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Columbus Air Force Base, Miss.

July 6, 2018

Vol. 42, Issue 26



"I am going to do all that I must to stay sober to finally see the true plan."

Photo for illustration purposes only.

Before I was in recovery, I thought I could live my life on prescription drugs. Then, I decided that wasn't enough and added meth to it. I went crazy, but my lowest point was to see my parents, children, and sister's look of disappointment when they knew for sure what I had been doing. I came to the Pines and Cady Hills because I had nowhere else to go and I intended to only stay for 30 days. Well, God did for me what I couldn't do for myself. I worked with my counselor on many things that were holding me down. Then, I went to the Last House on the Block. Staying at the Last House helps me to stay sober, as well as going to meetings and working the steps with my sponsor. Prayer and meditation helps a lot with hard times and helps me to understand my part in all matters. All these things make me who I am and influence who I will become. I believe my Higher Power has many plans for me because he brought me to life when I was born dead. He has brought me through many times that should have killed me."

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Weather

Friday Isolated PM Thunderstorms High 92°F Low 75°F	Saturday Isolated PM Thunderstorms High 91°F Low 70°F
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Forecast provided by the 14th OSS Weather Flight

News Briefs

14th Operations Group Change of Command
The 14th Operations Group is hosting a change of command ceremony at 9:14 a.m. July 10 at the Fire Station.

SUPT 18-12 Assignment Night
Specialized Undergraduate Pilot Training Class 18-12 will have assignment night at 5:30 p.m. July 13 at the Columbus Club.

Diversity Day
The Equal Opportunity Office will host Diversity Day at 10 a.m. July 19 at the Walker Center. Diversity Day is meant to highlight the contributions to the Air Force from people of all walks of life. See the flyer on page 6 for more information.

Inside

Feature 8

Yes! WE'RE OPEN

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



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Lt. Gen. Jay Silveria, U.S. Air Force Academy superintendent, speaks to Specialized Undergraduate Pilot Training Class 18-11 during their graduation ceremony June 29, 2018, on Columbus Air Force Base, Mississippi. Each SUPT class has a graduation breakfast, ceremony and dinner to celebrate their accomplishments over the past 13 months.

AF Academy superintendent challenges SUPT 18-11 during graduation

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

Lt. Gen. Jay Silveria, U.S. Air Force Academy superintendent, spoke during Specialized Undergraduate Pilot Training Class 18-11's graduation June 29 on Columbus Air Force Base, Mississippi.

As Silveria addressed the Air Force's newest aviators, he delivered a powerful speech that spoke to and challenged, not only them, but each pilot, officer and leader in the room. "It's always about doing the absolute best at the job you've been given," Silveria said. "I didn't want to be a first assignment"

See SILVERIA, Page 3

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 (19-06)	-3.2 days	-19.07 days	Aug. 13	48th (18-12)	1.9 days	1.10 days	July 27	49th (18-JBC)	-0.82 days	-1.11 days	July 25	T-6	157	123	20,588
41st (19-05)	-14.10 days	-25.12 days	July 23	50th (18-12)	-0.17 days	2.33 days	July 27					T-1	46	39	6,924
												T-38	52	41	8,620
												IFF	22	18	3,298

* Mission numbers provided by 14 FTW Wing Scheduling.
Fred Wallace Haise Jr., former NASA astronaut, 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.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 26 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.

Nine promoted at June Enlisted Promotions



U.S. Air Force photo by Melissa Doublin

Nine enlisted Airmen were promoted to their next rank at the June Enlisted Promotions Ceremony June 29, 2018, on Columbus Air Force Base, Mississippi. The ceremony's purpose is to recognize the hard work and dedication these Airmen have put in to progress to the next rank.

Silver Wings

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Submission Deadline

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

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

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2424.

JOSE program continues to expand, save more taxpayer dollars

Debbie Aragon
AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — It's a simple concept producing significant results for U.S. Air Force and Army in Europe; saving hundreds of thousands of dollars and providing needed supplies quickly.

The Joint Office Supply Europe program, or JOSE, is a simplified ordering system built on the Government Purchase Card program, said Nicole Shatto, a procurement analyst with the Air Force Installation Contracting Agency – Europe at Ramstein Air Base, Germany.

Through a set of blanket purchase agreements, JOSE provides better, faster access to office supplies for units in Germany, Italy and the United Kingdom and saved almost \$130,000 just last quarter, Shatto said.

"Previously, cardholders would have to physically go to a store – on base or on the economy – or order online from stateside vendors and wait 1-2 weeks for items to arrive via the mail system," Shatto said. "Access to U.S. size paper and associated products like folders and envelopes, was also always a challenge."

Through JOSE, customers simply visit participating vendor websites specifically tailored to GPC card holders and, like other online shopping sites, log in, add items to their carts and pay using their GPC. Orders are then delivered to their offices within three business days.

In fiscal year 2015, the European AFICA team conducted an in-depth analysis of office supply purchases. This records review showed approximately 1,600 GPC cardholders across U.S. Air Forces in Europe bought office supplies from more than 400 different vendors meaning there wasn't any bulk purchase benefits. U.S. Army Europe office supply purchases were similar – 900 cardholders making more than 9,000 buys from 300 vendors.

Together, the Army and Air Force spent about \$13 million without any discounts on their approximately 20,000 purchases.

"As the strategic sourcing opportunity continued to look more promising, the results were shared with our Army colleagues at the 409th Combat Support Brigade through our cross-talks," she said. "The 409th was so very interested in participating that they offered to conduct the procurement."

With today's JOSE program, the Army continues to spearhead contracting activities and the Air Force serves as program management. Together, the services now purchase strategically and continue to look at opportunity for growth and additional savings.

"We have experienced a great partnership with the Army on this program," Shatto said, with the joint team meeting quarterly to discuss program status.

"It's been so successful, we have recently decided to pursue a follow-on effort since the original blanket purchase agreements end in May 2019," Shatto said.

As part of the program, AFICA also receives quarterly business analytics from the three vendors without extra charge. This introduces spend data that isn't provided from US Bank GPC reports and opens the door to further strategize office supplies, said Marianne Seufert, chief of AFICA's strategic sourcing operation in Europe.

In addition to the Army partnership, Seufert recently attended the European Contracting Conference in Naples, Italy, where she "extended usage of our savings producing contract to Navy installations in Europe," she said.

Additionally, she briefed the JOSE program to other Department of Defense and NATO contracting personnel in an effort to expand participation to potentially leverage more buying power and save additional taxpayer dollars.

