**AUGUST 4, 2018**
**LOWNDES COUNTY**
**RELAY FOR LIFE**
**5K COLOR RUN & 1 MILE FUN RUN**

REGISTRATION FORM

NAME: _____
ADDRESS: _____
_____
CITY/STATE/ZIP: _____
E-MAIL: _____
PHONE: _____
AGE: _____ SEX: _____
**SHIRT SIZE:** (ADULT) O Small O Large O Medium O Large O XL O XXL
**SIGN ME UP FOR:** O 5K Color RUN/Walk O Fun Run
**ENTRY FEE $25.00**
***** T-shirts can only be guaranteed if registered by July 31st**

**WAIVER, RELEASE AND INDEMNITY AGREEMENT (Read before signing)**
In consideration of acceptance of my entry, I hereby release, discharge, and agree to hold harmless the Relay for Life 5K organization, any sponsors, officials or organizers of this event and each of them together with their successors, assigns, officers, agents and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in this event. By execution of this waiver, I assume all risks associated with my participation in this event including, but not limited to falls, the effects of weather, traffic, road and trail conditions, and all risks associated with running or walking in an urban setting whether or not such risks are specifically known or appreciated by me. I verify that I am physically fit and have sufficiently trained for this event and that my physical condition has been verified by a licensed medical doctor. I specifically agree that is it not the duty of any of the parties listed above to check, monitor, or evaluate my physical condition for the appropriateness of my participation in this event at any time. I agree to indemnify any of the parties listed above for damages cause by me to any such party or parties and any third parties, by virtue of my participation in this event. I further agree to yield to all emergency vehicles on the course in the event they must treat another participant.

**Signature (or Parent's Signature if under 18):**
_____
**Date:** _____
**https://www.racesonline.com/events/paint-your-world-purple-color-run**

ENTRY Fee $25.00
Benefits
LOWNDES COUNTY
RELAY FOR LIFE

To be held at the
COLUMBUS RIVERWALK

Race Starts at 9:00 a.m.

Sign-in-Registration
day of Race 8:00 a.m.

Deadline for submission
by 7/31/18 is you
want a t-shirt

DROP OFF
APPLICATIONS AT:

FIRESTATION #1
205 7th Street South
Columbus, MS 39701

RELAY FOR LIFE
American Cancer Society

Photo for illustration purposes only.

"I came to the Pines at a point when I was physically addicted to alcohol. I was in a suicidal state and chose treatment over the other option. I relapsed in treatment when I went on a weekend pass because I was triggered by my anger. Today, I use the 12 Steps as a way of dealing with my problems. I make a meeting every day, attend aftercare, and have two sponsors. Working with others is the best way for me to get outside of myself and find purpose. The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."

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# SILVER WINGS

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Vol. 42, Issue 28 | Columbus Air Force Base, Miss. | July 20, 2018

## Weather

| Friday | Saturday |
|---|---|
| A.M. Fog | Thunderstorms |
| High 94ºF Low 75ºF | High 94ºF Low 72ºF |
| **Sunday** | **Monday** |
| Partly Cloudy | Partly Cloudy |
| High 93ºF Low 69ºF | High 92ºF Low 69ºF |

Forecast provided by the 14th OSS Weather Flight

## News Briefs

### Civil Air Patrol SUPT Familiarization Course

The Civil Air Patrol Specialized Undergraduate Pilot Training course will be hosted from July 20-28, on Columbus Air Force Base, Mississippi, to show Civil Air Patrol cadets what pilot training is really like in hands-on experiences and coursework.

### SUPT Class 18-10 Graduation

Specialized Undergraduate Pilot Training Class 18-12 graduates 10 a.m. July 27, at the Kaye Auditorium.

### 14th Flying Training Wing Change of Command

The 14th Flying Training Wing is hosting a change of command ceremony at 9:14 a.m. August 6, at the McAlister Fire Station.

## Inside

Feature 8

Back to School is highlighted in this week's feature.

U.S. Air Force photo by Airman 1st Class Beaux Hebert

**2nd Lt. Joseph Montero, 14th Student Squadron student pilot, talks with Airman 1st Class Arvin Dizon, 14th Comptroller Squadron financial services technician, about financial information July 17, 2018, on Columbus Air Force Base, Mississippi. The finance office deals with any conflict in Airmen or civilian's pay.**

# 14th Comptroller Squadron: Money matters

**Airman 1st Class Beaux Hebert**
14th Flying Training Wing Public Affairs

The Air Force as a whole has a budget of $166.9 billion that it uses to keep the world safer. $110 million makes its way down to Columbus Air Force Base, Mississippi, where the 14th Comptroller Squadron works to put it to good use.

Serving Airmen, supporting the mission and financing the fight, the 14th CPTS is tasked with handling the 14th Flying Training Wing's annual budget and paying all Airmen assigned

See **COMPTROLLER**, Page 3

## Columbus AFB Training Timeline

### Phase II

| Squadron | Senior Class | Squadron Overall | Track Select |
|---|---|---|---|
| 37th (19-06) | -5.29 days | -8.33 days | Aug. 13 |
| 41st (19-05) | -9.33 days | -8.84 days | July 23 |

### Phase III

| Squadron | Senior Class | Squadron Overall | Graduation |
|---|---|---|---|
| 48th (18-12) | -1.65 days | 1.63 days | July 27 |
| 50th (18-12) | -1.14 days | -1.09 days | July 27 |

### IFF

| Squadron | Senior Class | Squadron Overall | Graduation |
|---|---|---|---|
| 49th (18-JBC) | -0.61 days | -1.35 days | July 23 |

** Mission numbers provided by 14 FTW Wing Scheduling.*

### Wing Sortie Board

| Aircraft | Required | Flown | Annual |
|---|---|---|---|
| T-6 | 1,618 | 1,389 | 21,866 |
| T-1 | 499 | 433 | 7,316 |
| T-38 | 536 | 402 | 8,718 |
| IFF | 220 | 207 | 3,487 |

Col. David J. Gordon, 206th Commander, is the guest speaker for Specialized Undergraduate Pilot Training Class 18-12's graduation at 10 a.m. July 27, 2018, in the Kaye Auditorium.

| Mon | Tue | Wed | Thur | Fri | Sat/Sun |
|---|---|---|---|---|---|
| 23<br>**Civil Air Patrol SUPT Familiarization Course**<br><br>**Air Force Community Partnership,** 1-4 p.m. @ Club | 24 | 25 | 26<br>**Education Fair,** 10 a.m.-2 p.m. @ Education Center | 27<br>**SUPT Class 18-12 Graduation,** 10 a.m. @ Kaye Auditorium<br><br>**Tech. Sgt. Release Party,** @ Club | 28/29 |
| 30 | 31<br>**Enlisted Promotions/Quarterly Awards**<br><br>**Col. Gosney Commander Reception,** 6 p.m. @ Club, RSVP required | 1<br>**Col. Gosney Fini Flight,** @ Base Ops | 2 | 3<br>**SUPT Class 18-13 Assignment Night** | 4/5<br>**4th: Wing Commander's Base Farewell** |

July - Aug.

