Quarterly Awards Ceremony
9	10	11 Veteran's Day F-105 display ceremony, 9 a.m. @ Tupelo	12 International Spouses Luncheon, 11 a.m. @ Old Waverly Clubhouse	13	14/15	

**Oct. 30, 31**  
The Columbus Police Department is hosting a Haunted House at 6 p.m. at the Trotter Convention Center. Admission is \$10 for adults, \$5 for children, and proceeds benefit injured local policemen as well as the Firefighter's Scholarship & Disability Fund. They are also looking for volunteers to help provide scares. For more information, contact by email at rsanders@columbusms.org.

**Nov. 5 - 8**  
Disney On Ice presents "Let's Celebrate" at the Bancorp South Arena, Tupelo, Mississippi; show times vary. Tickets are \$52 VIP Rinkside, \$37 VIP Risers, \$27 Upper level/Children 2-12 \$12, and Upper Side Level \$17/Children 2-12 \$12.

**Nov. 7**  
The Columbus Veterans Day Parade is free and open to the public. The parade begins at 10 a.m. at the Columbus Municipal Complex and marches down Main Street, ending at the Court House. The wreath laying ceremony begins 11 a.m. at the Lowndes County Courthouse and will feature Col. John Nichols, 14th Flying Training Wing Commander, as a keynote speaker.

**Nov. 11**  
A Veterans Day ceremony and F-105 dedication begins at 9 a.m. at Veterans Memorial Park in Tupelo, Mississippi. The rain location is at the Tupelo Aquatic Center.

## 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, 328-2424.

### Transportation

**For Sale:** 2007 Toyota Camry Hybrid, 138K miles, silver w/gray leather interior, new tires and meticulously maintained. Asking \$6,000 or best offer. For more information please call 386-9100.

### Miscellaneous

**For Sale:** IBM T61 Laptop, Intel 2.10ghz central processing unit, Windows XP operating system, 80 GB hard drive, 2 GB Ram, Wi-Fi, USB, CDRW/DVD, very good condition, \$135 or best offer. C-Spire Samsung Galaxy S4 smartphone, excellent condition, \$175. C-Spire Samsung Galaxy S3 smartphone, excellent condition, \$120. Call 386-6981 if interested.

Intel 2.10ghz central processing unit, Windows XP operating system, 80 GB hard drive, 2 GB Ram, Wi-Fi, USB, CDRW/DVD, very good condition, \$135 or best offer. C-Spire Samsung Galaxy S4 smartphone, excellent condition, \$175. C-Spire Samsung Galaxy S3 smartphone, excellent condition, \$120. Call 386-6981 if interested.

Produce Pilots, Advance Airmen, Feed the Fight

## Columbus AFB mourns loss of 14th CES civilian Airman

### 14th Civil Engineer Squadron

A civilian Airman assigned to Columbus Air Force Base passed away Oct. 29 at North Mississippi Medical Center in Tupelo, Mississippi.

Felix Dillard, 14th Civil Engineer Squadron, passed away due to an illness Thursday morning.

Mr. Dillard was a proud member of the 14th CES since 2005. He began his federal civil service career in the Logistics Readiness Squadron and later accepted a promotion to his current position in the HVAC Shop.

Before coming to work at Columbus AFB, he served in the Navy and in the Naval Reserves. Within the squadron, Mr. Dillard served as a union steward for many years. As the union steward, Mr. Dillard diligently addressed employee issues and did his very best to rectify the problem and ensure employees were treated fairly.

Mr. Dillard was a dedicated worker within the 14th CES family and he will



Felix Dillard, 14th Civil Engineer Squadron

be sorely missed.

Information on visitation and funeral arrangements is unavailable at this time.

## Track Select

Capt. Zaid Al Nidawi	T-38
Capt. Edwin Rivas	T-1
2nd Lt. Douglas Allen	T-1
2nd Lt. Tyler Crompton	T-1
2nd Lt. Ryan Gray	T-1
2nd Lt. William Howard	T-38
2nd Lt. Phillip Huebner	T-38
2nd Lt. Seth Jackson	T-1
2nd Lt. Michael Lindamood	T-1
2nd Lt. Henry Martin	T-38
2nd Lt. Justin McCroskey	T-1
2nd Lt. Joel McIntyre	T-1
2nd Lt. Terrence McKenna	T-1
2nd Lt. Andrew Murrell	T-38
2nd Lt. Gavin Owens	T-1
2nd Lt. Joel Stark	T-1
2nd Lt. Wesley Templeton	T-1
2nd Lt. Nicholas Vomund	T-1
2nd Lt. Elisabeth Westfall	T-1



### Leverette Award

2nd Lt. Nicholas Vomund

### Top Guns

**Contact:** 2nd Lt. Nicholas Vomund

**Instrument:** 2nd Lt. Nicholas Vomund

**Formation:** 2nd Lt. Andrew Murrell

# 16-09

## Time nearly out to donate to CFC

### Maj. Neil Gregory

14th Flying Training Wing Combined Federal Campaign Manager

Team BLAZE is entering the last week and a half of the Combined Federal Campaign at Columbus Air Force Base.

We will meet the goal of 100 percent contact and \$88,000 raised for charities soon.

Currently, 90 percent of the base population has been contacted and the wing has raised approximately 50 percent of the monetary goal. The campaign is scheduled continues until Nov. 11. If you desire to help, remember donations can go to local, national, and international charities of your choice. For more assistance contact your unit POC.