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@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 hand blower/vacuum in excellent condition. This blower has been lightly used and comes with new vacuum attachments. Asking \$49.

Collection of 14 assorted ceramic ducks which includes three small ducks, two large planter ducks, one candy dish large duck, three medium ducks and five large ducks. These ducks are in excellent condition. Asking \$39, one buyer only. 6 different Avon collector miniature ducks 1984, ducks in original boxes. The miniature ducks are in perfect condition. Asking \$29, one buyer only.

Lightly used Belkin n300 Wi-Fi router. It will be a great Wi-Fi router for your computer, tablet and smart phone connections. Asking \$29, one buyer only. If interested, please call (662) 327-1205.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
9	10 14th OG Change of Command, 9:14 a.m. @ Fire Station 19-16/19-17 Pilot Partner Welcome, 6 p.m. @ The Southern			13 SUPT Class 18-12 Assignment Night, 5:30 p.m. @ Club	14/15	July 26: Education Fair July 27: SUPT Class 18-12 Graduation July 31: Enlisted Promotions Aug. 3: SUPT Class 18-13 Assignment Night Aug. 4: Wing Commanders' Base Farewell 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
16	17 Club Members Breakfast Wing Newcomers, 8 a.m. @ Club	18	19 Diversity Day, 10 a.m. - 2 p.m. @ Walker Center	20 Civil Air Patrol SUPT Familiarization Course	21/22	



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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.

Happy 50th birthday to America's biggest military airplane

Thom Patterson
CNN

MARIETTA, GEORGIA — One of the largest airplanes in the world — a jet that forever changed America's military and airline industry — is turning half a century old.

When you see a C-5 Galaxy on the ground for the first time, the first thing that strikes you is... it's freakishly huge.

Length: 247 feet. Wingspan: wider than a Boeing 747-400. The pilot sits about three-and-a-half stories high in the cockpit, and the plane's T-tail stands as tall as a six-story building.

The transport jet certainly must have turned heads on June 30, 1968, when it first took off from a runway at Lockheed Martin's historic factory north of Atlanta. Until the 1980s, it reigned as the world's largest airplane.

For the first time, the C-5 made it possible for 70-ton tanks, fighter jets, multiple helicopters or other huge cargo to go just about anywhere in a matter of hours instead of weeks aboard a ship.

It made the Pentagon more nimble. More flexible to quickly shifting events. And it redefined how military forces — and lifesaving humanitarian aid — could be deployed.

The C-5 is credited with spurring the development of new engine technology that benefits virtually all air travelers today. More about that in a second. First, let's talk about this plane's superpowers: Its landing gear can kneel toward the ground to make it easier to load.

The C-5's nose lifts up, revealing a huge cargo hold that can be loaded and unloaded from the front and the back.

Its cargo hold is 19 feet wide and 143 feet long — longer than the Wright brothers' first flight back in 1903.

The plane has an upper deck with airline-style seats that can carry around 73 troops, or other passengers.

Birthday party

Hitting the big 5-0 usually calls for a celebration. So last Tuesday, at the same Georgia site where it flew for the first time, politicians, Air Force generals, business executives and assembly-line workers gathered under a big tent to mark the jet's golden anniversary.

A newly upgraded C-5M, the big bad belle of the ball, sat nearby, filling up the back-ground, standing on its 28 wheels, holding its



U.S. Air Force photo

The largest airplane in the U.S. Military, the Air Force C-5 Galaxy dwarfs all other aircraft in this 2004 photo from Florida's Eglin Air Force Base.

T-tail proudly in the air and acting all nonchalant about those four beautifully gargantuan engines hanging off its wings.

"This airplane has served as an ambassador of the skies — both for both war and for peace," Georgia Gov. Nathan Deal told the crowd.

Recent peaceful missions include delivering humanitarian aid in the US — like C-5s did last year when they hauled medical teams and emergency supplies to help victims of Hurricanes Harvey, Irma and Maria.

After ISIS forces destroyed a key bridge across the Tigris River in Iraq, the Air Force said 11 C-5s flew 5,000 miles each way to deliver materials to build a floating bridge in 2017, helping hundreds of thousands of evacuees who needed to cross.

Fans of the C-5 love to brag about these missions:

1994: Two C-5s carried more than 1,300 pounds of enriched uranium from the former Soviet nation of Kazakhstan to the US for safekeeping. Kazakhstan had volunteered to hand over the material, which could have been used to build nuclear weapons.

1991: In less than 22 hours, 30 C-5s helped deliver Patriot missiles and other equipment and personnel to Israel to protect it from Iraqi attack. The deployment was credited with keeping Israel out of the Persian Gulf War.

1974: A C-5 over the Pacific test launched an unarmed Minuteman ICBM missile from its rear cargo door to determine whether the

jet was a viable nuclear launch platform. [You can read all about that here.]

This plane's legacy has touched billions of travelers

If you travel by air, it's likely your life has been touched by the C-5's legacy. The plane is largely responsible for the development of modern airliner engines that fly billions of passengers each year.

When the C-5 was on the drawing board, engineers created new engines called high-bypass turbofan engines that were powerful enough to get this monster airborne. High-bypass turbofan engines are wider than the turbojet engines that were common on 1960s airliners.

The magic is in the fans — which suck in a lot more air in the front, while the engine pushes a much stronger force out the back.

"Most of the thrust from the C-5 engine comes from that giant fan in the front. It's very fuel-efficient," said Lockheed Martin aviation historian Jeff Rhodes. "The 747, DC-10, L-1011 — all the wide-body airliners — came almost on the heels of this."

High-bypass turbofan engines on today's airliners allow us to fly farther requiring fewer engines and less fuel than the old-style turbojets.

Overcoming some early troubles

The C-5 had a rather difficult time at first. A tragic crash during the evacuation of orphan refugees from South Vietnam in 1975

killed 202 people.

In the '70s, cracks were discovered in some wings of the C-5As — the first version of the plane. C-5A wings were eventually replaced.