**Long Range Events**

**Aug. 6:** Col. Gosney Retirement
**Aug. 6:** 14th FTW Change of Command
**Aug. 7:** Wing Newcomers
**Aug. 8:** 14th MSG Assumption of Command
**Aug. 11-12:** Autocross
**Aug. 17:** SUPT Class 18-13 Graduation
**Aug. 23-24:** Alpha Warrior Meet and Greet Tour
**Aug. 24:** SUPT Class 18-14 Assignment Night
**Aug. 28:** Wing Newcomers
**Aug. 30:** Enlisted Promotions
**Aug. 31:** AETC Family Day
**Sept. 3:** Labor Day
**Sept. 7:** SUPT Class 18-14 Graduation

## Silver Wings

### How to reach us

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### Submission Deadline

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

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Discipleship Training - 5pm
Evening Worship - 6pm
WEDNESDAY
Kid's Drama - 6 pm
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To advertise in Silver Wings, call 328-2424

# Bargain Line

## Bargain Line advertisement

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

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

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

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

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

Print advertisement _____

_____

_____

_____

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(in case we need more information)

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What would you like to see more of in the newspaper? News ❑ Sports ❑ Photos ❑ Other _____
If you would like to give any other suggestions, please e-mail us at silverwings@us.af.mil.

***The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@us.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be purchased through The Commercial Dispatch, 328-2424.***

### Miscellaneous

**For Sale:** Polan Pro 200 mph $49. For more information please call 327-1205

**For Sale:** Collection of 14 ceramic ducks $39. Six different Avon Collector miniature ducks from 1984, ducks $29. For more information please call 327-1205

**For Sale:** Lightly used Belkin N300 WI-FI and router for $29 OBO For more information please call (662) 327-1205

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# News Around Town

**July 20-21**
The Clay County Arts Council presents "The Wizard of Oz" at Center Stage Auditorium in Central School. Ticket sales start June 18 at Petal Pushers, First Methodist Church and the Growth Alliance.

**July 25**
Jason Aldean, Luke Combs and Lauren Alaina, three American country-music singers, will be performing at 7 p.m. at the Tuscaloosa Amphitheatre in Tuscaloosa, Alabama. Tickets are available online.

**Sept. 7**
Alabama, American country-music group, will be performing at 7:30 p.m. at the Bancorp South Arena in Tupelo, Mississippi. Tickets are available online.

# Education Fair

Columbus Air Force Base, Mississippi, will be having an education fair from 10:00 a.m.-2:00 p.m., on July 26, in building 916. There will be multiple colleges, Air Force In-Service Recruiters, and briefings given on that day. There is an opportunity for students to explore college degree programs (at all levels) being offered by the following schools:

AMERICAN MILITARY UNIV
AUBURN UNIV
BELLEVUE UNIV
CENTRAL MICHIGAN UNIV
COLUMBIA SOUTHERN UNIV
DEVRY UNIVERSITY
EAST MISSISSIPPI COMMUNITY COLLEGE
EMBRY RIDDLE AERONAUTICAL UNIV
FULL SAIL UNIV
GRANTHAM UNIV
MISSISSIPPI STATE UNIVERSITY
MISSISSIPPI UNIVERSITY FOR WOMEN
REGENT UNIVERSITY
SAINT LEO UNIVERSITY
SOUTHERN NEW HAMPSHIRE UNIV
TRIDENT UNIVERSITY INTERNATIONAL
TROY UNIVERSITY
UNIVERSITY OF ALABAMA

The following briefings will be given:

Room 8
TA Briefing - 10:00 a.m.
TFOT Briefing (Formerly OTS) - 11:00 a.m.
Commissioning Briefing - Noon

Room 9
Funding Your Education - 11:00 a.m.
Complete to Compete - 11:00 a.m.
GI Bill Briefing - Noon
Education Resources - 1:00 p.m.

# 14TH FLYING TRAINING WING DEPLOYED

As of press time, 29 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

*Deployment numbers provided by the Installation Personnel Readiness Office.*

U.S. Air Force photo by Airman 1st Class Beaux Hebert

**Airman 1st Class Arvin Dizon, 14th Comptroller Squadron Financial Operations Flight financial services technician, and Master Sgt. Angelique McCreary, 14th CPTS Financial Operations Flight chief, search through records July 17, 2018, on Columbus Air Force Base, Mississippi. FO is in charge of about 2,650 Airmen and civilian's payroll, as well as all of the student pilots temporarily training here.**

## COMPTROLLER

(Continued from page 1)

to base.

"Our mission is to get people paid," said Master Sgt. Angelique McCreary, 14th CPTS Financial Operations (FO) Flight chief. "We make sure Airmen are paid on time and as accurately as possible."

There are two flights in the squadron; financial operations focuses on ensuring Airmen's leave and earning statements are correct and financial management and analysis (FMA) manages the wing's budget.

"The two flights are separate entities, but we are unified in order to keep finances for the base squared away," said Senior Airmen Andrew Langness, 14th CPTS Financial Management and Analysis Flight budget analyst.

FMA is responsible for working with the 14th Contracting Squadron to pay all contracted jobs on base, from aircraft maintenance to lawn care.

"Any documents that come to [FMA] also go through contracting," Langness said. "We have a great relationship with the [14th] CONS."

Langness said the busiest time of the year for them is when the fiscal year is ending. It is not uncommon for his office to stay extra hours and work weekends in order to make sure that all of the present fiscal year's money is spent responsibly and also start preparing spending plans for next fiscal year.

*"We are a customer service and this is their money," McCreary said. "This is food on the table and their lively hoods, so we treat each problem seriously."*

The FO side of the squadron specializes in Airmen's pay. They are accountable for nearly 2,650 Airmen and civilian's payroll, as well as all of the student pilots temporarily training here.

"We are a customer service and this is their money," McCreary said. "This is food on the table and their lively hoods, so we treat each problem seriously."

Combined, the 14th CPTS works behind the scenes to pay Airmen and help keep the wing's mission running smoothly and worry free.

# RAWS helps Columbus AFB planes roar through the skies

**Airman 1st Class Keith Holcomb**
14th Flying Training Wing Public Affairs

Flying without a radio is extremely difficult and extremely dangerous, just as flying headfirst into a storm can be a risky endeavor, but the 14th Operations Support Squadron Radar, Airfield and Weather Systems (RAWS) Flight knows exactly what it takes to keep pilots aware and communicating effectively.

Taking care of radios from basic components to radio towers and weather systems from a computer or under the radar dish, RAWS Airmen handle mission essential systems every day on Columbus Air Force Base, Mississippi.

"Every electronic out there keeps our aircraft flying and the pilots communicating safely," said Staff Sgt. Eli Mell, 14th Operations Support Squadron RAWS electronic technician.

He mentioned each piece of equipment is unique as well. Some have preventative maintenance every few weeks, others every few months. Some equipment's parts need to be fixed or replaced, and some things are fixed remotely.