Name	Unit	
WSA		
Capt. William Scharfenberg	Primary	14th CPTS
Tech. Sgt. Christopher Williams	Assistant	MAQ
Senior Airman Justin Guerrero	Assistant	14th CPTS
14th FSS		
Capt. Jennifer Fillmore	Primary	14th MSG
Master Sgt. Kristi Gadson		14th FSS/MSG
Senior Airman Morris Worship		14th CS
Staff Sgt. Dajuantaye Brown		14th CES
Staff Sgt. Joshua Kenney		14th CES
Ms. Hannah Layfield		14th CES
Senior Airman Bradley Garwood		14th CONS
Ms. Johanna Parrish		14th LRS
Tech. Sgt. Tamarah Williams		14th SFS
Staff Sgt. John Solis		14th SFS
Airman 1st Class Lavar Gerard		14th SFS
14th OG		
Capt. Neil Gregory	Primary	14th OG/WG
Tech. Sgt. Joel Cortes	Assistant	14th OG
1st Lt. Steven Alsen	Assistant	14th OG
Capt. Dallas Varwig		14th STUS
Capt. Robert Steigerwald		14th OSS
1st Lt. Alexander Kauth		37th FTS
Capt. Matthew Carey		41st FTS
1st Lt. Jeffrey Leonard		41st FTS
Maj. Paul Farlow		43rd FTS
1st Lt. Ian Ellington		48th FTS
1st Lt. Ian Pryce		48th FTS
Capt. Justin Address		49th FTS
Staff Sgt. Maria Hall		49th FTS
1st Lt. Adelae Riley		50th FTS
14th MDG		
Capt. Michelle Lempke	Primary	14th MDG
Capt. Jennifer Arce		14th MDG
Master Sgt. Carolyn Stewart		14th MDG
Senior Airman Samuel Miller		14th MDOS
Staff Sgt. Stephen McCallister		14th MDOS
1st Lt. Yolanda McKelvey		14th MDSS
Senior Airman Adrian Johnson		14th MDSS

# Exchange puts some jingle back in shoppers' pockets with 'Your Holiday Bill Is On Us' Sweepstakes

Army & Air Force Exchange Service

The Army & Air Force Exchange Service is making holiday wishes come true for military shoppers by picking up the tab on their Military Star card up to \$8,200 with the "Your Holiday Bill Is On Us" sweepstakes.

From Nov. 1 through Dec. 31, shoppers will be automatically entered in the worldwide sweepstakes each time they use their Military Star card to pay for purchases at the Columbus Exchange or on shopmyexchange.com. Each transaction counts as one entry.

Three grand-prize winners will receive their Military Star card bill paid in full up to \$8,200 with a minimum prize of \$2,500.

Ten second-prize winners will be awarded a \$1,000 credit on their Military Star card statement, while 25 third-place winners will earn a \$500 credit. Winners with a balance less than their prize amount will receive a credit on their account.

"With this sweepstakes, the Exchange is making dreams come true and changing lives," said General Manager Roberto Montalvo. "Just one swipe of a Military Star card is all it takes to enter."

In 2015, the sweepstakes changed the life of one grand-prize winner. Kakala Loketi had her Military Star account paid in full during a presentation at Freedom Crossing at Fort Bliss, Texas, where she took scissors to an oversize credit card statement, symbolizing her \$8,200

bill being wiped clean.

"This is a huge relief for me and my family," Loketi said at the time, noting she primarily used her card for emergencies and to help young Soldiers pay for necessities, like gas. "A weight has been lifted off me."

This holiday season, all shoppers who pay with their card will get something back thanks to a new rewards program. All Military Star cardholders earn two points for every \$1 spent in Army, Air Force, Marine Corps, Navy and Coast Guard exchange stores, and wherever else the Military Star card is accepted. For every 2,000 points earned, shoppers automatically receive a \$20 Military Star rewards card.

Winners of the "Your Holiday Bill Is On Us" sweepstakes will be announced on or about Jan. 30.

## Team BLAZE Airman gets perfect scores at Keesler AFB



U.S. Air Force photo by Kemberly Groue

Senior Airman Sarah Bruce, 335th Training Squadron student, reviews class material during the personnel apprentice course at Wolfe Hall Oct. 14, 2015, Keesler Air Force Base, Mississippi. Bruce graduated with perfect scores and will head to the 311th Training Squadron, Presidio of Monterey, California, Army Base. Bruce was previously assigned to the 14th Operations Support Squadron at Columbus AFB, Mississippi, and also served as the 14th Flying Training Wing Command Chief's Executive Assistant.

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

## 2015 COLUMBUS VETERANS' DAY PARADE AND CEREMONY



*In honor of those who have fought for our freedom*

Saturday, 7 November 2015

Parade begins at 10 a.m.

at Columbus Municipal Complex (1501 Main Street)

and proceeds down Main Street

Join us at 11 a.m. for a wreath-laying ceremony at the Lowndes County Court House (502 2nd Ave N)

## SAPR

(Continued from page 12)

with standardized, developmental education and training throughout their career, strengthening the Air Force culture of dignity and respect and sustaining an environment inhospitable to sexual assault perpetrators. Effective enhanced developmental education and training will be tailored to address specific populations and behaviors of individuals, groups, and cultures.

"We're moving away from a one-size-fits-all approach to prevention and thinking hard about who needs what and when," Sharp said. "We know that risk factors change as people age and that an Airman's role in prevention might change as he or she takes on different leadership roles; so, we are moving towards a more nuanced approach to prevention that focuses on delivering relevant skills and messages to the right people at the right time."

The strategy document explains factors that put an individual at risk for perpetration such as previous unhealthy experiences, beliefs or relationships, and outlines a plan to tailor training to address risk factors in every setting.

"We listened to Airmen's concerns and we're excited about the new model that will be introduced to the force," said Chief Master Sgt. of the Air Force James A. Cody. "It's on us to ensure our Airmen are trained appropriately to shape our culture in a manner that does not allow sexual assault or harassment to occur."