The 1980s, '90s and 2000s saw the C-5 taking part in high-profile aid missions worldwide, including deliveries to cleanup a catastrophic oil spill in Alaska's Prince William Sound, supplying refugees from wars in Rwanda and Kosovo, feeding the hungry in Somalia and helping flood victims in Mozambique. During the 1980s, the C-5 lost its status as the world's largest military production aircraft when a new transport jet called the Antonov AN-124 Ruslan joined the fleet of the Soviet air force. "The C-5 has been emblematic of the US resolve to do good in the world by providing an unmatched capability to help people anywhere, when they need assistance," said Dr. Doug Lantry, curator and historian at the National Museum of the US Air Force. In addition to being a marvel, the plane has been somewhat of a disappointment, too. "It's performed very well in its missions, both humanitarian and military, but it has had frustrating reliability problems," Lantry said. "The C-5 modernization program should help the plane fly through around 2040 and achieve its original promise with greatly improved reliability." These modernized airlifters are called C-5M Super Galaxies. "Over 60 different improvements were made to the C-5M over the previous version," said Air Force Brig. Gen. Kenneth Bibb, commander of the Air Force tanker airlift control center at Scott Air Force Base in Illinois. "Now it can go much farther, climb much higher and is much more fuel efficient. You can go from the East Coast to Turkey — or from the West Coast to Japan — without refueling." If you're feeling the need to see one of these mega machines in real life, C-5s from Travis Air Force Base will be visiting the following events this summer:

Alberta, Canada: Cold Lake Air Show, July 21-22

Oshkosh, Wisconsin: EAA AirVenture, July 23-29

Ohio: Cleveland National Air Show, September 1-3

Sacramento: California Capital Air Show, September 21-23

It's a chance to take a stroll through the cavernous cargo hold of an amazing jet that really has changed the world.



Lt. Gen. Jay Silveria, U.S. Air Force Academy superintendent, is saluted by student pilots before entering the Kaye Auditorium to deliver his speech at Specialized Undergraduate Pilot Training Class 18-11's graduation ceremony June 29, 2018, on Columbus Air Force Base, Mississippi. Every three weeks a pilot graduation ceremony takes place to welcome the next generation of military aviators.

SILVERIA

(Continued from page 1)

instructor pilot ... but the lesson I learned was that's what the Air Force needed and I needed to be the best 'fill in the blank I could be,' and if they needed an instructor pilot I'd be the best instructor I could be."

Silveria spoke about the multitude of missions each pilot may be completing in the next few years. Then, as he glanced at the 20 graduates, he mentioned some by name, and explained a possible scenario they may find themselves when

flying aircraft they've been assigned.

The second point was to challenge the graduates to make this their Air Force. He said the Air Force won't need them to make what his generation does more efficient. He encouraged them instead to make it their own Air Force and make it better with innovation and perseverance.

Going back to his time as a FAIP, he said the satisfaction of being an instructor allowed him to cherish that first assignment.

"The chance to be with the kind of people that want to serve, that want to work hard, that want have an impact, that



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

Specialized Undergraduate Pilot Training Class 18-11 stands before their graduation ceremony June 29, 2018, on Columbus Air Force Base, Mississippi. Every three weeks a pilot graduation ceremony takes place to welcome the next generation of military aviators.

care about what they're doing ... I can't imagine doing anything with anyone else," Silveria said.

The graduation of a new pilot adds another hand at the stick, controlling a weapon system in support of operations across the globe, and Silveria said he's glad to see another group of outstanding officers join the aviation community.

"As the Air Force Academy superintendent I am responsible for turning the 18 year olds ultimately into lieutenants," Silveria said. "I get to see the accessioning of lieutenants and it's so exciting to be here today to see what these lieutenants become."

Purchasing, installing, and managing software licenses

14th Communications Squadron Base Software License Manager

Compliance with software licensing requirements is mandatory by United States Code, Department of Defense and Air Force instructions. To ensure that Columbus Air Force Base and all subordinate units comply with these requirements, strict controls have been put in place. Procedures on how to acquire, install, track and inventory software are just a few examples of these controls.

Should an individual or unit require software for their government system, they would need to contact their cybersecurity liaison (CL) to open a remedy ticket to obtain authorization for installation. The Base Software License Management (BSLM), 14th Commu-

nications Squadron, will obtain an authority to connect and will request a quote from an authorized vendor. The quote will then be provided to the unit CL to start the ordering process.

A copy of the software order containing the number of licenses should be provided to the BSLM office immediately following purchase. All software should be delivered to:

Base Software License Manager (14CS/SCOO)

Network Control Center
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Upon receipt of the software, the unit CL will be notified that the software is available through the Media Sign-Out process. This allows for the installations to be performed

up to the limit of the licenses purchased for that unit, while maintaining the software in a secure environment when not required by the unit. Use vESD, located on your desktop, to create a ticket for installation of software. Click software and open the Software Wizard. The option for Install Software should be available for the requestor to create a ticket and provide the name of the software they are requesting in the Comments field. Once a technician receives the ticket, they will work with the BSLM office to ensure there are available licenses and to acquire the media for installation. After the software has been installed, the software is to be returned to the BSLM office. A record of the number of installations against the number of purchased licenses will be maintained in order to verify

compliance with the software licensing agreement.

Maintaining software licenses and inventories are a responsibility that users, BSLMs and the communications squadron all have a part in. Without each doing their part, non-compliance with laws and applicable guidance will quickly follow. Never load personally owned software onto government systems and never make copies of software without permission of the copyright owner. United States Copyright Act, Title 17 of the United States Code, covers software from the moment of its creation and prohibits making any copies without permission of the copyright owner.

For more information with respect to software management, please contact the BSLM by calling 434-2375.



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

Col. Douglas Gosney, 14th Flying Training Wing commander, speaks to his Airmen during a dorm dinner March 2, 2018, at Montgomery Village on Columbus Air Force Base, Mississippi. Dorm dinners are held for senior leaders to show appreciation to the Airmen by making them a home cooked meal.



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

First sergeants and base leadership serve Airmen, living in the Unaccompanied Enlisted Quarters, a Thanksgiving meal at Dormsgiving Nov. 16, 2017, at Columbus Air Force Base, Mississippi. After everyone had eaten, leadership then sat beside and mingled with the Airmen, talking about their goals and offering any advice to their less experienced wingmen.

Montgomery Village: Junior Airmen's home away from home

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

Every Airman has been the 'newbie' at their first duty station and sometimes it can be difficult to meet new people, but Columbus Air Force Base's Montgomery Village, commonly known as "the Village," has made meeting and socializing with friends easier.

Located between the two enlisted dormitory buildings, the Village serves as a recreation, work and event center for junior enlisted Airmen.

"I see Montgomery Village as that friend's house that everyone goes to hang out," said Master Sgt. Kristina O'Meara, Airman dormitory leader. "A place where everyone feels welcome and comfortable. It's not supposed to feel rigid or stiff ... it's supposed to feel like home."