The RAWS flight begins working before sunrise and end after sunset to maintain and repair their systems.

"We usually grab an available Airman and go to work on whatever needs to be worked on, whether it be radar or weather systems," said Nicholas Ward, RAWS electronic technician. "We team up with whoever is available and that helps the on-the-job-training of all the Airmen."

The civilians in the flight used to be responsible for weather systems only, but the airfield systems and weather systems maintenance fields were merged in 2017, therefore the units combined and now teach each other through mostly on-the-job-training techniques.

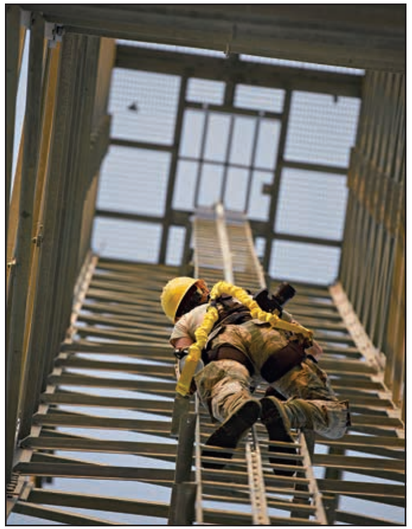
"It's much easier for us with the crew we got because we are all prior airfield systems when we were active duty," Ward said. "We have the basics even though we've been out of the career for 10 plus years. There's some growing pains because we are used to being separate shops, but it's running smoothly."

The civilians said their experience as prior service Airmen allows them to keep the rank structure firm from a mentorship and leadership view. They even take on NCO type roles in the office and on job sites.

"To help streamline and control the maintenance with the civilians' experience, we receive all the calls on a day-to-day basis and prioritize jobs," Ward said. "Then we work with the sergeants who are shift leaders to delegate teams to work on certain jobs."

The unit will sometimes split up teams when they receive a job; then swap out equipment, bring it back, and stay on that job until it's finished. Ward said this method brings a team mentality and keeps a single set of eyes on a job so there's no confusion on what's been done since the beginning. Pieces of radios scatter the workshop tables as Airmen take apart, solder and replace parts.

"Day to day, radios are probably the most tasked," Ward said. "The radios are older than the aircraft, we have some that have been here since World War II. The air traffic control tower or radar approach control tower will let us know when somethings not working, we'll go through our procedures take the radio, troubleshoot and fix it."



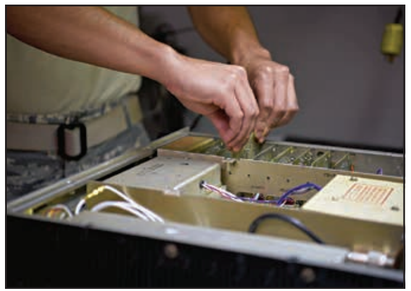
**Airman Jacob Pugh, 14th Operations Support Squadron Radar, Airfield and Weather Systems (RAWS) journeyman, climbs a radio tower July 16, 2018, on Columbus Air Force Base, Mississippi. There are numerous towers the RAWS airmen must climb to fix, replace or inspect throughout the year.**

**Airman 1st Class Fabian Vazquez, 14th Operations Support Squadron Radar, Airfield and Weather Systems (RAWS) journeyman, calls the office to test radio equipment July 13, 2018, on Columbus Air Force Base, Mississippi. The RAWS technicians replace, fix, and prevent issues in weather and radio systems on Columbus AFB.**

The main focus since the merging of the two careers is training everyone fully on the new radio or weather systems, Mell said. The RAWS technicians' expertise is essential in preventing equipment failures but sometimes issues cannot be prevented and their ability to react can be critical.

"There's a lot of times on night shift we will perform maintenance after flying hours to troubleshoot and fix," Ward said. "We've had issues with equipment that killed all the radios in the middle of flying or issues with the main radar going down, internal issues that killed the radar, all caused mission stoppage and we have to jump in and fix it as fast as we can."

This critical part of the flying training mission is behind the scenes, but not forgotten about, with their shop overlooking the flight line they sometimes wave to student and instructor pilots before they take off, using the RAWS radios to speak to each other and air traffic controllers across the airspace.



U.S. Air Force photos by Airman 1st Class Keith Holcomb

**Airman 1st Class Jesus Alarcon, 14th Operations Support Squadron Radar, Airfield and Weather Systems (RAWS) journeyman, returns a piece on a radio system July 13, 2018, on Columbus Air Force Base, Mississippi. The radios are older than some trainer aircraft on Columbus AFB, but allow clear communication between pilots and air traffic controllers.**



## 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.)*

### Pre-Separation Counseling

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

### Pre- and Post-Deployment Tour Briefing

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

### Survivor Benefit Plan

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

### Military and Family Life Counselor Program

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

### Installation Voting Assistance Office

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

### Personal Financial Readiness

Need help with financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home, and planning for retirement. PFC services are at no cost, private, and confidential. Please contact the PFC at (662) 998-0411/434-2790 or e-mail PFC.Columbus.USAF@zeiders.com, located in the A&FRC.

### Volunteer Opportunities

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

### Transition Assistance Program GPS (Goals, Plans, Success) Workshop

The next Transition Assistance Program (TAP) workshop will be held Sept. 10 - 14, 7:30 a.m.-4 p.m. and includes seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP, and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 8-12 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662) 434-2631/2790.

### Discovery Resource Center

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

### Key Spouse Program (KSP)

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-3323.

## Newcomers Orientation is for all Team BLAZE

U.S. Air Force photo by Airman 1st Class Keith Holcomb

**Senior Airman Robert Patterson, 14th Medical Group mental health service specialist, briefs a Wing Newcomers Orientation group July 17, 2018, on Columbus Air Force Base, Mississippi. There is a free breakfast, and many informative presentations to help new Team BLAZE members learn about Columbus, at Wing Newcomer Orientation briefings. Spouses are also welcomed.**

### Hearts Apart

The next Hearts Apart will be held on Jul 26, 5-7 p.m. This monthly social event is for family members whose sponsor is deployed, on a remote tour, or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

### School Liaison Officer

The School Liaison Officer (SLO) assists DoD employees and their families in making a smooth transition in and out of local public, private, and homeschool environments. The SLO is the primary point of contact for all school related matters, advocates for the needs of military students, make referrals, provides educational options and networking opportunities, and is the liaison between the base, schools, and local community. The SLO office is located in the Airman & Family Readiness Center and can be reached at: work (662) 434-2791, cell (662) 352-6456; email SLO2@us.af.mil .