Airmen will begin seeing portions of the prevention strategy in action this year. The Air Force SAPR office is working with a contracted prevention training company to tailor the company's training to address specific populations and behaviors of individuals, groups and cultures within the Air Force.

Focus groups to assist in this effort are currently ongoing at Little Rock Air Force Base, Arkansas, and Keesler AFB, Mississippi, and the new training will be presented to Airmen beginning in January 2016. Additionally, major commands across the Air Force have already begun to use advisory boards or existing installation delivery systems to support the rollout of the prevention strategy and new training model.

"Sexual assault has a direct impact on our Airmen and our mission. Our Airmen deserve to carry out our vital missions in an environment where they are treated with respect and dignity," James said. "We will not stop looking for ways to improve until we have an Air Force free from sexual assault."

# Air Force chief's resilience conquers breast cancer

Kevin M. Hymel

Air Force Surgeon General  
Public Affairs

FALLS CHURCH, Va. — *(This feature is part of the "Through Airmen's Eyes" series. These stories focus on individual Airmen, highlighting their Air Force story.)*

Chief Master Sgt. Yolanda Jennings recalled that when doctors diagnosed her with breast cancer in September 2008 she was not surprised, but she was scared.

"No one wants to hear that," said Jennings, who now works at Air University on Maxwell Air Force Base, Alabama.

At age 37, she was below the at-risk age for cancer, but when she suspected she might have the disease after a self-diagnosis, her friends told her it was probably something else. "I kind of knew," she said.

Jennings, whose mother had died of multiple myeloma four years earlier, was diagnosed with triple-negative breast cancer -- a rare and often aggressive form of breast cancer which tends to occur in younger women and African-American women, according to the Susan G. Komen organization.

"It hits a lot of minorities," Jennings said, "and they don't survive."

The worst part for Jennings, she said, was the uncertainty about the future and the idea that she would never see her children.

Fortunately, her doctors caught the cancer early. She started her first round of chemotherapy on Halloween and benefitted from an accelerated program. She then went through 30 rounds of radiation, and completed her entire treatment by April 2009.

Through it all, she said she had the support of her family and also from her co-workers at Tinker AFB, Oklahoma, who supported her as she went in every day.

"I wanted to come to work," Jennings said, adding that work made her feel better. "I did not want to be 'oh woe-is-me' about it."

However, her Thursday chemotherapy treatments would hit her hard the next day around 2 p.m., she said. Yet she did not miss any work once her chemotherapy port was placed.

"I would tough it out until three on Fridays," she said. "I even did PT."

Her oncologist was so impressed, she said, with her condition, he told her, "Whatever you're doing, keep doing it."

Her wing commander was especially supportive. When her hair fell out and she had to wear an uncomfortable wig that itched, he



U.S. Air Force photo/Melanie Rodgers Cox

Chief Master Sgt. Yolanda Jennings works on a project with Senior Airman Jameka Ruta, Oct. 14, 2015. Jennings is a breast cancer survivor.

told her to do whatever was comfortable, she said, adding that she took it off revealing her bald head.

Jennings' treatments did not limit her career either, she said. When she learned of an open position with the secretary of the Air Force, she wanted to apply. Even though her chemotherapy had ended, she was still receiving radiation treatments. Her wing commander told her that he would put her in for it. She flew to Washington, D.C., and interviewed with then-Air Force Secretary Michael B. Donley. She said she wore her wig, but Donley, whose wife was an oncological nurse, told her if she was uncomfortable to take it off. She did.

"It was a great interview," said Jennings, who eventually landed the job.

Now a cancer survivor of seven years, Jennings encourages others.

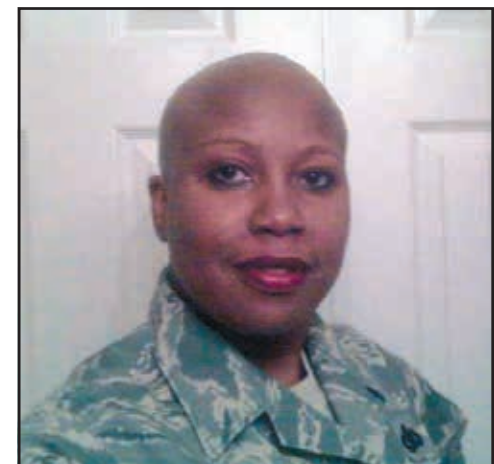
"If there's something you want to do, do it, because you are not promised tomorrow," she said.

She took her own advice when her job with Donley ended and she took a job on Air Force One. "I flew around the world with the president," she said.

And when she realized there were not many African-American female chiefs in the Air Force, she studied for it and achieved the rank of chief master sergeant.

"I did what I needed to do," she said, "and now I'm at Maxwell (AFB) at an amazing job."

Her advice to women who suspect they



Courtesy photo

The results of Chief Master Sgt. Yolanda Jennings' chemotherapy treatment, when she had just taken her wig off for the first time at work.

might have breast cancer is to get checked. And if someone is diagnosed with breast cancer, she encourages them: "Don't give up ... fight through it whatever it is."

Jennings appreciates how the Air Force helped her through her diagnosis and treatment.

"The Air Force is not looking to put you out because you're sick, they're doing it to make sure you're fit," she said of the morale and health care support she received. "I give them 110 percent."

For more women's health information, visit: <http://www.cancer.gov/types/breast>.

# Air Force awards LRS-B contract

Secretary of the Air Force  
Public Affairs

WASHINGTON — The Air Force announced today the contract award of Engineering and Manufacturing Development (EMD) and early production for the Long Range Strike Bomber to Northrop Grumman Corporation.