O'Meara said that the Airmen respect the facilities and materials they have been given and she feels they are very grateful for what they have.

The Village has plenty of recreational fun to offer. Some examples are free Wi-Fi, TV, video streaming, new generation gaming systems, pool tables, shuffleboard, retro-style arcade, movie theatre and an outdoor fire pit. It is also used for dorm dinners, a quarterly



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

Chief Master Sgt. Johnathan Hover, 14th Flying Training Wing command chief, spreads sand across the shuffleboard table March 2, 2018. Dorm dinners allow senior leaders to show the junior enlisted members they can provide a positive service to others no matter the rank on their uniforms.

dinner cooked and hosted by first sergeants, leadership and other members of Team BLAZE for Airmen to enjoy a home-cooked meal.

"I feel all bases should have something similar to the Village," said Airman 1st Class Rodney Williams, Airman Dormitory Council president. "Being a brand new Airman,

"I see Montgomery Village as that friend's house that everyone goes to hang out," said Master Sgt. Kristina O'Meara, Airman dormitory leader.

you don't know anyone or anything and the Village acts as a network connecting Airmen to Airmen."

The Village is named after former Mississippi Congressman G. V. "Sonny" Montgomery, who helped create the Montgomery GI Bill in 1984. Montgomery was a big supporter of the troops and wanted to make sure they were able to make a living when they separated from service. He played a big role in the building of the Village and the newer dormitories.

The Village will be getting more amenities for Airmen in the near future, such as healthy food and soda vending machines and a kitchen for potential cooking lessons.

The Montgomery Village is designed to be a home away from home to let Airmen rest and relax so their morale will be high and they enjoy life in the Air Force.

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,

Widner takes reigns as new 14th LRS commander



U.S. Air Force photo by Sharon Ybarra

Col. Anthony Sansano, 14th Mission Support Group commander, passes the guidon to Maj. Dennis Widner, the new 14th Logistics Readiness Squadron commander, July 3, 2018, on Columbus Air Force Base, Mississippi. Widner's last assignment was the U.S. Military Exchange program officer at Royal Australian Air Force Base Glenbrook, Australia.

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 from 7:30 a.m.-4 p.m. July 9-13 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 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 available 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 Commander's program. The Commnder establishes and maintains the program within the unit, to include choosing team members. Once selected as a KSP in writing, you will need to attend initial/refresh-er KS training and continuing education. For more information, please call (662) 434-3323.

Hearts Apart

The next Hearts Apart will be held from 5-7 p.m. July 26. 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 .

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

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 (662) 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 (662) 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 (662) 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 (662) 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 9–20 and July 23–Aug. 3. For more information, contact the ITT office located in the BLAZE Commons.

Patriot Fest

The 14th Force Support Squadron is hosting a Patriot Fest at 4 p.m. July 6 at the BLAZE Fit Trail across from the Columbus Club. This is a free event with kid's activities, food vendors and a beer garden. Enjoy a concert at 7 p.m. featuring Thompson Square and Easton Corbin. Open to all DoD ID card holders and their guests. For more information, contact (662) 434-1647.

Pool Party for E-5 and E-6 Airmen

Fun! Prizes! Free entry! Join us for a Pool Party for E-5 and E-6 Airmen from 7–11 p.m. July 13. Free movie “Black Panther” will be shown at 8:30 p.m. Taco bar available for only \$5 club members and \$7 non-members. For more information, contact (662) 434-2505 or 434-2491.

Free Breakfast for Club Members

Start your morning off at the Overrun! Free breakfast buffet for club members from 6:30–9 a.m. July 17. The cost is only \$8 for non-members. Become a club member and save! For more information, contact (662) 434-2489.

Dog Days of Summer 5K

The Fitness Center is offering a Dog Days of Summer 5K at 7 a.m. July 20. Come take Fido for a stroll. Water stations and goodies will be available for your pup and family. For more information, contact (662) 434-2772.

WATCH ULTIMATE FIGHTING AT THE CLUB!
FIGHT NIGHT
AN EXCITING EVENT BROUGHT TO YOU BY AIR FORCE SERVICES ACTIVITY
UFC at the Columbus Club
BE THERE
TWO TITLE FIGHTS
MIOCIC vs CORMIER
HOLLOWAY vs ORTEGA
Saturday, 7 July
Doors Open at 6:00pm
Pre Fight at 7:00pm
Featured Fight Scheduled 9:00pm
FREE ENTRY! CLUB MEMBERS RECEIVE \$5 FOOD VOUCHER
Shown on Projector Screen Food & Drink Specials
NOTE: All fight cards & dates are subject to change
OVER FIGHT! **FORCE** SUPPORT SQUADRON
(662) 434-2489
columbusafbliving.com
MyAirForceLife.com

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 (662) 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 (662) 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 (662) 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 (662) 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 (662) 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 (662) 434-2505.

The Overrun Open Friday Nights

The Overrun is open Fridays 4:30 p.m. until midnight. For more information, contact (662) 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 (662) 434-2934.

Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact (662) 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 (662) 434-7836.

Referees Needed

Referees needed for various sports at the Fitness Center. For more information or to sign up, contact (662) 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 (662) 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 (662) 434-2772.

Space A Lodging

The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at (662) 434-2548.

Ride in Style

Information Tickets and Travel offers a shuttle service to the airport of your choice. For more information, contact (662) 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.

Col. Stuart to assume command of the 14th OG

Colonel Derek S. Stuart will assume command of the 14th Operations Group during a change of command ceremony at 9:14 a.m. July 10 at the Fire Station on Columbus Air Force Base, Mississippi.



He is the Branch Head, Business and Information Management Branch and U.S. Air Force Element Commander, Allied Joint Forces Command, Naples, Italy, where he is responsible for the information management and workflow for the headquarters as well as leading a U.S. Air Force team of 50 staff officers. Previously, Colonel Stuart was the Commander of the 733d Air Mobility Squadron at Kadena Air Base in Okinawa, Japan. In this capacity, he led a team of 277 American and Japanese civilian and military personnel in generating, launching and recovering air mobility missions in order to deploy, receive, and sustain American and allied combat forces.