### Heart Link

The next Heart Link will be held on Aug 22, 8:30 a.m.-noon in the A&FRC. This half-day program is open to all spouses of active duty military members assigned to Columbus AFB. Attendees will receive information about life in the Air Force, in the local area, and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

## Chapel Schedule

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

### Catholic Community

**Sundays:**
3:45 p.m. – Religious Education, grades K-9 (Chapel Annex) Start date TBA
4 p.m. – Choir Practice (Chapel Sanctuary)
4 p.m. – Confession (or by appointment)
5 p.m. – Mass
Fellowship Dinner after Mass on 1st and 3rd Sundays of every month
**Tuesdays:**
11:30 a.m. – Daily Mass
**Wednesdays:**
11:30-12:30 p.m. – Adoration

### Protestant Community

**Sundays:**
9 a.m. – Adult Sunday School (Chapel Library)
10:45 a.m. – Traditional Worship Service
**Wednesdays:**
4 p.m. - Music Rehearsal
**Thursdays:**
5:30 p.m. – Student Pilot Bible Study (Chapel Library)

### Ecumenical services

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

# FSS Services

### Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus_afb_living, or visit our website at www.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.

### New Arts and Crafts Customer Service Hours

The Arts and Crafts customer service hours are as follows: Monday through Friday from 10 a.m.-1:30 p.m. For more information, contact 434-7836.

### Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday thru Friday at the Columbus Club. Daily buffets include: Tuesday – Taco and Nacho $9, Wednesday – Chicken Wings and Pasta $10, Thursday – Southern Style $10 and Friday – Fried Catfish $10. Club Members receive a $2 discount. For more information, contact 434-2489.

### Base Pool Open for Season

Independence Pool is open daily from 11 a.m.–6 p.m. through Sept. 3. Lap swim is available Monday–Friday from 6–7:30 a.m., 11 a.m.–12:30 p.m. and 5–6 p.m. No lap swim available on holidays or weekends. You may purchase your seasonal pool pass at ITT located in the BLAZE Commons. For more information, contact ITT at 434-7861.

### Swim Lessons

So you want to learn to swim? Sign up now at ITT! Swim lesson ages: Frog and Tadpole (ages 6 months thru 3 years), Little Nemo (ages 4 and 5 years), and Dolphin (must have completed level 1 and 2 of Little Nemo). Sessions will be held July 23–Aug. 3. For more information, contact the ITT office located in the BLAZE Commons.

### Lunch Brunch at the Club

Join the Columbus Club for Lunch Brunch from 11:30 a.m.–1:30 p.m. July 24. The cost is only $10 for club members; $12 for non-members; $5 for children 5–11; free for ages 4 and under. The menu includes traditional breakfast items, fried chicken, mashed potatoes, vegetables, salad bar and the following stations: roast beef carving, waffle, omelet, dessert and beverage. For more information, contact 434-2489.

### Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3–6 years and Fridays at 10 a.m. for ages birth–2 years. For more information, contact 434-2934.

### Game Night at the Library

The Base Library is offering a free game night at 5 p.m. the second Thursday of each month. For more information, contact 434-2934.

### Horse Boarding Available

The Columbus Air Force Base riding stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at 434-2505.

### Free Mango Languages

Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact 434-2934.

### Play Paintball

Outdoor Recreation offers paintball for groups or individuals. You must book 24 hours in advance; 17 years old and under must be accompanied by an adult. The cost is $15 per person for parties of 10 or more; $20 per person for parties of nine or less. You must purchase paint balls at Outdoor Recreation for $50 per case of 2,000. For more information, contact 434-2505.

### The Overrun Open Friday Nights

The Overrun is open Fridays 4:30 p.m. until midnight. For more information, contact 434-2419.

### Library Hours of Operation

The Base Library hours of operation are Monday, Tuesday, Wednesday and Friday 10 a.m.-5 p.m.; Thursday 10 a.m.-7 p.m.; Saturday 8 a.m.-noon. For more information, contact 434-2934.

### Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact 434-2507.

### Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. For more information, contact 434-7836.

### Referees Needed

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

### 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.

### Instructors Needed

The Youth Center is seeking instructors for tumbling classes, dance classes, piano and guitar lessons. For more information, contact the Youth Center.

### Fitness on Request

The Fitness Center offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with 119 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

Information Tickets and Travel offers a shuttle service to the airport of your choice. For more information, contact 434-7861.

### FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, Café at Whispering Pines, Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

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



# Motivational speaker shares her story with Airmen, youth at Columbus AFB

**Airman 1st Class Beaux Hebert**
14th Flying Training Wing
Public Affairs

Tawana Williams, national motivational speaker and author, spoke to Airmen and youth from Mount Pleasant M.B. Church about her life and how she overcame life with a disability July 16, on Columbus Air Force Base, Mississippi.

Williams was born without arms and has limited use of her legs and wasn't supposed to live past two years old, but she never let that stop her from living life.

"My mother told me there was nothing I couldn't do," Williams said. "My grandma used to tell me 'You don't need arms because God didn't give them to you. If you don't have it, you don't need it.'"

When Williams was in her teens, she became addicted to drugs and would continue to rely on them for 10 years. She said that one night she was lying in bed and prayed that God would help her cure her addiction.

"I said 'God, kill me in my sleep or deliver me from this addiction,' and it was done," Williams said.

Another challenge she talked about was raising a child. She said many people told her to put her daughter, April, up for adoption because she wouldn't be able to care for her. Williams ignored her doubters and raised her daughter who is now 32. She also demonstrated for the crowd how she changed April's diaper, fed and burped her and dressed her without arms.

"I proved them wrong and beat the odds once again," Williams said. "I took care of my daughter, I bathed her, braided her hair, fed and burped her. What a mother would do [to care for a child], I did."

Since 1996, Williams has been on the road telling her story to churches, schools, prisons, day cares, nursing homes, rehabilitation centers, veterans associations and colleges in hope of inspiring of motivating them to live their lives and never say 'I can't do it'."

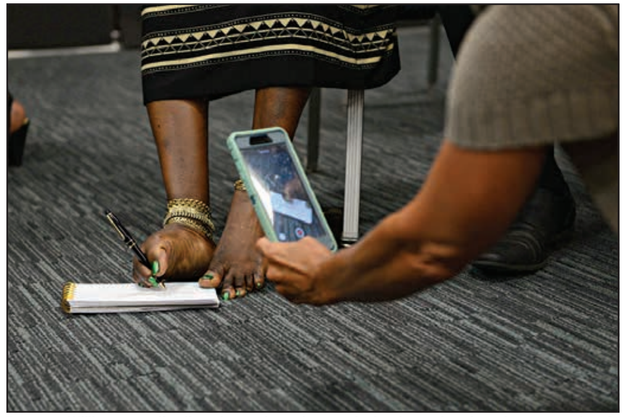
"Honestly, I was blown away," stated Chief Master Sgt. Tracy Tolliver. "My favorite part of the event was that she came [here] and talked to young people. She made it a point to tell them they could do anything they set their minds to and that there are no limits to what they can do."

Williams said if there is one thing that she hopes attendees take away from her story is to stop making excuses, because excuses don't hide anything, they just reveal who you really are.