“The LRS-B is critical to national defense and is a top priority for the Air Force,” said Secretary of the Air Force Deborah Lee James. “We face a complex security environment. It’s imperative our Air Force invests in the right people, technology, capability and training to defend the nation and its interests – at an affordable cost.”

The future threat will evolve through the introduction of advanced air defense systems and development of more capable surface to air missile systems. The LRS-B is designed to replace the Air Force’s aging fleets of bombers – ranging in age from 50+ years for the B-52 to 17+ years for the B-2 – with a long range, highly survivable bomber capable of penetrating and operating in tomorrow’s anti-access, area denial environment. The LRS-B provides the strategic agility to launch from the United States and strike any target, any time around the globe.

“The LRS-B will provide our nation tremendous flexibility as a dual-capable bomber and the strategic agility to respond and adapt faster than our potential adversaries,” said Chief of Staff of the Air Force Gen. Mark A. Welsh III. “We have committed to the American people to provide security in the skies, balanced by our responsibility to affordably use taxpayer dollars in doing so. This program delivers both while ensuring we are poised to face emerging threats in an uncertain future.”

The Long Range Strike Bomber con-



U.S. Air Force photo/Scott M. Ash

**Secretary of Defense Ashton Carter introduces Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III, during a press briefing to announce the award of the long range strike bomber contract in the Pentagon, Oct. 27, 2015. During her comments, James stated that we need to invest the right people, technology, capability, and training to defend the nation and its interest — always with affordability and tight budgets in mind.**

tract is composed of two parts. The contract for the Engineering and Manufacturing Development, or EMD, phase is a cost-reimbursable type contract with cost and performance incentives. The incentives minimize the contractor’s profit if they do not control cost and schedule appropriately. The independent estimate for the EMD phase is \$21.4 billion in 2010 dollars.

The second part of the contract is composed of options for the first 5 production lots, comprising 21 aircraft out of the total fleet of 100. They are fixed price options with incentives for cost. Based on approved requirements, the Average Procurement Unit Cost (APUC) per aircraft is required to be equal to or less than \$550 million per aircraft in 2010 dollars when procuring 100 LRS-B aircraft. The APUC from the independent estimate supporting today’s award is \$511 million per aircraft, again in 2010 dollars.

Based on current LRS-B independent cost estimates, the Air Force projects the APUC for the program will be approximately a third of the previous B-2 stealth aircraft.

“We believe this is a reasonable and achievable estimate. If we remain disciplined and keep program requirements stable, we should beat this estimate,” said Dr. William A. LaPlante, the assistant secretary of the Air Force for Acquisition.

tion.

The Air Force program office conducted design efforts with industry over the last three years to ensure requirements for the aircraft were stable and allowed for the use of mature systems and existing technology while still providing desired capability.

With that said, agile acquisition processes have been built into the LRS-B development and production efforts to ensure the Air Force delivers system capabilities for the best value. The program also effectively incentivizes industry to achieve cost, schedule and performance goals.

The LRS-B is designed to have an open architecture allowing integration of new technology and timely response to future threats across the full range of military operations. This open architecture also provides the opportunity to retain competition across the life cycle of the program.

“The program acquisition strategy has carefully integrated lessons learned from previous programs and considered all elements of life cycle costs in its design for affordability,” LaPlante added. “We are primed to deliver this capability in the most affordable, efficient way possible.”

Basing decisions and future program milestones for the aircraft will take place over the next several years.

## Air Force releases new SAPR strategy

Secretary of the Air Force Public Affairs

WASHINGTON — Air Force leaders released a five-year Sexual Assault Prevention and Response Strategy that will guide the Air Force in developing a robust prevention model while continually honing response capabilities today.

The secretary, chief of staff and chief master sergeant of the Air Force signed a foreword to the strategy charging all Airmen with the responsibility of preventing sexual assault.

“Sexual assault prevention is critical to the health, morale and welfare of Airmen and ultimately essential to Air Force readiness,” said Secretary of the Air Force Deborah Lee James. “This strategy lays out the deliberate, science-based process we will follow to eradicate this crime from our ranks.”

The two-part document outlines both response and prevention strategies. Although Airmen will likely be familiar with the programs included in the response portion of the strategy, the prevention strategy presents a new phase in Air Force SAPR efforts, said Dr. Andra Tharp, an Air Force sexual assault prevention and response highly qualified prevention expert.

“Using a public health approach to prevention, the strategy will use proven prevention programs, policies and best practices to reduce risk factors and enhance protective factors,” Tharp said. “Fostering skills such as being an active and engaged bystander, managing emotions and resisting peer pressure are proven approaches to preventing violence.”

The Sexual Assault Prevention Strategy lays out the sexual assault prevention tenets: preventing violence before it occurs; promoting prevention at every level; and providing ongoing prevention activities that reflect the unique roles and development of each Airman.

In line with the Defense Department strategy published in April 2014, the Air Force strategy promotes a comprehensive prevention approach that ensures prevention messages and skills are consistent and reinforced across the different environments in which an Airman may live and work.

“Our Air Force family comes from all walks of life, but we all work together to protect our nation,” said Air Force Chief of Staff Gen. Mark A. Welsh III. “Our core values are what bind each of us together, and it’s on us to take the time to really know our people. We’re all part of the solution or there is no solution.”

According to the strategy, a key long-term objective of SAPR programs is to provide every Airman

See SAPR, Page 13

*Linda “L.L.” Gates and the Planning Committee request the pleasure of your company at an appreciation luncheon in honor of*

*Columbus AFB International Spouses*





*Old Waverly Clubhouse  
One Magnolia Drive  
West Point, Mississippi  
Thursday, November 12, 2015  
Arrival: 11:00 to 11:15*

International Attire or Business Casual  
Luncheon \$20.00 Check, Cash, or Credit Card at the Door  
RSVP to [InternationalSpousesCAFB@gmail.com](mailto:InternationalSpousesCAFB@gmail.com)  
by Monday, November 2, 2015

## The Airman's Creed

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

## 14th MDG Corner: Save your teeth, wear a mouthguard

Staff Sgt. Maria Schinella

14th Medical Operations Squadron  
Dental Flight

They may not look pretty, and they may hinder trash-talking the other team, but mouthguards are a surefire way to prevent or reduce serious dental trauma.