Colonel Stuart entered the Air Force in 1996 as a graduate of the Reserve Officers Training Corps program at Utah State University in Logan, Utah. He has served in various operational positions including Operational Planner, Director of Operations, Pilot Training Flight Commander and Evaluator Pilot. His staff experience includes a tour at Headquarters United States Air Force, Washington D.C., serving as a Legislative Liaison to the Congressional Armed Services Committees and Executive Officer to the Air Force Chief Information Officer.

Colonel Stuart is a Command Pilot with more than 3,200 flying hours in the C-17, C-141, T-6, and T-37. He has flown combat missions in operations Iraqi Freedom, Enduring Freedom, Northern Watch, Southern Watch and Allied Force.

EDUCATION

1996 Bachelor of Information Systems Management,

Utah State University, Logan Utah

2003 Squadron Officer School, Maxwell AFB, AL, Distinguished Graduate & Outstanding Contributor

2004 Masters of Business Administration (Information Technology Management Emphasis), Touro University, California

2006 Air Command and Staff College by correspondence, Maxwell AFB, Alabama

2008 Master of Science in Strategic Intelligence, National Defense Intelligence College, Bolling AFB, Washington D.C.

2010 Congressional Operations Seminar, Georgetown University, Washington D.C.

2011 Air War College by correspondence, Maxwell AFB, Alabama

2016 Air War College, Maxwell AFB, Alabama

2016 NATO Comprehensive Operational Planning Course, The NATO School, Oberammergau, Germany

ASSIGNMENTS

1. June 1996 – May 1997, Assistant Professor of Aerospace Studies, Detachment 860, Utah State University, Logan, Utah

2. May 1997 – September 1998, Student, Undergraduate Pilot Training, Vance AFB, Oklahoma

3. September 1998 – September 1999, C-141B Co-pilot, 4th Airlift Squadron, McChord AFB, Washington

4. September 1999 – January 2002, C-17A Aircraft Commander, Squadron Scheduler, Mobility Officer, 7th Airlift Squadron, McChord AFB, Washington

5. January 2002 – September 2002, T-37B Instructor Pilot, 84th Flying Training Squadron, Laughlin AFB, Texas

6. September 2002 – June 2004, T-6A Evaluator Pilot, Flight Commander, 84th Flying Training Squadron, Laughlin AFB, Texas

7. June 2004 – July 2006, AETC Intern, Chief of T-6A Programs, T-6A MAJCOM Flight Examiner, Nineteenth Air Force, Randolph AFB, Texas

8. July 2006 – July 2007, Assistant Director of Operations, C-17A Instructor Aircraft Commander, 21st Airlift Squadron, Travis AFB, California

9. July 2007 – August 2008, Graduate Student, Na-

tional Defense Intelligence College, Defense Intelligence Agency, Bolling AFB, Washington D.C.

10. August 2008 – August 2009, Chief, Warfighter Networking Integration, Chief, Policy and Compliance Branch, SAF/CIO A6, Pentagon, Washington D.C.

11. August 2009 – May 2010, Executive Officer to the CIO, SAF/CIO A6, Pentagon, Washington D.C.

12. May 2010 – July 2011, Chief, Mobility, SOF & CSAR Programs, Weapon Systems Division, Air Force Legislative Liaison, Washington D.C.

13. July 2011 – June 2013, Director of Operations, 58th Airlift Squadron, Altus AFB, Oklahoma

14. June 2013 – June 2015, Commander, 733d Air Mobility Squadron, Kadena AB, Okinawa, Japan

15. July 2015 – June 2016, Student, Air War College, Maxwell AFB, Montgomery, Alabama

16. July 2016 – June 2017, Red Cell Syndicate Leader & Ops Planner, NATO Allied Joint Force Command, Naples, Italy

17. June 2017 – present, Branch Head Business Information Management and US Air Force Element Commander, NATO Allied Joint Force Command, Naples, Italy

FLIGHT INFORMATION

Rating: Command Pilot

Flight Hours: More than 3,200

Aircraft flown: T-37, T-1, C-141B, C-17A, T-6A

MAJOR AWARDS AND DECORATIONS

Meritorious Service Medal with five oak leaf clusters

Air Medal

Air Force Commendation Medal with one oak leaf cluster

EFFECTIVE DATES OF PROMOTION

Second Lieutenant June 23, 1996

First Lieutenant June 23, 1998

Captain June 23, 2000

Major July 1, 2006

Lieutenant Colonel Oct. 1, 2011

Colonel (Frosted) June 1, 2017

(Current as of May 2018)

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.



To advertise in Silver Wings, call 328-2424

Columbus AFB Diversity Day

discovering Diversity

DISCOVERING DIVERSITY

Date: 19 Jul 18

Time: 1000-1400

Location: CAFB/Walker Center

Events: Cultural Performances,
Educational Booths, Food
Preparation Demonstration,
Salsa Contest, Free Food Tasting

Open to all DoD Card holders,
Dependents, and Guest

Contact: EO Office/(662)434-1330



Columbus Air Force Base

Diversity Day

19 July 2018

Schedule of Events

Welcome

Opening Remarks

Col. Douglas Gosney, 14th Flying Training Wing Commander

Performances:

Choctaw Culture Performance

United Christian Praise Dance Team

Black Heritage Presentation

Hispanic Heritage Line Dance Competition

Closing Remarks

Lift every Voice and Sing

Closing



Discovering Diversity

BLAZE Hangar Tails: C-12 Huron

Mission

The C-12 Huron is a twin turboprop aircraft used for cargo and passenger airlift. The aircraft is a military version of the Raytheon 1900C regional airliner. In addition to providing cargo and passenger airlift, the aircraft is capable of transporting two litter or ten ambulatory patients during aeromedical evacuations.

Features

The C-12 can carry 19 passengers or up to 3500 pounds of cargo. The fuel capacity of the C-12 is 675.2 gallons with refueling accomplished directly into each of its four fuel tanks through filler caps located on the top of each wing. The safety and operational capabilities of the C-12 are increased by the autopilot, color weather radar and tactical air navigation system, as well as high frequency, very high frequency and ultra high frequency radios.

The aircraft has a crew of two and may be flown from either cockpit seat. The C-12 fleet recently finished an extensive avionics upgrade and modernization program, which added three multi-function displays able to display all essential navigation information to the pilots. Additionally, three integrated Global Positioning Systems, two Flight Management Systems, a new autopilot, VHF/UHF communications radios and weather radar were installed.

Background

Delivery of the C-12 fleet began in July 1992. The U.S. Air Force currently operates four C-12 aircraft; three of these aircraft are operated by the 459th Airlift Squadron at Yokota Air Base, Japan, and one is operated by Air Force Material Command from Holloman Air Force Base, New Mexico.