U.S. Air Force photos by Airman 1st Class Beaux Hebert

**Tawana Williams, motivational speaker, talks with Airmen and youth from Mount Pleasant M.B. Church about her life and how she overcame life with a disability July 16, 2018, at Columbus Air Force Base, Mississippi. Williams was born without arms and wasn't supposed to live longer than two years old.**

*"My mother told me there was nothing I couldn't do," Williams said. "My grandma used to tell me 'You don't need arms because God didn't give them to you. If you don't have it, you don't need it.'"*



**Tawana Williams, motivational speaker, demonstrates how she signs her name to attendees July 16, 2018, at Columbus Air Force Base, Mississippi. Born without arms, Williams learned how to care for herself, and later on her daughter, with her feet.**

**Tawana Williams, motivational speaker, and her husband, Toby, showcase her artwork July 16, 2018, at Columbus Air Force Base, Mississippi. Williams demonstrated how she cared for a child, signs her name and tied a young boy's shoes all with just her feet.**

U.S. Air Force photos by Airman 1st Class Keith Holcomb

**Lt. Col. Ryan Sullivan, 14th Operations Group deputy commander, stands at ease in front of a formation of Airmen July 10, 2018, on Columbus Air Force Base, Mississippi, for the 14th OG Change of Command. The formal Change of Command ceremony afforded the troops the opportunity to witness the proceedings and actually see their commander.**

**(Left to right) Col. Douglas Gosney, 14th Flying Training Wing commander, stands at attention with Col. Stan Lawrie and Col. Derek Stuart, before Lawrie relinquishes command of the 14th Operations Group to Stuart July 10, 2018, on Columbus Air Force Base, Mississippi. The Air Force has a Permanent Change of Station cycle causing summers to have more of these ceremonies in comparison to the winter.**

# What's a change of command?

**Airman 1st Class Keith Holcomb**
14th Flying Training Wing Public Affairs

Every change of command on Columbus Air Force Base, Mississippi, begins with these words: "From ancient times, armies throughout the world have conducted ceremonies to commemorate victory over the enemy, to honor comrades in arms, and celebrate special occasions, such as the change of command."

On June 1, 1972, the 14th Flying Training Wing activated at Columbus AFB with a mission to train military pilots. Since then, Columbus AFB has held over 25 wing change of command ceremonies and numerous ceremonies at the group and squadron levels.

According to Dr. Doris Crusoe, 14th FTW historian, Columbus AFB has held approximately 45 base or wing commander change of command ceremonies since 1945. The first change of command took place on April 5, 1945, when Col. Louie Mallory, transferred his base authority and responsibilities to Lt. Col. Wilmer Hardesty.

The 14th FTW hosts more changes of command in the summer due to 'change of command season'. The Air Force has a Permanent Change of Station cycle causing summers to have more of these ceremonies in comparison to the winter.

The formal change of command ceremony afforded troops the opportunity to witness the proceedings and actually see their commanders.

At the recent 14th Operations Group Change of Command, 1st Lt. Taylor Skrobot, 50th Flying Training Squadron chief of training, stood in the ceremony's formation to render the final salute to the old commander and first salute to the new commander.

"It's great to be there and hear [in this case] the new commander's extensive experience in pilot training and the T-6 specifically," Skrobot said. "It was also cool to see the unity of Team BLAZE under the change of command; it gave a perspective on the size of our moving parts that makes the pilot training mission possible."

*"It's great to be there and hear [in this case] the new commander's extensive experience in pilot training and the T-6 specifically," Skrobot said. "It was also cool to see the unity of Team BLAZE under the change of command; it gave a perspective on the size of our moving parts that makes the pilot training mission possible."*

Most change of command ceremonies here are held at the McAllister Fire Station or the Columbus Club.

"These ceremonies have added color and pageantry to military life while preserving tradition and stimulating esprit de corps," finishes the script as the official change of command begins.

**Don't be a litter bug.
Keep America beautiful.**

## 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.



# Leadership perspective: Attitude

**Chief Master Sgt. William Whitt**
14th Mission Support Group
Superintendent

Military operations and the tasks that our nation has entrusted us to fulfill are far from normal and requires more than what is required of the so called "typical organization." As a matter of fact, I think that "something extra" is largely influenced by the attitude displayed by members of our teams; especially those called to be in a position of leadership.

The truth is that a positive attitude can be very much infectious, and I wholeheartedly believe that maintaining a positive attitude lends itself to a can do/will do culture, strengthened comradery and breeds resiliency amongst every member of a unit.

Yes, the unique circumstances associated with military operations and what might be taking place in our personal lives can take its toll on us mentally and there will be days when that positive attitude is going to be a challenge to maintain. One day we may be lending our positive attitude to get others in the unit through a tough spot and other times we will be relying on that positive attitude or the attitude of others to get us through our own tough days.

That I say is an extraordinary thing about being a member of the U.S. military. What I consider a "Higher Calling" of sorts, in that we do not just have coworkers or mere colleagues. I would argue that as a matter of fact, the Airman/civilian serving next to you, regardless of race, creed, color or religion is your brother/sister, your family. As family, we're here to lean on one another, especially when life throws us that curve ball and we need someone to help us through those rough patches.

*The truth is that a positive attitude can be very much infectious, and I wholeheartedly believe that maintaining a positive attitude lends itself to a can do/will do culture, strengthened comradery and breeds resiliency amongst every member of a unit.*

These words that I share are not some revelation that you're hearing for the first time. Reality is that you've probably heard these same words more eloquently stated previously by leaders that are much wiser than I am. My intent here is merely to plant the seed of contemplation. You cannot choose what happens to you in life, but you can choose how you react to those things that happen, and a good attitude is fundamental. Attitude is a personal choice; choosing to have a positive attitude will pay dividends for you, those that you lead and the mission...

# Heat safety

**Airman 1st Class Jacob Russo**
14th Civil Engineer Squadron
Emergency Management specialist

As summer moves into its full swing, it is important to know how to stay cool. Exposure to excessive heat can have many different effects. Keep these in mind during the summer to ensure you can react quickly and appropriately in the event of an emergency. As the environmental temperature rises above body temperature, the only way for the body to lose heat is by sweating.

The wind is another important factor in heat regulation, as it conducts heat away from the body and evaporates sweat. Air humidity greatly affects how much sweat can be evaporated away from the body. Because of the limitation of evaporation, heat injuries occur at lower environmental temperatures in any area where the humidity is high, and this is especially evident here at Columbus Air Force Base, Mississippi.

Ensure that when you are working outside you follow the Air Force Standard Work/Rest Cycles. Pay attention to the flag condition at all times. Try and avoid strenuous activity during the hottest parts of the day if possible. Make sure to drink plenty of water and drinks containing electrolytes to replenish the body's fluids that are lost in sweat. Try also avoiding drinks that contain caffeine or alcohol, as these dehydrate the body quicker than normal.

Always use the Wingman Concept and look for signs of heat-related illness in your fellow Airmen. If they are cramping up, have a headache, or are becoming red this may be a sign that they need to get out of the heat. Follow these safety tips, and you will be able to work effectively during the hot summer months here at Columbus.