They may not look like much, but sports-guards also pack a mighty protective punch.

At a mere 3-millimeter average thickness, a properly made, fitted and worn mouthguard is designed to absorb and distribute the force of a blow to the face or jaw. The thin, soft plastic-like material covers all of the sharp surfaces of the teeth, protecting the soft tissues of the athlete’s lips, cheeks, gums and tongue from lacerations.

Wearing a mouthguard is essential for those who participate in, or plan to play, any sports where impact, contact or collision is likely to occur. Such sports include, but are not limited to: boxing/martial arts, basketball, football, racquetball, skateboarding, soccer, volleyball, weightlifting and wrestling, as well as baseball/softball infielders.

Messing up a pearly-white smile isn’t the only thing to worry about. Neglecting to wear a sportsguard during games or matches can damage the temporomandibular joint, or TMJ,

which is the joint that connects your jaw to your skull. It is responsible for all jaw movement and range of motion. The force of an unprotected blow can cause serious trauma to the TMJ, causing connective tissues to stretch and tear, creating an injury for the athlete that would affect their ability to eat and speak, and open the door for potential TMJ complications in the future. A properly fitted mouthguard will help reduce the amount of force upon impact, cushioning the jaw and TMJ to decrease the potential for fracture and joint displacement.

A pickup game of football while you’re home for the holidays may sound like fun, but if the TMJ gets dislocated or injured, athletes might as well kiss that turkey dinner goodbye, and start slurping up mashed potatoes and cranberry sauce through a straw.

Sports are seasonal for some and year-round for the truly enthusiastic; but it doesn’t matter if it is a single game, or the whole series. Wearing a mouthguard to prevent injury is just the smart thing to do.

Active-duty members can schedule an appointment to have a custom mouthguard made at the Dental Clinic by calling 434-2250 for an appointment. Remember, an injury to the mouth can be a costly one, protect your smile with a mouthguard.

## Commander’s Action Line 434-1414

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 434-1414. 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.



# BLAZE Hangar Tails: F-22 Raptor

## Mission

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

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


## Features

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

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

The F-22 will have better reliability and maintainability than any fighter aircraft in history. Increased F-22 reliability and maintainability pays off in less manpower required

### F-22 RAPTOR STATIC DISPLAY AND CAPABILITIES BRIEF



On Thursday, Nov. 5, Columbus Air Force Base will have the distinct pleasure of being visited by four F-22s, the ultimate aerial combat fighter of this generation.

Schedule of Events	
9:30 a.m.	Planned Landing Time
10:30-11:30 a.m.	Static Display at Base Ops; Capabilities/Career/Lifestyle Brief At Phillips
1:30-2:30 p.m.	Static Display at Base Ops; Capabilities/Career/Lifestyle Brief At Phillips
3:30 p.m.	Planned Takeoff

This rare occasion to hear from the pilots themselves will not come often—take advantage of this convenient opportunity.

to fix the aircraft and the ability to operate more efficiently.

## Background

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

system testing as well as flight testing with nine aircraft at Edwards Air Force Base, California. The first EMD flight was in 1997 and at the completion of its flight test life this aircraft was used for live-fire testing.

The program received approval to enter low rate initial production in 2001. Initial operational and test evaluation by the Air Force Operational Test and Evaluation Center was successfully completed in 2004. Based on maturity of design and other factors the program received approval for full rate production in 2005. Air Education and Training



U.S. Air Force photo/Tech. Sgt. Ben Bloker  
**Lt. Col. James Hecker flies over Fort Monroe before delivering the first operational F-22A Raptor to its permanent home at Langley Air Force Base, Virginia, May 12. The Raptor program is managed by the F-22A System Program Office at Wright-Patterson AFB, Ohio.**

Command, Air Combat Command and Pacific Air Forces are the primary Air Force organizations flying the F-22. The aircraft designation was the F/A-22 for a short time before being renamed F-22A in December 2005.

## General characteristics

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

**Contractor:** Lockheed-Martin, Boeing

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

**Thrust:** 35,000-pound class (each engine)

**Wingspan:** 44 feet, 6 inches (13.6 meters)

**Length:** 62 feet, 1 inch (18.9 meters)

**Height:** 16 feet, 8 inches (5.1 meters)

**Weight:** 43,340 pounds (19,700 kilograms)

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

**Fuel capacity: internal:** 18,000

pounds (8,200 kilograms); with 2 external wing fuel tanks: 26,000 pounds (11,900 kilograms)

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

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

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

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

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

**Crew:** one

**Unit cost:** \$143 million

**Initial operating capability:** December 2005

**Inventory:** total force, 183

## Air Force Readiness Programs

*(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790.)*

## Transition Assistance Program GPS Workshop

This workshop is held from 7:30 a.m. - 4 p.m. Nov. 2 - 6. The Transition Assistance Program Workshop has Seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Dept. of Employment Security, Dept. of Veterans Affairs, Disabled TAP, Dept. of Labor TAP portion. Pre-separation counseling is required before attending. It is recommended that Airmen eight to 12 months prior to separation/retirement attend this workshop. Spouses are encouraged to attend with their sponsor. To register call 434-2839.