U.S. Air Force photo by Staff Sgt. Corey Hook

A U.S. Air Force C-12 Huron, assigned to Yokota Air Base, Japan, takes off from Andersen Air Force Base, Guam, during COPE NORTH 18, Feb. 20, 2018. CN18 is a Pacific Air Force-sponsored, Fifth Air Force conducted, Joint/Combined Tri-Lateral Field Training Exercise designed to develop synergistic humanitarian assistance and disaster relief operations, and increase interoperability of U.S. Air Forces, Royal Australian Air Force, and the Japanese Air Self Defense Force.

General characteristics

Primary Function: Passenger and cargo airlift

Prime Contractor: Raytheon Aircraft Company (formerly the Beech Aircraft Corporation)

Propulsion: Two Pratt & Whitney PT6A-65B turboprop engines, each with a four-blade, full-feathering, reversible composite propeller, generating 1,173 shaft horsepower (3,400 ft-lb of torque) on each engine

Length: 57 feet, 10 inches



U.S. Air Force photo by Staff Sgt. Sheila deVera

A C-12F Huron assigned to the 517th Airlift Squadron at Joint Base Elmendorf-Richardson, Alaska, prepares to take off at Tatalina Air Force Station near McGrath, Alaska, Feb. 23, 2016.

Height: 14 feet, 11 inches

Wingspan: 54 feet, 6 inches

Maximum Takeoff Weight: 16,710 pounds

Maximum Speed: 284 mph

Ceiling: 25,000 feet

Fuel Capacity: 675.2 gallons; 1,035.2 gallons with ferry tanks

Maximum Range: 1,450 nautical miles, 1,669 statute miles

Maximum Load: 19 passengers or 3,500 pounds of cargo

Crew: Two (pilot and co-pilot)

Date Deployed: July 1992

Inventory: Active forces, 4; Air National Guard, 0; Air Force Reserve, 0

VIEWPOINT

Always open

Master Sgt. William Weaver
14th Mission Support Group/
WSA First Sergeant

There are a number of questions I receive as a first sergeant, the most popular being "Hey Shirt, got a minute?" Increasingly I have heard another question, "Shirt, what time do you open for business?" The answer to this question is simple, I don't.

As a first sergeant, I am always open, to questions from our Airmen, to feedback on how the wing is helping us accomplish the mission and even questions about what it

takes to succeed in today's Air Force.

I answer phone calls at 3 a.m., 7 p.m., during lunch and even while driving to dinner (of course I pull over first). I field concerns about finances, family, discipline and morale from Airmen, NCOs, fellow senior NCOs, officers and civilians. I make myself available to my Airmen because their needs come first, they usually can't wait until tomorrow and they trust their first sergeants to help them when they need it.

I am available to my commanders, because their schedules are more hectic than my own, and their No. 1 priority is taking care of their

I do these things because I was called to duty to serve those who serve. I will never turn an Airman away because I have something more important to do, because there is nothing more important than taking care of our own.

people. I make myself available to my fellow first sergeants because we sometimes do not have all the answers, have not experienced every possible scenario, may not remember every resource, and sometimes it just helps to have a peer to talk things over with.

I do these things because I was called to duty to serve those who serve. I will never turn an Airman away because I have something more important to do, because there is nothing more important than taking care of

our own.

We are a part of the best Air Force in the world because we take care of our greatest asset, our selflessly dedicated men and women in uniform.

I am a first sergeant, my job is people, everyone is my business. I don't open because I am always open, I am always available and I am always here for you.

Hunt Housing tip of the week

Parking is permitted only on paved surfaces in designated parking areas. Parking on non-paved areas must be approved, in writing, by Columbus Family Housing. Parking on lawns, planted areas, sidewalks, and patios is strictly prohibited. Parking of any vehicle is not allowed in front of fire hydrants or 15 ft. to either side of a fire hydrant. Travel trailers, motor coaches, cargo trailers, camper bodies, camper trailers, commercial vehicles, tractor trailers, boats, personal watercraft (PWC), boat/PWC trailers, and horse/livestock trailers may not be permanently parked, or stored on the street, driveways, yards or parking lots in any housing area. Recreational vehicles may only be parked in the housing area for the purpose of loading and unloading. In no event shall recreational vehicles be parked in housing areas for more than 24 hours without Columbus Family Housing approval.



**Don't
text
while
driving**



Medical Corner

Clear the smoke and end the pain

Injuries can occur at any time, and for any reason. The dreaded semi-annual physical fitness test assesses the Airmen's physical fitness through a functional capacity evaluation of strength, stamina and cardiovascular health. Yet more and more of those entering the military as well as those currently serving will experience more injuries than others if they do just one thing — smoke or use tobacco.

The Structure of A Bone

The bones within the body are made up of a collection of a living and growing tissue called Collagen and Calcium Phosphate. This combination is what gives our bones structure, strength, and flexibility and are comprised of two types of tissue: Compact and Cancellous or "Spongy" and are maintained and supported by three main cell types: Osteoblasts, Osteocytes, and the most important — Osteoclasts, which help to remodel injured bones and create pathways for the various blood vessels and nerves to travel around.

How Tobacco Affects The Musculoskeletal Systems

When any of these cells or organisms are damaged or are unable to repair themselves, sustained and chronic injuries will result causing pain and discomfort that may or may not be treatable. One of the biggest culprits of musculoskeletal injuries is tobacco. And it's not just smoked tobacco that can cause injuries. It's also been discovered that nicotine from chewing, vaped ore-cigarettes all slow down healthy production of bone-forming cells (Osteoclasts).

Our bones also act as a detoxifier and absorb toxins and heavy metals from the blood. The detoxification process of a smoker over a period of time will lead to the bones becoming brittle and less capable of repairing itself. This happens as a result of the Osteoclasts becoming overwhelmed and unable to keep up with any repairs needed and create new blood or nerve pathways as old ones die off. When an injury occurs, a process known as hematoma or inflammatory response and callus formation is triggered. Smoking delays this response which prevents fibroblasts and mesenchymal stem cells from flowing to the injured site and are the main architects and builders for wound repair.

The bones within the body also provide the framework that supports it and is connected by a series of tendons and ligaments. Studies have shown that tobacco users — smoked, chewed, or vaped — are at 7.5 times greater risk of injuries to the shoulders (rotator cuff tears, bicep tendon ruptures) than non-smokers.