## 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.

## LIBRARY HOURS

**EFFECTIVE: AUG 1, 2018**

**Monday - Friday
10 a.m. - 5 p.m.
Sat 8:00 a.m. - 12 p.m.**

**LIBRARY HOURS**

## Smile

**AUGUST IS CUSTOMER APPRECIATION MONTH**

**COLUMBUS AIR FORCE BASE FORCE SUPPORT SQUADRON**

**AUGUST 2018**

**Visit your favorite Force Support Squadron activities and we'll show you our appreciation!**

**There are lots of ways to collect a reward.**

We want to make you Smile
Force Support Squadron

Thank you from all of us!

# BLAZE Hangar Tails: C-130 Hercules

## Mission

The C-130 Hercules primarily performs the tactical portion of the airlift mission. The aircraft is capable of operating from rough, dirt strips and is the prime transport for airdropping troops and equipment into hostile areas. The C-130 operates throughout the U.S. Air Force, serving with Air Mobility Command, Air Force Special Operations Command, Air Combat Command, U.S. Air Forces in Europe, Pacific Air Forces, Air National Guard and the Air Force Reserve Command, fulfilling a wide range of operational missions in both peace and war situations. Basic and specialized versions of the aircraft airframe perform a diverse number of roles, including airlift support, Antarctic ice resupply, aeromedical missions, weather reconnaissance, aerial spray missions, firefighting duties for the U.S. Forest Service and natural disaster relief missions.

## General Characteristics

**Primary Function:** Global airlift
**Contractor:** Lockheed-Martin Aeronautics Company
**Power Plant:**
**C-130H:** Four Allison T56-A-15 turboprops
**C-130J:** Four Rolls-Royce AE 2100D3 turboprops
**Length:** C-130E/H/J: 97 feet, 9 inches (29.3 meters)
**Height:** 38 feet, 10 inches (11. 9 meters)
**Wingspan:** 132 feet, 7 inches (39.7 meters)
**Cargo Compartment:**
**C-130E/H/J:** length, 40 feet (12.31 meters); width, 119 inches (3.Remove 12 meters); height, 9 feet (2.74 meters). Rear ramp: length, 123 inches (3.12 meters); width, 119 inches (3.02 meters)
**Speed:**
**C-130E:** 345 mph (Mach 0.49) at 20,000 feet (6,060 meters)
**C-130H:** 366 mph (Mach 0.52) at 20,000 feet (6,060 meters)
**C-130J:** 417 mph (Mach 0.59) at 22,000 feet (6,706 meters)
**Ceiling:**
**C-130J:** 28,000 feet (8,615 meters) with 42,000 pounds (19,090 kilograms) payload
**C-130H:** 23,000 feet (7,077 meters) with 42,000 pounds (19,090 kilograms) payload.
**C-130E:** 19,000 feet (5,846 meters) with 42,000 pounds (19,090 kilograms) payload
**Maximum Takeoff Weight:**
**C-130E/H/J:** 155,000 pounds (69,750 kilograms)
**Maximum Allowable Payload:**
C-130E, 42,000 pounds (19,090 kilograms)
C-130H, 42,000 pounds (19,090 kilograms)
C-130J, 42,000 pounds (19,090 kilograms)
**Maximum Normal Payload:**
C-130E, 36,500 pounds (16,590 kilograms); C-130H, 36,500 pounds (16,590 kilograms); C-130J, 34,000 pounds (15,422 kilograms)
**Range at Maximum Normal Payload:**
C-130E, 1,150 miles (1,000 nautical miles)
C-130H, 1,208 miles (1,050 nautical miles)
C-130J, 2,071 miles (1,800 nautical miles)
**Maximum Load:**
**C-130E/H/J:** 6 pallets or 74 litters or 16 CDS bundles or 92 combat troops or 64 paratroopers, or a combination of any of these up to the cargo compartment capacity or maximum allowable weight.
**C-130J-30:** 8 pallets or 97 litters or 24 CDS bundles or 128 combat troops or 92 paratroopers, or a combination of any of these up to the cargo compartment capacity or maximum allowable weight.
**Crew:** C-130E/H: Five (two pilots, navigator, flight engineer and loadmaster)
**Unit Cost:** C-130E, $11.9, C-130H, $30.1, C-130J, $48.5 (FY 1998 constant dollars in millions)
**Date Deployed:** C-130A, Dec 1956; C-130B, May 1959; C-130E, Aug 1962; C-130H, Jun 1974; C-130J, Feb 1999
**Inventory:** Active force, 145; Air National Guard, 181; Air Force Reserve, 102

U.S. Air Force photo by Capt. Keenan Kunst

**A C-130J Super Hercules with the 774th Expeditionary Airlift Squadron lands at Bagram Airfield, Afghanistan, Aug. 22, 2017. The C-130J is the "workhorse" of the 455th Air Expeditionary Wing. The aircraft is capable of landing in austere conditions and brings personnel and supplies to forward locations throughout Afghanistan, enabling the NATO Resolute Support mission to train, advise and assist the Afghan military.**

U.S. Air Force photo by Yasuo Osakabe

**A C-130 Hercules assigned to the 36th Airlift Squadron approaches at Yokota Air Base, Japan, Aug. 24, 2017. The 36 AS regularly conducts training missions to remain proficient in the necessary skills to support any contingency.**





# The Force Report

14th Force Support Squadron

## On The Horizon

24 July- Lunch Brunch 11:30am - 1:30pm includes traditional breakfast items, fried chicken, mashed potatoes, vegetables, salad bar and the following stations: roast beef carving, waffle, omelet and dessert; $10 club members; $12 non-members; $5 children 5 - 11; free 4 & under; at Columbus Club

28 July- Free Eric Matthews Football Camp 9am - 12pm at the CAFB Youth Fields; for more information, contact 434-2594

3 Aug- Today is the last day to register for Flag Football and Cheerleading at the Youth Ctr

3 Aug- Youth Soccer Registration; register by today and save $5 per youth; last day to register is 31 Aug at the Youth Ctr

13 Aug- Bench Press & 1000 LB Club 5pm - 7pm (total for bench, squat & deadlift; raw weight with 3 attempts) at Fitness Ctr

## Food For Thought

**The Overrun** (Tues-Fri 11am-1:30pm)

| | Club Member | Non-Member |
|---|---|---|
| M- Closed | | |
| T- Taco and Nacho Bar | $7 | $9 |
| W- Chicken Wings and Pasta Bar | $8 | $10 |
| Th- Southern Style Buffet | $8 | $10 |
| F- Fried Catfish Buffet | $8 | $10 |

**Cafe at Whispering Pines** (Mon-Fri 10am-2pm)

Strawberry Summer Salad & Drink
$7.50 members: $9.50 non-members
Healthy menu available!
Options include soup, salads, and sandwiches!

**Strike Zone Grill** (Mon-Fri Daily Special 11am - 2pm)

BBQ Club, Fries & Sm Drink $7.25
Book your next event with the Bowling Ctr!

## Did You Know

Lunch Brunch
Sunday 24 July
11:30am - 1:30pm
Columbus Club

Bench Press & 1000 LB Club
13 Aug 5pm - 7pm
* total for bench, squat & deadlift
* raw weight with 3 attempts
Sign up at Fitness Center

Find us at www.columbusafbliving.com

# The Airman's Creed

I am an American Airman.
I am a Warrior.
I have answered my nation's call.