## Career Technical Training

This transition event is held 8 a.m. - 3 p.m. Nov. 9 - 10. The workshop explores technical careers for post military personnel using VA Educational benefits. It is conducted by CALIBRE, private company contracted by DVA. Prior registration is required, company requires 10 days notification and must have minimum of eight participants to make, to register and more information call 434-2790.

## Federal USAJobs Workshop

This workshop is from 9 - 10:30 a.m. Nov. 10. This is a workshop on writing resumes, applications, and job search, using USAJobs, Call 434-2790 to register.

## Entrepreneurship Track Transition Workshop

This workshop will be held 8 a.m. - 3 p.m. Nov. 12 - 13. The Entrepreneurship workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business, to register and more information call 434-2790.

## Wing Newcomers Orientation

This brief is 8 a.m. - 12:15 p.m. Nov. 17. It is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. The orientation is held at the Kaye Auditorium, for more information call 434-2839.

## Military Life Cycle

The Military Life Cycle brief is 1 - 2 p.m. Nov. 17. This workshop allows the VA contractors to explain to service members, whether first term, separating, retiring or a veteran, what services the VA offers and what they are able to provide throughout the member's military career and how to apply for benefits. To register and more information please call 434-2790.

## Heart Link For Spouses

This event is 8:30 a.m. - noon Nov. 18. It

## 14th MSG spooks Team BLAZE with Haunted Halls



U.S. Air Force photo/Senior Airman Kaleb Snay  
**Sparky the fire dog helps guide kids through a scary place during the 14th Mission Support Group Haunted Halls Oct. 28 on Columbus Air Force Base, Mississippi. Several squadrons participated in the event, giving children a treat for the "tricks" they played.**

is for spouses new to Columbus Air Force Base or the military lifestyle and is held at the Golf Course. It is a fun-filled spouse orientation program with info on protocol, finance, benefits, helping agencies, local conditions and prizes. It is a great way to meet others new to Columbus AFB. To register and for more information, please call 434-2790.

## Pre-separation Counseling

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

## Pre, Post Deployment Tour Brief

These briefings are mandatory briefings for active-duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC, 434-2839/434-2790 for more information.

## Survivor-Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan. As with all good decision-making, you need to know the facts before you can make a sound decision, and be wary of anyone telling you they can offer you a better deal. Always get the true facts about the SBP before making up your mind. Additional details are available by calling (662) 434-2720.

## Military and Family Life Consultant Program

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

## Volunteer Opportunities

If you are interested in volunteering please

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

## Air Force Recovery Coordination Program

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

## Chapel Schedule

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

Starting Sept. 23, the Chapel is offering the following weekly programs:

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

## Catholic Community

**Sunday:**

- 3:15 p.m. - Rite of Christian Initiation for Adults (Chapel Annex)
- 3:45 p.m. - Religious Education, grades K-9 (Chapel Annex)
- 4 p.m. - Choir Practice (Chapel Sanctuary)
- 4 p.m. - Confession (or by appointment)
- 5 p.m. - Mass w/Children's Church
- Tuesday:**
- 11:30 a.m. - Daily Mass
- Wednesday:**
- 11:30-12:30 p.m. - Holy Hour

## Protestant Community

**Sunday:**

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

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

**Thursday Night Football**  
The Bowling Center will offer NFL games on Thursday nights at 7:25 p.m. Catch all the action Nov. 5, Cleveland Browns vs. Cincinnati Bengals. Doors open at 6:30 p.m. This is a free event. No bowling will be available during football games. The Bowling Center closes at 2 p.m. on game day and re-opens at 6:30 p.m. You could win a \$50 FSS Gift Card at each game and enter to win tickets to a regular season NFL game of your choice. For more information, contact 434-3426.

**Annual 5K Zombie Run**  
The Fitness Center is offering the Annual 5K Zombie Run Oct. 31 at the graveyard on Independence Avenue. Check in at 9 a.m.; run 10 a.m. All paid participants receive a medal, T-shirt and food. The cost is \$20 for single Airmen and \$25 for active-duty military and DoD employees. The cost to the public is \$35 per person or \$25 each for teams of four or more; register at active.com. For rates for kids or more information, contact 434-2772.

**November FootGolf Special**  
Come kick it with Whispering Pines Golf Course every Sunday in November. Special includes nine holes of FootGolf with a hamburger and drink for only \$7.50 per person. For more information, contact 434-7932.

**Dodgeball Tournament**  
The Fitness Center is offering a Dodgeball Tournament at 4:30 p.m. Nov. 10. To sign up or for more information, contact 434-2772.

**Veterans Day Golf Special**  
Whispering Pines Golf Course is offering a Veterans Day golf special Nov. 11. The cost is only \$15 per person and includes 18 holes of golf, golf cart, hamburger and a drink. No rain checks. For more information, contact 434-7932.

**Free Lunch for Veterans**  
Whispering Pines Golf Course is honoring veterans Nov. 11. All veterans enjoy free hamburgers on the patio from 11 a.m. – 1 p.m. while supplies last. For more information, contact 434-7932.



Whispering Pines Golf Course

**Every Sunday in November**

**10 a.m. to 5 p.m.**

**Price: \$7.50**

**Includes: 9 Holes of Footgolf, along with a Burger and Soda**

**For More Information**

**434-7932**



**Southaven Outlet Mall Day Trip**  
Outdoor Recreation is offering a shopping trip to the Southaven Outlet Mall Nov. 21. The cost is only \$35 per person. Trip departs from Outdoor Recreation at 8 a.m. For more information, contact 434-2505.

**Youth Center Renovation**  
The Youth Center will undergo several renovations. The Youth Center staff will work to keep you informed of any updates or changes. Renovations scheduled to be completed by mid-December. For more information, contact 434-2504.

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

**Story Time**  
The Base Library is offering Story Time each Friday at 10:30 a.m. for all ages. For more information, contact 434-2934.