Ways To Clear The Smoke And End The Pain

Smoking leads to a number of health problems.

A number of those problems are well known such as cancer, lung disease, heart disease, and cardiovascular diseases. Even with a greater awareness on the health impact tobacco use has on health readiness, we have a long way to go towards being a tobacco-free military.

The use of tobacco of any form impedes and impairs the performance and readiness of military service members. Smokers within the military tend to achieve lower fitness standards which can limit duty performance and place their long-term health at risk. Military leaders in partnership with Health Promotion Managers have begun changing the cultural mindset within the military with updated policy changes and campaigns to encourage smokers to quit and others to not start. These policies and cultural changes have allowed for a more positive impact on the health and fitness of Warfighters and their families as leaders help to change the attitudes towards smoking. But it may not be enough. Tobacco use within the military is still a major problem. There are other ways to destress that do not negatively impact the structural integrity of the body. Here are some tips to help you "Clear The Smoke And End The Pain."

- 1. Eliminate triggers** – Clean your house and car completely of any and all tobacco items such as ash trays and lighters.
- 2. Wait it out** – A craving to smoke only lasts three to five minutes, whether you smoke or not. Watch a movie, read a book, or "Fidget" with a Fidget Spinner to distract you.
- 3. Rework your routine** – Your schedule may have had built in spoke breaks. Know when these times are and what your triggers are, then make a plan to avoid them.
- 4. Keep trying** – It may take some time, but you have the power to break this addiction.

If you need support along the way, call any of these toll free Help lines and speak with a certified smoking cessation counselor. You can also contact your local BHOP.



Additional References & Resources:

1. What is Bone . NIH: <https://www.bones.nih.gov/health-info/bone/bone-health/what-is-bone#fyi>
2. American lung Association - 8 Tips To Quit Smoking For Good : <http://www.lung.org/about-us/blog/2017/01/8-tips-to-quit-smoking.html>
3. Cigarette Smoking and Musculoskeletal Disorders . NIH: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3711704/>
4. A Content Analysis of Military Commander Messages About Tobacco and Other Health Issues in Military Installation Newspapers: What Do Military Commanders Say About Tobacco?

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I recently quit smoking because I was going through basic training, but I am now thinking of picking up the habit again. I came across an article that said smoking can also increase your chances of getting musculoskeletal injuries. I have not had any injuries since quitting and know that I will still have to do PT on a regular basis. If I start again, am I more likely to get injured or will smoking not really affect me as much as the article claims ?

Sincerely,
Confused Ex-Smoker

Dear Confused Ex-Smoker,
Congratulations on quitting! Even if it was due to basic training, it is still a step in the right direction. Take this opportunity to stay tobacco-free past graduation. There are a number of airmen in similar situations who may find themselves vulnerable to reinitiating tobacco use during their next training phase from peer pressure, perceived benefits of "smoke breaks", and stress and encourage you to continue to stay smoke-free and tobacco free.

You have probably heard it said many times that the use of tobacco products can cause all sorts of health problems. These health problems, you might recall, include several forms of cancer, heart disease, pulmonary disease, adverse reproductive outcomes, and worsening of other preexisting health conditions. The article that you read on musculoskeletal injuries is correct since many of the problems associated with smoking can increase your risk of injury. Tobacco use can cause tissue hypoxia, decrease wound healing time, impair blood flow, and increase post-op healing complications which all lead to greater chances of getting injured. All of these health risks are preventable, which only makes it that much more important to stay smoke-free, especially if you find yourself performing duties that become more physically demanding.

Studies have found that military members who smoked were 31 percent more likely to sustain injuries than non-smokers. The more you smoke, the greater the risk. It's a good thing that you quit when you did since the long-term affects of tobacco use have been known to lead to inflammation, decreased blood flow and chronic injuries.

These findings make smoking a more immediate concern to commanders as smoking can increase risks of injury making you less fit and ready. The best protection is to not smoke. Instead of picking up the habit again, try a new hobby such as reading, running, hiking, sports, or other leisure activities.

Sincerely,
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Healthy Living webpage <http://www.airforcemedicine.af.mil/Healthyliving/>

Mosquito survey

Staff Sgt. Viviana Chalfonte

14th Medical Operations Squadron

It's that time of the year again when the temperatures are climbing and the water levels are high, which means it's the perfect time for mosquitos! Unfortunately, mosquitoes can carry deadly diseases, such as West Nile Virus (WNV).

WNV is a mosquito-borne virus that is naturally transmitted from bird to bird. The virus is most commonly spread by mosquitos who become infected after feeding on infected birds and then pass the virus by biting people or other animals. About one in five people infected develop symptoms which can include: fever, headache, stiff neck, muscle pain, encephalitis, meningitis, paralysis, coma, and in rare cases death. Fortunately, only about one percent of infected people develop serious, sometimes fatal illness. Those who are immunocompromised, such as infants and the elderly should take extra precaution.

WNV disease was discovered in 1999, and since then there have been 46,086 cases with clinical symptoms. In 2016, Lowndes county had one reported WNV human case and one case of WNV with encephalitis. The incident rate for Lowndes County for 2016 was 1.22 per 100,000 people. Across the United States there were 2,149 WNV cases reported to the Centers for Disease Control and Prevention (CDC) with clinical presentation in 2016. In Mississippi 40 percent of the cases developed a fever and 60 percent developed encephalitis. District IV, including Lowndes County had three WNV cases, all with encephalitis.

According to the CDC, as of June 12, 2018, a total of 12 states have reported WNV infections in people, birds, or mosquitoes in 2018. WNV infections in humans have been reported to CDC ArboNET from the following states: Alabama and South Dakota.

There are actions and precautions that can be taken to reduce your risk of being exposed. The most effective way is to prevent mosquito bites, which can also reduce your risk of being exposed to other vector borne diseases. Using insect repellent is one of the most common and practical ways to protect oneself. The CDC states that when used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Wearing long sleeved shirts and pants can also prevent bites in conjunction with



U.S. Air Force photo by Mr. Kenneth Durroh
Staff Sgt. Viviana Chalfonte, 14th Medical Operations Squadrons NCO in charge of community health, hangs a New Jersey Light Trap for mosquito surveillance, June 27, 2018 on Columbus Air Force Base, Mississippi.

the use of permethrin. The National Pesticide Information Center stated permethrin is used in a number of ways to control insects. Products containing permethrin may be used in public health mosquito control programs. They may be used on food and feed crops, on ornamental lawns, on livestock and pets, in structures and buildings, and on clothing.