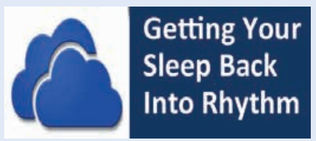
I am an American Airman.
My mission is to fly, fight, and win.
I am faithful to a proud heritage.
A tradition of honor,
And a legacy of valor.

I am an American Airman.
Guardian of freedom and justice,
My nation's sword and shield,
Its sentry and avenger.
I defend my country with my life.

I am an American Airman.
Wingman, leader, warrior.
I will never leave an Airman behind.
I will never falter,
And I will not fail.

# Medical Corner

## Make this summer a "dreamy" one




In some circles, sleep in viewed as a "want" and not a "need;" yet without it we could not survive. The issues and problems surrounding sleep and getting the proper amounts is as much of a problem as not eating the right foods or exercising enough. Without the proper amounts of sleep your body is not able to function at its best.

### Circadian rhythm

There are an estimated 50 to 70 million Americans who suffer from some form of sleep disorder and do not get the recommended 7-9 hours of sleep per night. The most common cause is a disruption or change in circadian rhythms. A circadian rhythm is just that, a rhythm or pattern. These patterns follow a cycle of behavioral, mental and physical changes and are primarily responsible with controlling the body's biological clock.

When sleep cycles are thrown out of sync, the body's circadian rhythm is disrupted which can result in a host of health problems that affect such things as performance, moods, cardiovascular system, nervous system and immune system.

### Biological clock

Because our body's function differently depending upon the time cycle (daily, weekly, monthly, seasonal), creating a sleep routine to fit within these changes will help your body to function optimally. Holidays, changes in daily routines due to work or school schedule adjustments, or even traveling can all affect sleeping patterns.

Our biological clocks operate in the same way that a watch does – with precision and concise timing. The circadian rhythm is the control that triggers our body's need for sleep, but it is the body's internal biological clock that regulates *when* we sleep and *when* we wake up.

The sleep/wake cycle is also affected by external triggers. This trigger within the brain that controls circadian rhythms can be found in the hypothalamus. When it begins to get dark outside, a signal is sent to the hypothalamus to begin releasing melatonin making the body feel sleepy and tired. This is not always the case, especially for those who are shift workers or are indoors and exposed to artificial light.

### Keys to a happy and healthy sleep

Daylight savings and the summer time are great ways to reset your body's clock. Even with holiday and summer vacations, moves and changes in personal schedules, applying a sleep routine may sound unimaginative, but in this day and age of stimulation 24/7 it may be just what is needed.

Here are some tips that can make this year's holiday celebrations and summertime fun more "dreamy."

**Additional References & Resources:**
1. Circadian Rhythms - NIH: https://www.nigms.nih.gov/education/pages/Factsheet_CircadianRhythms.aspx
2. Tips to Maximize Your Circadian Sleep/Wake Rhythm-Sleep.Org: https://sleep.org/articles/4-tips-maximize-circadian-rhythm/
3. Why Sleep Matters - Sleep Medicine at Harvard Medical School: http://healthysleep.med.harvard.edu/healthy/matters

# FEATURE



## COLUMBUS MUNICIPAL SCHOOL DISTRICT | 2018-2019 CALENDAR

**AUGUST 2018**

23 Teacher Work Days
20 Student Days
1-Teachers 1st Day
6-Students 1st Day

18 Teacher Days
18 Student Days
1-4 New Year's Holiday
10-Report Cards Issued
21- MLK Holiday

**SEPTEMBER 2018**

19 Teacher Days
19 Student Days
3-Labor Day
6-Progress Reports Issued

19 Teacher Days
19 Student Days
8-Progress Reports Issued
18-Presidents' Day

**OCTOBER 2018**

22 Teacher Days
21 Student Days
4-1st 9 Weeks Ends
8-Columbus Day
9-Parent/Teacher Conference Day
9-Report Cards Issued

16 Teacher Days
16 Student Days
8-3rd 9 Weeks Ends
11-15-Spring Break
21-Report Cards Issued

**NOVEMBER 2018**

17 Teacher Days
17 Student Days
8-Progress Reports Issued
19-23-Thanksgiving Holiday

21 Teacher Days
21 Student Days
17-Progress Reports Issued
19-22-Good Friday/ School Holiday

**DECEMBER 2018**

15 Teacher Days
15 Student Days
21-60% Student Day
21-2nd 9 Weeks Ends
24-31-Christmas Holiday

18 Teacher Days
15 Student Days
21-Students Last Day/ Elementary Report Cards Issued 60% Day
18-Graduation
23-Secondary Report Cards Issued
24-Teachers Last Day
27-Memorial Day

**JANUARY 2019**

**FEBRUARY 2019**

**MARCH 2019**

**APRIL 2019**

**MAY 2019**

Regular School Days
School Holidays

| STUDENT DAYS | | TEACHER DAYS | |
|---|---|---|---|
| 1st Semester | 92 | 1st Semester | 96 |
| 2nd Semester | 88 | 2nd Semester | 91 |
| | 180 | | 187 |

## LOWNDES COUNTY SCHOOL DISTRICT | 2018-2019 CALENDAR

**AUGUST 2018**

23 Teacher Work Days
20 Student Days
1-Teachers' First Day
6-Students' First Day

18 Teacher Days
17 Student Days
1-New Year's Holiday
7-Teacher PD/ Student Holiday
8-Students Return
10-Report Cards
21- MLK Holiday

**SEPTEMBER 2018**

19 Teacher Days
19 Student Days
3-Labor Day
6-Progress Reports

19 Teacher Days
19 Student Days
7-Progress Reports
18-President's Day Holiday

**OCTOBER 2018**

22 Teacher Days
21 Student Days
10-End of 1st Nine Weeks
11-Parent Conference Day
12-Fall Break
18-Report Cards

16 Teacher Days
16 Student Days
8-End of 3rd Nine Weeks
11-15-Spring Break
28-Report Cards

**NOVEMBER 2018**

17 Teacher Days
17 Student Days
15-Progress Reports
19-23-Thanksgiving Holiday

21 Teacher Days
21 Student Days
18-Progress Reports
19-Good Friday Holiday

**DECEMBER 2018**

15 Teacher Work Days
15 Student Days
21-End of Semester/ 60% Day
24-Christmas and New Year's Holidays

17 Teacher Work Days
16 Student Days
22-End of 4th Nine Weeks/ Students Last Day (60%)
23-Teachers Work Day/ Last Day
27-Memorial Day

**JANUARY 2019**

**FEBRUARY 2019**

**MARCH 2019**

**APRIL 2019**

**MAY 2019**

Teacher Work Day (Student Holiday)
School Holiday

| STUDENT DAYS | | TEACHER DAYS | |
|---|---|---|---|
| 1st Semester | 92 | 1st Semester | 96 |
| 2nd Semester | 89 | 2nd Semester | 91 |
| | 181 | | 187 |

# Summer's almost over, school is about to begin!

**Airman & Family Readiness Center Director**

Wow….where did the summer go? It seems like just yesterday when school ended and all our students began their summer break; yet here we are now, about to start another school year! As always, the first day of school brings with it plenty of angst and anxiety, by both parents and students alike; and the School Liaison Office (SLO) is here to assist!