**Brazilian Jiu Jitsu Class**  
Free classes are scheduled every Monday, Wednesday,

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

**Wood Shop Self Help**  
Do you need to complete a wood project? The base wood shop is open Saturdays from 10 a.m. – 4 p.m. for only \$4 per hour. For more information, contact 434-7836.

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

**Green Plate Special**  
The Pro Shop at Whispering Pines Golf Course offers a special for lunch Tuesday through Friday. For more information, call 434-7932 or check us out on Facebook at Columbus AFB Living or Twitter @CAFBLiving!

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

**Fitness on Request**  
CAFB Fitness and Sports offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with over 30 different classes on the Fitness on Request system. For more information, call 434-2772.

**Space A Lodging**  
The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at 434-2548.

**Ride in Style**  
If you don't want to leave your car at the airport over a vacation, we can help you out. Outdoor Recreation offers a shuttle service to the airport of your choice. Transportation one way is \$175 for Birmingham and \$50 for Columbus. Call 434-2505 for more information.

**Hot and Easy to Use**  
Force Support Squadron gift cards are available in increments of \$5 to fit any budget. They can be used at most Force Support Squadron facilities at Air Force installations worldwide and they never go out of style.

## MyMC2 app

Welcome to the My Military Communities information page. MyMC2 is the mobile application that centralizes all of your installation's community events, organizations and services right in your pocket.



### How do I get MyMC2 for my phone?

You can access this app by navigating to the native app store or market on your device and search for "MyMC2", or you can scan this QR code and it will take you directly to the download page in your phone.



iPhone  
QR code

Android  
QR code

If you have any questions or need support please visit [www.facebook.com/mymc2support](http://www.facebook.com/mymc2support)

# It's not about me, it's about service

**Lt. Col. Andrew Cruz**  
14th Medical Group  
Deputy Commander

Past and present Air Force leaders will tell you being a squadron commander was one of the highlights of their career. For me, it's been no different.

I've been a squadron commander for 15 months and it can be challenging, but in many ways rewarding.

To me, squadron command has been trying to transform Airmen, supervisors, officers and civilians from good to great. It's been trying to foster my leader's values/mission and instill them in the Wing and community. It's trying to influence people, the squadron, the group, the wing and the community in a positive way to better everything around you. It's putting excellence and service before self into action.

We've all heard about resiliency and the four pillars of resiliency: physical, social, mental/emotional and spiritual. Having a strong resiliency foundation is vital to being able to serve others. Notice how I said strong but not perfect. There are very few people that can say they have a full tank in every resiliency pillar. However, I believe anyone can have them at a level that motivates and influence others. Good leaders demonstrate resilient behavior and try to instill it in others.

**Physical:** Fitness is a key ingredient to being fit to fight. It is also the challenge of building a team and comradery in your unit. It's competing against yourself and others to reach performance goals. Help

members in your unit improve their strength and stamina to function at peak performance levels.

**Social:** Be a good wingman by demonstrating your care for others and their families. As a commander, I've had to make tough decisions like determining the needs of the family versus the needs of the mission. Know your Airmen and be a positive role model in the wing and community. Represent your base and the Air Force in a positive way that influences others to do the same. Spend time with family and friends. They provide the social support to help you excel and serve.

**Mental/Emotional:** Try to be emotionally healthy by getting good sleep and laughing often. Life is too short to take things too seriously, live life. Allow your body to replenish before the next big push. Eat healthy foods and stay hydrated for mental alertness and endurance. Control your breathing by taking slow and deep breaths. This will help you to relax in stressful situations. You can't take care of others or the mission if you don't take care of yourself. Stay mentally sharp.

**Spiritual:** Spiritual foundation is a key ingredient to living a life of selfless service. It's knowing there is something bigger than you. It's knowing there is a reason why things happen the way they do, the challenges and successes. It's counting your blessings and being thankful for your family, your Airmen, your leaders and the country you serve. It's knowing there is something bigger than me that brought me to where I am today.

So, in my 20 years in the Air Force and 15 months as a squadron commander, I've learned all my hard work and things I do to take care of myself are not to make me look good, but to make everyone and everything around me better, thus, making the mission a success. In the end, it's not all about me but about serving.



## Buckle up! It's the law.



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



U.S. Air Force photo/Airman 1st Class Daniel Lile  
**Second Lt. Rogelio Castaneda, 14th Student Squadron, gets his eye examined Sept. 22 at the medical clinic on Columbus Air Force Base, Mississippi. The 14th Medical Operations Squadron optometry clinic provides care to nearly 5,000 members of the 14th Flying Training Wing, tenant units, retirees and dependents with services ranging from routine eye care to glasses and contact lens fittings every month.**



U.S. Air Force photo/Airman 1st Class Daniel Lile  
**David Ross, 14th Medical Operations Squadron, examines a patient's eye Sept. 22 at the medical clinic on Columbus Air Force Base, Mississippi. The optometry clinic is well equipped with the latest technology to fully assess the health of the visual system.**

# Optometry: key to mission support

**Airman 1st Class John Day**  
14th Flying Training Wing  
Public Affairs

You can breathe with an iron lung, and you can run with a prosthetic leg, but the one thing you can't do is see with a glass eye.

The medical professionals at the optometry clinic work hard to ensure the two irreplaceable organs in your head stay healthy.

The 14th Medical Operations Squadron optometry clinic serves Team BLAZE's Airmen, dependents, retirees and tenant units in a variety of ways.

"For the optometry clinic here at Columbus Air Force Base, the mission is all about keeping our flyers flying and to support our active duty force," said Maj. Oscar Corredor, 14th MDOS Aerospace Medicine Flight Commander. "Any problem related to the eyes could affect our guys while they are in the sky. It's our job to keep them doing what they do and doing it safely."