It is important to remember that mosquitos deposit their eggs into stagnant water. By eliminating their breeding grounds near your home you can significantly decrease the amount of mosquitos in common areas. It is recommended by the CDC that once a week you empty, scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.

There are no vaccines for WNV for humans. Due to this, prevention of WNV relies heavily on education, preventive measures, and surveillance which is conducted for Columbus Air Force Base by public health, in the 14th Medical Group. Public health establishes a risk-based program to evaluate community and location-specific medically



U.S. Air Force photo by Staff Sgt. Viviana Chalfonte
Kenneth Durroh, 14th Medical Operations Squadron public health technician, preparing a mosquito trap for mosquito surveillance, June 27, 2018, on Columbus Air Force Base, Mississippi.

important pests and vector-borne diseases, incorporating local health department data to supplement installation data, as necessary.

Public health performs mosquito surveillance April through October or until the first freeze. Trapping is conducted in various location across Columbus AFB to allow for maximized surveillance. All mosquito specimen are sent to the Medical Entomology Lab at Wright Patterson AFB, Ohio, where they are tested for all applicable vector borne diseases.

Since surveillance began in April, zero mosquitos have been identified as carrying disease. Diseases tested for are WNV, St. Louis Encephalitis, Western Equine Encephalitis, Eastern Equine Encephalitis, Alphavirus and/or Flavivirus.

For further information, please contact the Public Health office at 434-2415 or 434-1717.

Resources

West Nile virus. Center for Disease Control and Prevention (2018, June 15). Retrieved from <https://www.cdc.gov/westnile/index.html>

Public Health Entomology & Vector Surveillance. AFMS Knowledge Exchange (2018, June 12). Retrieved from <https://kx2.afms.mil/kj/kx7/PublicHealth/Pages/content.aspx#/Comm/Ento>

Permethrin. National Pesticide Information Center (2009, July). Retrieved from <http://npic.orst.edu/factsheets/PermGen.html>



U.S. Air Force photo by Staff Sgt. Viviana Chalfonte
Mosquito being viewed underneath microscope during a public health surveillance.

What time do you open?

Airman's Attic

Tuesday: 11 a.m.-1 p.m.
Thursday: 11 a.m.-1 p.m.
Saturday: 10 a.m.-noon.
E-6 and below, O-3 and below welcome.
Retirees welcome on Saturdays
434-1614

~Airman and Family Readiness Center

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

~Arts and Crafts Center

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

Base Exchange

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

Base Housing (Hunt)

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

Maintenance office

Monday-Friday: 8 a.m.-5 p.m.
(662) 434-8303

(Automated) Base Operator

434-1110

~Barber Shop

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

~Bowling Alley and Grill

Monday - Friday: 6:30 a.m.-8 p.m.
Saturday: 11 a.m.-8 p.m.
Sunday: Closed
434-3426

~Chapel

● Sanctuary open during duty day for prayer and meditation
● Chaplains available for counseling by appointment or walk-in
● On-call 24/7 through Command Post and Friday from 9 a.m.-4 p.m.
434-2500

Sunday Services

Protestant Worship Service: 10:45 a.m.
Catholic Confession: Sunday before Mass
Catholic Mass: 5 p.m.

Monday

9 a.m.-12:30 p.m.

Tuesday

7:30 a.m.-4:30 p.m.
Daily Mass: 11:30 a.m.

Wednesday

7:30 a.m.-4:30 p.m.
Catholic Adoration: 11:30 a.m.

Thursday

7:30 a.m.-12:30 p.m.

Friday

9 a.m.-4:30 p.m.

~Child Development Center

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

~Coffee House on 5th

Monday-Friday: 6 a.m.-5 p.m.
434-2233-434-CAFE

~Columbus Club

Closed on weekends unless otherwise specified

Business and catering

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

Overrun

Tuesday-Friday: 11 a.m.-1:30 p.m.
Special events available for booking Mondays
434-2489/2490

Coffee House on 5th

Monday-Friday: 6 a.m.-5 p.m.
(662) 434-2233(CAFE)

Commissary

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

Emergencies

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

~Finance

Monday-Friday: 8:00 a.m.-3:00 p.m.
434-2705

Fitness Center

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

GNC

Monday-Saturday: 9 a.m.-7 p.m.
Sunday: 10 a.m.-7 p.m.
Holiday hours: 10 a.m.-5 p.m.
(662) 434-5050

~Legal Office

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

Magnolia Inn

Open 24/7
434-2548

~Medical Appointments

Closed every third Thursday of the month for training
Monday-Friday: 7:30 a.m.-5 p.m.
434-2273 (CARE)

~Optical Shop

Monday-Friday: 10 a.m.-5 p.m.
(662) 434-8707

OSI

Monday-Friday: 7:30 a.m.-4:30 p.m.
434-2852

~Outdoor Recreation

Monday, Thursday and Friday: 9 a.m.-5 p.m.
Saturday and Sunday: 9 a.m.-1 p.m.
Tuesday and Wednesday: Closed
434-2505

~Personnel Customer Service

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

Shoppette

Monday-Friday: 7 a.m.-9 p.m.
Saturday-Sunday: 8 a.m.-9 p.m.
Holiday hours: 10 a.m.-4 p.m.
(662) 434-6026

~Stylique Salon

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

Exchange Food Court

Subway

Monday-Friday: 7 a.m.-6 p.m.
Saturday: 9 a.m.-6 p.m.
Sunday: 10 a.m.-5 p.m.

~Taco Bell

Monday: 10 a.m.-3 p.m.
Tuesday-Saturday: 10 a.m.-4:30 p.m.
Sunday: Closed
(662) 434-1369

~Thrift Shop

Tuesdays and Thursdays: 9 a.m.-1 p.m.
434-2954

~Visitors Center

Monday-Friday: 7:30 a.m.-4:30 p.m.
Closed at noon every third Thursday of the month and closed at 2 p.m. every second Friday
434-7133

Café at Whispering Pines

Monday- Friday: 10 a.m.-2 p.m.
(662) 434-7932

~Youth Center

Office
Monday-Friday: 10 a.m.-6 p.m.
434-2505

Open Recreation

Monday-Friday: 3-6:30 p.m.

Phone numbers with "(662)" are considered off-base numbers and you must dial 99-434-#### when on base.
~ Organizations marked with "~" are always closed on federal holidays.