Whether your student attends public or private school, or is taught in a home school, the SLO provides essential information and guidance on K-12 education issues ranging from academics to zoology! While the SLO may not have the answer, he knows where to go and get it. The SLO works closely with all public and private schools in the area to assist all BLAZE students.

A few points to success:

- Be familiar with the school's student handbook
- Be involved in your student's school
- Communicate early on to the schools regarding any concerns
- Speak to your student regarding proper bus/bus stop activities

Please be extra careful around bus stops and be alert for the busses as you travel about the local area.

As all schools face a myriad of challenges, to include budget and staffing concerns, implementing Common Core Curriculum Standards, standardized testing, and so on; rest assured they are all committed to provide the best possible education possible for our students.

If there are any questions or concerns, please contact your SLO at (662) 434-2792, or via email at slo2@us.af.mil. In addition, you may follow the Columbus School Liaison Office on Columbus AFB Living Page.

# Compulsory School Attendance: Home School

The School Liaison Office would like to remind parents of the State of Mississippi law governing school attendance particularly as it pertains to families who Home School.

Under the Mississippi Compulsory School Attendance Law, parents and guardians are required to enroll their children in a public, private or home school. This law applies to children who have reached the age of six and have not exceeded the age of 17 by September 1.

Children who have attained or will attain the age of five years on or before September 1 and have enrolled in a full-day public kindergarten will also be under the Compulsory School Attendance Law.

Any parent or guardian who fails to comply with the Mississippi compulsory school attendance law may be punished in a court of law.

Parents who are teaching their children at home (home school) are required to complete a certificate of enrollment card each school year. You can complete this card at the Columbus AFB School Liaison Office, located in Building 1114, Suite 7.

Mississippi law requires this card to be completed prior to September 14, 2018.

Please contact the School Liaison Officer at (662) 434-2792 or via email at: slo2@columbus.af.mil for an appointment to complete your registration.

## Schedule of Stops for Bus 13-18 (Bat)

*Driver: Otis Baucom*

| Area/Stop # | Street / Bus Stop | Arrival-AM |
|---|---|---|
| 1) Capital Village | Capital Ave #1 | 6:30 |
| 2) Capital Village | Capital Ave #2 | 6:35 |
| 3) State Village | South State #3 | 6:43 |
| 4) State Village | North State #4 | 6:48 |
| 5) State Village | Mississippi #5 | 6:53 |

| Area/Stop # | Street / Bus Stop | Dropoff-PM |
|---|---|---|
| 1)Youth Center | | 3:35 |
| 2) Capital Village | Capital Ave #1 | 3:42 |
| 3) Capital Village | Capital Ave #2 | 3:45 |
| 4) State Village | South State #3 | 3:50 |
| 5) State Village | North State #4 | 3:52 |
| 6) State Village | Mississippi #5 | 3:55 |

## Schedule of Stops for Bus 13-14 (Owl)

*Driver: Gayden Johnson*

| Area | Street / Bus Stop | Arrival-AM |
|---|---|---|
| 1) Magnolia Village | South Hamilton Ave #6 | 6:45 |
| 2) Magnolia Village | Middle of Hamilton | 6:50 |
| 3) Magnolia Village | North Hamilton Ave #7 | 6:52 |

| Area | Street / Bus Stop | Dropoff-PM |
|---|---|---|
| 1) Youth Center | | 3:30 |
| 2) Magnolia Village | South Hamilton Ave #6 | 3:35 |
| 3) Magnolia Village | Middle of Hamilton | 3:40 |
| 4) Magnolia Village | North Hamilton Ave #7 | 3:42 |

## Schedule of Stops for Bus 13-19 (Dinosaur)

*Driver: Keith Knight*

| Area | Street / Bus Stop | Arrival-AM |
|---|---|---|
| 1) State/Mag. Village | North Columbus Circle #9 | 6:45 |
| 2) State/Mag. Village | South Columbus Circle #8 | 6:47 |

| Area | Street / Bus Stop | Dropoff-PM |
|---|---|---|
| 1)Youth Center | | 3:30 |
| 1) State/Mag. Village | North Columbus Circle #9 | 3:35 |
| 2) State/Mag. Village | South Columbus Circle #8 | 3:38 |

For 23 million students nationwide, the school day begins and ends with a trip on a school bus and here at Columbus Air Force Base, we have fewer than 200 students on any given day riding our school buses. As the beginning of the school year approaches, please take the time to familiarize your student with the Rules of Conduct for bus riders.

The Student Handbook from each of our school districts contains specific guidance and a code of conduct students are to follow. Bus transportation is a privilege extended only to students who display good conduct while preparing to ride, riding or leaving the bus. Continued disorderly conduct or persistent refusal to submit to the authority of the driver shall be sufficient reason for a student to be denied transportation. Improper conduct of family members which occurs off the school bus will be addressed by installation officials.

Additionally, parents should exercise proper judgment when they observe or it is reported to them by their students, whenever improper behavior has occurred on the bus or at the bus stops. Parents should: contact the parents of the child(ren) involved, school authorities and/or the Columbus School Liaison Officer. Parents should not address grievances directly to the other children involved, unless there is an immediate, life-threatening situation.

An overview of the proper Rules of Conduct is provided below. Take a moment to review it and convey the contents to your children.

Any questions, please contact the School Liaison Officer, at (662) 434-2792 or via email at: slo2@us.af.mil

# Rules of Conduct

- Be orderly, quiet and considerate of people and their property in the vicinity of bus stops.
- Be ready when the bus arrives. Wait for the bus to come to a complete stop before moving toward the bus.
- Bus drivers have the authority to assign seats, give directions, and implement rules for the safe and orderly conduct of students and will report any violations.
- Acceptable public behavior will be expected of all bus riders.
- Pass in front rather than behind the bus when crossing the street to or from a bus.
- Do not enter or leave the bus when it is in motion.
- Heads or arms must not be extended from bus windows.
- Avoid eating/drinking on the bus and help keep the bus neat.
- Shouting, fighting, offensive language, or smoking will result in loss of bus privileges.
- Remain seated until the bus stops at your destination.
- Students are required to have parental permission in writing of any changes in regular transportation arrangements.
- Video technology is installed on buses to assist with the security and safety of all.
- Students who violate the regulations can have their bus privileges revoked.
- Unauthorized persons are not permitted on the buses — this includes parents.
- Parents should develop a plan in the event your student misses the bus or the bus fails to show, especially in the case where parent(s) depart the home before the bus arrives.
- Parents who choose to wait with their children (in their vehicles) MUST park opposite of the school bus stop, in order to allow for a direct, unimpeded route to the stop.