While their top priority is keeping the pilots healthy enough to execute the mission, the clinic strives to help anyone who comes their way.

"Our goal is 100 percent support," Corredor said. "We try to keep our doors open to everyone on base. We see active-duty members, retirees, dependents and international students; everyone (all DoD ID card holders), you name it."

The optometry clinic is well equipped with the latest technology to fully assess the health of the visual system. Exams cover tests for visual acuity, peripheral vision and screenings for health problems such as glaucoma and diabetes.

"We head a variety of programs, with the exception of corneal refractive surgeries which we defer to Keesler Air Force Base," Corredor said. "Corneal refractive surgeries are good in the long run. They enhance readiness by removing the need for glasses, contacts or gas mask inserts."

Much of the support offered by the optometry clinic is in the form of managing aviator-related eye issues and waivers. Aeromedical waivers are pursued and in most cases granted for those individuals who do not meet medical standards for flying duties. Over half of the base's aeromedical waivers are eye related and most commonly in the form of depth percep-

tion, color perception and other eye related problems, Corredor said.

Especially in waivers, the optometry clinic works closely with the other functions of aerospace flight medicine.

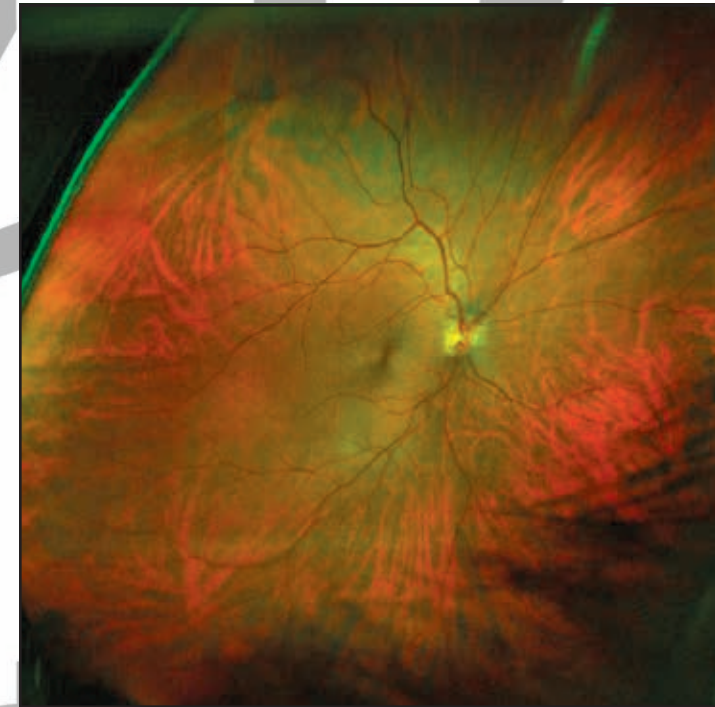
"Nobody realizes how these different areas function together," Corredor said. "You might think optometry has nothing to do with flight medicine and bioenvironmen-

tal has nothing to do with public health, but the reality is the needs of the patient are often connected to these other functions."

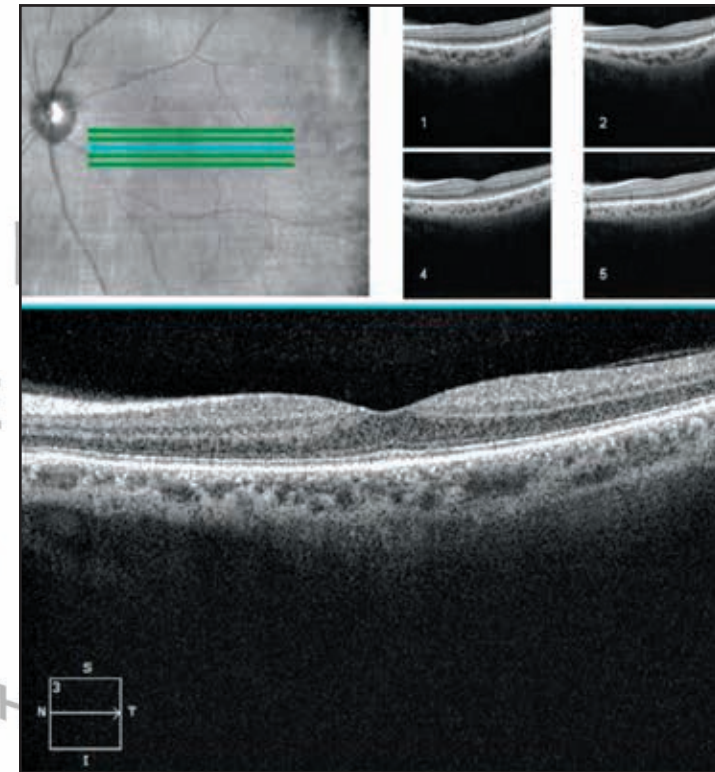
The clinic's hours of operation are from 7 a.m. to 4 p.m. Monday through Friday and appointments can be scheduled by calling the eye clinic directly at 434-2331.



U.S. Air Force photo/Airman 1st Class Daniel Lile  
**Maj. Oscar Corredor, Aerospace Medicine Flight Commander, examines a patient's eye Sept. 22 at the medical clinic on Columbus Air Force Base, Mississippi. The optometry clinic is well equipped with the latest technology to fully assess the health of the visual system.**



Courtesy photo  
**Eye care technology has advanced to the point where even the smallest individual blood vessels can be seen from different microscopes.**



Courtesy photo  
**Microscopes with attached cameras are used to look at eyes closely enough to find evidence of malformation, debris or other issues.**